

March 2024

Oxford, Michigan



Clubhouse Chronicle

Clubhouse Inspiration



Our luck is really showing this month!

We are thrilled to announce that Clubhouse Inspiration has achieved an upgrade in our Clubhouse International Accreditation! Throughout the past year, our dedication to excellence has only deepened. Despite facing numerous challenges, we've emerged stronger than ever. Each day, we persist in our pursuit of the highest standards, and we all couldn't be prouder of the members and staff who complete Clubhouse Inspiration. Let's continue to strive for greatness and build upon this remarkable achievement together.

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Accredited
Since
1998



Meet Our Staff



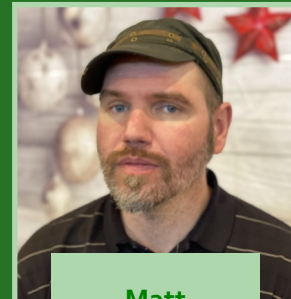
Kayla

Kayla Waple has been a generalist since December 2021, and we're thrilled to have her. She became Acting Director in February, 2023. She brings a ton of enthusiasm into our community and is one of the sweetest personalities you'll ever meet.



Mary

Mary R was a case manager support specialist at TTI but now works at Clubhouse as a full-time generalist. Mary is known for her sincerity and compassion and is loved and cherished by CHI members.



Matt

Former generalist, Matt Adams is back with Clubhouse Inspiration, this time as a full time driver. We missed him so badly! We're thrilled to have him with us again, even in a more limited capacity.



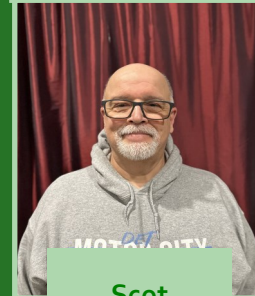
Brian

Brian Harris is a Clubhouse Inspiration generalist who started in January of 2023. His specialty area is food service, and his passions are cooking, hip hop music, and computer gaming.



Jacob

Jacob Cloyd began working at Clubhouse Inspiration in January of 2023. He has a bachelor's degree in sports management and loves travel, sports, hiking, and his dog Mac, a chocolate Labrador.



Scot

Scot Bruce became a valuable addition to our team as a part-time driver in November 2023. A retired middle school teacher, Scot brings with him a wealth of experience and a delightful sense of humor. His easy-going nature has quickly endeared him to all of us, and we eagerly anticipate the joy and laughter he brings every time he picks us up for the clubhouse. Scot has seamlessly become an integral part of our community, adding a touch of warmth and humor to our transportation experience.

"May you have all the happiness and luck that life can hold—and at the end of your rainbows may you find a pot of gold." -Old Irish Blessing

Let's Talk Music



Bob Seger, a Michigan native and a true rock and roll icon, holds a special place in my heart due to his Michigan roots. His significant contributions to the rock and roll scene began in the 1960s when he was a part of the bands Last Heard and Bob Seger System. In 1973, he formed The Silver Bullet Band, solidifying his presence in the core of rock history.

One of my all-time favorite songs by Bob Seger is "Nutmash City Limits," a testament to his musical prowess and the timeless appeal of his work. The energy and emotion he infuses into his performances are truly captivating.

I had the incredible opportunity to witness Bob Seger live at the Palace of Auburn Hills, and it marked a memorable milestone as my very first concert experience. The electrifying atmosphere and Seger's commanding stage presence made it an unforgettable night.

In my younger days, I used to pass by Bob Seger's lake house in Orchard Lake, MI, harboring the hope of catching a glimpse of the legendary artist outside. Imagining the chance to see him in person always added a touch of excitement to those moments.



JoJo H has been a member of Clubhouse Inspiration since 2016 and is passionate about music and music history. He creates this column to bring awareness of a wide variety of musical genres to our members and friends.

Bob Seger's soulful voice is undeniably one of a kind. His Michigan roots, coupled with his enduring talent, make him a cherished figure in the realm of rock and roll, and his music continues to resonate with fans like me who appreciate the authenticity and soul he brings to his craft.



Valentine's Day Party



Valentine's Day Party

On the 14th of last month, Clubhouse Inspiration came together to celebrate Valentine's Day in a charming and festive manner. The event was marked by delightful moments, including the indulgence of delicious pizza, accompanied by a soundtrack of romantic tunes serenading the atmosphere with love songs. Adding an interactive twist to the celebration, members engaged in an animated game of bingo, enhancing the camaraderie and festive spirit.

The stakes were high in the bingo game, with Valentine's Day candy and coveted Clubhouse coupons serving as enticing prizes for the winners. Those who skillfully completed a coverall on their bingo cards were rewarded with a thoughtful \$5 Dollar General gift card, adding a touch of appreciation to the joyous occasion.

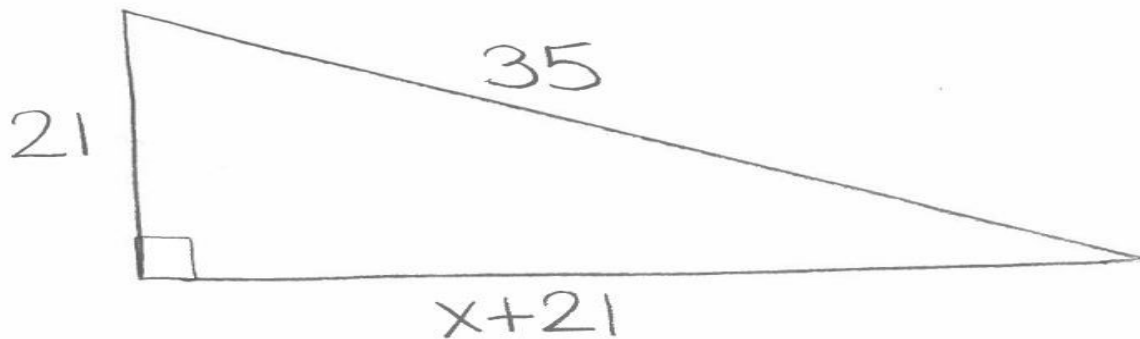
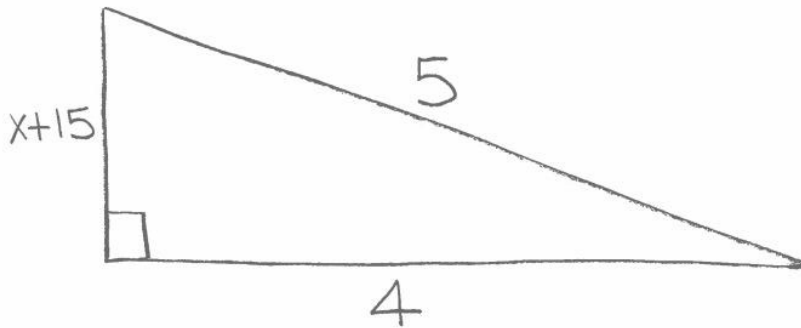
The Valentine's Day celebration at Clubhouse Inspiration exemplified the community's commitment to creating engaging and memorable experiences for its members. The combination of delicious food, heartwarming music, and interactive games contributed to a lively and joyful event, fostering a sense of togetherness and shared enjoyment among all participants.



Reggie's Math Page

Reggie has been an integral part of Clubhouse Inspiration since 2018, contributing a unique and intellectually engaging element to the community. His passion lies in crafting intricate and challenging math equations, providing both staff and members with a delightful puzzle-solving experience. Reggie's mathematical ability has become a defining feature of Clubhouse Inspiration, fostering a sense of friendship and shared intellectual enjoyment among its members. His ability to turn math into a source of amusement and camaraderie highlights the diverse ways in which individuals contribute to the unique tapestry of the clubhouse community.

Can You Solve His Math Equations?



Emagine Theatre



Movie Reviews on Ordinary Angels

By Mary R. and Renee B.:

“CHI took a trip to Emagine Theatre on Rochester Hills on Saturday, February 24th. We saw a wonderful movie that was based on an actual true story. It was an amazing movie about a 5 year old girl, named Michelle, who needs a liver transplant as she is sick and dying. Her mother also died of a rare form of cancer just before this. The story is about how miracles still do happen with the power of prayer and the love of a small community. Michelle and her family were up against great odds, but the movie just shows how much bigger our God can be. We highly recommend that if you have not seen this movie yet, to do so. You will not regret it, but be sure to bring your Kleenex! It is an all around wonderful, feel good movie that makes you laugh and cry throughout the whole movie.”

By Reggie C.:

“Many people of the community contributed to a cause.”



Birthday Celebration



Jason V.
March 14th



Vanaja R.
March 29th



Justin Z.
March 31st

Clubhouse Inspiration celebrates and acknowledges the birthdays of our valued members and staff every second Thursday of the month with a special Birthday Celebration! As part of this tradition, each member is presented with a personalized birthday card and a special birthday coupon that can be redeemed for lunch or a snack bar item.



Great Lakes Crossing



Shopping
is always a
good idea.



St. Patrick's Day Recipe

SHAMROCK SHAKE

INGREDIENTS

- 2 cups vanilla ice cream
- 3/4 cup whole milk
- 10 drops green food coloring
- 1/4 teaspoon mint extract
- whipped cream, sprinkles and maraschino cherries for serving

INSTRUCTIONS

Place the ice cream, milk, food coloring and mint extract in a blender.

Blend until smooth.

Pour into two glasses. Top with whipped cream, sprinkles and cherries, then serve.



Lunch Menu

March 2024

Sun

Mon

Tue

Wed

Thu

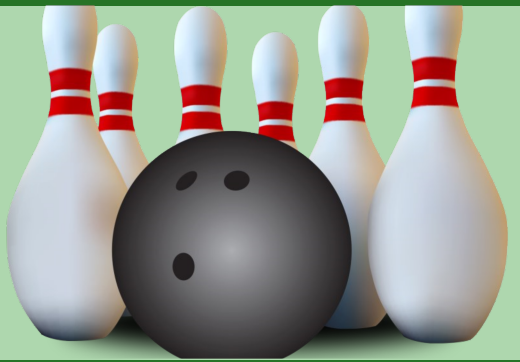
Fri

Sat

					<p>1 <i>Chicken Chili</i></p> 	<p>2</p>
<p>3</p>	<p>4 <i>Meatloaf and Mashed Potatoes</i></p> 	<p>5 <i>Turkey Soft Taco and Rice</i></p> 	<p>6 <i>Ham and Cheese Sliders</i></p> 	<p>7 <i>Goulash</i></p> 	<p>8 <i>Italian Sausage with Peppers and Onions</i></p> 	<p>9</p>
<p>10</p>	<p>11 <i>Bacon Cheeseburger</i></p> 	<p>12 <i>Breakfast Bagel Sandwich</i></p> 	<p>13 <i>Chicken Parm Sandwich</i></p> 	<p>14 <i>Hot Dogs with Chili</i></p> 	<p>15 <i>Corned Beef Sandwich</i></p> 	<p>16</p>
<p>17</p>	<p>18 <i>Shepherds Pie</i></p> 	<p>19 <i>Egg Salad Sandwich</i></p> 	<p>20 <i>Hobo Sandwich with chips</i></p> 	<p>21 <i>Pork Chops and Apple Sauce</i></p> 	<p>22 <i>Pizza and Salad</i></p> 	<p>23</p>
<p>24</p>	<p>25 <i>BBQ Chicken Breast</i></p> 	<p>26 <i>BLT and Chips</i></p> 	<p>27 <i>Taco Salad</i></p> 	<p>28 <i>Beef Pasta</i></p> 	<p>29 <i>Easter Lunch</i></p> 	<p>30</p>
<p>31</p>						

What's Happening

Cash Bingo
March 5th
\$5



Bowling
March 16th
\$5

Great Lakes Crossing
March 18th
FREE



Friday March 29th
Easter Lunch and Party
12-3
FREE

Puzzles & Games

St. Patrick's Day Word Search



O	E	E	A	R	P	P	S	M	L	C
G	A	E	E	L	A	H	A	E	N	D
R	E	A	U	T	A	G	P	K	T	N
E	P	C	R	M	I	R	O	R	D	A
E	K	I	R	C	E	I	A	A	L	L
N	C	O	H	C	R	A	M	I	A	E
K	C	T	H	R	I	I	I	N	R	R
K	O	A	A	R	H	O	R	B	E	I
P	U	H	S	I	W	I	I	O	M	T
N	C	L	O	V	E	R	S	W	E	N
V	O	D	L	O	G	H	H	T	K	N

GOLD

LEPRECHAUN

PATRICK

GREEN

POT

CLOVER

SHAMROCK

LUCK

IRISH

MARCH

EMERALD

WISH

RAINBOW

IRELAND

MAGIC

Peer Spotlight

JoJo's Story



At the age of two, I would get these splitting, debilitating headaches. So much so that my parents took me to the University of Michigan Hospital in Ann Arbor. At first, the neurologists were confused as to what to diagnose me with as there was no clear cause for the symptoms I was having. At the age of seven, I was given a plethora of tests: CAT scans, Xrays, and MRIs. They discovered deposits of calcium in my brain. Still, they had no precedent for which to diagnose me, as they had never seen anything like this before. This was

also when I was prescribed Ritalin. This was terrible for me as it really started to affect my mood. I would get these angry, violent thoughts, that I never acted on, but had them, nonetheless. It wouldn't be until I turned twenty, and had control over my own healthcare decisions, of which I took full control and fired every doctor and neurologist I had up until this point. It took two weeks for my new neurologist to diagnose me with Fahr's Syndrome, a rare brain disease that had coalesced into mental illness. The mental illness was what they were trying to fix, but the calcium was the cause. In 2016, I joined Clubhouse Inspirations, a mental health social club that intends to bring those with a diagnosis into the community in many aspects. At the Clubhouse I learned how to become my own advocate, and really began to turn my life around. I became my own guardian, and even won the "My Life" award. Given to those who take control of their lives despite the forces operating against them.



Clubhouse Inspiration is a community of people working together for a common goal, offering people living with mental illness hope and opportunities to reach their full potential. We operate on proven standards which have been developed by Clubhouse International over two decades which are effective in over 320 clubhouses worldwide. The basic components of successful clubhouses are the work-ordered day, employment programs, evening, weekend, and holiday activities, community support, outreach, education programs, and self-governance. You can now follow Clubhouse Inspiration on Facebook and Instagram.



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