

# Shooting Star

NORTHERN LIGHTS CLUBHOUSE

November 2018

## Hats off to our Clubhouse Crew!

**Chad Johnson—Director**

On October 5th we received official word, from Clubhouse International, that Northern Lights Clubhouse has been granted a three year conditional accreditation. We are very excited about this news. Even though we have been operating for 24 years, this is our first accreditation experience. During the past few years, we have made great efforts to improve our clubhouse. We went to training, wrote and carried out action plans, studied the standards, completed a lengthy self study, and an extensive questionnaire, and had a visit from Clubhouse International Faculty. We had many group discussions about the improvements we needed to make at Clubhouse and how to implement these changes. We learned why each standard is important to running an effective Clubhouse. Having an accredited Clubhouse will ensure that we provide an environment where members feel welcome and valued as productive members of our community. This is important in helping



members to achieve their full potential. The members of Northern Lights are rightfully proud of all their efforts to make Northern Lights Clubhouse a place where members feel a sense of ownership and belonging and where they are needed.

Our three year accreditation is conditional, as we were expecting, and we will continue to make changes to strengthen our program, to have our status changed to a full three year accreditation. Some of these changes have already been put in place since our

visit in May, and discussions are happening to carry more improvements. It's exciting to see all of the positive changes at Northern Lights and I looked forward to seeing the future successes of our members.

To learn more about Clubhouse International here is their website [clubhouse-intl.org/](http://clubhouse-intl.org/) or to see the 37 standards [clubhouse-intl.org/documents/standards\\_2016\\_eng.pdf](http://clubhouse-intl.org/documents/standards_2016_eng.pdf).

### Wellness Committee By Jessica K.

Clubhouse International Standard #28 states that the clubhouse provides assistance, activities and opportunities designed to help members develop and maintain healthy lifestyles. The clubhouse is working hard at maintaining wellness by providing healthier meals and walking groups.

We discussed our wellness plan in great detail at a Michigan Clubhouse Conference in Traverse City. We discussed how we can make sure that people can benefit from being well. Lately we have allowed members to have their choice of the scheduled lunches or a salad. Salad seems to be a popular choice among the members. We have never had this option before the Wellness Committee discussed how clubhouse can help members be well. We also have walking sessions with Chad, one of our clubhouse staff. In the past we have had mall walking at the Copper Country mall and we did about five laps. We participate a program called Healthwise offered by Copper Country Mental Health where we discuss healthy alternatives and go to the U.P. Health Center gym. Only a few people attend, but we still manage to go. We leave at 10:45 and return around 11:30.

The Wellness Committee has helped me in many ways as well. It allows me to be more conscious about my food choices and aware of how much exercise I should get on a regular basis. I have made suggestions about how to improve with the Wellness Committee and we finally put the plan into action. I do hope that more people allow this to help them in their journey to a healthy lifestyle.

## MEMBER REFLECTIONS

*"I enjoy working on the computer at Clubhouse. I feel that I've accomplished something when I finish a project on the computer."*

- Doug L.



## HAPPY BIRTHDAY

### November Birthdays



Nov 2nd—Julie

Nov 8th—Pat

Nov 22nd—Carl

Nov 20th—Dale

Nov 26th—  
Cheryl

### Clubhouse Experience

by J. Bushey

Thirty years, thirty years of MD's ,DO's, PhD's, PsyD's, medications and group. That is what got me through my working years. During that time, I was lucky to have a job as a janitor. I had routine. I had a work ordered day. My coworkers knew that my brain worked differently, and they kept me "in check". It was hard, very hard, but I had my humanity, a sense of pride and I was safe.

It all ended October 2016-I had to retire.

I tried working after, but my life was getting worse. I had no friends, felt useless and my thoughts were turning to bad things. I could no longer function, felt alone. I did not leave the house for more than six months---I no longer felt safe. This was the worst I have ever felt in my life.

Devin, my therapist was doing everything to help. One thing that came up was something new to me--Clubhouse. Not knowing what I was getting into, I went. It was at that point my life was saved. A safe place where I could go. Darkness gone. There were members who I could talk to, that think and see life kind-of-like I did. I could ask questions and not get laughed at and do things that could be seen as strange to others but not Clubhouse members. I no longer felt alone. I belonged. Every member at Clubhouse has a skill and they, my new friends and members, would find a place for me and my skills. Light returned to my life. My humanity was given back by the people at Clubhouse. I now have pride and feel safe. God bless this place!

### Trip to House of Dreams Clubhouse

By Doug H.

On October 11<sup>th</sup>, 2018, Doug, Jess, Scott, Chad, Billie Jo, Clayton, JoAnn and Alicia all went to Menominee to go visit the House of Dreams Clubhouse. The people there were really friendly. It took almost four hours to get there. We left at 7am and got there at 11. Their clubhouse was similar to ours. They had a snack bar and receptionist unit. They had a Marina and it is within walking distance from Marinette. For lunch we had chili, corn bread casserole and chocolate chip cookies for dessert. Their lunches also cost two dollars. We also took a walk to the Marina. We took off at 2:15 and got back home at 6pm. It was a great experience.



### Echoes Smiling

By Dan L.

As the ship sailed off into the sea  
We pledged a voice playing back to me  
It was soft and lost too thee

Pictures of echoes smiling at me  
Up came a girl so pretty and neat  
Did not know she was a treat

Loved to play her games on-line  
Be taken out and have some wine  
The day would end with a little kiss  
Shared and treated with lots of bliss.

### Veterans Day

By Casey L.

Veterans day is a U.S. legal holiday dedicated to American veterans of all wars, in 1918 on the 11th hour of the 11th day of the 11th month (November 1918), an armistice, or temporary cessation of hostilities, was declared between the all ideations and Germany in World War I, then known as “The Great War”.

Commemorated in many countries as Armistice Day the following year, November 11th became a federal holiday in the U.S. in 1931.

My dad was in the military. My dad has always been good at electric tech work and handy man work. He specialized with radio equipment in the military in Germany. Later on he built crystal radios and owned a repair shop.

Some excerpts from: [www.history.com/topics/holidays/history-of-veterans-day](http://www.history.com/topics/holidays/history-of-veterans-day).

### Thanksgiving

By JoAnn E.



What's good for us? Being happy, having dreams, thinking of loved ones. Our hearts are blessed by those who served this country in combat or in the army.

We are blessed at Thanksgiving for our friends, thinking of us each day and giving support to those who need help, caring for the elderly and people who are sick.

We are also thankful for our own health so we take care of ourselves by being active and exercising more often.

**“COMPASSION—  
Greet your fellow  
friends with respect!”**

*Fred H.*

**TE Announcements:**

🦋 Brett & Ben are enjoying their TE jobs.  
Brett at CCMH & Ben at Culver’s!

Transitional Employment opportunity:  
♦ Dining Room Attendant at Culver’s  
will be available at the end of No-  
vember! Up to 16 hours per week  
for 6 months. Talk to Clubhouse  
Staff if interested.

**My Favorite Hobby by Brooke**

I’m Brooke and I would like to write about one of my favorite hobbies. One of my favorite hobbies is building puzzles. My mom introduced me to puzzles as a kid. I still enjoy the hobby today. I usually build one thousand-piece puzzles; the more the better. I don’t care much for scenery puzzles. While I build I listen to my discman. I listen to all kinds of music. I even dance a little while building and listening to music. A lot of times I build on top of other puzzles. Once I finish a puzzle I leave it on the table because when I’m done with a puzzle I feel like I accomplished something.



**Upcoming Social & Recreational Events**

The Hut  
Restaurant  
November 7th @ 4:00

Humane Society  
& Ice Cream  
November 14th @ 4:00

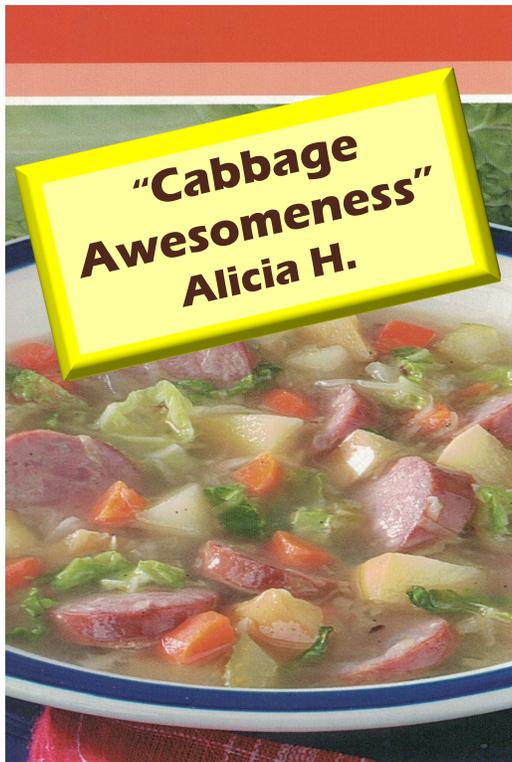
Thanksgiving Prep  
November 21st @ 4:00

Thanksgiving Dinner  
November 22nd @ 11:00

Clubhouse  
Christmas Decorating  
November 28th @ 4:00

**Welcome! Clubhouse is open for socialization  
on Saturdays from 9:00—2:00. Lunch is served.**

**Employment Dinner—December 18th @ 4:00**



## Kielbasa Cabbage Soup

Marcia Wolff • Rolling Prairie, Indiana

*A friend brought samples of this recipe to a soup-tasting class sponsored by our extension homemakers club. It was a great hit with my family. The mix of sausage, apples and vegetables makes a different and flavorful combination.*

3 cups coleslaw mix  
 2 medium carrots, chopped  
 1/2 cup chopped onion  
 1/2 cup chopped celery  
 1/2 teaspoon caraway seeds  
 2 tablespoons butter  
 1 carton (32 ounces) chicken broth  
 3/4 to 1 pound smoked kielbasa or Polish sausage, cut into 1/2-inch pieces  
 2 medium unpeeled Golden Delicious apples, chopped  
 1/4 teaspoon pepper  
 1/8 teaspoon salt

**1.** In a large saucepan, saute the coleslaw mix, carrots, onion, celery and caraway seeds in butter for 5-8 minutes or until vegetables are crisp-tender. Stir in the remaining ingredients.

**2.** Bring to a boil. Reduce heat; simmer, uncovered, for 20 minutes, stirring occasionally.

**Yield: 6 servings (2 quarts).**

From: tasteofhome.com

Color Tour  
 By Alicia H.

On October 3<sup>rd</sup>, the Northern Lights Clubhouse outing was a drive to Copper Harbor for a Fall Color Tour. I have lived in the U.P. for almost a year, so I wanted to write this article from a first-time perspective. I grew up in the mountains in Colorado so I had an idea of what to expect. I did not expect any more than what I saw in Colorado but there was so much more color. It was a delight.

Genine, Doug H, Brooke, Jess, Tammy R. and I attended this outing. It was nice to experience something for the first time with friends.

Wow, I loved the colors; bright reds, yellow, burgundy, though there were still some green leaves there. The darkness of the Evergreens throughout the colors was beautiful.

Each person on the outing commented on their favorite colors. Like Brooke loved the reds and the oranges. It was just lovely.

But as we got past Copper Harbor, there wasn't much color because the leaves had not yet started changing. That was a little disappointing. Though after getting somewhat down Brockway Mountain we got back into more wonderful colors. God's beauty is all around us.



### Newsletter Contributors

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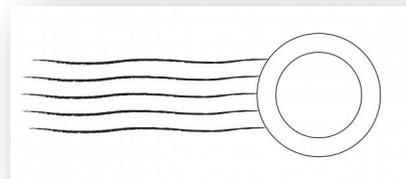
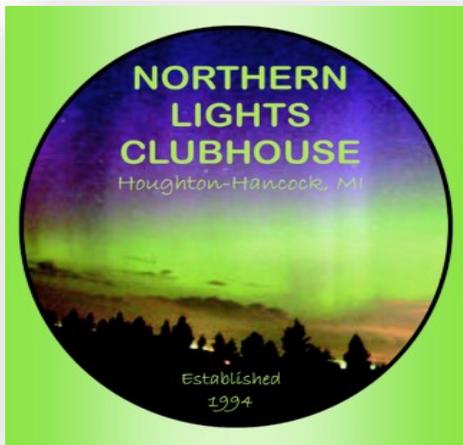
### Sign-Up for the Northern Lights Clubhouse Newsletter!

Would you enjoy getting it monthly?  
 Simply drop us a line at:

[NorthernLightsClub@gmail.com](mailto:NorthernLightsClub@gmail.com)

Please include in your subject line the words **"NLCH Newsletter sign-up"**





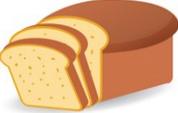
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# Lunch Menu—November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
♦ <i>Menu is subject to change.</i>				1 Ham and Mac & Cheese	2 Buffet Day	3 Sloppy Joes & Chips
4 CLOSED	5 Burger & Fries	6 Broccoli Cheese Soup & Roll	7 Hot Beef Sandwich	8 Chicken Caesar Wraps	9 Buffet Day	10 Chili
11 CLOSED	12 BLT's & Chips	13 Ravioli Skillet	14 Alicia's Mystery Chicken	15 Beef Pitas with Yogurt Sauce	16 Buffet Day	17 Italian Subs & Chips
18 CLOSED	19 Grilled Cheese & Soup	20 Kielbasa & Fried Cabbage	21 Ginger Sirloin Strips	22 Thanksgiving Dinner	23 <b>Closed</b>	24 Turkey Leftovers
25 CLOSED	26 Chad's Mystery Meal	27 Beef Stew & Crusty Roll	28 Homemade Lasagna	29 Mediterranean Pizza	30 Buffet Day	