

Shooting Star

NORTHERN LIGHTS CLUBHOUSE

December 2018

Employment Outcomes at Northern Lights Clubhouse

By Keith S.

In the last few years a concerted effort has been made to develop an improved culture of employment at Northern Lights Clubhouse. Although vocational goals aren't a necessity for members, employment is encouraged. A culture of employment helps members overcome the stigma that people with mental illness aren't able to work. Work helps people achieve their full potential. The clubhouse model is an evidence based model and improved following of this model has resulted in Northern Lights Clubhouse outcomes that demonstrate progress in increasing the percentage of members who are employed.

The goal has been 30% of active members to be employed. In the last quarter of the 2018 fiscal year, 19 of 30 or 63% of active club members were employed. 4 members were employed in Transitional Employment, 6 members employed in Supported Employment, 6 members working in Independent Employment and 4 members working in Supported Group Placement Employment.

This is an improvement over previous quarters. In the third quarter, 40% of active Clubhouse members were employed compared to 63% this quarter. This is a 23% increase from last quarter. It should also be noted that this is a 32% increase from the second quarter.

Northern Lights Clubhouse plans to continue promoting employment. Clubhouse helps members prepare for employment by assisting in pursuing formal education.

Job Club helps members who are seeking work and who are already working; members provide and receive vocational support. Monthly Employment Dinners are events that encourage and support employment in a social atmosphere. Clubhouse also helps by providing Job Development which provides assistance in obtaining employment.

There are four categories of employment that Northern Lights Clubhouse supports. Transitional Employment is a supported work program where members can get part-time temporary jobs to prepare for more competitive employment. Supported Employment is competitive employment with support available on the job site as well as at the Clubhouse. Independent Employment is competitive employment with support being only behind the scenes at the Clubhouse. Group Placements are in partnership with community employers and Clubhouse provides on-site staffing to directly support a group of members while working on the job.

The comprehensive employment program helps members reach their vocational goals. This means that the Clubhouse helps members prepare for employment, find employment, become trained on the job, and remain successful on the job.

By developing a culture of employment at Northern Lights Clubhouse, it has encouraged new members to join because of their vocational goals. It has also encouraged and provided opportunity for long standing members to reach toward their vocational goals.

My First Apartment

By Cheryl M.

I was living at an AFC home and they recently closed, I then moved to Rice House, while my case manager helped me get an apartment. I've never had my own apartment before, I was really surprised that maybe I'd be able to have my own apartment. I was then really excited to get my own place at Lakeview Manor. I had help getting furniture, and everyone was so helpful. I had help decorating it, and my brother gave me really nice family pictures to hang on my wall. I enjoy having my own apartment and my privacy. I have visitors once in a while, I enjoy that. When my brother visits and we get a pizza from Dominos. Now that I am in my apartment, I started to take the bus. I get up at 6:15 everyday and go to the Clubhouse. I'm glad I have Clubhouse to go to each day, I like to go to Clubhouse where I can work. I set the table, run the snack bar, I help with the meetings and I read the international standard, I socialize and get to eat a good lunch. This has been a good move for me.



MEMBER REFLECTIONS

“ Club keeps me happy and prevents me from isolating. I like to work in the kitchen and help others in the business area. Club also gives me a more structured day.” Casey L.



HAPPY BIRTHDAY

November Birthdays



Dec 1st
Francis D.

Dec 7th
David Y.

Dec 10th
Brooke C.

Dec 22nd
Kevin M.

Dec 27th
Fred H.

Dec 30th
Joann E.

Wild Family Holiday

By Alicia H.

Fifteen members of my large family got together for Thanksgiving in Minneapolis and we also celebrated Christmas while we were together. We always have a wild fun time when we get together. We crammed so much activity into three days.

The first night, two of my siblings, my mom, dad and I made it to Minneapolis about 4:00 pm. We went with my brother Richard and his wife and two girls to the Old Spaghetti Factory for dinner. Afterwards we went back to the house we were renting for three days. Aimee, Casey, Mindee and Zach arrived later. We went to bed at a decent time that night. Rassel and Samantha flew in late at night and were almost delayed until 1:00 AM but it worked out.

That was Tuesday.

Wednesday, my Mom, and my nieces, Kimberly, Jenna, and I went shopping. My nieces are growing up but are still so cute. We got a one-foot tall Christmas Tree We did the shopping for Thanksgiving dinner. Everyone had a dish they made. Tanya made yummy sweet potato pie. Aimee made Grandma's Waldorf Salad. Mindee and Zach made green bean casserole. Samantha made asparagus and my Dad commented that it was pretty good for not being Montrose Asparagus.

After dinner we went around the table and said what we are thankful for. I said I was thankful for memories, reliving the old ones and making new ones. Aimee said she was thankful for chaos. Because Aimee and Casey don't have a lot of chaos, so it's fun to have chaos when we get together. Then we went and saw the new Grinch movie. I had never been to a theater with chairs that reclined. So, I sat down, and it went up. I started to panic, but my brother Rassel helped me. After the movie we did a little Black Friday shopping and I found Aimee a shirt that said Chaos Coordinator. Mom and I got a laugh from that and I bought it for Aimee.

Then Friday we spent the day Black Friday shopping at The Mall of America. Everyone did their own thing. Dad made a comment that there were probably more people in the mall than in the Houghton/Keweenaw county. We went back to the house and had an ugly Christmas sweater party and opened Christmas gifts. Before the trip mom and I assigned everyone a secret Santa, though it wasn't a secret. Dad had me, and I knew he would get me something practical, but that I would love. He got me a 1.5-quart crockpot.

We laughed so much those three days! You can expect that when my family gets together, the time will be crammed with tons of chaotic fun. Happy Holidays!

Our Family's Christmas Traditions

By Jessica K.



Christmas began because of the birth of Jesus Christ. The actual birth of Jesus is unknown but is celebrated on the 25th of December.

Typically, our family has a get together and we put up an artificial Christmas tree on Christmas day and have snacks. We also put lights up and garland. We'd also open presents Christmas Day and we'd have cookies. On Christmas Eve, we go to my Grandparent's friend's house and celebrate it there. We have wine, and snacks and we open gifts and visit. We have a ton of food as well. My dad will often send me something in the mail for Christmas. Sometimes we will have stockings as well. We will also watch football games and watch Macy's Christmas parade. We believe in saying "Merry Christmas" instead of "Happy Holidays" because it is more respectful to Christ. We have a hearty Christmas dinner that consists of turkey, mashed potatoes, stuffing and cranberry sauce. In the past we'd have a celebration at the church I attended, and we sang Christmas Carols.

Christmas Time With My Family

By Tammy R.

Christmas time is very cheerful,
It makes me very happy.

Seeing the Christmas tree,
I see snowflakes and paper chains,
I see presents under the tree.

Having a wonderful time,
With my Family.

I Love Christmas Music, All Year 'Round

By: Casey L.

Two of my favorite Christmas songs are "Jingle Bell Rock" and the "Little Drummer Boy." I buy lots of Christmas C.D.'s Every Year.

Musically, the 20th century has presented Christmas in several ways, the most contrasting being Eric Milner White's attempt to create a link, with an imagined timeless tradition though the service of nine lessons and carols for King's College, Cambridge and the appearance of more popular sentimentally around the festival. Other popular songs, include songs, such as "Have Yourself a Merry Christmas" and Irving Berlin's "White Christmas", which are more secularized. www.classical-music.com/article/brief-history-christmas-music

For some people, such as myself, Christmas, is still all about a religious celebration. I do not idolize wealth so, things such as buying and opening presents and Christmas trees are less valuable. We still however usually put a light up angel at the top of the in my home town.

Two of my favorite Christmas movies are home alone and Richie Rich's Christmas wish, which have a lot of action and Christmas songs.

New Years

By JoAnn E.

New Year's Eve. It's about celebrating a new year. I enjoy watching the ball drop, having snacks, and drinking pop. At 12:00 I like saying, "Happy New Year!"

New Year's Day. There's the Rose Bowl Parade with floats. I like watching football; the Florida Gators and Ohio State.



**“WELLNESS—
A good plan of the day to get
some activity, having your
good friends help you.”**

Fred H.

TE Announcements:

- 🦿 Ben has completed his TE at Culver’s and was hired on as a Crew Member!
 - 🦿 Brett continues his TE at CCCMH.
- Transitional Employment opportunity:
- ◆ Dining Room Attendant at Culver’s is available! Up to 15 hours per week for 6 months. Talk to Club-house Staff if interested.



Employment Dinner—December 18th @ 4:00

Upcoming Social & Recreational Events

Christmas Shopping
December 5th @ 4:00

Christmas Craft
December 12th @ 4:00

Humane Society
& Mall Walking
December 19th @ 4:00

Ice Cream Social
& Movie
December 26th @ 4:00

Christmas Party
December 21st
@ 11:45 AM

Christmas Dinner
December 25th
@ 11:00 AM

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

Awesome and Easy Creamy Corn Casserole

Recipe By: LETSGGGO

"This truly is the most delicious stuff! A bit like a cross between corn souffle and a slightly sweet corn pudding! Try it, I know you will love the ease of preparation and especially the taste. Everyone always wants the recipe! Note: The ingredients can be doubled and baked in a 9x13 inch baking dish in almost the same amount of cooking time."

Ingredients

1/2 cup butter, melted
 2 eggs, beaten
 1 (8.5 ounce) package dry corn bread mix
 1 (15 ounce) can whole kernel corn, drained
 1 (14.75 ounce) can creamed corn
 1 cup sour cream

Directions

Preheat oven to 350 degrees F (175 degrees C), and

lightly grease a 9x9 inch baking dish.

In a medium bowl, combine butter, eggs, corn bread

mix, whole and creamed corn and sour cream. Spoon mixture into prepared dish.

Bake for 45 minutes in the preheated oven, or until the top is golden brown.

Allrecipes.com



The Nutcracker

By: Casey L.

I really enjoyed seeing the new nutcracker movie at the theater on Monday November 5th.

www.IMDB.com/Title/TT5523010/REF =nv_Sr_3 The Nutcracker and Four Realms (Movie)-2018- "A young girl is transported into a magical world of gingerbread soldiers and an army of mice." All Clara wants is a key-a one-of-a-kind key that will unlock a box that holds a priceless gift from her late mother. This movie was a musical, but the original was a ballet.

www.Nutcracker.com/About-us/History_of-Nutcraker The Nutcracker is a classic Christmas story ballet. I'm not normally a fan of ballet, however I love the Nutcracker. I also get to go see it live on stage November 30th. The origin of the Nutcracker, a classic Christmas story, is a fairy tale Ballet in two acts centered on a family's Christmas Eve celebration. Alexander Dumas Pere's adaptation of the story by E.T.A. Hoffman was set to music by Tchaikovsky and originally choreographed by Marius Petipa. It Premiered close to Christmas 1892. The story centers on a young girl's Christmas Eve and her awakening to the wider world and romantic love. The main characters are an inanimate Nutcracker Prince that comes to life, and Clara, the young girl, in the story.



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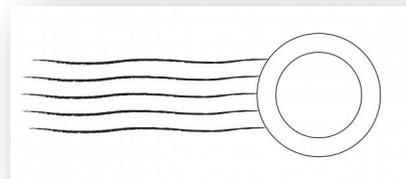
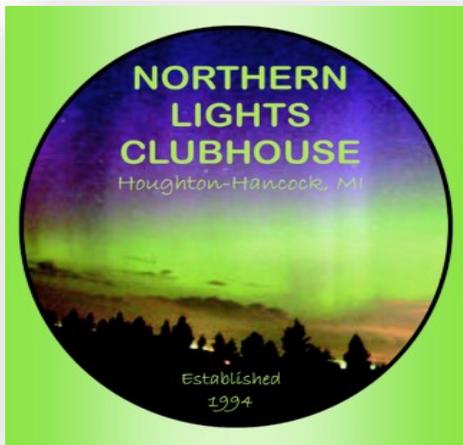
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NorthernLightsClub@gmail.com

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 Fish Sticks & Fries
2 CLOSED	3 Chicken Salad Sandwich	4 Swedish Meatballs	5 Omelet, Waffles & Sausage	6 Sloppy Joe & Chips	7 Buffet Day	8 Pulled Pork Sandwich
9 CLOSED	10 Brats & Fries	11 Spaghetti	12 Chicken Stir Fry	13 Ribs and Baked Potato	14 Buffet Day	15 Chili Cheese Dogs
16 CLOSED	17 Grilled Cheese & Tomato Soup	18 Beef & Bean Burrito	19 Stuffed Shells	20 Buffet Day	21 Christmas Piazza Party	22 Pizza Leftovers
23 CLOSED	24 CLOSED	25 Christmas Dinner	26 Sub Sandwich	27 Lasagna	28 Buffet Day	29 Chicken Patties
30 CLOSED	31 CLOSED					