

# Shooting Star

## NORTHERN LIGHTS CLUBHOUSE

August 2018

### Recovery Lecture by Genine

Each year Copper Country Mental Health and the Rice Memorial Clinic Foundation present a recovery lecture. This year Trish Russell, former Military Intelligence Officer presented the 2018 recovery lecture. Trish spoke about living her life with Post Traumatic Stress Disorder. The lecture was explained using Power Point. Throughout the lecture we role-played, and we discussed certain hypothetical situations within a group.

Trish talked about the three key components that helped her to reclaim her life after trauma. The three components are referred to as the “ARC Journey”: Action, Reflection, and Community.  
Action: Start with the little things, getting out of bed, getting dressed, engaging in conversation with a friend. Start to experience more in the world with family and friends. Trish said, “You’re not expected to do all things right now. So, don’t.”  
Reflection: Learn, sort, evaluate. Take time to pause in your journey to celebrate where you’ve been, it will prepare you for your next steps.  
Community: We can begin to experience more with others. Be with others who can move us further, not fall back.

Learn to be your own advocate, begin to talk about your life. To begin to live again. Commit and reclaim your life after trauma.

This lecture was motivating and a learning experience.

### Michigan Clubhouse Conference:

#### Our Experiences - by Brooke & Jessica

Keith, Brooke, Chad and Jessica all went to the Michigan Clubhouse Conference in Traverse City from July 15th to July 18th. The ride there was 7 hours long. We stopped for lunch and to gas up at the Bridge.

The hotels were luxurious and had comfortable beds. There was also a workout room and swimming pool. We had snacks outside for a reception on the first day we arrived.

We learned a lot at the conference. The Clubhouse Administrators use data to help members achieve their dreams and goals. It is important for a Clubhouse to create a comfortable atmosphere.

We met a few people at the conference as well. We met Emily and Megan from Dreams Unlimited Clubhouse. They are very nice people and helped us do a presentation on how work helps in recovery

I would encourage anyone to attend a conference because it is helpful and a wonderful experience to meet and learn from different people from other clubhouses.



## CONGRATULATIONS! MEMBER OF THE MONTH

**June 2018**  
**Robert F.**



## HAPPY BIRTHDAY

### August Birthdays

- ✿ August 27  
Genine
- ✿ August 29,  
Keith
- ✿ August 2,  
Clayton
- ✿ August 31,  
Nathan
- ✿ August 21,  
Diane

The Son of Bright and Darling Light  
by Dan L.

For the Son of bright and darling light  
Visit those of yonder sight  
Those of you that are true  
Look beyond the right of new  
Tempting hands of praying sands  
Capture kisses of foreign lands  
Picture this we proudly view  
Actions of the so called blue.



I Like To Collect Pens And Pencils.

By Casey L.

1. "PEN" is a general name for a writing tool that uses pigment to leave a mark on the surface. This liquid pigment is ink.
2. The history of pens starts in ancient Egypt where scribes, trying to find a replacement for styluses and writing in clay, invented reed pens. These pens were made from a single reed straw, that is pointed at one end and with a slit that lead the ink to the point and left a mark on the papyrus. This pen was too rigid and it's point didn't last long. Because of that people started using Quills. Pens made from molted flight feathers of large birds. They were popular in the western world from the 6TH to the 19TH century until steel pens appeared.
3. The end of the 19TH century saw, the first ballpoint pen. The first fiber or felt tipped pen was invented in Japan in the 1960's. In the 1970's was invented, the rollerball pen which is similar to the ballpoint pen.
4. Together, Pen and Ink changed the face of humanity and are regarded because it was one of the greatest inventions.

I started collecting PENS and Pencils in my teen years, in Lake Linden. I've amassed a collection, so large that it numbers more then 300 pens and pencils. Customized PENS and Pencils, and designer pens are my favorite. I'm still always looking for more neat PENS to add My collection, to this day.

Some excerpts are from:

<http://www.historyofpencils.com/writing-instruments-history/history-of-ink-and-pen/>



## From the Director: Chad Johnson



Jessica, Chad, Brooke, Keith

During the week of July 15th, Clubhouse saves lives. These Northern Lights Clubhouse brave people took to the podium and shared their recovery stories, many of which included severe trauma, and debilitating symptoms. When all hope was lost, members found Clubhouse and their lives were forever changed. These inspirational stories are reminders that Clubhouses are magical places. Places where people can achieve amazing things, by working side by side with their peers. They are places where people feel worthy, are respected and once again feel a part of society. We are all happy to be back home at our Clubhouse and feel energized. We are looking forward to sharing all that we have learned and experienced, to help us be the best Clubhouse we can be so that we can continue to make differences in people's lives.

I've been attending these conferences for 14 years, and over and over I hear stories shared about how

### **A Clubhouse Morning**

**By: Casey L.**

**Because I live in an apartment above Clubhouse, I'm usually one of the first people to Clubhouse in the morning. First, I sit on the front stoop, waiting for Keith to come to the door to unlock it. He unlocks it, and lets us in. I then head to the other side door, that can only be unlocked from the inside, I head to the basement door to turn on the lights. Then I turn the TV on, Keith heads to the Snack Bar, to get started making the coffee. I go to the kitchen and check the drinks in the fridge. Finally, I put the dishes away. We usually watch the morning news on ROKU on TV for about an hour in the morning. On warm days I'm sometimes down at the stoop by 7:40 AM. I often take off Friday and Saturday from Clubhouse. Living so close to Club is nice and convenient for me.**



**“COOPERATION: In recovery, it is good to unite and do the work ordered day together with other people.”**

*Fred H.*

**TE Announcements:**

**Congratulations to Tina & Doug for successful completion of a 9-month Shredding TE!**

Transitional Employment opportunity:

- ◆ CCMH in Administration: Shredding Technician, available now! Up to 15 hours per week for 6 months. Talk to Clubhouse Staff for more information or if interested.

**4th of July Outing**

By Robert F.  
Last July 4th we went to a parade in Hubble. It had military trucks, sports cars, tractors and various marching bands. I sat by the side of the road and watched. It was fun to watch. We will go again next July 4th.



**Employment Dinner—August 21st @ 4:00**

**Upcoming Social & Recreational Events**

**Petting Zoo  
August 1st @ 4:00**

**Fort Wilkins  
August 8th @ 3:00**

**Fishing  
August 15th @ 2:45**

**McLain’s Cookout  
August 22nd @ 3:30**

**Waterfront at Ramada  
August 29th @ 4:00**

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

### **Balsamic Vinegar Baked Chicken**

- ◆ 4 boneless, skinless chicken breasts, pounded to even thickness
- ◆ Salt & pepper to taste
- ◆ 1/2 teaspoon Italian Seasoning

#### **Balsamic Glaze**

- ◆ 1 cup balsamic vinegar
  - ◆ 1/4 cup sugar
  - ◆ 1 tablespoon honey
  - ◆ 1/2 teaspoon salt
1. Preheat oven to 400 degrees. Season chicken with salt & pepper and Italian Seasoning.
  2. Drizzle 2 teaspoons oil in a pan or skillet and cook chicken for one to two minutes on each side over medium-high heat to brown outside.
  3. Transfer chicken to a greased baking sheet or large casserole dish. Cover with foil and bake in preheated oven for 15 minutes.
  4. While chicken is cooking, make the balsamic glaze. In a small-medium sauce pan, whisk together vinegar, sugar, honey and salt. Bring to a

boil over medium-high heat and allow to simmer while chicken is cooking. The liquid should reduce by half after 10-15 minutes. Remove from heat.

5. Uncover chicken and brush some of the balsamic glaze on top of the chicken. Return to oven (uncovered) and bake another 5-10 minutes until chicken is completely cooked through. Drizzle remaining balsamic glaze over chicken and serve. Garnish with fresh parsley or rosemary if desired.



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

If you are not currently receiving the Northern Lights Clubhouse Newsletter by email, would you enjoy getting it monthly?

Simply drop us a line at:

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

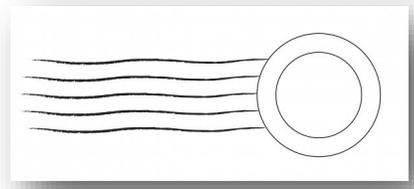
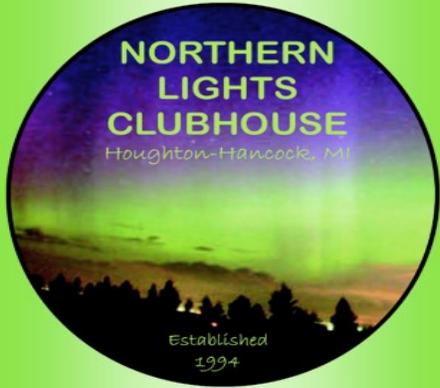
Please include in your subject line the words "**NLC Newsletter sign-up**".

You will have delivery of the NLC Newsletter into your Inbox monthly.

### **Newsletter Contributors**

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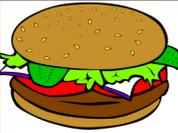
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# Lunch Menu—August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Cheesy Gnocchi with ham & peas	2 BLT wraps & chips	3 Buffet Day	4 Steak sandwich with chips
5 CLOSED	6 Cheese burgers & fries	7 Chicken fajitas & nachos	8 Scalloped potatoes & ham	9 Chicken Lasagna & side salad	10 Buffet Day	11 Eggs, sausage and waffles
12 CLOSED	13 Grilled cheese & chili	14 Beef stroganoff	15 Chef salad	16 Corned beef dinner	17 Buffet Day	18 Reubens and chips
19 CLOSED	20 Sloppy joes & chips	21 Bell pepper nachos	22 Brats & potato salad	23 Asian chicken salad	24 Buffet Day	25 Frozen pizza and side salad
26 CLOSED	27 Hamburger rice & gravy	28 Chicken burritos	29 Eggs, bacon, pancakes & fruit	30 Spaghetti with side salad	31 Buffet Day	