

# Shooting Star

## NORTHERN LIGHTS CLUBHOUSE

September 2018

### **How The Clubhouse Benefits Members**

By Jessica K.

The Clubhouse's main objective is to help members get well. It is a program of support for people recovering from mental illness. It aims to help people excel in all parts of their lives, and this is how Clubhouse is considered unique.

The Clubhouse members work side by side with each other and staff to contribute in meaningful ways. It fights stigma because people who are of importance are more than just patients with a disability. It allows people to focus on their success more than their troubles. Clubhouse aims to do this with the Work Ordered Day, Social Outings, and Employment.

The Work Ordered Day consists of work just like any other job, but with emphasis on member's abilities rather than their limitations. The Clubhouse staff and members are very committed to establishing good relationships with one another.

Clubhouse has Transitional, Supported and Independent Employment. Transitional Employment is a part time job that lasts 6-9 months and is highly structured for members returning to work. Supported Employment is an individual job with support from the clubhouse. People who want to find jobs on their own can consider Independent Employment.

Social Outings are another outlet to getting to know one another. It helps having a bond with one another, especially at a time when it is after the important work of the day is complete.

These are quotes from some Northern Lights Clubhouse Members when they answered the question, "How Clubhouse helps me?"

Alicia: It helps me stay active. The Clubhouse keeps my interest in other things than watching TV all day. It is good for me to have the Work Ordered Day. It gives me a taste of working in the real world. I've come to start developing relationships.

Doug: Clubhouse gives me a place to go. It lets me associate with others similar to me. It gets me out of the house.

Casey: Clubhouse gives me structure to my day. It keeps me socialized. It gives me meaningful work to do. It helps me in my ongoing recovery. It teaches me new skills.

Mike: Clubhouse helps me to get out of my apartment. I like to visit with people. Lunch is great too.

Bushy: Northern Lights Clubhouse is allowing me to live life again. The services provided will help me grow as a person and, hopefully, see joy and a sense of community. The members and staff are what makes Clubhouse the best asset that a person with mental illness can have.

Jessica: The Clubhouse has helped me in many ways. It helps me to be more confident and believe in myself. It also allows me to make new friends and become more social.

### A.E. Seaman Mineral Museum Outing by Alicia

On August 8th we had our weekly outing at the A.E. Seamen Mineral Museum at Michigan Technological University. Brooke, Mike, Genine, Tammy and Alicia went on the outing. There were lots of interesting exhibits.

There was a room with a Florescent Mineral Gallery. The fluorescent lights pick up certain elements in the minerals that glow under the lights. The rocks glowed different colors.

There were a few different collections, that different people, businesses and groups donated. The collection from the University was donated to get it the attention it deserves. Another collection was from Great Lakes Minerals where a lot were found in the Great Lakes Basin. The third was from Michigan Upper Peninsula. This collection is Nationally and Internationally recognized.

It is interesting that different stones and sizes are worth different amounts of money.

CONGRATULATIONS!  
MEMBER OF THE MONTH

**June 2018**  
**Tammy**



**HAPPY BIRTHDAY**

September  
Birthdays



Sept. 5th  
Brandon

Sept. 14th  
Kathy S.

Sept. 12th  
Bushey

Sept. 18th  
Chad



The U. P. State Fair.

By: Casey L.

- ◆ For the first time in My life, I got to go to the Upper Peninsula State Fair, In Escanaba, MI. Since the food is My favorite part, I'll start there. (Some excerpts are from "The UP State Fair Book, 2018).
  - Favorite Fair Foods: State and county fair season, has arrived, and that means there will be rides and games galore. While many people are drawn to fairs by the entertainment, just as many are willing to stand in line for the unique and tasty foods that seem to embody fair and carnival fun. (I didn't have to stand in line Too long, for My Corn Dog and Cotton Candy). If it can be served on a stick or deep fried, chances are you can find it at a fair.
- ◆ List of popular fair foods...Funnel cake: Funnel cake and it's close cousin, zeppole, have long been fair favorites.
  - Corn dogs: Corn dogs are essentially hot dogs on a stick that have been covered in cornmeal and fried. Cotton candy: What fair would be complete without cotton candy? Cotton candy is heated, granulated sugar, Spun into thin threads.
- ◆ The main reason I went to the Fair, was to see Hanson, Live in Concert, Back in the Mid-90's, Their biggest hit song was "MMBOP", They also had other hit songs, such as "Run Rudolph, Run" (From their Snowed-In Album) and another favorite "Man From Milwaukee". The Concert was Awesome! It lasted, about 1 Hour and A Half.
- ◆ Other stuff about the fair:
  - New this year is the Super-Spectacular ride called the Speed, manufactured by KMG in the Netherlands. "The G's you feel on this ride is comparable to flying a fighter jet, (I never go on rides). There is a new funhouse called the Wacky Shack, they also have An upgraded Tilt-A-Whirl. These ride Up-grades cost \$1,500,000 (Yes that figure is correct). One of the more beloved ways for thrill-seekers to spend a day off is to visit an amusement park. Amusement parks, take many shapes.
- ◆ Finally we saw a presentation in "The D.N.R. Pocket Park, about Raptors (Birds Of Prey), these are the birds that hunt for Live Prey, to eat instead, of dead stuff. It lasted about 45 Minutes and was Interesting.



Northern Lights Movie Crew.

By: Brooke C, B.J. H., Jessica K, Alicia H.

We saw a new movie called Christopher Robin, based on The Winnie The Pooh Series.

It was very humorous. It would have been a good movie for a family with children to see. It also would be fun to see with a group of friends.

The movie was about love and friendship, with one another. Christopher discovers that the key to success is to enjoy life to the fullest.

Our favorite is Winnie The Pooh. He was a good character in the movie.



Houghton County Fair

By Jo Ann E.

I saw goats, monkeys and baby alligators. The Petting Zoo had baby sheep. I also enjoyed looking at the cows and other farm animals.

I had pizza and fries for lunch and lemon pie for dessert. I had a good time walking and looking at all the exhibits in the arena.

I took pictures and videos of the rides and games. I had fun watching my friends playing games and winning all the prizes.

**“DIGNITY—Respect others and try to be polite in your manners.”**

*Fred H.*

**My Work Ordered Day**  
By Doug H.

I begin by getting my time sheet started with help from another member. Then at the 9:00 Meeting I sign up for some chores like serving lunch and bussing tables.

I also sign up to work the snack bar from 12:00—1:00 on most days. I also work at the Receptionist Desk, usually from 1:00—2:00.

I help in the kitchen on Fridays and other days when my help is needed.

**TE Announcements:**

🦿 Brett began the Shredding Technician TE job at CCMH in Administration!

Transitional Employment opportunity:

- ◆ Dining Room Attendant at Culver’s will be available at the end of November! Up to 16 hours per week for 6 months. Talk to Clubhouse Staff for more information or if interested.

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

**Upcoming Social & Recreational Events**

Labor Day Picnic  
Hancock Beach  
September 3rd

Hiking  
September 19th @ 4:00

White City  
September 5th @ 4:00

Petting Zoo  
& Humane Society  
September 12th @ 4:00

Fishing  
September 26th @ 3:00

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

## Taffy Apple Cupcakes

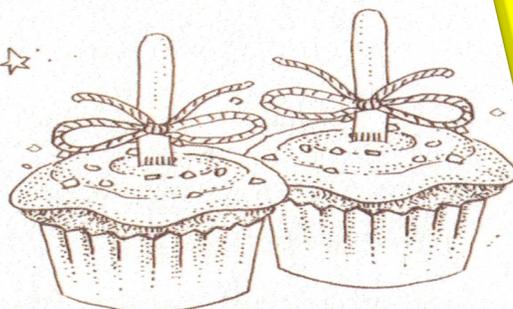
Angie Biggin  
Lyons, IL

*What fun...gooey caramel-topped cupcakes on a stick!*

18-1/4 oz. pkg. carrot cake mix  
1 c. Granny Smith apples, cored,  
peeled and finely chopped  
1/2 t. cinnamon  
20 caramels, unwrapped

1/4 c. milk  
1 c. pecans or walnuts, finely  
chopped  
12 wooden craft sticks

Prepare cake mix according to package instructions; stir in apples and cinnamon. Fill paper-lined jumbo muffin cups 2/3 full. Bake at 350 degrees for 20 to 25 minutes, until a toothpick inserted near center tests clean. Combine caramels and milk in a small saucepan over low heat; stir until melted and smooth. Spread caramel over cooled cupcakes; sprinkle nuts over top. Insert a craft stick into center of each cupcake. Makes one dozen.



**"Gooey & Delicious!"**  
Alicia H.

www.gooseberrypatch.com

### Newsletter Contributors

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### 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?

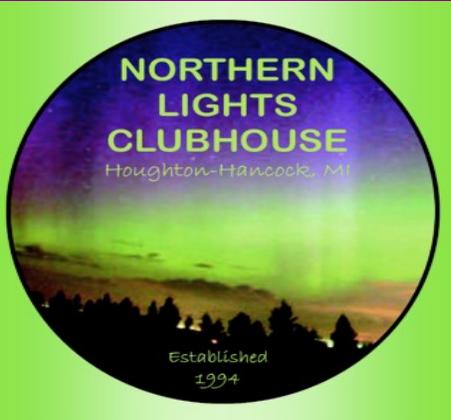
Simply drop us a line at:

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

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

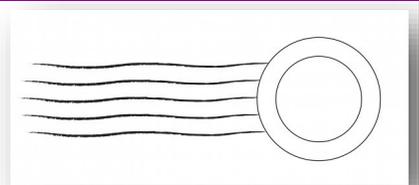
You will have delivery of the NLC Newsletter into your Inbox monthly.





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# Lunch Menu—September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
♦ Menu is subject to change.						1 Chicken Nuggets & Fries
2 CLOSED	3 LABOR DAY PICNIC	4 Pork Chop & Rice	5 Fish Sandwich & Fries	6 Lasagna & Side Salad	7 Buffet Day	8 Grilled Ham and Cheese
12 CLOSED	10 Open Faced Pizza Sub & Chips	11 Greek Chicken Pasta	12 Chili Cheese Dogs & Fries	13 Meatloaf & Mashed Potatoes	14 Buffet Day	15 Pulled Pork Sandwich & Chips
16 CLOSED	17 Grilled Cheese & Tomato Soup	18 Bacon Cheeseburger Cali-Casserole	19 Yakisoba Chicken	20 Sloppy Joes & Fries	21 Buffet Day	22 Hot Dogs, Chips & Slaw
23 CLOSED 30 CLOSED	24 Chicken Patty & Onion Rings	25 Spaghetti	26 Tater Tot Casserole	27 Beef Stew & Dinner Roll	28 Buffet Day	29 Ravioli & Garlic Bread