

# Shooting Star

## NORTHERN LIGHTS CLUBHOUSE

January 2019

### Outreach Program at Northern Lights Clubhouse

By Alicia H.



We have an Outreach program. We do this so people don't isolate and won't stay alone. We do this for many reasons. It's part of Clubhouse Internal Standard Number 7. That standard is "The Clubhouse provides an effective reach out system to members who are not attending,

becoming isolated in the community, or hospitalized."

One part of this is to call the people that have not attended in awhile. We check to see if they are okay. And ask when they might come in to Club-

house next. We call to confirm that people who are signed up for our Wednesday outings are going to make it. We also use the calls to make sure people know about the monthly Employment Dinners!

Often, current or past members call to clubhouse for support. They call to let us know how they are doing or just to chat. Some people call to check out upcoming socials or holiday events. A few people like to call to ask, "What's for lunch?"

Also, we send a monthly Newsletter as well as the menu for the month. We send an Outreach Letter that states outings for the month, Employment Dinner dates, and other special or Holiday events.

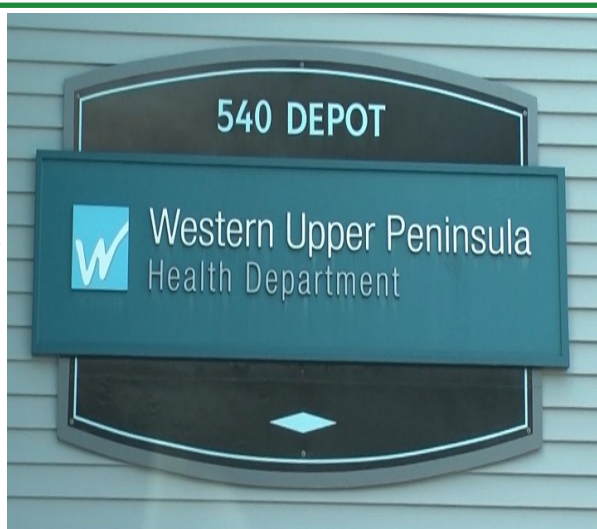
I Personally like having an Outreach program, because I think it would help people that can't get out to feel like they are still part of the Clubhouse group. I occasionally like to make the calls or help with the flyers that we mail out to members.

### Passing Food Establishment Inspection

By Scott M.

The Northern Lights Clubhouse Kitchen recently had our annual Food Establishment Inspection according to the Michigan Food Law by the Western Upper Peninsula Health Department. Jessica, our inspector, did the usual list of check-overs such as temping the food, looking for unsanitary conditions, proper storage, hand washing stations and checking for the proper licensing for the Food Manager. She also asked many questions in regards to how we deal with sick kitchen workers, cooling food, and sanitizing our dishes.

We passed the inspection with no violations cited. The inspection report commented on how the kitchen procedures are in compliance and that the "facility is clean and organized." We were able to do this as a team as all colleagues are shown how to work in the kitchen as if they were working in a restaurant kitchen. It is a team effort running the kitchen and serving quality meals at our Clubhouse, all while keeping it clean and always ready for inspection.



## MEMBER REFLECTIONS

*"I like coming to the Northern Lights Clubhouse. It gets me out from feeling secluded in the country and makes me feel good. Everybody is friendly, warm, welcoming and helpful. I like socializing and helping by doing tasks. I like going on the computer and learning new things. Most of the time I wish I could stay longer, time goes so fast, and I am thankful for this program that is so helpful for the people that need it. Thank you all."*

God Bless, James D.

## HAPPY BIRTHDAY

### January Birthdays

January 2nd  
Tammy R.

January 14th  
David K.

January 25th  
Billie Jo H.



### The Gift That Keeps Giving

By Genine P.

By sponsoring a Cyber Pet at the Copper Country Humane Society you can give a gift of helping an animal get a forever home. If you're unable to have a pet for one reason or another, sponsoring a Cyber Pet may be for you.

Many of us here at Northern Lights Clubhouse love animals and would love to have a pet at the Clubhouse. However, it would be difficult to arrange care for the pet on Sundays and evenings when the Clubhouse is closed. Also, having a State Health Department licensed kitchen creates further obstacles.

Therefore, we have sponsored Cyber Pets from the CCHS since 2007. Northern Lights colleagues have sponsored over seventy five Cyber Pets which have usually been dogs. Sponsoring a pet helps to provide food, care and medical expenses. Knowing that we are helping makes us feel good.

We also visit our Cyber Pet once a month at the Humane Society. To sponsor a Cyber Pet, visit [www.cchumanesociety.com](http://www.cchumanesociety.com). You can help a dog or cat until they find their forever home.



## Tournament of Roses Parade

By Casey L.

I love the Rose Parade because everything on the floats must be made using all natural materials.

In 1890, Valley Hunt Club members, led by Charles Frederick Holder, sponsored the first Tournament of Roses. The abundance of flowers, even in the midst of winter, prompted the club to add a parade before the competition where entrants would decorate carriages with hundreds of colorful blooms. More than a century later, the parade floats are a marvel of state of the art technology, all tucked away beneath flowers and other all-natural materials. Every New Year, visitors experience the beauty of the floral floats along with spirited marching bands and high-stepping equestrian units along the 5 1/2 mile route down Colorado Boulevard in Pasadena, CA. ([www.tournamentofroses.com](http://www.tournamentofroses.com))

This is just a short history, however, I usually love watching the parade, after it airs live, with my D.V.R service. I enjoy the Rose Parade just as much as the Macy's Thanksgiving Day Parade. 2019 marks the 130th year of the Rose Parade which airs on NBC.



### Purpose of Clubhouse

By Brett Watt

No matter what you think, I care for the future of clubhouse. Hello everyone, I believe this is the first time I have written anything for the newsletter in awhile. What should I write about?

Answer: I think the purpose of clubhouse is simple, and the reason I still come here. To start this one off, I'm writing some on my origins about how I got here and why I love Clubhouse.

Before I started Clubhouse, I was working at good old CCMH near the end of high school. I was doing okay, but certain unfortunate problems with family and school caused me a bit of trouble. Thankfully, after Calumet High, stress from school started healing up a tad. However, not all was well because my fear of college. But again thankfully, help came when college was starting up. My Doctor at the time, Dr. Morgan was thinking about starting me in the program, the Northern Lights Clubhouse. Before I started college, the first month at Club was alright but when college began it was a disaster. I struggled to keep up with work at CCMH, Clubhouse and College. Two semesters into Finlandia, I decided to quit college because I felt better as a working man. This is where I started to feel Clubhouse was the right niche for me.

I feel good at Club and this is why. I feel better when people like me are around. It's easy to enjoy myself while working; I feel relaxed. Clubhouse improves me as well as all of us. Still I need self-improvement and I'm trying my best at getting better. Hopefully, everyone enjoys clubhouse as much as I do. Peace to you, all people...

### My New Year's Tradition

By Jessica K.

New Year's Eve is celebrated all over the world. It is usually followed by fireworks. For New Year's Eve, we typically have people over and have finger food and visit with one another. We watch New Year's Eve in New York's Times Square which has musicians playing their popular songs and they have a ball drop from many feet above the ground.

I enjoy New Year's Eve because it allows me to spend time with family and to have a bond with them. I also like watching the music and the ball drop. It almost feels like I am in Times Square with everyone when watching the special. It is a good experience. I like watching the News and seeing New Years celebrated all over the world, such as in Australia and China. I write goals for the New Year and try to follow up with them to the best of my ability.

At the Clubhouse we have a brunch to celebrate the New Year. I always look forward to it, and to the interesting events that take place in the New Year.

**“Positive Thinking—  
In the work ordered day, have  
positive thoughts.”**

*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—January 15th @ 4:00**

**Upcoming Social & Recreational Events**

**New Year’s Brunch  
January 1st @ 11:00 AM**

**Humane Society  
& Mall Walking  
January 16th @ 4:00**

**Loading Zone  
Restaurant  
January 2nd @ 4:00**

**Culver’s Restaurant  
January 23rd @ 4:00 PM**

**Wii Bowling  
at Clubhouse  
January 9th @ 4:00**

**Movie Night  
January 30th @ 4:00 PM**

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

## Super Simple Strawberry Bread

1/2 cup Oil  
 2 Eggs  
 1 1/2 cups All-Purpose Flour  
 1 cup Sugar  
 1/2 teaspoon Salt  
 1/2 teaspoon Soda  
 1/2 teaspoon Cinnamon  
 1-16 oz pkg of Strawberries, sliced

**"Simply Sweet  
 Strawberry Treat"  
 Alicia H.**

- \* Preheat your oven to 350.
- \* Mix together oil and eggs.
- \* Add the dry ingredients to the liquid ingredients and mix well.
- \* Add strawberries.
- \* Spray the bottom and sides of a bread pan with cooking spray.
- \* Pour your bread mixture into the bread pan and cook for 50-60 minutes, or until a cake tester (or toothpick) inserted in middle comes out clean.
- \* Allow pan to cool for 10 minutes on a cooling rack.
- \* To remove the bread from the pan, first run a butter knife around the edges of the bread (this will ensure that the bread isn't stuck to the pan.) Turn the pan over onto your wire rack and your beautiful loaf of bread should come out clean as a whistle.
- \* Allow your bread to fully cool on your wire rack.  
<http://thriftytreasures.com/strawberry-bread/>



**Strawberry  
 Bread**

### My Work Ordered Day

By: JoAnn E.

8:15 I arrive at Clubhouse and work at the Snack Bar selling coffee and pop. I clean the counters and windows. I sweep and mop the floor.

9:00 I listen to the Work Ordered Day Meeting. I sign up for jobs at this morning meeting.

10:30 I do my chores like cleaning bathrooms, cleaning the back rooms, dusting, wiping tables, wiping doors and vacuuming.

11:00 I take a break and then finish dusting the shelves. Also, I clean the business unit by dusting computers. I clean the tables and desks with Virex or glass cleaner.

11:30 I set up the lunch cart and get ready for lunch.

12:00 I have lunch at the Clubhouse. I bring my lunch with healthy choices like salad, meat, veggies and fruit.




1:00 I go to the afternoon Work Ordered Day Meeting. We check the jobs off that we have completed.

2:00 I finish my jobs. Also, I work on my tablet looking at different topics.

3:00 I go home.

  
 workday®

# Lunch Menu—January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
♦ <i>Menu is subject to change.</i>		1 New Year's Day Brunch	2 Chicken Cordon Bleu	3 Pasty Pie	4 Buffet Day	5 Sub Sandwiches
6 CLOSED	7 Chad's Mystery Meal	8 Open Faced Pizza Burger	9 Chef Salad	10 Pot Roast	11 Buffet Day	12 Spaghetti
13 CLOSED	14 Tacos	15 Kielbasa & Fried Cabbage	16 Pasta Beef Soup	17 White Chicken Lasagna	18 Buffet Day	19 BLT's with Chips
20 CLOSED	21 Chicken Salad Sandwich	22 Linguini with Garlic Sauce	23 Sloppy Joes	24 Busy Day Pork Chops	25 Buffet Day	26 Breakfast
27 CLOSED	28 Bacon Grilled Cheese	29 Broccoli Cheese Tortellini	30 Chili	31 Chinese BBQ Pork		



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

Would you enjoy getting it monthly by email?

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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