



Shooting Star

NORTHERN LIGHTS CLUBHOUSE

May 2019

New Staff at Northern Lights Clubhouse

By Vicki P.

I, Vicki Paavo, was born in Hancock, MI, to an Air Force father. I lived all over growing up. I took the job at N.L.C.H. (Northern Lights Clubhouse) to work one on one and side-by-side with the members.

I came from C.S.P. (Community Support Program), which I worked for 16 years. Furthermore, I have worked for C.C.M.H. (Copper Country Mental Health) 31 years all together of service. I left C.C.M.H. 16 years ago, but came back. In the C.S.P., I worked with consumers in the community, giving meds, taking to doctor ap-



pointments, shopping and doing household tasks. In addition, I also was the Job Coach for C.C.M.H. for 15 years, which have five to seven clients. We cleaned the C.C.M.H. Center in Houghton, and taught job skills to get jobs in the community.

I am looking forward to working at N.L.C.H. to help members and advocate for the members. What I know about the C.I.S. (Clubhouse International Standards) is that everyone is treated equally. I'm very excited to go to two-week C.I.T. (Clubhouse International Training) to learn everything I can and to see how other clubhouse's work.

Open House – Two Reasons to Celebrate

By Chad J.

It's an exciting time at Northern Lights Clubhouse. We are celebrating our Clubhouse International Accreditation and our 25th Anniversary. Our Clubhouse is very proud of the positive and supportive environment that we have created. Our Clubhouse is a place where members receive the support needed to enrich their lives with meaningful work and relationships. We invite you to attend our open house so we can share with you what we do and how Clubhouse changes lives. You can meet members and staff, tour the Clubhouse, learn about the referral process and learn how to partner with us. Light refreshments will be served.

Northern Lights Clubhouse Open House
May 29, 2019 - 2:00 P.M. to 6:00 P.M.
1027 Ethel Ave., Hancock, MI

Member Reflection Of The Month

"The Clubhouse is a very welcoming place. I feel welcome and appreciated."
 Jessica K.



HAPPY BIRTHDAY

May Birthdays

- May 7th**
Rose
- May 7th**
Mike
- May 20th**
Ben
- May 28th**
Olivia
- May 30th**
Pam
- May 30th**
Scott



Northern Lights Clubhouse Statistics

2019	Average Daily Attendance	Active Members	Total Hours of Member Attendance	Lunches Served	Outreach Phone Calls	Outreach Mailings	% of Active Members Employed
March	11 Members	29 Members	1257 Hours	269 Lunches	33 Calls	23 Mailings	57%
2018	Average Daily Attendance	Active Members	Total Hours of Member Attendance				
Average Per Month	12.4 Members	31.3 Members	1,231 Hours				

Kraft Hockeyville By Doug. H:

Kraft Hockeyville is a yearly national competition, sponsored by Kraft Foods Inc., that is looking for America's most passionate hockey town. Every year, the winning rink gets \$150,00 in upgrades and the opportunity to host the NHL exhibition game. This year's final four contestants were Wexford Cadillac, Michigan; Calumet, Michigan; Eagle river, Wisconsin; and Sartell, Minnesota. Calumet, Michigan was the winner!! Some of the things that the winning rink wants to fix with the money are the heaters, the ice plant, and the floorboards around the colosseum rink itself. The exhibition game that calumet has gotten the opportunity to host will be on September 26, 2019, at 7:00 pm, between the Saint Louise Blues and the Detroit Red Wings. The win by Calumet Michigan makes it the second Upper Peninsula town to win Kraft Hockeyville USA. Marquette's Lakeview Arena won the competition in 2016, and was able to host an exhibition game between the Carolina Hurricanes and the Buffalo Sabers. Hopefully the Red Wings will pull a victory this year!



Hobbies by JoAnn E.

I enjoy going out for walks and riding exercise bikes. Also, I like doing stretching or bending exercises and jumping jacks.

My favorite hobby is using electronic tablets. I like looking up recipes for baking or cooking the meals. I also play card games on it like Jack & Queen, Black Jack or Tetris Bingo. I like to search Google for interesting news.

The best music for listening is from the 80's. Also, I've been listening to oldies but goodies; 50's, 60's and 70's music.

Spring Flowers by Tammy R.

Dandelions	I see them in their yellow & orange. Wonderful Spring life.
Tulips	I see pink and red tulips. They grow wonderfully. A beautiful sight.
Lilies	I see them in full bloom. Bumble Bees on the flowers. They smell like heaven.
Bluebells	I see these blue and yellow wildflowers. Wonderful flowers for gardens too. They have a lovely scent.

**Cinco De Mayo** by Jessica K.

Cinco de Mayo takes place May 5th 2019. It is the victory the Mexican's Army had over the French Empire in the Battle of Puebla on May 5th of 1862. It is seen to celebrate the culture, achievements and experiences of people with a Mexican background. It promotes Mexican services and goods, particularly food, drinks and music. Parades are also promoted. Military services pledge allegiance to national pride and heritage. Cinco de Mayo celebrations feature skydiving in Canada, air guitar in the Cayman Islands in the Caribbean, and a Mexican beer drinking competition. Bob Dylan's song, "Isis" mentions the 5th of May. I first learned of this holiday in my Spanish class in the 5th grade. I was not aware that the Mexicans also have an Independence Day just like we do on the 4th of July in the United States. I do not typically celebrate this day, but I would love to go to one of the events like the parades and such to celebrate for the fun of it.

**Memorial Day** by Casey L.

Some excerpts from Almanac.com/When-Memorial-Day

1. This U.S. Federal Holiday is celebrated on the last Monday of May to honor the men and women who have died while serving in the military.
2. The custom of honoring ancestors by cleaning cemeteries and decorating graves is an ancient and worldwide tradition, but the specific origin of Memorial Day, or Decoration Day, as it was first known, are unclear.
3. After World War I, the day expanded to honor those who have died in all American wars.
4. Today, poppies are both the symbol of loss of life as symbol of recovery and new life, especially in support of those servicemen who were damaged physically.
5. To celebrate Memorial Day, I think of the song, "Some Gave All."

Oven baked Veggies

- Mixed frozen veggies (any variety will work)
- Olive oil
- Salt
- Pepper

Set oven to broil. Spray cookie sheet. Put veggies on the cookie sheet. Sprinkle or spray olive oil. Salt and pepper to taste. Put into oven. Turn vegetables over about 10 minutes into baking. Put back into oven and cook till the veggies are crispy around the edges, making sure the middles don't burn or dry out.

From the kitchen of Alicia H.



A Healthy Lifestyle by Alicia H.

I'm trying to live a healthy lifestyle. It takes time, commitment, and endurance. It consists of eating less and exercising.

Eating is the hard part. You need to have good portion sizes. You need to include certain elements to each meal. Breakfast should have protein to start your metabolism for the day. Lunch and dinner should have some meat and veggies. It is a good idea to cut back or cut out sweets. It works for me to only have three desserts a week. Cutting carbs is very hard to do, because there are so many foods that have carbs in them.

Working out can be fun as well as beneficial. There are many workouts that are good to do. You can walk outside or on a treadmill. There is riding a bike or lifting weights. I have found that my favorite workout is climbing stairs because this is good for the knees. Of course, there is a large selection of workout DVD's. My favorite ones are from Richard Simmons. He does exercises that are easy and puts them to good music. There are many different levels of workouts. You don't want to skip a workout, for that just makes it easier to skip it again the next day.

Sometimes I will struggle with my eating one week and do great the next week. The definition of the word diet is "Healthy eating plan." It's good for your health to be in shape.

You can do this on your own. Or you can hire a trainer, or even a nutritionist. There are many diets, and they don't all work for everyone, so find one that works for you and stick to it. I wish you luck in whatever you choose.

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

Fred H.

TE Announcements:

⇒ Mike Y. is now filling the TE Shred Technician position at Copper Country Community Mental Health. Congratulations to Mike!

Transitional Employment Opportunity:

- ◆ Dining Room Attendant at Culver's.
- ◆ Talk to Clubhouse Staff for more information if you're interested.



Upcoming Social & Recreational Events

Mineshaft Bowling
May 1st @ 3:45

Downtown Houghton Shopping
May 8th @ 4:00 PM

Humane Society & Ice Cream
May 15th @ 4:00

Hiking
May 22 @ 3:00 PM

SPECIAL EVENTS

Recovery Conference
May 7th (All Day Trip)

Open House @ Southshore Place
May 31st (All Day Trip)

Adopt-A-Highway Trash Pickup
May 10th (12:15 PM-2:30PM)

NLCH Open House
May 29th (2:00 PM-6:00 PM)

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

Employment Dinner—May 21st @ 4:00

Lunch Menu—May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
♦ <i>Menu is subject to change.</i>			1 Meatloaf	2 Chicken Pot Pie	3 Buffet Day	4 Chili
5 CLOSED	6 Cheese Soup	7 Sandwich & Chips	8 Salisbury Steak	9 Chicken Stir Fry	10 Buffet Day	11 Hot Dog & Onion Rings
12 CLOSED	13 Homemade Chicken Noodle Soup	14 Shake-N-Bake Chops	15 Loaded Grilled Chicken Sandwich	16 Homemade Pizza	17 Buffet Day	18 Breakfast
19 CLOSED	20 Brats & Coleslaw	21 King Ranch Chicken	22 Enchiladas	23 Cabbage Rolls	24 Buffet Day	25 Chicken Nachos
26 CLOSED	27 Memorial Day Picnic 	28 Lasagna	29 Sloppy Joe	30 Pork Loin	31 Sandwich & Chips	



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

Please include in your subject line the words:

“NLCH Newsletter sign-up”

Northern Lights Clubhouse
1027 Ethel Ave.
Hancock, MI 49930



Phone: 906-482-0741
Fax: 906-482-0824
E-mail: northernlightsclub@gmail.com

Newsletter Contributors

**Alicia H.
Fred H.
Tammy R.
Jessica K.
JoAnne E.
Doug H.
Vicki P.
Chad J.**

**Casey L., Facilitator
Keith S., Editor**