



# Shooting Star

## NORTHERN LIGHTS CLUBHOUSE

June 2019

### 13th Annual Upper Peninsula Recovery Conference

#### Love, Hope, and Acceptance in Recovery

By Billie Jo H.

Northern Lights Clubhouse attended the Recovery Conference sponsored by Northcare Network on May 7th in Marquette.

The Key Note Speaker was Dr. Kristin Roush. She talked about feelings. Anger is fear, guilt is asking did I do something wrong, and shame is I am a walking mistake. I'm free. The problem is after we work through we let it go. Nothing is as it seems, if something doesn't happen we tend to blame ourselves. Let it go, make a list of what you could do, decide what you are going to do, make a plan to do, and then let it go.

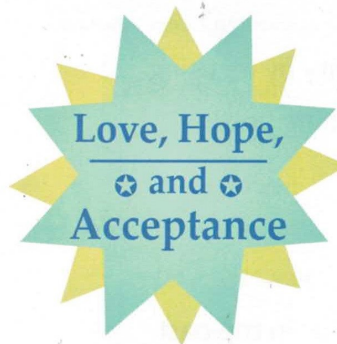
We broke into groups for workshops. The first one was Nutrition and Chair Exercises. Lack of nutrition can cause symptoms of depression and others. Most nutrition comes from fruits, vegetables, grains and seeds. All of our health is better, physical and mental health, with good nutrition. Bad nutrition can contribute to bad mood and obesity. The workshop ended with chair exer-

cise. The second workshop was build your own Recovery Board about what you want to be in five years.

We had Lunch with the keynote speaker. After lunch the last workshop was Mental Health First Aid, presented by Phil Hefner-Gardiepy. This workshop helps people to be willing to help people in crisis. He discussed stigma with mental illnesses as being labeled as crazy. One in four people will be diagnosed with a mental illness. A person with mental illness is more likely to hurt themselves than to hurt others. Mental health first aid helps people know about symptoms of mental health, to help someone make a plan. You need to help others, not because they are a mental illness, but because they are another human being. Mental illness is a disease not a disgrace. You have to be willing to help and not just run away. Show

that you care; we need to be listening without judgment. We need to give reassurance and information. We need to encourage people.

The closing session was Karaoke, Closing Remarks, Evaluations, and Raffle.



### Clubhouse Membership Standards by Casey L.

*#1. Membership is voluntary and without time limits #2. The clubhouse has control over its acceptance of new members. Membership is open to anyone with a history of mental illness unless that person poses a significant and current threat to the general safety of the clubhouse community. Clubhouse International Standards for Clubhouse Programs*

I love the voluntary nature of clubhouse. That is one of the things that is very unique to clubhouse. A person can only ask you to do things at clubhouse, not require you. At our clubhouse, very few people have ever posed a risk to our safety.

My favorite things to volunteer for at clubhouse are phones, culinary and "copy center" work. I also often do the Work-Ordered-Day Board. I like that you can come and go from clubhouse as much as you would like. It seems my schedule varies week by week.

### Returning to Clubhouse by Andy M.

I lost my mental health services and Clubhouse services on November 15, 2014. For four years I didn't have services, so I came to Clubhouse each Thursday which is Friends and Family Day. On April 11, 2019, I was able to return to Clubhouse fulltime. This was because of the Clubhouse Medicaid Spenddown Grant. I am happy to have Clubhouse to go to now. Because of that I am not bored, and I don't isolate. I can tell that since I came back to Clubhouse my depression is better. There are new members here at Clubhouse that are good cooks and make good desserts. We have a new staff member and I can now see my old friends.

## Member Reflection Of The Month

*"I like coming to Clubhouse because I love doing work tasks. Everyone is nice and friendly. It gives me a good feeling to be around others in a community program."*  
 Doug H.



## HAPPY BIRTHDAY

### June Birthdays

Bob  
June 7th

Jeanie  
June 27th

Leonard  
June 2nd

Casey  
June 2nd



### 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 |
|-------------------|--------------------------|----------------|----------------------------------|----------------|----------------------|-------------------|------------------------------|
| April             | 13.1 Members             | 29 Members     | 1401 Hours                       | 264 Lunches    | 40 Calls             | 35 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                      |                |                      |                   |                              |

### How Schizophrenia Alliance Benefited Me

By Clayton W.

I've been going to SA for six years. It's been a great experience. I learned a lot from other attendees. They've been a great asset. I could go there and open up without the fear of a lack of confidentiality.

SA had its ups and downs just like with anything. Sometimes the things that we said there were hard to understand. But I learned throughout the years that routine makes you more familiar with things. Everything at SA is all making sense more and more each time I hear it. It just takes patience. Through time you become more aware of how to handle your illness. I want to keep going so that I continue to improve with coping. It would however be nice if we had more attendees.

We do however need to encourage more consumers to attend. That would bring more ideas to the table. If people are interested, they could talk to me. You will for sure not regret it. It can help you manage your symptoms better.

Where: CCMH Rice Memorial Center

When: 1P.M.-2:30P.M. on Thursdays

### Copper Country Community Mental Health Service Recovery Dialogues Peer Support Group

Submitted by Carl E., Peer Support Specialist

Meets Tuesday at 11 A.M. at CCMH Rice Memorial Center. To participate, go to the main reception desk. All consumers of CCMH are welcome.

The belief in recovery is based on the belief that everyone can learn and grow. Everyone can do more for themselves than they are currently doing in terms of creating the kind of life that they want.

Recovery Dialogues are discussion groups that have as their major focus re-building a positive self-image and strengthening the belief in one's own abilities and potential for growth.

Recovery often has to do with becoming aware of or realizing that I can begin to take more control of my life and building on that awareness and growing in self-confidence.

Born in 1977 by Casey L.

If you were born in 1977 like me, you might be interested to read what happened that year. My favorite movies, Star Wars and Close Encounters of the Third Kind, came out. On Jan first a woman was formally ordained an episcopal priest. The 65<sup>th</sup> Rose Bowl: #3 Southern California beats #2 Michigan 14-6. Jan 3<sup>rd</sup> Apple Computer, Inc. Incorporates. Jan 14<sup>th</sup> "Fantasy Island" Starring Ricardo Montalban premiers on ABC TV (One of my favorite shows). Feb 2<sup>nd</sup> Radio Shack officially begins creating the "TRS-BO" computer. February 4<sup>th</sup> Rumors 11<sup>th</sup> studio album by Fleetwood Mac is released. (One of my favorite songs is "Tusk" by Fleetwood Mac). Fleetwood is also the name of a brand of house trailers. New York city black out lasted for 25 hours. Atari released in the U.S. population reached 216 million. Charlie's Angels TV Show is popular.

### **Social Activity** by Jessica K.

We watched a movie for an evening social activity, called "Christopher Robin." Christopher Robin is about appreciating the simple things in life. Pooh teaches Christopher a valuable lesson about how we can appreciate the simple things without worrying about the busyness of life.

Christopher finally realizes his life is fine the way it is, and he learns to put his loving family above all else. Several people watched the movie and we had snacks afterwards. This movie taught me a valuable lesson and also provided me with good entertainment.

### **Clubhouse Poem** by Tina N

*Northern Lights Clubhouse is the place to be.  
Coming to Clubhouse and helping out is key.  
All the people are there to have a good time.  
To help each other with the chores can be prime.  
I'm happy to help out wherever I'm needed.  
We have a new worker who has a nice smile.  
Come to Clubhouse and enjoy it awhile .*

### **Bridgefest is coming!** by Casey L.

Bridgefestfun.com

This year (2019) Bridgefest starts on Thursday June 13<sup>th</sup>, with the parade at 7:05 pm on June 14<sup>th</sup>. This year, I plan to record the parade for the first time ever with a 4-K video camera.

What is Bridgefest? Bridgefest was organized to celebrate the Portage Lake lift bridge which officially opened in 1959. The bridge is a vital link between the communities of Houghton and Hancock and is a gateway to the rest of the Historic Keweenaw Peninsula.

The weekend celebration includes a wide range of events including outdoor concerts, sporting events, the annual Bridgefest Parade, and Jon Davis Memorial Fireworks. The parade travels to both the Hancock and Houghton sides of the bridge.



## Homemade Chocolate Pudding

-1/2 cup sugar  
3 T cornstarch  
1/4 tsp salt  
2 1/2 cups milk  
1 1/2 tsp vanilla  
1/3 cup cocoa

Combine ingredients in a medium saucepan. Stir with a whisk over medium heat until mixture thickens and coats the back of a spoon. Transfer mixture to a glass bowl, cover with plastic wrap with wrap touching pudding, and refrigerate for one hour or until cool.



### Aqua Aerobics by Tina N.

Was I ever in for a surprise on my first day of aqua aerobics. I expected to go in the water and we would have someone in the front and she would show us an exercise and we would all do it and then continue on in fashion. It was nothing like that. The name should have warned me ahead of time. You do not get a break. It is one hour straight of exercise (aerobics), constantly moving until our session is up. We are listening to a tape and people are scattered all over half of the pool and the instructor yells out what we need to do; otherwise, the tape is music with words and it tells you the aerobic exercise to do. There are jumping jacks, scissors, slide, frog, kick forward, kick backward, mule kick where you are supposed to kick your butt (I accidentally kicked someone else in the butt- I felt so bad), hop scotch, karate kick to the side, and other aerobic that slip my mind right now but it goes from one exercise to another without any breaks. I think it is a blast. I feel like a ton getting out. My swimsuit feels like it is taking half the pool with it. Thank goodness for my walker to help me walk. All the ladies are so kind. We all have fun and we're an encouragement to all. I have aqua aerobics Monday, Wednesday and Friday. The sad thing is that it is only going to last 4 weeks because they are going to be draining the pool and doing maintenance on it. Well it is 12 sessions of getting exercise in the water which is not as hard on the body as out of water. If they offer it again, think about trying it! They tell me they have never seen anyone drift as much as I do in the water and she said it is because my core is weak. Maybe by the 12<sup>th</sup> session I'll stay in my place better.

### From The Desk Of Barry F.

Hi,  
This is a description of a delusional episode that was the beginning of a period of psychosis when Sara became ill ten years ago.  
Barry (Sara's mom)

### Sara's Journey by Sara Fink

On May 4, 2009, I was not feeling well due to a cold. The Houghton Transit picked me up for work at Frank's True Value Hardware located (now empty) on Quincy Street in Hancock. The bus driver dropped me off across the street from Frank's at Superior National Bank. I called my mom to come pick me up. I was going to cross the street when a white pickup truck with a couple and a baby appeared, I played peek a boo with the baby. Then I crossed in front of the truck to the other sidewalk and the truck came into the driveway. Then I was trying to call my mom on my cell phone, when I missed the other curb and fell. Then the man got out of his pickup truck and tried to get my cell phone which got out of my hand when I fell. So, I grabbed it very quickly before he was going to take it. On that day, I thought I was hit by the pickup truck, but nothing happened. It was a hallucination.

This was all very scary. Then I finally crossed the street to Frank's. I signed in and got to work. Later on in the month of May 2009, I started not to drink, eat or communicate with my mom who had to take care of me by herself. My dad was out in Yellowstone National Park. I had a delusion about being the lady from Shopko that month as well.

On May 30, 2009, my mom took me to Portage ER, there I was taken by two sheriff deputies to Kinross, Michigan War Memorial Behavioral Health Center. Ten years later, the Shopko delusion is gone because the store is closed. I am on good medicine and stable. I am a mental health success story.

**“PATH TO RECOVERY—  
Give thanks for the day  
and go one day at a time!”**

*Fred H.*



**TE Announcements:**

- ⇒ Mike Y. And James D. are working TE Shred Technician positions at Copper Country Community Mental Health.
- ⇒ Jacob J. is starting a TE at Culver’s as Dining Room Attendant.

**Upcoming Social & Recreational Events**

Bishop Baraga &  
Drive-in  
June 5th @ 3:00

Fishing  
June 12th @ 3:00

Humane Society &  
Cook-out  
June 19th @ 4:00

Hiking  
June 26th @ 4:00 PM

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

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

# Lunch Menu—June 2019

| Sun                                 | Mon   | Tue   | Wed   | Thu  | Fri   | Sat                 |
|-------------------------------------|---|---|---|--|---|---------------------|
| ◆ <i>Menu is subject to change.</i> |  |  |  |  |  | 1 Cheese-burger Mac |
| 2<br>CLOSED                         | 3 Grilled Ham & Cheese with Soup  | 4 Cold Ham & Cheese Salad   | 5 Pork Tacos & Rice   | 6 Spaghetti and Side Salad   | 7 Buffet Day  | 8 Sub Sandwich      |
| 9<br>CLOSED                         | 10 Avocado BLT Wrap   | 11 Potato Casserole   | 12 Grilled Chicken and Asparagus  | 13 Jambalaya   | 14 Buffet Day   | 15 Sloppy Joes      |
| 16<br>CLOSED                        | 17 Chicken Salad Sandwich   | 18 Pork Chop & Pasta  | 19 Bratwurst & Potato Salad   | 20 Tex Mex Macaroni & Cheese   | 21 Buffet Day   | 22 Home-made Pizza  |
| 23 / 30<br>CLOSED                   | 24 BBQ Beef Sandwich  | 25 Pineapple Chicken Sandwich   | 26 Beef and Bean Burritos   | 27 Lasagna   | 28 Buffet Day   | 29 Breakfast        |



## 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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