



# Shooting Star

## NORTHERN LIGHTS CLUBHOUSE

June 2018

### What We Learned at the Recovery Conference

By Alica H. & Billie Jo H.

We attended the 12<sup>th</sup> Annual Recovery Conference, The Magic of Hope, at Northern Michigan University in Marquette on May 1<sup>st</sup>, 2018. Those who attended from Northern Lights Clubhouse included B.J., Tina, Jessica, Brooke, Doug, Genine, Keith, Fred, and Alicia.



It began with a keynote speaker, Phil Hefner-Gardiepy, that had very interesting points to make. He made several jokes, but he used them to make his point.

Then we had Karaoke part 1. Our DJ was even more hilarious than our Keynote Speaker! In the middle of songs, he would come out from behind his desk and prance around the room. We just laughed. He had interesting comments about people's song selections. Doug H. sang a song and he did a pretty good job.

At the conference we had many workshops that were very informative. I took the morning workshop called "Paint with a Pro." It was supposed to encourage self-expression. We all got small canvases with a stencil of the U.P. Everyone was encouraged to paint how they wanted. It was refreshing. Stephanie Heise led this workshop.

Another morning workshop they had was on coping with OCD, otherwise known as Obsessive-Compulsive Disorder. Fran Mackay facilitated this class. OCD can be a disabling psychiatric disorder. Symptoms of OCD can be images, urges, impulses, or thoughts. Behaviors can be checking, counting, ordering or seeking reassurance. To be diagnosed as OCD your symptoms must be debilitating and cause significant distress. It must also take up a significant amount of their time.

The other morning classes were Co-Occurring Disorders with Ashley Jenema, Self-Care Optional with Stacy Mayland,

and The Magic in All of Us with Phil Hefner-Gardiepy. After the morning workshops were completed we had lunch.

Then after lunch our Keynote Speaker presented for us again. The afternoon workshop I attended was "An Introduction into the Clubhouse Culture. Chelsea Monfils, the facilitator, had to do so all on her own due to the fact that her colleague didn't make it. She went over the Clubhouse International Standards. She went over things like Clubhouse is a restorative environment. It is designed to support adults who live with Mental Illness. She went over some of the Clubhouse terminology, such as The Work Ordered Day which is about the structured system that organizes the day at a Clubhouse. She talked about the history of Clubhouse. Did you know that there are over 320 Clubhouses in the world, that are found in 34 countries? There are 47 found right here in Michigan!

The other afternoon classes consisted of Paint with a Pro with Stephanie Heise, Veterans; Navigating Life After Service with Jason Wellner, The Autism Journey with Lucy Wilcox, Laurie Kass and John Taylor, and the Magic in All of Us with Phil Hefner-Gardiepy.

Then we had Karaoke Part 2. Alicia sang a song called "Friends" by Michael W. Smith. The D.J. commented that was a beautiful choice. We laughed with him some more.

We ended with a raffle and were awarded with a few Gifts. I got a bath set and B.J. got a welcome sign.

There is always so much information to gather for yourself, family, friends as well as for the community. All in all, it was a great day! We are all looking forward to next year!

## Northcare Presents

12 Annual U.P. Recovery Conference

**"Magic of Hope"**

Tuesday, May 1, 2018

Northern Michigan University

CONGRATULATIONS!  
MEMBER OF THE MONTH

**April 2018**



*Jessica K.*

**HAPPY BIRTHDAY**

June Birthdays

June 3rd  
Jared

June 7th  
Robert

June 2nd  
Casey

June 27th  
Jeanie

My Favorite Lunches at Northern Lights Clubhouse  
By Tammy R.

I love lunches here at Clubhouse because I like the appearance of how they look and how they taste. This is about some of my favorite lunches.

I like beef stew because its taste is really good and I love the noodles. The meat is really good. The meat is cooked thoroughly through the stew.

Lasagna and Garlic Bread. I really like the hamburger and the cheese. It smells really delicious. The long lasagna noodles taste really good. The flavor and the nice smell!

Baked fish with Parmesan Cheese is really the great. The fish tastes wonderful and the spices taste great. Also the flavor tastes right through.

Chicken and Broccoli Alfredo. I love this dish. I love the aftertaste and the broccoli. Its got butter and a great flavor.

BLT Sandwich and Onion Rings. I love lettuce and tomato and bacon. The onion is very good flavor and the coating of the onion rings is very good. The coating of the onion rings is cereal.

I love lunches here at Clubhouse.

Bridgefest 2018  
By Casey L.

Bridgefest was organized to celebrate the Portage Lake Lift Bridge, which officially opened in 1959.

The parade is my favorite Bridgefest event.

2018 Schedule:

- ◆ June 14<sup>th</sup>: Helicopter Rides
- ◆ June 15<sup>th</sup>: Art in Hancock, Helicopter Rides, Vendors on the Waterfront, Laser Tag, Parade, 5K Run/Walk, Night Screamer Concert
- ◆ June 16<sup>th</sup>: Art in Hancock, Tennis Tournament, Vendors on the Waterfront, Helicopter Rides, Bike Races, Wagon Rides, Laser Tag, Kid's Stuff, Chicken Bingo, Tom K And Highway Concert, Fireworks.
- ◆ June 17<sup>th</sup>: Trail Run, Helicopter Rides, Art in Hancock, Ping Pong.

Forest green and golden bright  
Could not see the morning light  
Wished it could be simple and true  
Wanting on loving thinking of you

To the oasis on many places  
Cast forever picture takers  
Wondered if I could catch you  
Watching the beautiful sky of blue  
Turned to the river rapid free  
Pretty as a picture feeling glee  
Trip of lovely with no hesitation

Daniel L.



Misty morning sunshine brew  
Smiles are more when there are two  
Love on sun make it right keep it nice  
And it is bright

Tickle one's toes and sunshine grows  
Even in winter when it really snows  
Perfect view when one come anew  
Especially over the morning dew  
Make the time and take one's break  
And fix a darling birthday cake  
Count the candles but don't feel sad  
Happiness flows with smiles of glad

Daniel L.



Drive-In  
By Jo Ann

I would love to go to the Drive-In.  
What is my favorite meat at the Drive-In?  
Burgers and fries are my favorite.

Are you having a good burger basket?  
Hamburgers are really good.  
The Drive-In sounds really good!

**“Patience: It is an important thing to use your time wisely, working along in a positive way on the Work Ordered Day.”**

*Fred H.*

**TE Announcements:**

Transitional Employment opportunity:

- ◆ CCMH in Administration: Shredding Technician, Available near the end of May. Up to 15 hours per week for 6 months. Talk to Clubhouse Staff for more information or if interested.

Ben H. began at Culver’s Restaurant, Dining Room Attendant / Kitchen Helper. Congratulations Ben!

**IM NOT GONE**

Please don't cry.  
I'm not really gone.  
When you look out the window,  
I'll be standing on the lawn.

Please don't cry.  
I'll see you again.  
Don't be sad;  
Keep up your chin.

Please don't cry.  
I'm not really dead.  
When you cry yourself to sleep,  
I'll be by your bed.

Please don't cry.  
Just because we had to part,  
As long as you remember me,  
I'll live in your heart.

Please don't cry.  
I'm not gone forever.  
I'll be a cool and gentle breeze  
In hot summer weather.

Please don't cry.  
Don't run and hide.  
When you need a shoulder to lean on,  
I'll be by your side.

Please don't cry.  
When you're sad and weak,  
I'll be there  
To kiss you on the cheek.

Please don't cry.  
This is just a goodbye.  
So please, oh please,  
Baby, do not cry.

By: Brandon S.

**Employment Dinner—June 19th @ 4:00**

**Upcoming Social & Recreational Events**

**June 4th  
12:00 to 2:00  
Fitness Fair**

**June 6—3:00  
Tobacco River  
Park**

**June 13th—3:30  
McLain’s State  
Park**

**June 20th-4:00  
Humane Society  
& Dairy Queen**

**June 27th—4:00  
Frisbee Golf**

### Peanut Butter Pie

- ◆ Graham cracker crust
  - ◆ ½ cup powdered sugar
  - ◆ ½ cup creamy peanut butter
  - ◆ 8 oz. Cool Whip topping
  - ◆ 4 oz cream cheese
  - ◆ 15 bite size Reece’s Peanut Butter Cups
1. Mix powdered sugar, peanut butter, ½ of Cool Whip topping and cream cheese.
  2. Put mixture into graham cracker crust.
  3. Spread other ½ of Cool Whip topping on top of mixture.
  4. Crush Reece’s Peanut Butter Cups and sprinkle over pie.
  5. Chill to set, then serve.

**“Easy & Delectable!”  
Alicia H.**



### 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)

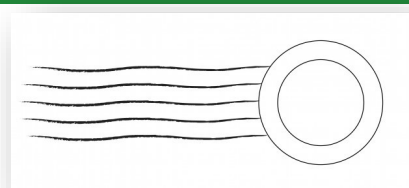
Please include in your subject line the words “**NLC Newsletter sign-up**”.

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

### Newsletter Contributors

- Joann E.
- Alicia H.
- Fred H.
- Tammy R.
- Billie Jo H.
- Brandon S.
- Daniel L.
- Casey L., Facilitator
- Keith S., Editor





**Northern Lights Clubhouse**  
 1027 Ethel Ave  
 Hancock, MI 49930

**TO:**



Phone: 906-482-0741  
 Fax: 906-482-0824  
 E-mail: [northernlightsclub@gmail.com](mailto:northernlightsclub@gmail.com)  
[www.facebook.com/nlch1994](http://www.facebook.com/nlch1994)

## Lunch Menu—June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Buffet Day	2 Sloppy Joes
3 CLOSED	4 Soup & Grilled Cheese	5 Chicken Stir Fry	6 Chicken Pot Pie	7 Beef Tips Over Rice	8 Buffet Day	9 Eggs & Sau- sage
10 CLOSED	11 Taco & Span- ish Rice	12 Ring Bolo- gna & Fried Potatoes	13 Steak & Maca- roni Salad	14 Chef Salad	15 Buffet Day	16 Brats on the Grill
17 CLOSED	18 Burgers on the Grill	19 Cold Tuna Salad	20 Ham & Broc- coli Stromboli	21 Grilled Chick- en	22 Buffet Day	23 Swedish Meat- balls
24 CLOSED	25 Tangy Roast Beef Sandwich	26 Lasagna	27 Polynesian Pork Chops	28 Hamburger Casserole	29 Buffet Day	30 Soup & Sandwich