



# Shooting Star

## NORTHERN LIGHTS CLUBHOUSE

March 2019

### Clubhouse Space Standards by Alicia H.

Today's article is on Space Standards of the International Standards for Clubhouse Programs.

*12. The Clubhouse has its own identity, including its own name, mailing address and telephone number.*

*13. The Clubhouse is located in its own physical space. It is separate from any mental health center or institutional settings, and is impermeable to other programs. The Clubhouse is designed to facilitate the work-ordered day and at the same time be attractive, adequate in size, and convey a sense of respect and dignity.*

*14. All Clubhouse space is member and staff accessible. There are no staff only or member only spaces.*

We are required to have our own address, a place to meet. We have our own phone number to help with the standards. We are separate from Copper Country

Mental Health and we have our own identity. We are called Northern Lights Clubhouse.

It is important to have a facility that is able to comply with all we do in our Work Ordered Day. It needs to be comfortable so it's nice that our building has brightly colored walls. Our space gives us a sense of respect and dignity.

Having a building of our own helps with having a Clubhouse. We need our own place that is accessible to all staff and members. In our space, none of it belongs to just staff or just members.

I think this is good to have our own space, because we are unique, and we stand out in our community. These standards, to me, mean we are important enough to have our own space, address, phone number, and identity.

Dear Northern Lights Clubhouse,

I'm not sure how many people can say, "I absolutely love my job". I can. Working at the Northern Lights Clubhouse for the past 25 years has enriched my life through working with colleagues, gathering together for outings and holidays and building relationships.

That is why my retirement on March 1st is a bittersweet decision. I'll miss gathering for our meetings, WOD, socializing, joking, laughing and all the ups and downs that we have shared. Our Clubhouse community has come so far since the beginning of Northern Lights Clubhouse in 1994. It all comes down to the people within our Northern Lights community.

My husband and I are planning to move back to Muskegon in the Fall where our families are. Less snow too. LOL. I have many things to do before we put our home up for sale, so I will be busy.

This has been my second family for two plus decades. There is not a day we were all together that I would change.

This is not good-bye, but to say I'll see ya' around. You all will forever have a place in my heart.

Sincerely,

*Genine P.*

**Member Reflection Of The Month**

*"I like to come to Northern Lights Clubhouse because I get to cook and bake every day. I like to bake and cook a lot."*

**Alicia H.**



**HAPPY BIRTHDAY**

**March Birthdays**

**March 8th  
Maia**

**March 12th  
Eric**

**March 20th  
Rose M.**



**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
January	12 Members	30 Members	1,151 Hours	242 Lunches	39 Calls	15 Mailings	57%
<hr/>							
2018	Average Daily Attendance		Active Members	Total Hours of Member Attendance			
Average Per Month	12.4 Members		31.3 Members	1,231 Hours			

**My Job** by Francis

I am Francis! I have been a member of Northern Lights Clubhouse for a long time. I wish to talk to you all so I can tell you about my job. I obtained my work through help from Clubhouse people. I have been working for more than a half of a year. My work is with three other members in a Group Placement which is like a work crew or job pool. I focus on my work and compliment the crew on progress to have them feel good at work, including Keith who helped me get the job. Thanks.

**Northern Lights Clubhouse Outing** by Billie Jo

We went to the Copper Country Humane Society (CCHS) and Dairy Queen on Wednesday, February 13, 2019. Billie Jo, Joann, Doug H., and Keith went on the outing.

Members donate money for our sponsored dog at CCHS. Billie Jo liked the cats and one cat tried to jump out when we opened the door. Keith and Doug H. went to see the dogs. After CCHS we went to Dairy Queen and ate ice cream.

I enjoyed the cats a lot and I liked the ice cream at Dairy Queen, too!

## St. Patrick's Day In The United States by Casey L.

St. Patrick's Day, on March 17<sup>th</sup>, is in remembrance of one of Ireland's Patron Saints, St. Patrick. It largely celebrates Irish-American culture in the United States.

St. Patrick's Day is not a Public Holiday. It falls on Sunday, March 17, 2019 and most businesses follow regular Sunday hours in the United States. Celebrations concentrate on Irish themed parties, drinks, and food. Many people get into the spirit by dressing in green clothing and eating green colored food. Water is dyed green in public places in some towns.

St. Patrick is one of Ireland's Patron Saints and many Americans with Irish ancestry remember him on March 17<sup>th</sup>. The most common St. Patrick's Day symbol is the Shamrock. The Shamrock is the leaf of the Clover plant and a symbol of the Holy Trinity. In America, we consider the Irish 4-leaf clover to be lucky.

([www.britannica.com/place/ireland](http://www.britannica.com/place/ireland))



## Ireland by Casey L.

The magnificent scenery of Ireland's Atlantic Coastline faces a 2,000-mile-wide expanse of ocean. It's geographic isolation has helped it to develop a rich heritage of culture and tradition that was initially linked to the Gaelic Language. Ireland is also renowned for it's wealth of folklore, from tales of tiny Leprechauns with hidden pots of gold, to that of the Patron Saint, Patrick with his legendary ridding the island of snakes. ([www.britannica.com/place/ireland](http://www.britannica.com/place/ireland))

In 1921, the Irish Free State was declared. The Irish Free State, comprising four-fifths of Ireland, was declared, ending a five-year Irish struggle for independence from Britain. ([www.history.com/tag/ireland](http://www.history.com/tag/ireland))

I'm part Irish and Corned Beef Brisket cooked in a "Crock Pot" is one of my favorite dishes. I can't wait to eat my first brisket of the year. We like to have Corned Beef Brisket this time of year because it is an Irish tradition to have it in celebration of St. Patrick's Day.

 **Happy**   
**St. Patrick's Day**

## Mardi Gras by JoAnn E.

Mardi Gras is French for Fat Tuesday. It is a celebration and people enjoy looking at the floats in parades, listening to music, and having picnics. Mardi Gras 2019 takes place on Tuesday, March 5th. People will enjoy dancing or singing, night time entertainment, socializing, and playing games.

## My Work-Ordered Day-Tina N.

My work-ordered day begins before I even get to the clubhouse. I wake up 1 ½ hours before I get picked up by CSP. I eat breakfast, take a shower, read a little and go downstairs and wait for my ride.

Once I get to the clubhouse, I immediately sign in on my timesheet when I get in and fill in a few time slots that I know I will be there. I also pay for my lunch if I am going to eat lunch there that day. At 9:00 A.M. we sign up for chores for the day. I usually sign up for filing, copying, shredding, banker, count the lunch and snack money in the afternoon, unit billing, and sometimes timesheets in the folder. Cheryl reads the Standard for the day. Tuesdays are different than other days because I go to a group (Recovery Group) at mental health from 10:45 A.M. to 11:45 A.M. It is run by Carl Evers. When I get back from the group, it is time to eat lunch. After lunch I work on my chores that I have already signed up for and if I have time, I will sign up for chores that no one has signed up for yet. Cheryl reads us an article from another Clubhouse's newsletter. They are usually pretty good. Sometimes we will have a Northside/Southside meeting and I listen and participate in that. I would like to start going to the walking group at the mall after lunch but normally I am still eating my lunch when they go.

Through the Day I put checks on my timesheet, so I know when I'm there and when I am not-especially for the group with Carl. I feel good helping out. Sometimes I take on too much and I get stressed out and must ask people if they will do some of my jobs. Clubhouse is a great place to come and we get support if we need it. I usually go home with CSP which is around 2:45 P.M. On Tuesday, I leave at 1:45 and go to Physical Therapy with the Cote's. The day always seems to go by so quickly; at least to me.

**Kindness—**

*"Kindness is a good friend with a heart that is a pleasure to see every day."*

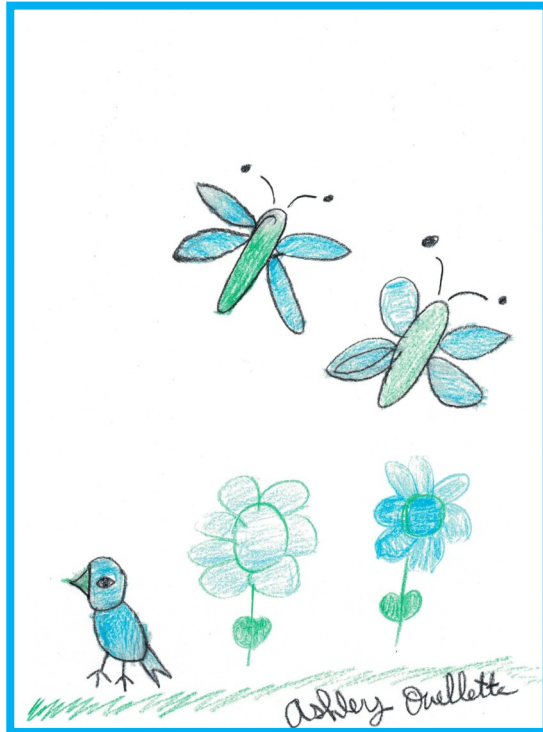
*Fred H.*

**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**

Dinner at Mt. Ripley  
March 6th @ 4:00

Humane Society &  
Mall Walking  
March 20th @ 4:00 PM

St. Pat's Lunch: March 18th @ 11:45 AM

Movie at Clubhouse  
with Snack  
March 13th @ 4:00

Wii Bowling  
March 27th @ 4:00 PM

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

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

## Creamy Ham Salad Wraps

### Ingredients

16 oz sliced ham  
 2 stalks green onion  
 ½ green pepper  
 6 oz softened cream cheese  
 ¼ cup + 1 tablespoons mayo  
 1 cup shredded mozzarella cheese  
 Fajita wraps

Finely chop ham slices, green onion, and green pepper. Using electric mixer, mix cream cheese & 2 tablespoons mayo until creamy. In a large bowl, using a wooden spoon, mix all ingredients together.

Spread mixture on fajita wraps a little less than 1/4 inch thick. Roll wraps and slice into desired size; slice in half for lunch size entrees or 1-inch portions for appetizers.



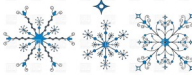
**"Healthy Lunch or Tasty Appetizer."  
Alicia H.**

## The Joys of Winter by Jessica K.

The icicles drip from the roof  
 And rest quietly on the house.

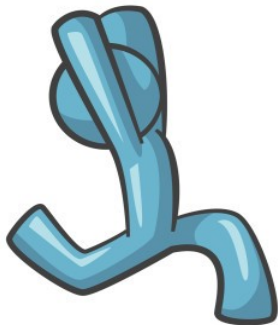


The snowflakes fall one by one  
 Each one unique and none the same.



I lay in the soft fluffy snow  
 And create an angel underneath.

The winter lives on  
 And I take all its splendor in.



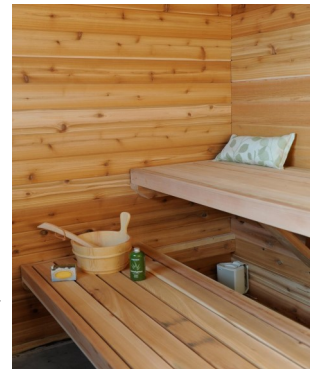
### My Personal Trainer by Brooke C.

I would like to write about how great it is to have a personal trainer. I have a trainer at the Portage Fitness Center. A trainer is quite helpful in learning how to get in shape and gain confidence. My trainer, Caitlin, is encouraging and fun to be around. I recommend her to anyone because she is friendly and patient.





Now I will write about my usual routine with my trainer. I start a workout on the treadmill for about ten minutes. After, I continue my workout either on machines or in the exercise room. When I workout on machines, I usually workout on each machine for three repetitions. In the exercise room, I either do pushups, squats, or lift weights. My workout lasts forty-five minutes and then I'm energized for the rest of my day!

### I Like Taking Saunas by Doug L.

I've been taking Saunas for many years. I go to the Finlandia University to take a sauna. A good friend of mine gave me a membership pass to take saunas. I get very clean when I take a sauna. It's very relaxing and refreshing when I take a sauna. I take a shower after the sauna. Taking a sauna is a healthy activity.



# Lunch Menu—March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
♦ <i>Menu is subject to change.</i>					1 Buffet Day	2 Cheese Steak Sandwich
3 CLOSED	4 Sloppy Joes & Fries	5 Shake & Bake Chicken, Mac&Cheese	6 Pasta Fagioli	7 Chops with Pineapple & Rice	8 Buffet Day	9 Fish Sticks & Fries
10 CLOSED	11 Chili Dogs	12 King Ranch Chicken	13 Chef Salad & Bread Stick	14 Beef Tips and Potatoes	15 Buffet Day	16 Breakfast
17 CLOSED	18 Corned Beef Boiled Dinner	19 Tacos & Rice	20 Beef Stew & Crusty Roll	21 Pasty Pie & Slaw	22 Buffet Day	23 Pulled Pork Sandwich
24/31 CLOSED	25 Tuna Sandwich and Chips	26 Ring Bologna & Fried Potatoes	27 Beef Asparagus Stir Fry	28 White Chili	29 Buffet Day	30 Bratwurst & Fries

# March

## 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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