



Shooting Star

NORTHERN LIGHTS CLUBHOUSE

April 2019

When At Clubhouse For A Clinical Experience

By Hannah of Finlandia Nursing Class 2021

Speaking for the whole Finlandia Nursing class, we can see how much of a warm and welcoming environment Northern Lights Clubhouse presents to its members and to us. It makes us happy to know that people in the community who struggle with mental illness have a place they know they can go to have a warm, yummy meal as well as have a place where they can find meaning and support.

They're surrounded by people who can relate to them. They have a wonderful staff, as well as each other, to help learn skills that they can use in their everyday life or at a job site. We think it is very cool how all these people in the community who don't really know one another can come to clubhouse and work together as a team in a way to complete the Work Ordered

Day tasks. Also, just for them to be able to get out of the house and meet / interact with other people is a positive step towards better mental health.

We can't thank the members and staff at clubhouse enough for allowing us to visit, meet such wonderful people, and allow us to become involved. We learn something new each and every time we visit. Thank you to all the clubhouse members and staff for being so welcoming and giving us such an awesome Clinical Experience!

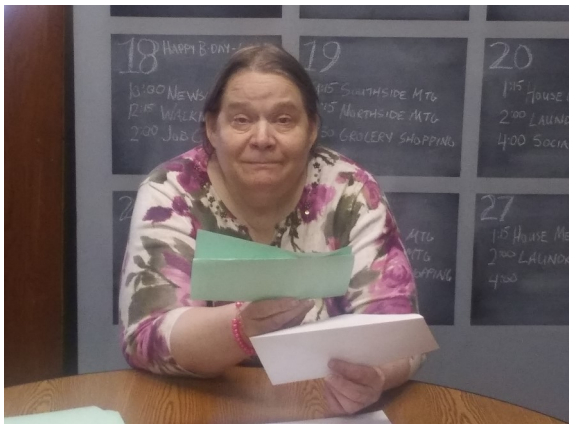


Clubhouse International Standard 22 A-F by Tina N.

- A. *"The desire to work is the single most important factor determining placement opportunity."* In order for someone to be placed at a place to work, the individual will have to want to work. No one is forced to work someplace if they do not want work.
- B. *"Placement opportunities will continue to be available regardless of the level of success in previous placements."* It doesn't matter if you were successful or not at a previous job site. If you want to try to work at a different job site, if it is a good match with your skills and interests, you will be given the same opportunity as any other member of clubhouse.
- C. *"Members work at the employer's place of business."* If you are working a Transitional Employment job, you work at their place of business, and not at the clubhouse.
- D. *"Members are paid the prevailing wage rate, but at least minimum wage, directly by the employer."* You will be paid whatever anyone else would be paid for this job, and it will not be any lower than minimum wage.
- E. *"Transitional Employment placements are drawn from a wide variety of job opportunities."* Everyone has different interests so all the Transitional Employment jobs should be different types of jobs.
- F. *"Transitional Employment placements are part-time and time-limited, generally 15 to 20 hours per week and from six to nine months in duration."* Transitional Employment job; you are transitioning into a job. Thus, you work less hours and you work for a time-limited time. So, you only work 15 to 20 hours per week and for a period of 6 to 9 months.

Member Reflection Of The Month

"I love Clubhouse because I keep busy and active. I love the people here; they are mighty interesting. Clubhouse has helped me get through some hard and trying times." ... Tammy R.



HAPPY BIRTHDAY

April Birthdays

**April 14th
Jessica K.**

**April 15th
James D.**

**April 1
Ray P.**

**April 3rd
Ashley O.**

**April 12th
Brett W.**



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
February	11 Members	30 Members	947 Hours	231 Lunches	32 Calls	19 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

High School Bowl by Doug H.

High School Bowl is an Upper Peninsula wide Quiz Bowl Tournament. There are 40 teams that compete in a single elimination tournament. Gladstone was the first ever Quiz Bowl Tournament Champion in 1977-78. Over the years many teams have won the tournament. Houghton holds the record for most Quiz Bowl Titles with 8.

High School Bowl is Public TV 13's most popular, locally produced program. The studio's for High School Bowl are on the campus of Northern Michigan University. At the end of the season two teams compete in the championship match. Both of these teams will win NMU scholarships. The Runner-ups win a \$1,500 scholarship and the Champions win a \$2,500 scholarship.

Calumet High School has been playing in the Quiz Bowl from the start. They have won the title once in 1990. Currently the coach is Mr. Dave Torrola. This season, Calumet won against Pickford and Sault Ste. Marie, but they were eliminated in the Quarter Finals against Houghton.



Earth Day By Tina N.

Earth Day occurs every year on April 22nd. It was first celebrated in 1970. Millions will come together and celebrate Earth Day. It is a special time to take care of our Earth and clean it, as much as possible, of all its pollutants. Just think that before 1970, the EPA didn't exist and factories, businesses, people were polluting our air, land and water with no regulations. A lot of the plastic and other spewed garbage was put in our waterways then.

Earth Day is a day world-wide that millions clean our streets, land, waterways, and beaches. We especially need to clean the plastics because they do not break down (deteriorate), they pile up, and they are harming our wildlife. It is also a time that we plant trees. Arbor day is considered earth day. They are one and the same. We've lost many of our woods and we need to replenish them.

U.S. Senator Gaylord Nelson is credited for organizing the first Earth Day. He was a U.S. Senator of Wisconsin at the time. He recruited Denis Hayes to coordinate and promote earth day nationally. He was from Harvard University.

Earth Day now includes events in more than 193 countries which are coordinated by the Earth Day Network.

May we all celebrate Earth Day! May we do our part to keep our land clean.

10 of the Coolest Earth Day Facts:

1. It's the largest secular holiday in the world.
2. It started nationally and then grew into an international phenomenon.
3. We have Earth Day to thank for bringing up the EPA.
4. It birthed the environmental movement.
5. It brought greenery to barren land
6. It changed people's thinking on their daily decisions.
7. Founded by a Wisconsin senator.
8. Education was and still is the goal.
9. Earth Day's Organizers provide tools to help you do your part.
10. NASA is helping out on Planet Earth.

**The Chalet**, by Jessica K.

Billie Jo, Brooke, Doug H., and I all went to The Chalet at Mt. Ripley. We all had different foods and watched people ski down the hill. Scott had pizza fries, I had a chicken sandwich, Billie Jo had chili, and Doug had mozzarella sticks. We all socialized and had a good time. Scott shared his pizza fries. The chalet has a welcoming atmosphere and I recommend anyone can go there and they won't be disappointed.

**Happy Easter****Spring & Easter** by Casey L.

In 2019, Spring Equinox fell on Wednesday March 20th. Spring Begins With the vernal Equinox. What does the Equinox mean? The word definition comes from the Latin words "Equal Night." On the Equinox, the length of day and night is nearly equal in all Parts of the world. www.Almanac.com/First-Day-Spring-Vernal-Equinox

With spring now here, it brings to mind, Easter, my mother's birthday, 3rd & 4th of July, Bridge Fest, Strawberry festival, my birthday and the Houghton, (MI) County Fair.

Easter is a Christian Holiday that celebrates the belief in the resurrection of Jesus Christ. In the new testament of the bible, the event is said to have occurred 3 days after Jesus was crucified (on the cross). www.History.com/Holidays/History-of-Easter

The way, my family & I celebrate Easter, is, my younger sister & I, get Easter baskets in the morning. In the evening we have a ham dinner with "all the trimmings". We used to color hard boiled eggs but we no longer do that. Since Easter always falls on Sunday, you will find me attending morning "Sacrament" at my church.

Enjoy Spring - Have a Happy & Reverent Easter

Baked Chili Hot Dogs

Recipe by: **HORMEL CHILI®**

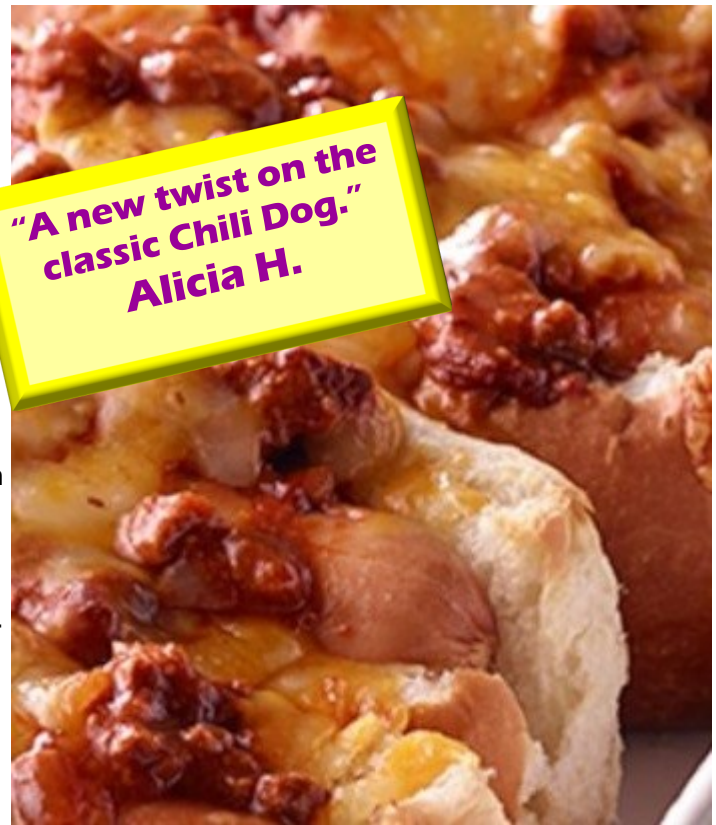
"Hot dogs in buns are topped with **HORMEL®** Chili with Beans and shredded Cheddar cheese then baked until piping hot."

Ingredients

- 6 hot dogs
- 6 split hot dog buns
- 1 (15 ounce) can **HORMEL®** Chili With Beans
- 1 cup shredded Cheddar cheese

1. Heat oven to 350 degrees F. Grease 9 x 13-inch baking dish.
2. Heat hot dogs according to package directions. Arrange hot dog buns in baking dish, cut side up. Place hot dogs in buns. Top with chili. Sprinkle with cheese. Tent pan with foil.
3. Bake 15 to 20 minutes or until hot and cheese is melted.

Allrecipes.com



Think About It....

By Scott M.

At a movie theater which arm rest is yours?
 Do vegetarians eat animal crackers?
 Why are there no "B" batteries?
 If a jogger runs at the speed of sound can they still hear their iPod?
 If man evolved from monkeys, why do we still have monkeys?
 If a kid refuses to nap during nap time, are they guilty of resisting a rest?
 If you are bald, what hair color do they put on your driver's license.
 If a mime is arrested, do they tell them that they have a right to remain silent or the right to talk?
 Since bread is square why is the lunch meat round?
 What is a picture of a thousand words worth?

KitchenAid Inservice by Alicia H.

I did an Inservice on the KitchenAid Mixer because I love to bake and I wanted people to know how to use it if they wanted to bake something with me and others in the kitchen. I showed and explained the different attachments and what each are used for. I told them how to properly install the bowl, and how to raise the bowl when ready to mix. It has been a very useful appliance in our kitchen. It is used almost every day and not just for baking, but occasionally for other foods. I invited fellow members to attend my Inservice.



Respect—

*"Please try to be respectful of others.
Set a good example for other mem-
bers at the Clubhouse."*

Fred H.

TE Announcements:

⇒ Mike Y. is now filling the TE Shred Techni-
cian position at Copper Country Commu-
nity Mental Health. Congratulations to
Mike!

Transitional Employment Opportunity:

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



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←—————→

Upcoming Social & Recreational Events

Dinner at Roy's
April 3rd @ 4:00

Humane Society &
Mall Walking
April 10th @ 4:00 PM

Easter Egg Hunt: April 19th After Lunch





Ojibwa Casino
April 17th @ 3:00

Movie Night
April 24th @ 4:00 PM

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

Employment Dinner—April 16th @ 4:00

Lunch Menu—April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
♦ <i>Menu is subject to change.</i>	1 Fish Sticks & Fries	2 Baked Ziti	3 Tater Tot Casserole	4 Taco Salad	5 Buffet Day	6 Soup & Sandwich
7 CLOSED	8 Hot Turkey Sandwich	9 Cold Ham & Cheese Salad	10 Eggs & Blueberry Pancakes	11 Pork Loin Roast	12 Buffet Day	13 Sub Sandwich
14 CLOSED	15 Grilled Cheese & Tomato Soup	16 Spaghetti	17 Roast Beef with Mashed & Gravy	18 Chef Salad	19 Buffet Day	20 BLT's & Chips
21 CLOSED	22 Egg Salad Sandwich with Chips	23 Beef Stroganoff	24 Stuffed Shells	25 Pork Tacos & Rice	26 Buffet Day	27 Brats & Fries
28 CLOSED	29 Sloppy Joes & Chips	30 Bangers & Mash				



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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”

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