

# January 2015

Haverhill Clubhouse

January 2015



## HAPPY NEW YEAR!!

### OUR RESOLUTIONS

#### January Birthdays

Katie L. 1/7

Laura G. 1/7

Marelin C. 1/10

Harold O. 1/13

Suasan L. 1/15

Phoebe H. 1/16

Alicia J. 1/16

Isaiah L/ 1/16

Mark St.L 1/19

Robert T. 1/19

Demi C. 1/25

Beacky C 1/31

Rosabel R. 1/31

To organize my time.

Russ J.

Try to be more motivated and learn what I don't understand.

Gena S.

To quit smoking cigarettes.

Shawn M.

To change my diet.

Steve N.

To lose weight.

Stacy Z.

To get my license.

Justin M.

To stay positive and don't dwell in the past.

Donna G.

To heal and help others heal.

Faith H.

To get a car.

Jenn H.

To get a job.

Erin C.

To be in better health.

Linda H.

To lose weight, to be more involved in the Newsletter and to learn how to walk without a walker.

Michael S.

To quit smoking.

Mark B.

To lose weight.

Steph M.

To quit smoking.

Olivia B.

To not get involved in situations that are not my business.

Danielle C.



## Poetry Corner

**God**

**God is a title**

**A name to be earned**

**The image of man and of love**

**Created by your thoughts**

**Every lesson that's learned comes from up above**

**One head on your shoulders**

**Above your own self**

**One God in the heavens forever**

**A great understanding of all that is felt**

**And the love of your sisters and brothers**

**By: Bob W.**

New Birth

By Olivia B.

**Today is The First Day of The Rest of my LIFE**

**When I write this poem, all I ask is to identify  
What every happened to the old school to rec-  
tify**

**Poems have changed the art of poetry does  
not rhyme**

**Everything always seems to change with the  
times**

**To me, from the old school, is part of the art  
of poetry**

**Along the way somehow, the concept changed  
its industry**

**Only some can be sad, mad, glad and variety**

**While others have changed along with society**

**People are entitled to their own opinion**

**Opening up the new world with dominion**

**Now that we know this will bring change**

**Life has another art we've learned to reavange**

**By: Russ G.**

“Push”... the doctor and loving husband called out to my mom as my head gave way, followed by my large body. I am 19 years old but I feel like I was just born again. I had to start a whole new life and learn things that I thought I already knew; that most people are born knowing. Normal things like walking, talking, drinking, eating, being social, being safe, etc. Life isn't that easy all the time, but you just got to go with the flow even if you get some punches in the gut occasionally. I never give up. “Keep pushing yourself” is what I always say. No matter the circumstance there is always something brighter on the other side, and if you cant find it, keep looking! Never give up, push yourself until you get to where you imagine in your favorite dreams. You cant let others crush you down onto their layer, raise yourself above and beyond. Smile every day, until your cheeks hurt and laugh until your abs ache or you're out of air. You don't have to be BEST friends with everyone, but try to be friendly and polite to everyone you encounter during your day. That's how you stop drama or confusion. Live your life to the fullest, do things in balance, stop every once in a while and take a deep breath and look around, and feel grateful for everything that you have because there are people around the world that are less fortunate.

# Gingerbread Making Activity



# Holiday Party 2014





# Celebrating the Life of Justin Mimms



*All is not lost when you  
lose someone  
All is remembered.*

*A memory last forever  
never does it die  
True friends stay  
together and never say  
good bye*

“Justin was a wonderful person. He always made me laugh. He joked with me a lot about trips I would take and laughed at my crazy stories. He was a great friend to other members here. Justin will be sorely missed.”  
- Lisa Monk

“Justin was always helpful and a hard worker.”- Michelle L.

“Justin was an honest guy and kind to me and all his friends. He was there if you needed him. I liked talking to him.” - Gena S.

“I liked to buy him soda”- Mark B.

“He was funny and nice.” - Stacy Z.

“He was a great guy, a good friend.” - Shawn M.

“He was a great club member to have around and was always there to make us smile.” - Shane L.

“He was nice and caring with a great personality.” - Linda D.

“Justin always told me I matched well with my outfits. I always used to help him out.” - Lil Jenn





Justin was a good friend with a big heart. We talked almost everyday to just check in and support each other. I will miss our walks at Winnekenni, eating lunch together, playing pool at the clubhouse, our trips to Plaistow, and your freckles and smile. Thank you for being such a good friend. I'm grateful to have had you as a friend. You are forever going to be missed and things won't be the same without you. Forever in my heart,  
Stephanie M.



It is with a heavy heart and a deep sadness that we must announce the passing of Justin Mimms. Justin's contagious smile and very big heart will be greatly missed. Justin was a tremendous volunteer and was always willing to help. Justin's spirit will remain in the Clubhouse along with all the wonderful stories we as a community will continue to share. May he rest in peace. Forever your Friends and Clubhouse Family.  
Kerry C.

*Justin was always available when needed., with open arms and being helpful. In the kitchen and elsewhere.  
Russ J.*



I worked with Justin for a long time on employment. He was so excited to get a position at work INC. He worked well with his supervisor and fellow employees, He will be greatly missed by all.  
Basilio V.



# January Activities 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Justin's Wake Salem Shopping
4	5	6 Shopping @ Westgate Plaza	7	8 Casa Blanca	9	10 In house games and crafts
11	12 Young adult Movie Night 5-8	13 No Activity CH Closes @5	14 Bowling	15 Haverhill Public Library	16	17 Movies and shopping at the Loop
18	19	20 In house mov- ies popcorn and snacks	21	22 Wicked Big Cafe	23	24 Mystery Ride
25	26	27 In house paint night	28	29 Plaistow Wal-Mart and shops	30	31 In house Crafts

## Young Adult Corner 18-29yrs old

The young adults at the Clubhouse have been busy the past month. We have written many donation letters to various locations including the Boston Aquarium, The Science Museum, Jordan's IMAX Theatre, Amesbury Sports Park and many more. The hopes is that we will get to go on some fabulous trips.

Young Adults have also called local nursing homes to see if we can volunteer as a group. We are also looking forward to enhancing our young adult room with smart TVs, gaming systems, audio systems, ect. There are lots of activities going on for young adults including a monthly movie night here at the Clubhouse.



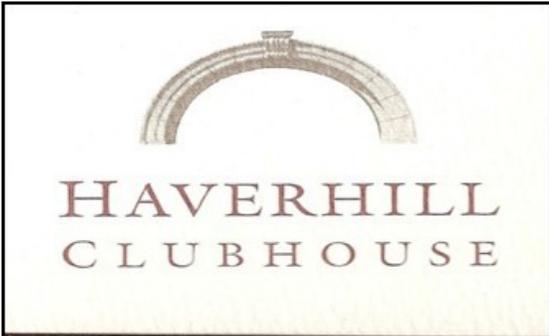
### Education Unit Update

We would like to congratulate the following members for starting and enrolling in school: David R. will be studying Graphic Design at Northern Essex, Stacy Z. is taking an online screen writing course and Colleen A. is majoring in Human Services at Northern Essex. Kudos to all to all of you. Please see Lisa if you need assistance with school.

### MOP TEAM

The team that has been going on the MOP Teams have been outstanding. This month we went to Anna Jaques twice, Holy Family and Tewksbury State Hospital. Katie L. Russ J. Tom W. Bill P. and Olivia B. represented the Clubhouse in such a positive light. They shared their recovery stories to patients and told them about what the Clubhouse has to offer. We are hoping that these visits bring more members to the Clubhouse.





**vinfen**  
transforming lives together

**Phone: (978) 521-6957**  
**Fax: (978) 521-7028**  
**Email:**  
 theclubhouseconnection@gmail.com

Haverhill Clubhouse  
 100 Locust Street  
 Haverhill, MA, 01830

**Clubhouse  
Mission Statement**

*The Haverhill Club-house offers respect, hope, and unlimited opportunity for membership to access friendship, housing, education and employment in their community.*

**Vinfen Mission Statement**

*Vinfen transforms lives by building the capacity of individuals, families, organizations and communities to learn, thrive and achieve their goals.*

*Our services promote the recovery, resiliency, habilitation and self-determination of the people we serve.*

*As a human services leader, we strive to be the provider, employer and partner of choice*

**Pay-It-Forward Chain Reaction at a Restaurant**

My four grown children were all home visiting this weekend so we decided to go out for brunch. The centre of attention was my toddler granddaughter. She had never had pancakes before so we were excited about her trying them.

We always try to make our family meals special so this time we decided to order every kind of pancake they had and asked that they be served on one big family-style platter!

We each took turns digging in and also feeding it to the baby, who loved them. There was

a lovely environment at the table and lots of smiles. As I was looking around the table, enjoying this wonderful scene, a gentleman at a nearby table caught my eye.

He was eating his breakfast alone quietly, in the corner. He frequently looked over and smiled as my granddaughter continued to entertain us all. Suddenly, I had a great idea.

I dug out a smile card from the reserve that I always carry with me and snuck up to the waitress. I explained to her that I wanted to pay the man's bill anonymously

and that instead of the bill could she please give him the smile card.

Our leisurely breakfast was still going on after the gentleman had left. The waitress came over and told us that he had passed the smile card on and paid for another table before he left. How great!

Not only that though, the waitress then came back later and told us that the second table had now paid for someone else and passed the smile card on too!

I couldn't believe it when the waitress came back and told us the third table

had done the same thing. What was really amazing though, was that by the time we left, half the room had ended up paying for a different table! Isn't that great?





**SMILE**

You've just been kinded!

Someone reached out to you with an anonymous act of kindness.

Now it's your chance to pay it forward.

Do something nice for someone, leave this card behind, and keep the spirit going!