

The Clubhouse Connection

Haverhill Clubhouse

May 2015

MCC Employment Celebration

Basilio, Kerry, Lisa, Mark, and Stephen all represented us at the Massachusetts Clubhouse Coalition's Employment Celebration held at the Statehouse. Stephen, who has been working at CVS for two years, had the opportunity to speak to the group and express his thanks for the employment



opportunity. Our guest, Heather Mantell, who runs the Greater Merrimack Valley Employment Collaborative, joined us for the celebration.



State Representative Diana DiZoglio from Methuen and Michael Gallant from Senator Kathleen O'Connor Ives office graciously presented a Citation and an Employment award to Joe B. the manager of the Newburyport CVS.



Birthdays!

Makayla H.	5/5
Ryan S.	5/6
Dan H.	5/16
Lisa B.	5/19
Elizabeth L.	5/20
Shana M.	5/21
Michael O.	5/22
David R.	5/25
Virginia L.	5/28
Lee T.	5/30



SMOKING VS. LIFE CANCER

I LEARNED THAT, I TOO RECENTLY HAVE BEEN DIAGNOISED WITH CANCER AND I AM A LONG TERM SMOKER. THIS NEWS HAS BEEN MOST SHOCKING AND I FEEL IN DISBELIEF.

UNFORTUNATELY, I ENJOY SMOKING AND AM ADDICTED PSYCHOLOGICALLY AND PHYSICALLY TO SMOKING.

HOW DOES ONE CONTROL NON-SMOKING IN A SMOKING ENVIROMENTS WERE IT BECOMES A STRESSOR, ONE CAN HEAR THE SOUNDS OF PEOPLE TALKING ABOUT GOING OUT FOR A SMOKE AND SEES THE SMOKERS GO IN AND OUT OF THE SMOKING AREA OFTEN.

THE MEDIA AND SOCIETY CONSTANTLY ADVESTISIING SMOKING IS A BIG STRESSOR AS WELL. It CAUSES ONE A GREAT DEAL OF ANXIETY AND DEPRESSION. ALTHOUGH, ONE MUST PUT GOOD EFFORT AND STRIVE TO GET PAST THESE FEELING. KEEP BUSY AND DO NOT GIVE UP WHILE TRYING TO QUIT SMOKING. AND IF YOU PICK UP SO YOU SLIPPED TRY ALL OVER LIKE A NEW GIFTED DAY.

SMOKING- PEOPLE DO NOT REALLY REALIZE OR FACE THE FACT RATIONALLY THAT IF YOU'RE A SMOKER IT IS AFFECTING YOUR HEALTH AND EVENTUALLY YOU TOO, WILL HAVE SOME DAMAGE TO YOUR BODY THAT YOU WILL DISLIKE DUE TO SMOKING...IT'S A FACT, THAT SMOKING DAMAGES AND DESTROYS YOU, IF YOU ARE A SMOKER!!!! PLEASE TRY AND STOP, IT MAY SAVE YOUR LIFE AND IMPROVE YOUR HEALTH.

SMOKES VERSUS CANCER

Start out The Year with Healthy Eating Food



HARVARD Pilgrim Healthy Eating

Food Fund Application for Community Garden/Farming Grants

This year The Foundation Harvard Healthy Food Fund, The Foundation will have Grants of up to \$5,000 available to local garden/community farming programs in select communities. As we are eligible, Taylor submitted an application/Grant proposal.

We've been making a difference.

Our plan is to do more.

This new initiative is called Harvard Pilgrim Healthy Eating Fund.

The Fund will support nonprofit organizations throughout Harvard Pilgrim's service areas that make fresh, local food easier to find. This grant could provide us with money to continue/improve our community garden.

Fresh locally grown fruit and vegetables is the first step to healthier living and eating.

Use gardening to de-stress; you get your hands dirty and you move a lot.

We will find out next month if we've received this funding!

“Recovery” by Russell Greenwood

I was not always as disabled to the toll at the age of 60 years. Battling with adversity, lack of motivation, and major depression. I ended up in bed for 2 years, after a lot of negative scenarios in my life at the age of 35. My life almost came to an end. Eventually I had a spiritual awakening, what was right, so I thought was right, was wrong. The act of being consumed by a relationship after putting my trust in another human, being romantic, tore me apart. After realizing I had to recover or give up, I ended up with spiritual gifts. One is in this note; I decided to write, taking a negative situation and hanging on to a couple options. I was able to battle major depression and isolation (no man is an island).

The Clubhouse eventually gave me the spark that I needed to get back on my feet and find out other new talents entirely, some things that I never dreamed of. When I arrived at the Club, I felt lower than I had ever been and couldn't let go of the outcome of a dream of my life shattered. I was diagnosed with major depression, prostate cancer (malignant), later in remission with hormone treatment. I discovered whatever I did would be obsessive, but with good things. I joined the Club and gave back what was freely given to me. All of the worldly things that meant so much were not important. I began writing, socializing and becoming a part of 12 step programs, spiritual meetings and surrounded myself with those willing to help me and help others. Now I owe thanks to the Haverhill Clubhouse.

Poetry Corner

The Senses

By Stacy Zappala

The sight of the world is different to many,
My sight despite wearing glasses is extraordinary,
The glass in front of my eyes allows me to see,
The good things in the world in front of me,
My ears are a piece of art that allow me to hear the words of other artists,
As I listen to artwork it lets my heart keep beating,
Adrenalin racing through my veins as I see and hear what I've grown to love,
As the lights and sounds start from above,
The moment I've been waiting for it's gone but not forgotten,
I won't forget the environment I was in,
Because I will be in that environment throughout my life over and over again.

Hi up there, I'm Feeling you.
I'm hearing you, I'm sharing you
I'm thinking of a happy way of loving you and all you do.
For me and those and that and this.
And for the dream and once we kissed.
I'm smiling because I know
Once this dream will grow and grow
and when you feel my love for you .
You will Know that God is true.
Amen.

By Bob Oulette (dictated by Taylor)

Employment Updates



This month, our very own Deborah Martin received her Peer Specialist Certification! She can now give back to her “peeps” and help people achieve the independence and skills they deserve. If you see her, say congratulations!

We are proud to announce Michelle’s seasonal employment as an entertainer for Liberty Tax! She did a wonderful job waving and smiling at everyone in the community, and although this job will end with tax season, Michelle is confident in finding another job that she will absolutely shine at!



In other employment news, a few members have found jobs! David R. has returned to his job on a cruise ship, and will be leaving soon to travel and work! Patrick Casey has gotten a job at CVS as well. If you see these members, please congratulate them on their accomplishments!



You may have seen his paintings around our Clubhouse, but we finally got to snap a picture of Mr. Harold O'Brien featuring his amazing pieces of work. His colorful abstract work brightens our hallways and work areas, and always begs for you to look more and more!

Explore the Clubhouse and see how many of these wonderful paintings we have! This large painting he is holding he has donated to our new Young Adult Room!

Housing Update

I'm Gregg and I'm happy about my new place to live. I live at Westland Terrace with six people in the house and it seems to be going pretty well at the moment. I'm sure I'll be staying there for a good amount of time. The amenities are excellent. I cook and clean on a daily basis and have my own bathroom, which I've always needed. Quite hopefully I can paint and draw in my room. I have my own refrigerator, and the closet - dress it up with a little love and the room is just great. I know that I can go out back in the smoking area as long as I pick up my mess. The staff comes by twice a day and we do cooking group once a week.

Sincerely, Gregg Nihan



Scary Smoking Statistics to Frighten You into Quitting, by Maria C.

People with mental illness and/or addiction die decades earlier than the general population.

For example, the average life expectancy was

10 to 20 years shorter for people with **schizophrenia**,

9 to 20 years shorter for those with **bipolar disorder**,

7 to 11 years shorter for those with recurrent **depression**, and

9 to 24 years shorter for people with **drug and alcohol abuse**.

Some of the above can be explained by the fact that the average life expectancy is

8 to 10 years shorter for heavy **smokers**, and

50% of people with behavioral health disorders smoke,

compared to 23% of the general population.

People with mental illnesses and addictions **smoke half of all cigarettes produced**,

and are **only half as likely** as other smokers **to quit**.

Smoking-related illnesses cause **half of all deaths** among people with mental health disorders.

The professionals who work with us are also susceptible to the perils of nicotine.

30-35% of the behavioral healthcare workforce smokes,

compared to only 1.7% of primary care physicians.

I quit once for 6 years. I know I can do it again. Never stop trying to quit!

May Activities 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Mental Health Awareness Event, PAC	2 THE BUTTER- FLY PLACE
3	4 10-12 Suicide Prevention Training	5 H/W Walk Maudslay, Newbury- port	6	7 WESTGATE GROCERY SHOPPING	8 RECOVERY STORIES 2pm	9 GAMES AND CRAFTS
10 Mother's Day	11	12 No late program	13 BOWLING League 3PM Tootsie Roll Drive	14 Dinner at Applebee's Tootsie Roll Drive	15 Tootsie Roll Drive	16 NAMI WALK BOSTON Tootsie Roll Drive
17 Tootsie Roll Drive	18	19 H/W Walk Salisbury and Hamp- ton Beach	20	21 Andover Country Club. Recovery Celebration	22	23 Kittery, ME, for lunch and outlet shop- ping!
24	25 MEMORIAL DAY, Free Cook Out!	26 H/W Walk Haverhill Stadium	27	28 J.G.'s for ice cream	29	30 Mystery Ride
31						

Activities Update



We have had a lot of Crafty Saturdays this month! We painted, made candles, and made Serenity Boxes (pictures top left). We also painted some ceramics, and spent quality time engaging with each other about important topics. Join us next time for our Saturday in-houses!





HAVERHILL
CLUBHOUSE



vinfen
transforming lives together

**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

Phone: (978) 521-6957

Fax: (978) 521-7028

Email:

theclubhouseconnection@gmail.com

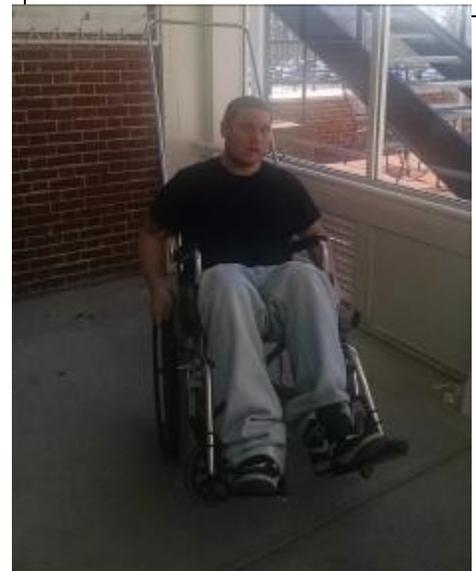
Haverhill Clubhouse

100 Locust Street

Haverhill, MA, 01830

Stacy Zappala, Linda Howes

We will be participating in "Make One, Take One" craft classes. What that means is we will make a craft for ourselves and one for the clubhouse. So we will be taking donations from crafters to both teach other members how to make crafts such as jewelry to sell and raise money for the Haverhill Clubhouse. Our goal is to have a craft fair in the fall with the crafts we will make at the clubhouse.



Isaiah L. having fun at MOP team visits