

The Clubhouse Connection

Haverhill Clubhouse

November 2014

Kerry Our New Director

It is with great pride and enthusiasm that I accepted the position as the Director of Haverhill Clubhouse. My five years experience as both Housing Specialist and Generalist at The Point After Club in Lawrence has been a great baseline of knowledge and experience. It is my mission to continue to work with members, staff and colleagues to assist each and every member towards his / her recovery. Working together everything is possible!

Kerry Caraccio
Program Director

Kerry has worked previously at the Point After Clubhouse and now has become our leader here at the Haverhill Clubhouse. She has been very good leader and I am looking forward to what this clubhouse can embrace with her at its helm. I am very excited with how this clubhouse is being run. Kerry

has shown us how this clubhouse can be fun and still has us running on our toes.

Katie L.

Mike S. says Kerry has come in with open arms and jumped in with both feet.

Kyle P. says Kerry has an awesome personality.

Marty our new interns says Kerry is very creative.

Michelle L. says Kerry works Hard.

Laura G. says Kerry is good at running our Clubhouse.

Anna H says Kerry is a good listener and gets everyone active.

Russell J. says when you are lonely and down Kerry will bring you around.

Jeff K. says Kerry is easy going.

Justin M says Kerry has a contagious smile

Lisa and Basilio say Kerry is energetic.

Deb M. would like to say: I have been a member of the Haverhill Clubhouse for three years and in that amount of time I have seen two directors come and go. I can honestly say I am happy with our new director Kerry. She ROCKS!! She always puts the needs of members first and I am fortunate enough to have her as my advocate and has helped me immensely. On behalf of all the members we welcome you Kerry and I hope your employment will be a long one!

November Birthdays

- 11/3 Russ G.
- 11/6 Andrea S.
- 11/6 Marianne D.
- 11/10 Ellen H.
- 11/13 Stephanie M.
- 11/14 Zenaida P.
- 11/17 George V.
- 11/19 Gena S
- 11/19 Patty D.
- 11/20 Alan M.
- 11/20 John S.
- 11/21 Bill F
- 11/25 Shane L.
- 11/28 Mark R.





Food Pantry

The Haverhill Clubhouse is now involved with the Merrimack Valley food bank. Members go with a staff to pick up canned goods, frozen food, and everything else the food pantry will offer. Members can go Wednesdays at 3 PM after community meeting and Fridays at 10 AM. The food pantry is certainly a blessing to the members who can't afford to get to the store every day. A shout out to Kerry for getting this set up for the members. It's wonderful to see how much the food pantry has helped those who need it the most. Now that the holidays are coming up people can grab the turkeys, and the fixings.

Having Great Self Esteem



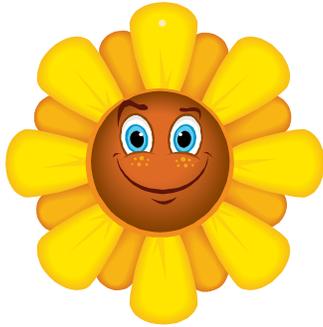
By Stacy Z and Linda D

It is important in life to have high self esteem. Without high esteem you are most likely going to have trouble excelling in your goals. There are many ways to help improve your self esteem. For example you could write in a journal when you are feeling down to help relieve stress. You need to believe in yourself and even if you fail in something love yourself for who you are. That brings out the best in you. We know that sometimes being positive is not easy but it is a necessity if you want to live a happy, fulfilling life. Remember the little engine that could? Be him. "I think I can. I think I can. Be that train. Keep chugging on.

Coping skills

By Stacy Z and Linda D

Along with good self esteem it is great to have coping skills because lets face it, life can be hard sometimes. We have come up some coping skills that we have found to be very helpful. Some examples of coping skills are:



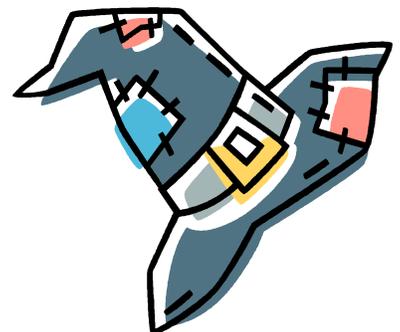
- Listening to music
- Watch something you enjoy
- Use a stress ball
- Talk about your feelings to someone you trust
- Reading
- Looking at nature and pretty pictures
- Soothing baths with warm water
- Writing in a journal
- Arts and crafts
- Looking at animals

Poetry Corner

Witches' Night

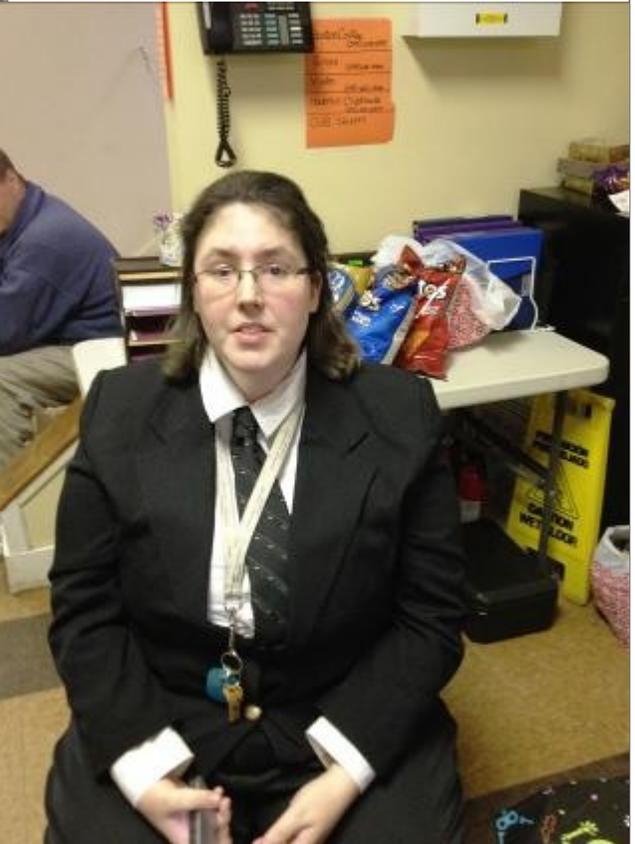
By Stacy Z

This is the witches' night,
Witches with black cats riding on broomsticks,
Black magic in the air,
These witches will surely give you a fright,
On October 31 The witches own the night



Halloween Party





November 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 In House Make your Own Pizza
2	3	4 Westgate Food Shopping	5	6 Wang's Table	7	8 Rockingham Mall and Salem Shopping
9	10	11 Veterans Day Closing at 5pm	12 Bowling 3-6 St. Josephs I Haverhill	13 No Activity CH Closes @5pm	14	15 In house Movie and Popcorn
16	17 Young Adult Movie Night 5-8	18 In house Karaoke	19	20 Mystery ride	21	22 Brunch @ Coffee Coffee Target Plaza
23	24	25 Wal-Mart Plaistow	26	27 Thanksgiving	28	29 In House Game Day
30						

Young Adult Corner 18-30yrs old

Christina N. from TIP comes two times a month to work with our young adults . We started by writing recovery stories but are ready to move to some thing else. We will be having a movie night once a month. The first movie night will be Monday November 17, 2014 from 5-8pm. The young adults will also be learning how to cook a healthy meal and watch a comedy movie. It will be a great way to meet other young adults. Also a peer mentor named Laela will be leading a group once a week for young adults. This will begin Thursday November 20, 2014 from 11am-12pm. The session will be called Zen Tango. It is a mix between art and music. We have many young adults here at the Haverhill Clubhouse and we are encouraging our young adults to come to our weekly meeting on Thursdays at 1pm. Hang out and Have fun.

Thank you,
Lisa M.



Veterans Group

One of our members Ron C. has started a Veterans Group for all the Veterans in the Haverhill Clubhouse. The group meets every Tuesday at 1pm. This is a great way for our Veterans to get together and just talk about their experiences and struggles of both every day life and during the time they served our great country. Thank you all who served and have given us our freedom.

Katie L.





Halloween

By Stacy Z and Linda D

I remember corn stocks, pumpkins, people dressed as witches and skeletons boy those were the days. It was fun to go to houses and receive treats just for being a kid who showed up in their favorite costume. Now we give out the candy. Well now , we may not be able to go trick-or-treating anymore but we can relive our days by watching the kids of today dress for the occasion.



Stacy Z

The Halloween party went off without a hitch. It started promptly at 3:pm till 6:pm . The Point After Club joined us for the Halloween party and had we had a spooky time. We celebrated with food, fun and our Clubhouse Band!



Marelin C

Marelin C. is a fabulous artist. She utilized her talents. She did an amazing job. There was amazing attention to detail. She took her time and created different things on the window. She even drew snoopy on a pumpkin. It takes a lot to do what she does. I definitely look up to her for having the patience to use her talents in an incredible fashion.

Anna H

Anna's story

I am fortunate to have the supports that I do in my life, I don't always think of myself in the highest light. I was bullied throughout my education. I heard everything from those who I thought were supposed to be there for me and support me. I never got over what happened. But sometimes I realize I am my own worst enemy. I look in the mirror and go back to the days of being in class and my own peers would point and laugh at me and call me ugly, and make fun of the fact that I had a learning disability. I had a wonderful teacher who lifted me up and was there for me and am still lucky to have her in my life. I'm lucky to have my parents who lifted me up and supported me through the

toughest days of my life. My dream is to be a mentor for people who went through what I did.

I know I put myself down quite a bit. I have the amazing supports of everyone from the Point After Club, and the Haverhill clubhouse. I look up to all the staff; they have lifted me up and seen me through my ups and my downs. I have a lot to improve on in terms of my body image and forgiving my bullies. I am blessed to call everyone at each club my family. I know sometimes I don't come into the club. But when I come back I always am greeted with smiles from everyone. To all the staff here I appreciate you all. I can't thank you enough for looking out for me, lifting me up, praying for me; I am not

a praying person. But I do think of everyone and wish you all good health. I am the luckiest person to have all of you in my life. You're all stuck with me at least for now. Things happen for a reason, I am blessed that I don't have to worry about leaving at least for the time being.

Anna H.



post-traumatic stress. Two years following the accident I was diagnosed with MS. Many weeks, months, and years followed in my rehab. Sadly ten years following the accident I was left divorced, disabled, and almost penniless. I know if I couldn't help myself no one else could... I used to tell my patients you have to be your own advocate first (no one knows you better than you). I have become very involved with the Haverhill Clubhouse which helps people with mental illness. They helped me access help that was available to me... and that's the word here- "help"- outside agencies are available for your assistance.

Cont. on the next page



Deborah's Advocacy Story

When I was told they wanted to do a speech on advocacy it spurred a very important part of my past...

I would like to begin my article with a brief summary of how I came to be standing here today. January 26, 2005 is a date that I will never forget. I worked as a homecare

respiratory therapist and while on route to see a patient I was involved in a car accident.. Head on. It was very serious and I had to be med-flighted to a major trauma hospital. I was in a coma for five days, suffering from sever head trauma. The diagnosis was very grim for me: traumatic brain injury and



**H A V E R H I L L
C L U B H O U S E**



v i n f e n
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

Deborah's Advocacy Story Cont.

I was denied assistance from DMH and they suggested I look into the MS Society and Brain Injury Association. I followed through and now have a case worker through the MS Society and awaiting word from the Brain Injury Association. I was able to receive adaptive equipment. Had I not advocated for myself I never would have known this existed. They have also helped with transportation and personal care. After being a member of the Clubhouse for a year a notice from the RLC caught my eye. They were advertising for peer mediators. I decide to apply and was accepted. The past two years I have been facilitating two D.R.A. groups with a good friend of mine and have thoroughly enjoyed helping people by empowering themselves. Letting them know there is help out there... you just need to look.

Thank you,

Deb M.

New Hours of Operation

The Haverhill Clubhouse will have new hours as of November 3, 2014. The hours of operation are:

Monday 8:00am -5:00 pm

Tuesday 8:00am—6:00 pm

Wednesday:8:00am -5:00 pm

Thursday 8:00 am -6:00pm

Friday 8:00 am- 5:00 pm

Saturday 9:00am-5:00pm