

Lakeside Happenings



April 2023

Table of Contents:

Page 1: Medicaid Information
Page 2: Jess' Corner: April Fools
Page 3: Director's Note
Page 4: Recipe of the Month
Page 5: Outings Calendar

Page 6: March Outings
Page 7: Clubhouse Committee Schedule
Page 8: Color Art
Page 9: Color Art
Page 10: April Birthdays

Important Information on Medicaid Eligibility Redeterminations

During the federal COVID-19 Public Health Emergency (PHE), Medicaid agencies were required to continue health care coverage, even if someone's eligibility changed. This requirement recently changed and Michigan Medicaid beneficiaries will once again need to renew their Medicaid coverage. See below for more information and please contact South Shore if you have any questions and/or need assistance completing your renewal packet. "Medicaid beneficiaries will have to renew their coverage this year, starting in June, as Michigan resumes Medicaid eligibility redeterminations to comply with federal legislation.

Renewals for traditional Medicaid and the Healthy Michigan Plan will take place monthly starting in June 2023 and run through May 2024. Monthly renewal notices will be sent three months prior to a beneficiaries' renewal date starting with June renewal dates. Beneficiaries can check their renewal month at www.michigan.gov/MIBridges. Here is what Michigan Medicaid beneficiaries need to do to prepare:

1. Make sure your address, phone number and email address are up to date at www.michigan.gov/MIBridges. You can also call your local MDHHS office. If you do not have an online account for MI Bridges to access your Medicaid case or report changes, visit www.michigan.gov/MIBridges to sign up for an account. You can also locate organizations that can help you by searching for community partners.
2. Report any changes to your household or income. You can report changes at www.michigan.gov/MIBridges or by calling your local MDHHS office.

A program of:



These programs and services are made possible with funding from the Community Mental Health of Ottawa County Mental Health Millage.



"I'm sick of following my dreams, man. I'm just going to ask were there going and hook up with 'em later."
—Mitch Hedberg

April Fools



I know many of you read the title and were expecting a silly article about the only holiday that allows us to play pranks on each other. Well, sorry to disappoint, but this one is really about how serious foolishness can be. Don't get me wrong, a certain amount of silliness and shenanigans does everybody good because laughter allows us to relax. However, when foolishness effects or even impedes your life, you have to know how to put a stop to it. Funny how a behavior that is the exact opposite of serious can actually have serious consequences. And unfortunately, instead of one day, we have to deal with foolish behavior our entire lives.

So what do you do when someone is acting foolish? Well, if it's fun, light-humored, and nobody is offended, heck, join them. However, if it is foolish in the sense that is harassment, of course you have to put your foot down. A person from my jazz band comes to mind. For anonymity, I will use a fake name: John. John is a mediocre player at best. No degree in music, never had a solo, and probably the poorest sound and posture for anybody in the band. Despite all this, John likes to give orders, particularly to me. His favorite accusation is that I played too loud. I have asked the conductor (the leader of the band) specifically if I play too loud and the answer is no. This type of foolishness is just as menacing as more blatant forms. I take my music very seriously and have a lot of passion for it, and to be given orders by one of the lesser players is disheartening at best.

So what do you do when somebody makes foolish accusations. Well, this may sound extreme but in a sense but personally I would treat it the same as bullying. Bullying, essentially, is poor treatment of someone for the boost of someone else's ego. So what then, is a foolish claim that is inaccurate and has no merit? It may not be as obvious or menacing as bullying, but in my case for instance, the insinuation of being too loud that, if changed, could affect the whole band.

I wouldn't address the problem of foolishness if I didn't have some kind of remedy. Chances are, from somebody playing their music too loud or talking too loud on the phone to someone accusing you of something you know is false, there are ways to evade the frustration that comes with foolishness.

One of the best ways to deal with foolishness is to simply ignore it. With loud noises and conversation this is fairly simple.

The problem becomes quite a bit more difficult when you are wrongfully accused of something. Then, know your worth. Be confident in what you do and go to the right channels to solve the problem, much like I did with my friend John. So as you are playing pranks on your friends, remember that you do not have to tolerate any malicious foolishness that actually impacts your life. Your life is too valuable to be diminished by false claims thrown at you by people without any merit. Let fools be fools.

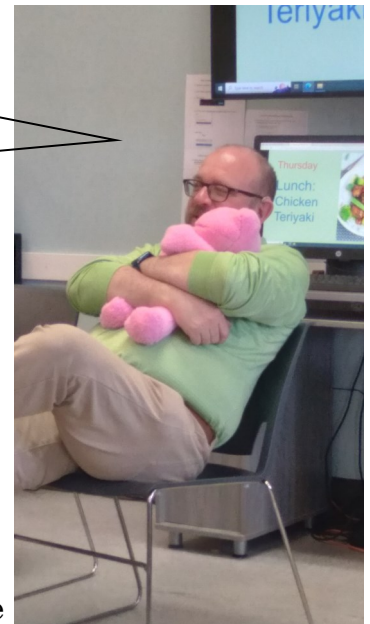
"It takes less time to do a thing right, than it does to explain why you did it wrong."

— Henry Wadsworth Longfellow

Director's Note

I don't know about you, but I sure am happy that Spring is here. To several of us here at Lakeside Clubhouse, Springtime means increased energy, goodbye to Seasonal Affective Disorder symptoms and hello to the vitamin D benefits of increased sunshine. April is going to be a busy month for us to prepare for May. May is Mental Health Awareness Month and we have lots of activities we are working on. Our goals for May are to:

This is what stress does to a man. There is so much to do!



- Host a Fundraising Event. Susan Meekhof will be returning to teach us how to paint Tulips. It will be a great way for us to prepare for Tulip Time in Holland.
- U.S. National Week of Action for Mental Health. Clubhouse International is organizing this opportunity and we plan to participate. Our goal is to host opportunities for clubhouse members to share our stories and advocate for community-based mental health programs. To accomplish this, we plan to host an open house, present our program to various local agencies and do our best to share with the community the value and opportunities of the clubhouse.
- Mental Health Stomp Out Stigma Walk. This is hosted every year by the Mental Health Foundation and is in Grand Rapids. Our plan is to have a crew from Clubhouse participate in this important event so we can show our support to stomp out mental health stigma in our community. More details to follow. Please come to the clubhouse to help us get ready for these events and plan on attending when you can. We want to make sure we have good representation at all of these events and your help is greatly needed. Happy Spring!

Recipe of the Month: Chicken & Waffles

START WITH:



1 1/2 CUPS



2/3 CUP WATER



1 EGG



3 TBSP OIL

Choose your favorite Belgian Waffle Recipe!
We chose **Krusteaz**

Pair with your choice of fried chicken!
We used **Aldi's Chicken Strips**

STEP 1

HEAT and lightly grease Belgian or conventional waffle iron.



STEP 2

MEASURE mix by lightly spooning it into measuring cup and leveling it off. WHISK waffle mix, water, egg(s) and oil until smooth. Let batter stand 2 minutes. POUR about 2/3 cup batter onto waffle iron.



STEP 3

COOK waffles until steaming stops or until golden brown.



"If you are lonely, dim the lights and put on a horror movie. Then you won't be lonely no more" - unknown



April 2023



lakeside activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8 Pokémon Go
9 Easter	10 Birthday & Easter Celebration	11	12 Employment Dinner	13	14	15
16	17 Game Night	18	19	20	21	22
23	24 Food Club Transport	25 Craft Night	26	27	28	29

4/8 Pokémon Go Downtown Holland, 10am—2pm, Bring \$ for food
 4/12 Employment Dinner, 4pm– 6pm Chicken Stir Fry, \$1 if not employed
 4/18 Game Night @ Clubhouse, 4pm—6pm, \$2 for Nachos
 4/25 Craft Night @ Clubhouse, 4pm—6pm, \$2 BBQ chicken sandwich



**St Patrick's
Day
Karaoke**

Dang you guys are good... Glad I didn't play...

"Me: I like to Travel. Bank Account.... to the backyard?" - Rebel Circus

Clubhouse Committee Schedule

Housing Committee: Monday's @ 1:30pm—2:30pm

Fundraising Committee: Tuesday's @ 1:30pm—2:30pm

Newsletter Committee: Wednesday's @ 11:00am—12:00pm

Lunch Menu Committee: Wednesday's @ 1:45pm — 2:30pm

Employment Committee: Wednesday's @ 1:30pm — 2:30pm

Education Committee: Thursday's @ 1:30pm—2:30pm

Community Relations & Advocacy: Friday's @ 1:30pm — 2:30pm

IMPORTANT UPDATE!!

The Committee Meetings will now take place in the common area right after the afternoon meetings!

Color Art



"My favorite machine at the gym is the vending machine." -Caroline Rhea

Color Art



April Birthdays:

- 4 – Ty L.
- 5– Mary D.
- 11– Nate B.
- 16 – Gary P.
- 21– Shaun V.
- 30 – Lesley P.
- 30 – Aisha S.



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