

Lakeside Happenings



June 2023

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Director's Note

On May 24, we hosted a Legislative Open House. Representatives from Senator Peters, Senator Stabenow and Ottawa County CMH participated in the event. The picture is the rep from Senator Stabenow's office with Clubhouse Members. It was really cool to share our program with these policy makers and they really appeared to enjoy interacting with our Members during the tours. I'm so proud of all the members who participated. You represented our Clubhouse well.

This will be my last Note as Supervisor at Lakeside Clubhouse. I have accepted a position at CMH and will be starting there in June. It was a very difficult decision to leave Lakeside Clubhouse. I will miss working with you all. I really want to hammer home the point



that the Clubhouse is about the model, not one particular person. Keep working the model and the Clubhouse will continue to grow. Our only limitations are ourselves, so keep envisioning what you want the clubhouse to be and work towards achieving that goal. Best wishes to you all.

A program of:



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



It's My Party I'll Cry if I Want To

For those of you who don't know, my birthday is coming up. And as my birthday approaches, I have been thinking a little bit about age. Thirty four years old isn't exactly a dinosaur, but it isn't exactly an age where you peak athletically earlier. This is of course frustrating because I have recently been getting into running and not really seeing the improvement I want to right now. However, like most of life, age is what you make of it. You may not be able to do what you could when you are younger, but you may have grown in wisdom and maturity and may have accrued other benefits. Here are some of the pros and cons of aging, as well as how to deal with aging in general.



Cons- Well life isn't perfect, and aging is no exception. Here are some of the negative aspects of aging and how to deal with them.

- **Athleticism-** It's pretty rare that you actually improve athletically as you age, but that's no reason to give up completely. Just for inspiration, one of the best distance runners of all time is in his 40's and he is still going at it. Not to mention on fb almost every day of elderly people completing marathons. So I would say staying healthy is reason enough to stick with it regardless of results.
- **Health Problems-** In addition to decreased athletic performance comes health problems as you age. Recently I have been diagnosed with overactive bladder. Not life threatening, but sure a nuisance. I guess one way to look at it is it forces you to look beyond your mortal self and appreciate life just a little bit more. As your body starts to fail, you realize time is precious and your priorities change. At least for me, family and spirituality become more important as I realize this body will not last forever.

Pros- Aging isn't all about dealing with things. There are some perks. And it does make the journey towards the end of your life worth it;

- **Friends-** Although sometimes painful, as we age we learn to sift through toxic friends to keep those who are most important to us. We learn who is worthy of our time by observing what kind of traits they exhibit (openness, support, etc) through the years. You ask have they been there? Do they support me? Do they correct me or indulge my bad behaviors? When we age, we become much more aware of these answers through experience with many different people
- **Wisdom-** You have heard the old adage "with age comes wisdom." I believe this to be true. I have noticed, for instance, that my poetry is incorporating some of the life lessons I have learned. It is much deeper and more complex than things I would write in 8th grade. Wisdom is not just for better writing. With more knowledge from your experiences you can give your friends advice or help them out of tough spots.
- **Pride and Strength-** I believe aging is coupled with pride and strength. There is another adage "whatever doesn't kill you makes you stronger" I believe this is true as well. I find that the more I go through over the years, the more confident I become. If I have financial troubles, I learn to save. If I have people troubles, I learn to how to cope, adapt, or respond. If I want to be better at something, I work on it. Age forms you in ways nothing else in life can.

Although I may shed an inner tear or two about my mile times going way up, I realize aging is a process and a journey and life has taught me to embrace and enjoy it.

Apparel Store Anniversary

The Lakeside Apparel Store has officially been up and running for over a year. We have learned many ways to collect clothes. Facebook Buy Nothing groups have proven very helpful along with watching for yard sales in the Holland/Zeeland groups.

Our members have been generous in sharing the clothes they no longer need. This has allowed us to keep the 'store' free to members and even allow them to go shopping for family members around the holidays.

Our most popular items

T-shirts: 154

Jeans: 63

Socks: 68

Long Sleeve T-shirts: 68

Shorts: 48

Sweater/Sweatshirt: 37

Women's

Tank Tops: 45

Bras: 37

Shoes: 37

Men's

Dress Shirts: 19

Sweat Pants: 12

Hygiene

Soap/Body Wash: 30+

Toothbrush/Toothpaste: 30+

We are always looking for:

Men's items (shirts, pants, shorts, swim wear, ect)

Deodorant

Belts

Footwear (shoes, sandals, boots)



Recipe of the Month: Easy Mexican Goulash

This recipe is easy to make as long as the cutting is done ahead of time. We here have to take turns cutting onions as we make a triple batch. The tears are worth the effort as this is the prettiest goulash around. Corn, peppers, and tomatoes make this healthy, flavorful, and colorful. Enjoy!

Directions

Step 1

Chop onion and green pepper (or preferred variety)

Step 2

Brown meat with the onion, green pepper, and Worcestershire sauce. Meat is done when brown and crumbly

Step 3

Drain meat veggie mixture and add tomatoes, corn, salsa, and taco seasoning. Simmer while doing the next step

Step 4

Boil pasta, stirring occasionally, until cooked but firm to bite. (approx. 8min)

Step 5

Drain pasta and combine with beef mixture

Ingredients

- 1 pound lean ground beef
- 1 small onion, chopped
- 1/4 cup green pepper, chopped
- 1 Tb Worcestershire sauce
- 1 (10oz) can diced tomatoes with green chile peppers
- 1 (9oz) package frozen corn
- 1/2 cup medium salsa
- 2 Tb taco seasoning
- 1 (8oz) package elbow macaroni
- 1 can tomato paste





June 2023



Lakeside Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7 Outdoor Game Night	8	9 Bill's Send Off	10
11	12	13	14 Employment dinner	15	16	17 Disc Golf
18	19	20	21 Summer Concert	22	23	24
25	26	27	28	29	30	

Last month we touched on the five most popular and common categories of coins. Now we will talk on how to get them without it costing so much.

We'll start with Challenge Coins. Due to their rising popularity, you can pretty much get them anywhere. I got most of mine in thrift stores. Because of the cost to customize and order them, a lot of places will offer them to members of their organizations. A lot of places sell them as fundraisers. I also search places, like eBay. I also used to frequent an indoor vendor mall in Muskegon where the person was selling all types of coins. That is where I got the Mini Eisenhower Dollar from as well.

For the other coins, like the foreign and error coins, I simply just searched my quarter rolls I get from the bank when I get paid. Apart from Canadian coins, I have gotten English Pence coins and even German coins. When I was a kid, I would check the vending machines for forgotten change and once I found a French coin. I found a coin from the Bahama's just laying in the middle of the road (not recommended to search or pick up from there, but it was a quiet road off the beaten path at the time) Estate sales are another option. Some places know the value, but they know if they charge the value prices, most times, they will have to hang onto it for a lot longer than they want too. A friend of mine even checks the reject spot in coin star machines. Some people just don't want to take them with them because they don't care due to no real value in the US outside of collectors. I got my Mexican Peso's from a neighbor who used to visit there a lot before she retired.

The Russian Ruble I got off of wish when it was popular. I just got it because it was a coin with a dolphin on it. (No joke) But also goes to show you a lot of these other options are also a great idea if you want to find special issues without spending hundreds of dollars. (Even foreign coins can range in the \$100-\$200 range if you buy them in the US, and even more if you get them from country of origin because you might have import tax and tariffs as well (even if you get them by mail)

Closeout sales at places. Closeout sales are sales on items that will no longer be available from that place or manufacturer. Depending on the place, you can get anywhere from 20%-90% off. Coin stores don't usually do that because they know they can get the amount they want from other stores.

The novelty coins, you can find them in tons of places. John Ball Zoo still has the machines where you place a Penny in and then the quarters and it will flatten them. They even now have a machine that will etch and image in a coin for you (but are pretty expensive. Last I saw they were roughly \$5 each)

Then there are always "Gifts". I got my WWI War Bonds coin from a place called Mystic Stamps as a new member offer. I'm not into stamp collecting, but they also sell coins that have images of stamps on them. And like I said, gifts. For Mother's and Father's Day I found a site that let's you add custom names to coins and I bought both Parents a Mother's and Father's Challenge Coin with their name engraved on it. Was actually less than \$20.

Trading. Like Baseball or Hockey cards. Trading card companies are also now coming out with their own trading coin series. (But kinda aren't almost worth it) Some people will trade for a coins as well. Example, someone needs a National Parks US Quarter P mark and you need D mark, so you trade. Just be careful with this option

And finally, change from the store. Mostly if it is in coin form, sometimes stores will take them. I have gotten a few foreign coins as regular change from DG and the like. Those ones weren't Canadian, but I ended up still giving them to neighbors who were collecting before I started to officially.

Clubhouse Committee Schedule

Housing Committee
 Fundraising Committee
 Newsletter Committee
 Lunch Menu Committee
 Employment Committee
 Education Committee
 Community Relations & Advocacy

IMPORTANT UPDATE!!

The Committee Meetings will now take place in the common area right after the afternoon meetings! Ideas, suggestions, and needs are addressed each day.

Need Assistance?

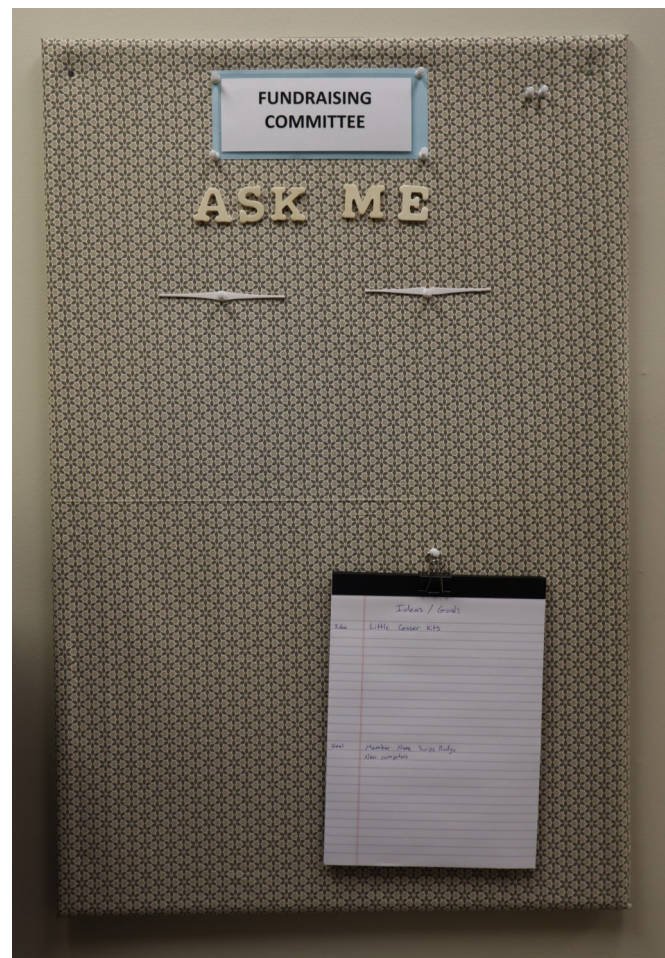
Notepads are on each committee board for you to write a need or concern you would like help with.

Have Ideas/Suggestions

Note cards are on the table in the resource room. Write your idea or suggestion and pin it to the committee board.

Join a committee

Add your name to a card and place under the ask me section



Lakeside Happenings



Watermelons are quite often grown in square shapes in Asia by setting a sprouting melon in a square cage and letting it grow to size. They are VERY expensive, so if you manage to get one, please share

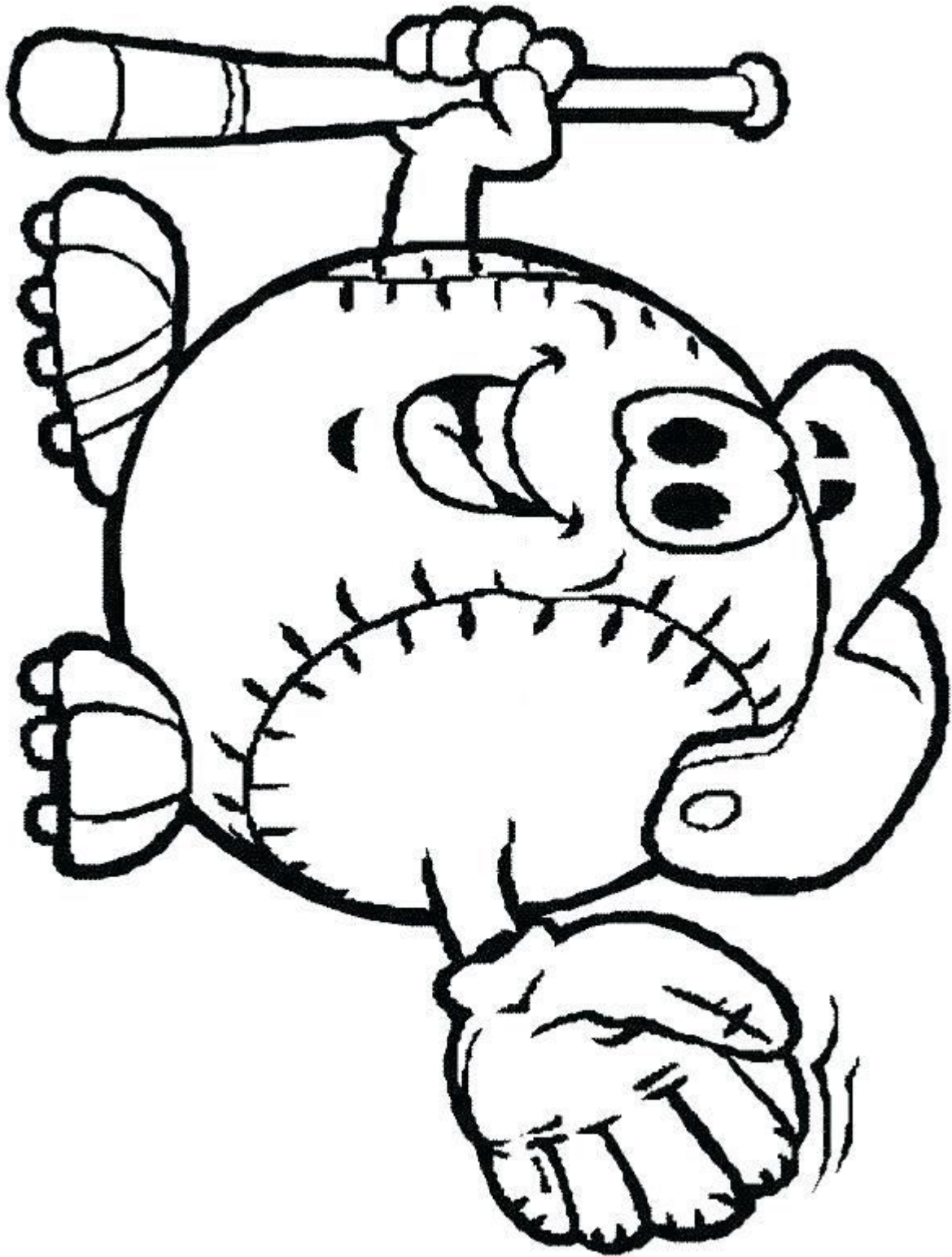


See you around, and thanks for the fun



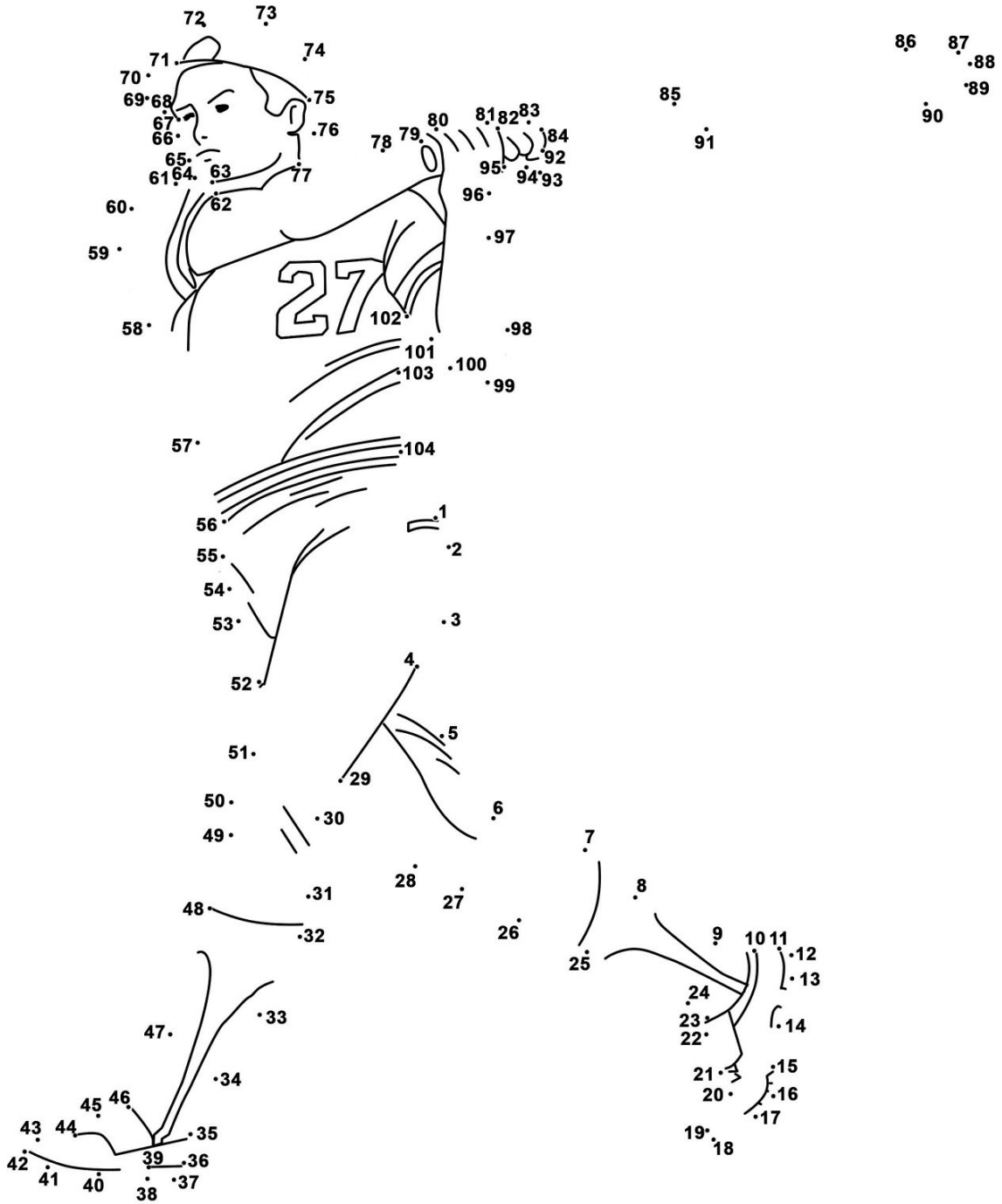
Mirabelle Plums, Ackee and West Indie Locust Fruits are among a list of foods banned from the US. Mostly due to Import laws from other Countries. Ackee is banned because not properly prepared, it can be deadly.

Color Art



Vanilla Beans are expensive because they are mostly grown in Madagascar and the competition is literally so fierce that plantations need to pay actual armed guards to protect their crop.

Puzzle



A group of men in Quebec Canada managed to steal at least 300,000 TONS of Maple Syrup from reserve trees for a year before being caught and sentenced.

June Birthdays:

- 2 - Jess P.
- 22 - Rebecca S.
- 24 - Johnny B.M.
- 28 - Sandra R.
- 29 - Alfonso M.
- 30 - Vickie D.B.



BILL,

WE ALL WISH YOU THE BEST. LOTS OF LAUGHS AND CONTINUOUS ADVENTURE AS YOU CONTINUE TO BRIGHTEN THE LIVES OF OTHERS.

ALL YOUR FRIENDS AT CLUBHOUSE



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