

Lakeside Happenings



May 2023

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Director's Note

A program of:



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



The Yellow Jacket is actually NOT a bee, but a wasp

LISTEN TO YOUR MOTHER

Well, as embarrassing as it is I am a 33 year old man caught in a precarious situation I could have avoided. If you've ever heard the phrase "momma knows best" it really is an age old truth. I could have listened to her when she told me to cut back on the mountain dew, I could have eaten 1 donut instead of 2, and the list goes on. Now I am possibly facing a urinary tract infection. But aside from my predicament there are many reasons why you should listen to your parents.



Most parents have lived at least twice as long as you. Think of how much more of the world you can understand and learn about when you open yourself up to advice from their formative years! Times always change, but there is definitely a continuity in problems across time: work trouble, health, people problems, etc. Just because our parents lived in a different time and their troubles may be in a slightly different context, they likely experience much, if not all, of what you are going through and you can benefit from their experiences while possibly avoiding their mistakes.

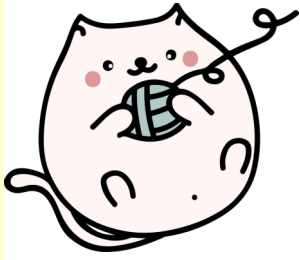
Another reason to listen to parents is that they know you best. They were there for all of your temper tantrums, as well as all of your achievements. They know what makes you tick. Also, you share your parents genes, so they may have dealt with the exact same things you are dealing with. Who better to be a life coach?

Parents can also help with your aspirations. They know your strengths and weaknesses, and can help place you. I wanted to be a runner, and though my mom encouraged me, but she also hinted at English and writing because she knew my writing was pretty good and that I enjoyed it. I ended up being an English Language Arts and literature major and won a literary scholarship. Good call mom!

Parents can also help with coping. Think of how much more personal experience our parents have at dealing with people and external events. It is likely that they have done many things to cope with both of these things. Some things may have worked better than others, and they can pass along that knowledge to you.

Parents also genuinely know and want what's best for you. They will tell you the hard truths, they will give credit where credit is due. They are basically a therapist that has raised you. So you get all the benefits of therapy, plus the benefit of already knowing your tendencies.

Honestly there are so many benefits to good parenting that if I were to cover it all in it's entirety than you would be reading a book and not an article. But to just drive home the point: listen to your parents! Ask them questions, talk to them about life (the good and bad, what people to avoid), talk to them about your aspirations and your frustrations. You never know if the people you are dealing are the same kind of people they have dealt with, or if that college is looking for what your parent's college was looking for. In short, a parent is a life hack: guaranteed to give you shortcuts to virtually every aspect of your life.



Kittens

By Candace R.

Under the road there was
A bunch of Kittens laying
And meowing

I saw the kittens were colored
Gray, Black and Brown

I walked to one kitten
And gave it's warm hug and it purred

Kittens walked up
And walked along the sidewalks
To go in the woods

Eventually
It went under someone's porch
And laid there to
go to sleep

Then the next day
The kittens waked
By the pile of leaves
And laid there

While the sun
Shone brightly upon
The kittens

The kittens enjoyed their day

Recipe of the Month:

HEALTHY MEXICAN STREET CORN DIP

★★★★★

COURSE: SIDE DISH CUISINE: MEXICAN PREP TIME: 10 MINUTES

TOTAL TIME: 10 MINUTES SERVINGS: 4 CALORIES: 209KCAL

AUTHOR: BECKY HARDIN



This street corn is made with healthier ingredients for a quick and delicious snack, appetizer, or dip.

INGREDIENTS

- 2 - 10 ounce bags steam fresh frozen corn
- 1 tablespoon [olive oil](#)
- juice from one lime about 2 tablespoons
- 1/2 cup plain greek yogurt
- 4 ounces low fat feta cheese
- 1 jalapeno pepper chopped (leave the seeds in for extra spice!)
- 2 tablespoons [red onion](#) chopped
- 2 cloves garlic minced
- 1/2 cup fresh cilantro chopped
- 2 tablespoons franks redhot sauce or your favorite wing sauce

INSTRUCTIONS

1. Prepare corn according to package instructions.
2 - 10 ounce bags steam fresh frozen corn
2. Once corn is steamed/dethawed, heat in a large skillet on medium high heat with the olive oil. I cooked it for about 7-8 minutes until it was slightly browned.
1 tablespoon olive oil
3. Take corn off of heat and toss with all other ingredients.
juice from one lime, 1/2 cup plain greek yogurt, 4 ounces low fat feta cheese, 1 jalapeno pepper, 2 tablespoons red onion, 2 cloves garlic, 1/2 cup fresh cilantro, 2 tablespoons franks redhot sauce
4. Serve as side dish or as a dip with tortilla chips!
5. Serve immediately and refrigerate remainder for up to 3-5 days.
6. Enjoy!

NUTRITION

Calories: 209kcal | Carbohydrates: 23g | Protein: 9g | Fat: 10g | Saturated Fat: 4g | Cholesterol: 26mg | Sodium: 561mg | Potassium: 313mg | Fiber: 2g | Sugar: 2g | Vitamin A: 290IU | Vitamin C: 11.6mg | Calcium: 173mg | Iron: 0.8mg



May 2023



Lakeside Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Bowling	4	5	6
7	8	9	10 Employment Dinner	11	12	13 Kayaking
14	15	16 Movies Holland 7	17	18 Painting W\Sue Meekhof	19	20
21 Hiking	22	23	24	25	26	27
28	29 Memorial Day Picnic	30	31			

It wasn't until a few of years ago when I realized how fun (and somewhat therapeutic) coin collecting can be. We have a lot of members that like to collect coins, or want to start, so I decided for the next three months I will Talk about coin collecting basics, and what I have learned. This part, we're going to be talking about 5 common types of coins collectors collect. (The US Value for these coins is undeterminable at this point)



Challenge: The most common type of Challenge Coin known to "Non-Military" is the AA (Alcoholics Anonymous) Coin. Challenge coins are coins that are given usually to military groups, emergency service or other organizations signifying a belonging to a group. These coins are typically not round in shape, and are usually made out of brass. Here are some of my Challenge Coins. (Some people trade them as well) Challenge Coins have grown in popularity, in fact, NYPD's challenge coins alone are so popular, they have their own book on them called Uncommon Valor II: Challenge Coins Of The NY ESU

Foreign: To other Countries, US currency is foreign. But to us any country outside of the US is foreign. Here are a few of my foreign coins. 1 Franc, Two types of Peso's, and a 10 Pence Coin. Notice that, despite having an abundance of chances to have them, I don't have any Canadian Coins



Special Issue: There are many types of special issue and all countries have them. The Russian Ruble is from the 1993 Red Book Wildlife Series.. The coin is called Black Dolphin The coin right to it is a WWI Remembrance coin. Image was screen Printed over a 50 Cent piece. The Dollars are the Sacagawea and Presidential series coins. The Presidential Series ends with Regan and Starts "The Living Presidents" with Bush Sr.



To the left, zoomed in view of the WWI coin. Notice the head of IKE showing under the printed image

Novelty: These coins are collectable, but not always spendable. Example of popular novelty coins, would be like your typical arcade coins you buy to play games with. The Eisenhower Dollars to the bottom left and right are Both large and small. The one on the left is a real minted dollar, minted in 1975 for the hyper inflation series. The other Dollar was enlarged to commemorate the 200th anniversary for the US. The flat ones, are the Penny Presses from John Ball Zoo and the other two are from inside a chocolate ball.



Error: We could spend maybe 20+ issues of the newsletter talking about the types of error coins there are. I accidently came across this one, one week. This is both and off-center and double planchet error. It was hard to tell because back in 1997, San Francisco Mint minted almost 600,000 Quarters using 90% Silver. However after it was determined to be an error coin.

Bee Flies and Flower Flies are often mistaken for Bee's due to their appearance

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!

Sports updates!

Job Interview Follies?

Poetry!

Your Favorite BBQ recipe!



New Member Spotlight!

*Kittens!
Kittens!
Kittens!*

*How to Prank
Your Supervisor!*

Sad, Funny stories!

Julie's Story

Back in 2015, I was first diagnosed with schizoaffective disorder. For those of you who don't know, this means I was hallucinating, hearing voices, and have a hard time functioning and dealing with this new "normal". I found myself living with my Dad, broke, sleeping a lot and not participating in the real world. Depression was a big part of my life and confusion with reality made it difficult to get out of bed every day.



My sister Alex heard about Lakeside Clubhouse and recommended me to come to check it out. When I first started coming to the clubhouse, it was a struggle for me, learning new jobs, what the clubhouse had to offer, and how this place could even help me. But, since coming, it has pulled me out of my depression because I found a reason to get out of bed every day. Clubhouse has helped me find jobs and I will be starting a new job as a cook and taking care of the kids on breaks at KinderCare. I have enhanced my own living skills as I participate in the kitchen unit and learn kitchen skills. I also am working on improving my money counting skills by working in the café. My communication skills are improved as I stand here before you reading my story (which isn't easy for me). I have become more of a leader and have made new friends and grown my

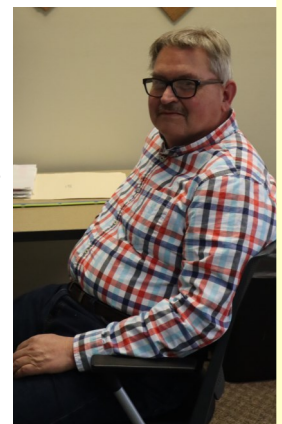
social circle.

I recommend Lakeside Clubhouse to anyone who may struggle with a mental illness or need to improve any daily living skills. Clubhouse has changed my life and I feel so much better since attending. Thank you for reading my story.

Alfonso's Story

Good Afternoon. My name is Alfonso Mercado and I am a member of Lakeside Clubhouse. My case manager Alyssa encouraged me to come to the clubhouse after I was released from Ottawa County Jail. I come to the clubhouse 3 or 4 days a week. I like working with staff and other members to do different jobs like making lunch, working in the bank, doing computer work and looking for jobs. I like going on social outing such as the movies and sharing experiences with other members.

I want to find a job soon so I can start earning money and better support myself. Thank you for funding the Lakeside Clubhouse.



THANK-YOU KAYLI!

Kayli has been working as an intern here at clubhouse! Her last day was April 28. She has been a positive addition to clubhouse staff. On behalf of all the members; Congratulations on your next chapter in life! We wish you the very best on your future endeavors. We will all miss you!



Thank you all so much for such a wonderful time here at the Clubhouse! It has been such a pleasure and honor to get to know each of you. There have been many moments where we have laughed together, cried together, and overall just enjoyed one another's company. Know that each and every one of you has impacted my life in ways beyond imaginable. Even though I will be states away, know that you are all in my thoughts, heart, and mind. I care for each and every one of you and hope that you all enjoy your time together with one another and cherish all the moments that are yet to come. Thank you all for such a wonderful time. I will miss you all <3

- Kayli



Cake with Kayli!
On Kayli's last day we celebrated by all enjoying cake together!



Bon Voyage!

Bee's use static electricity to help gather pollen

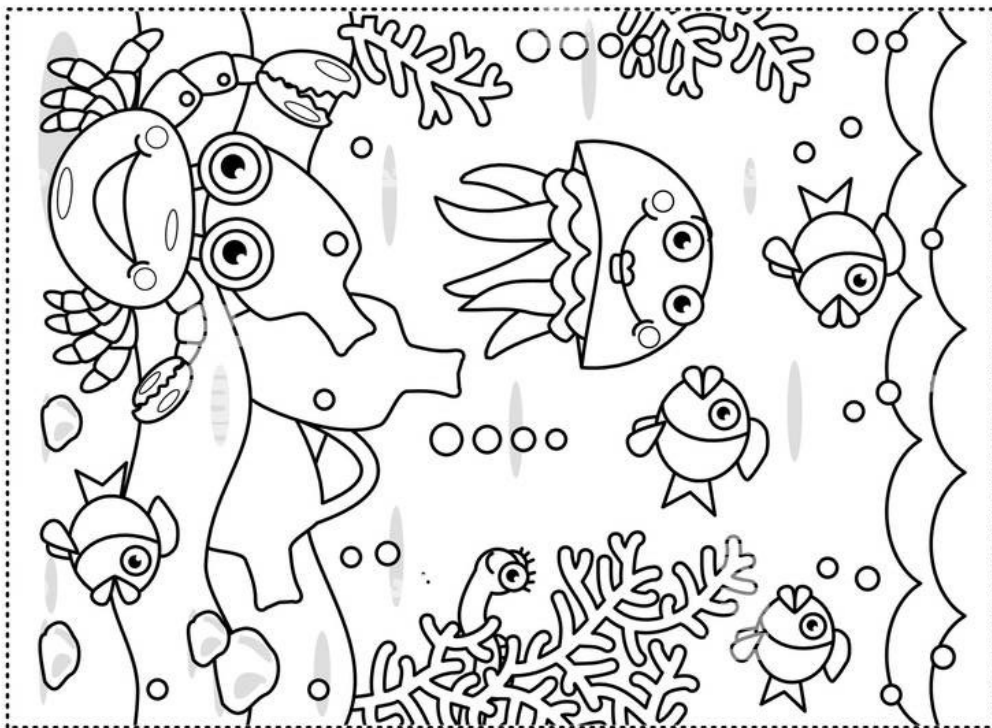
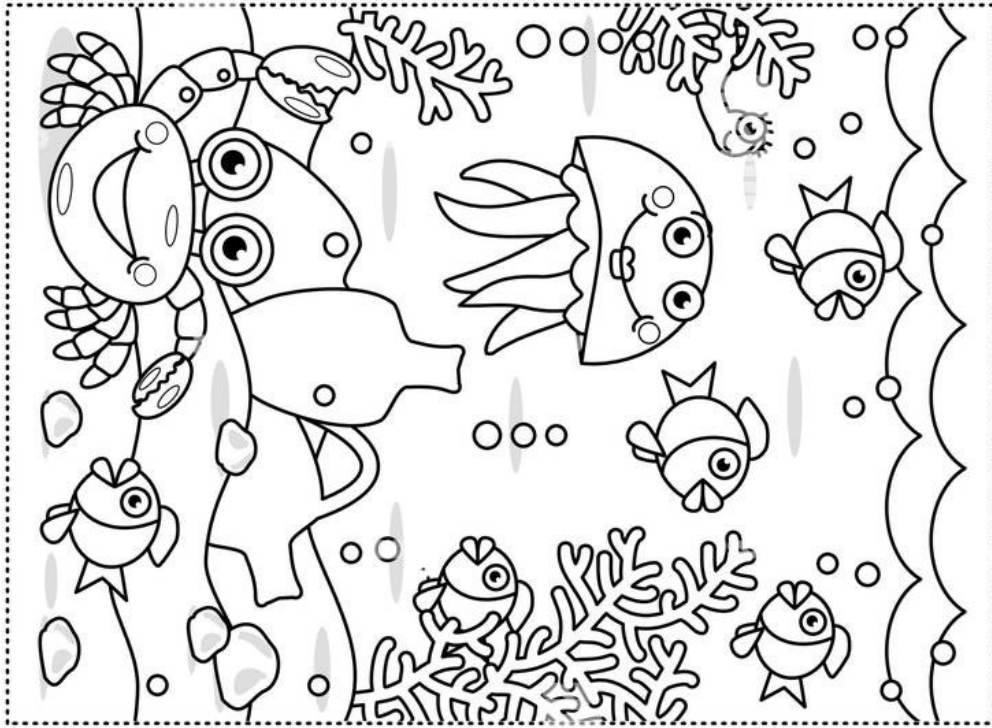
Color Art

**SUPER
MARIO**



Wallace's Giant Bee is the World's Largest Bee species (NOT hornet)
measuring 2.5 inches

Puzzle



Find 10 differences.

May Birthdays:

9 — Soutsada V.

10 — Sarah V.

10 — Lenny c.

13 — Tom S.

14 — Randy T.

16 — Charles S.

25 — Dorothy H.

31 — Caleb E.



Birthdays of the Month



Lakeside Clubhouse

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Suite 400

Holland, MI 49423

Phone: 616-965-8380

E-mail: lakesideclubhouse.info@gmail.com

Text to Donate: text LScubhouse to 50155

There is a medical procedure for people with MS called Bee Sting Therapy, however it is hard to find and expensive (and can be dangerous if you have an allergy to bee's)