

Lakeside Happenings



October 2022

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Bill's Director Update

It was so exciting to pick up Dorothy, Nichole and Suzanne from the airport as they returned home from the Clubhouse International World Seminar. Each spoke of their experiences and things they learned that will make our clubhouse stronger. We're already seeing the benefits of their participation in the seminar. Suzanne's passion is education and she has already organized a meeting with Grand Rapids Community College – Holland Campus staff to come and tour the clubhouse and give clubhouse members the opportunity to learn more about GRCC. This meeting is scheduled on November 10 so please plan on being at the clubhouse at 10:00am to learn more. Dorothy is really passionate about doing more social media and communications type of work. Nichole left the Seminar with a passion for us to do more community outreach and educate the community on the unique and effect services we provide here at the clubhouse. It's going to be exciting seeing all these awesome goals get implemented.



A program of:



I used the word passion a lot in that last paragraph. That's really the perfect word to describe what we want our clubhouse to be... a place where people can identify, cultivate and realize their passions. We want our members to live meaningful and self-directed lives. We believe the clubhouse model is the best rehabilitation model out there to help our members become all they can be.

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





Happy Halloween!

Well it's that time of year again! Of course I am not referring to spending a half hour freezing your butt off for a tree you will only put up for one month and maxing out your credit cards at the mall. No, it's Halloween! I thought for this issue I would do something different. Instead of reflecting and giving life advice, I thought I would critique some of the more popular horror/ Halloween movies. Let's face it, most of us resort to re-

watching and then get sick of re-watching. But I might highlight some that hopefully you will never get sick of watching, or might find interesting on the first view. Here they are **1)** Any movie that features Ed and Loraine Warren (Rating 9/10): My memory somewhat fails me here... I can't name them off the top of my head.. The Conjuring, The Nun, Annabelle, etc. If you find a movie where Ed and Loraine Warren are the main protagonists it is almost certain a good watch. The camera magic with these films are pretty impeccable, hardly ever do I not jump when the director intends the viewer to jump. As a bonus these people are real life paranormal expert so the fact that all the crazy stuff happening has a basis in real life, making it that much more scary. **2)** Hell raiser movies (9/10): The first time I have seen a Hell raiser movie I literally could not sleep. Something about the ample amount of gore and unique ways of torturing people makes this one for the archives.**3)** Halloween Movies (7/10): Okay, so to get into actual critic mode I have to point out some flaws. Some may resent me for this, but I just do not find a masked terminator with a kitchen knife all that scary when compared to demons and entities from Hell. Still, the creepy theme song and the whole legacy of Mike Myers makes any of these movies an interesting watch. **4)** Nightmare On Elm Street Movies(9/10): I would have to say the first was amazing and they got sort of downhill from there. I mean, how can you outdo a baddie that kills you in your sleep? You can't really get much better. The premise is horrifying when you think of it.. imagine getting so sleep deprived you go insane, which may or may not be worse then Mr. Krueger himself. That's what I love about these films.. if one thing doesn't get you the next will. **5)** Scream Movies (8/10)- So like Nightmare on Elm Street movies this presents a rather novel idea: telephone stalker. You would think that this idea would have been introduced sooner with cordless phones being around for a while, but these films manage to present prank calls from hell. Imagine somebody playing a sadistic game with you, and backing up the validity of their twisted games with a dead body or two. Pretty scary. **6)** The Human Centipede (10/10)- This one takes the cake, and I won't spoil it as to what actually happens for those who haven't seen it yet. Just think about the most disgusting thing you can possibly think of and your probably right on track. As far as creepy concepts go, very few if any horror movies go to the same lengths. There you have it, hopefully this will give you some ideas of which ones you want to watch.

Luca



To the left, Luca posing for a picture in the exercise room

Below: Luca watching Vickie and members make lunch. He wants to join, but knows he can't be in the kitchen

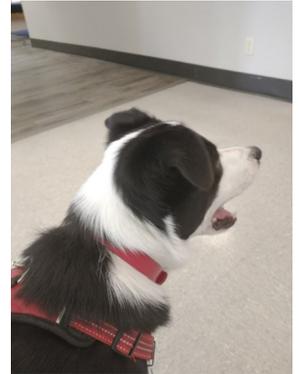
Luca came to us through Vickie. He is our Clubhouse companion\service animal. Luca is a Border Collie.

Members look forward to seeing Luca when they come to the Clubhouse.

Members LOVE to take Luca on walks. However, Luca has yet to be able to go out on outings even though he is training as a service dog.

Luca's 1st birthday was mid. August. His favorite activity, apart from walks, is dropping his toys to try and get the treats out.

Luca is always on his leash whenever he is at the Clubhouse



Simba

Simba is Ty's dog. He is 3 years old. Simba was living with many people. 3 being children. They did find Simba for \$100 on craigslist.



Top Right:

Simba is all cozy , laying on a blanket on his mommas lap. Yes, Simba thinks he is a lap dog. He may still be puppy but he's too big to be a lap dog, even so, Simba is adorable when he sleeps and we love our cuddles with him.

To The Left:

Simba is the king after all, but he is also his own army. Don't worry, if some one walks down the sidewalk near to where you live, he will scare them away with his ferocious bark. He seems to think people on bikes are extra dangerous, if you'd let him, he might just take them down for your safety.





Russel, Hank, Scarlett, Blanca and Dorothy having a blast tailgating at the Truck Parade on Labor Day at the Civic Center on Sept. 5

Picture by Vickie

April, Alfonso, Laura, and Ty at Recovery Fest in Holland. Sept 22

Picture by Vickie



Dorothy, Estella, Randy, Julie, Mark Bowling, John, making Tie Dye shirts -Sept. 7 & 8

- Picture by Nichole



Cameron, Ty, Nichole, Mark Bowling, April enjoying bowling at Hudsonville Lanes -Sept. 28

Picture by Amanda



White Turkey. I have never seen a White Turkey before, even domesticated. That was a new experience from one of the many animals we seen at the Allegan County Fair. - Sept. 17

Picture by April

Committee Schedules

In an effort to create a work-ordered day environment that promotes consistency and predictability (recommendations from our accreditation site review), we have organized our committee structure as follows:

- Wellness Activities: every day from 12:30 – 1:00
- Community Relations and Advocacy Committee: Friday from 1:30 – 2:30
- Education Committee: Thursday from 1:30 – 2:30
- Employment Committee: Wednesday from 1:30 – 2:30
- Fundraising Committee: Monday from 1:30 – 2:30
- Housing Committee: Tuesday from 1:30 – 2:30
- Newsletter Committee: Wednesday from 11:00 to 12:00

October 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6 <i>VideoGame Night</i>	7	8
9	10	11	12 <i>Employment Dinner</i>	13	14	15
16	17	18 <i>Thrift Store</i>	19	20	21	22
23	24	25	26 <i>Fall Leave tour \ Bonfire</i>	27	28	29 <i>Hope College Football Game</i>
30	31 <i>Halloween Party!</i>					

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Text to Donate:
text [LClubhouse](tel:16169658380) to 50155

Oct. 6: Video Game Night \$1 4-6

Oct. 12: Employment Dinner \$1 for unemployed 4-6

Oct. 18: Thrift Store Shopping 4-6

Oct. 26: Fall Leaves Tour \$1 4-6

Oct. 29: Hope College Football Game Time TBD \$4

Oct. 31: Halloween Party \$1 4-6

Work Order Day: Making Ants on a Log!



Irene and Sandra

Making Ants On A Log for National Ants On A Log Day At Clubhouse For our side With the main Dish

Picture by Vickie



ANNOUNCEMENT!

Monthly birthday celebrations are back! That's right folks! The 3rd Friday of every month we will be celebrating members birthdays again. Mark your calendar's and come join us in celebrating our members birthdays! There will be celebratory brownies!



Recipe of the Month

EASY HOMEMADE CREPES

★★★★★ 4.96 from 23 votes

This easy crepe recipe will make your weekends extra special! Make sweet or savory crepes with all your favorite fillings.



SERVINGS

6 crepes



PREP

10 mins

COOK

15 mins

REST TIME

30 mins

TOTAL

55 mins

INGREDIENTS

- 1 cup all-purpose flour (\$0.07)
- 1/2 tsp salt (\$0.02)
- 2 large eggs, room temperature* (\$0.46)
- 1 cup milk, warmed* (\$0.20)
- 3 Tbsp melted butter (\$0.33)
- 1/4 cup water (\$0.00)
- 2 Tbsp cooking oil, for the skillet (\$0.08)

INSTRUCTIONS

- 1 Add the flour, salt, eggs, milk, melted butter, and water together in a large bowl until it forms a smooth and slightly thick batter.
- 2 Let the batter rest at room temperature for 30 minutes, or cover and refrigerate up to two days.
- 3 When ready to make your crepes, heat a 10-inch skillet over medium heat. Once hot, brush with about 1/2 tsp oil.
- 4 Pour about 1/3 cup of the batter into the skillet and begin to tilt the skillet in a circular motion to allow the batter to evenly cover the surface of the skillet.
- 5 Allow the batter to cook until mostly set, then flip and cook until golden brown on the second side. The total cook time for each side will vary depending on your skillet and stove top. You may need to adjust the heat up or down as you go.
- 6 Repeat with the rest of the batter, adding more oil between crepes as needed. As you cook the crepes, stack them on a clean plate and cover with a towel to keep warm. Once all of the crepes are cooked, fill, fold, or roll the crepes then serve.

Meet Our New Intern Kayli!

Kayli is a Hope Collage student getting her masters in social work. This week we learned that she is an RA and learned how to make crepes for her residents. Kayli enjoyed cooking them for us. She filled them with Nutella, bananas, and strawberries! YUM!

World Clubhouse Conference pg. 1



The International Clubhouse Conference was held in Baltimore Maryland by B'More Clubhouse. This was the first time we were able to join together on a national level in three years. As a new staff I was excited to go but what I experience was an unbelievable dream. Two members were selected to go with me, Dorothy and Suzanne. Together we got to meet people from all over the world and join minds with them to brainstorm and learn how we all can make this world a better place for others like us.

What surprised me most was a plenary in which we got to hear from a leader in the World Health Organization. She shared with us that Clubhouse is setting a standard for community care organizations and that WHO is using us as the example of ideal mental health care moving forward. A year ago I didn't even know this organization existed. Now I know I am working for a world health movement. Being recognized by WHO is an honor for all our clubhouses around the world.

Workshops at these conferences cover all sorts of topics such as advocacy, work ordered day topics, community outreach, leadership skills, sharing recovery stories and much more. For myself, I was attracted to the community partnerships and advocacy workshops. Our community needs to adjust their understanding of the support that we provide. Everyone here has their own struggles but together we work towards independence, teach each other skills to better our futures. People with mental illness are not slow, weak, or incapable of education or careers. There is know minimal or max IQ needed. I plan to take what I learned and educate the community, help members tell their story, and strength our relationship with community supports like the hospitals and police department.

Dorothy and Suzanne came back inspired too. Suzanne stood up and told her own story in a workshop. She also meet with others to gather ideas on how to relaunch our education program. She recently graduated and want to help others reach their goals. Dorothy is excited to apply what she learned about media center techniques.



World Clubhouse Conference pg. 2



Exploring Baltimore

Photos By:
Nichole, Suzanne, & Dorothy



Photos Taken By: B'More Clubhouse
Page Design: Nichole K.

Note: It use to be a fire station!

Touring B'More Clubhouse



Color Art

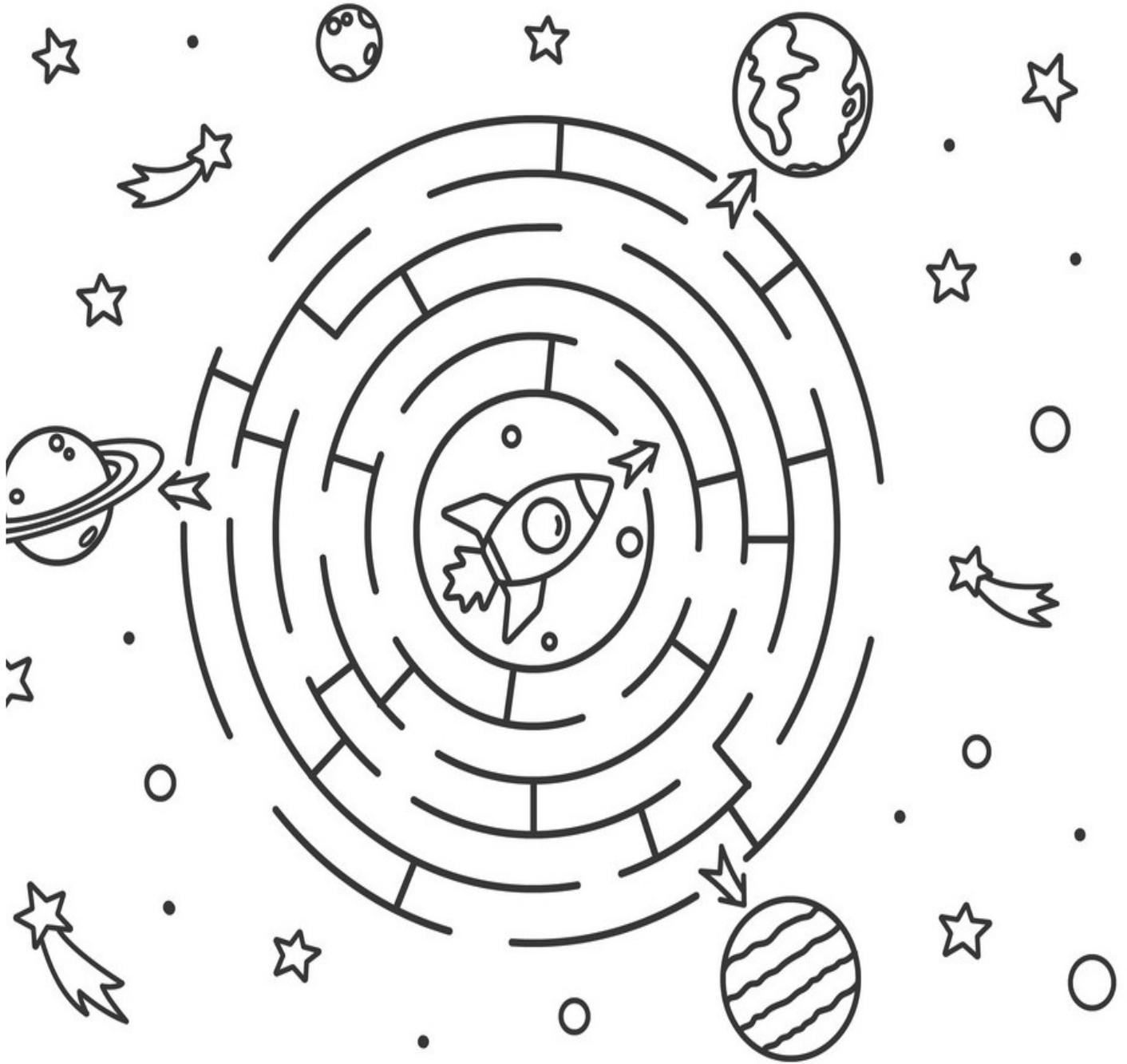
HALLOWEEN
BOJANKA
www.bontontv.com



Color Art



Star Mazing



HALLOWEEN WORD SEARCH



B H F I G E A N S A M O I C P L J E K D
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Ghost	Costume	Broom	Spider	Spooky
Boo	Frankenstein	Bat	Black Cat	Potion
Witch	Skeleton	Mummy	Halloween	Haunted
Pumpkin	Candy	Vampire	Fall	Zombie

October Birthdays:



- 4- Amanda M.
- 11- Geoff B.
- 13- Jessica B
- 15- Russell L.



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Text to Donate: text LSclubhouse to 50155