

**Publication 3614 November 2020**

Interview with Rickey E.

NAME	LOCATION	POSITION	DATE
Darryl Hampton	Sodexo	Cashier's Asst	M-Th 11-3
Dave Sellers	Sodexo	Tr Mxxy	11:30am-12:00pm
Rick Edwards	T.S. Maxx	Associate	July 6

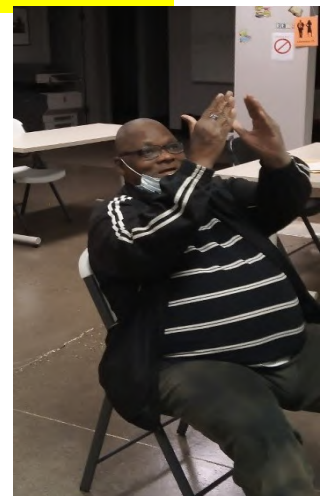
Jax Rozendorn

SUPPORTED & INDEPENDENT

NAME: EMPLOYER:

I really like my managers because I can be my real self, laughing, talking and having fun along with staying busy. They accept me for who I am and also encourage me to ask questions to be successful. The managers give me feedback on how I'm doing and gave me a congratulations card for working so hard. It was an honor to be recognized like that.

We had never attended a virtual dance party before, but had a lot of fun dancing to YMCA, Cha-Cha Slide, and many other wonderful fun songs.



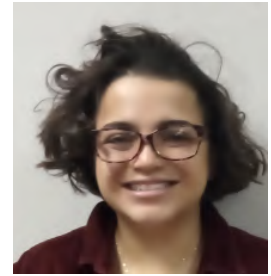
Introducing Trenda N.

How did you hear about the job? I heard about it last year through one of my classes. And then I saw it on Indeed.

What do you want to get out of the job? Hopefully new friends and new skills.

What did you think about your first day? It was a good first day. I learned about the History of the Clubhouse Model. I learned a little about how things are done and Outreach.

What is your previous work experience? *My previous job was my first job out of college. It was ABA therapy, so I worked with kid's on the autism spectrum.*



Highlights of the

Members and staff were able to attend the virtual USA Clubhouse International Conference on October 8 and October 9. We were able to attend the opening plenary with Jack Yatsko, Chief Operating Officer for Clubhouse International and the closing plenary with Dr. Jeffrey Gellar, President for the American Psychiatric Association. Both of these sessions were very informative.

Members and staff were also able to attend break-out sessions during the conference addressing several interesting topics including:

Fundraising in a Crisis Like COVID

Clubhouse Reach Out: evolving, enhancing, and expanding our practice

Wellness & Social Programming: Staying safe, healthy, and connected during these complicated times

Social Justice: How your Clubhouse can be part of the change we wish to see

Covid-19 and the Work-Ordered Day: A How-To Guide

Jay B. and David S. assisted to facilitate a break-out session regarding Medicaid Meets Clubhouse: making it work for you and did an excellent job!

It was a great opportunity to enhance knowledge regarding Clubhouse and connect with others

You Are Unique Unto Yourself

Don't look upon yourself as someone with a mental illness! Look at yourself as someone who can achieve their goals despite their mental illness.

There are many people who have suffered from severe mental illness who have and are achieving their goals. People like Chrissy Teigen, Donny Osmond, Michael Phelps, Vincent Van Gogh, Albert Einstein and others. You, too, can achieve your own personal goals. First it is important that you totally accept that you have a mental illness and then find the right medication that works for you. It may take some time, but once you understand and are controlling your illness, then you are on your way to learning how to deal with it. It is equally important that you find someone who is positive and cares about you and can support you. Seek some type of spiritual support from someone, whether it be a Priest, Pastor, Rabbi, or anyone that can help you to understand that you are important to your God. After that, nothing will be impossible for you! Believe me, I know, you are unique unto yourself. You don't have to sit at home listening to your own thoughts or just yielding to your depression or bi-polar or whatever mental illness you have! It's totally up to you. You also can find support right here at your Clubhouse. Remember to accept, overcome and

Connect with Clubhouse

Beginning Oct. 26, we are now offering all day Zoom connections for members to connect throughout the day. We have one number for VOLCANOES and one number for ATN so members can use the same information to attend all meetings. We are excited to be able to stay connected with everyone!

ATN

Meeting ID: 835 4615 8133

Password: 505237

Employment/Education Meeting:

Tuesdays at 1:45 P.M.

Meal Planning Meeting :

Thursdays at 12:30 P.M.

VOLCANOES

Meeting ID: 848 6886 9526

Password: 505237

Program Meeting:

Mondays at 2:00

House Meeting:

Wednesday at 1:30 P.M.

Social Recreation Planning:

Oreo Brownie Trifle

Prep Time: 10 Minutes

Cook Time: 40 Minutes

Total Time: 50 Minutes

Serving Serve: 12 Servings

Ingredients



For the brownie mix:

- □1 (20 ounce) package brownie mix
- □2 eggs
- □1/2 cup vegetable oil
- □1 tablespoon water

For the pudding mix:

- ♦ · □1 (3.5 ounce) package instant chocolate pudding mix
- ♦ · □1 teaspoon vanilla extract
- ♦ · □1/2 cup water
- ♦ · □1 (14 ounce) can sweetened condensed milk
- ♦ For the trifle:
- ♦ · □1 (16 ounce) container frozen whipped topping thawed

1. Preheat oven to 325 degrees. Grease bottom of a 9-inch by 9-inch pan.

2. In a large bowl, combine brownie mix, eggs, oil, and water. Pour into greased pan and bake until done, about 40 minutes. Cool. Cut into 1-inch squares.

3. In a large bowl, combine the pudding mix, vanilla, water, and sweetened condensed milk. Mix until smooth, then fold in 8 ounces of whipped topping. Fold until no streaks remain.

4. In a trifle bowl or glass serving dish, place half of the brownies, half of the pudding mixture and 4 ounces of remaining whipped topping. Repeat layers. Garnish with crumbled Oreo.

Mobile Outreach

On Wednesday, October 14, we started our Mobile Outreach Program. Staff and members will be visiting one side of town each week to deliver care packages to members we haven't seen in a while. We hope to see you soon!



Flu Season

According to the Marion County Health Department, the flu vaccine is recommended by the Centers for Disease Control and Prevention (CDC) for anyone 6 months of age and older.

Below is a list of clinics that are offering flu shots:

Marion County Health Department

Northeast District Health Office • 317-221-7300

Northwest District Health Office • 317-221-7500

South District Health Office • 317-221-5700

CVS (walk-in clinics)

1545 North Meridian

2320 Cunningham Road

5925 East 71st Street

Walgreens

26 N Arsenal Avenue – (317) 636-1330

1400 N Ritter Avenue – (317) 352-2365

3734 East 38th Street – (317) 545-6167



Social Recs

This November, we will be starting a monthly routine of social recreation activities. We will be having Movie Night on the first Thursday, a Karaoke/Dance Party Hang Out Night on the second Wednesday, and Bingo on the second Tuesday. All social recs will be accessible by Zoom. We will have prizes for the Bingo winners! If you would like to play, you can request a board to be sent to you by calling (317)260-8058 and con-



