

Clubhouse's 6th Anniversary



On Tuesday, February 2nd, we celebrated our 6th year of being a Clubhouse. We are up to almost 200 active members. We took a break from the work-ordered day to celebrate and share some cake.

Chuck: "I've seen so much at the Clubhouse."

David: "We could always use some more people. I have good memories of going on outings with the Clubhouse."

Sevella: The Clubhouse to me is like home away from home. I am glad that we celebrated our 6th



In Memory of Hosie Franklin

Hosie Franklin Was a Kind and Gentle Guy. Who likes Helping People and You didn't have to ask twice for him to help you. He was the kind of person who would give you the shirt off his back and also be there for you when you needed him by your side. He will be forever missed by his Family and his best friend's like family to him. Like it's a who's who Me (Scott), Erika, Lewis, Michelle, Larry, And Other's. Sadly on February 11, 2021 We the Clubhouse Family lost Hosie Franklin. At the age of 62, he passed away in his sleep. Please keep his family and friend's like family and the clubhouse in their thoughts and Prayers. We will Miss you My Brother Hosie.



Love your Best friends/ Family

Scott and Erika Cassulis

Lewis and Michelle White

Larry Adcock

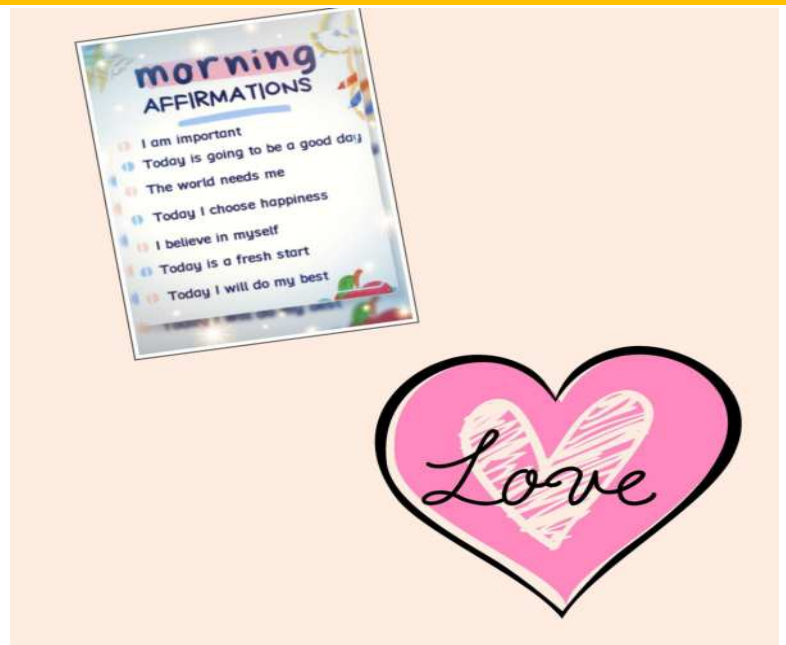
Pets Make Me Happy



Having a pet whether it be a cat or dog has many benefits to people's mental health. There have been studies around pets and mental health that show that petting and playing with animals reduces stress-related hormones. These benefits can occur after just five minutes of interaction with a pet. Thus, pets can be very helpful for people who suffer with anxiety. People can also feel more needed and wanted by caring for a pet. Caring for another living thing can bring a sense of purpose and meaning into people's lives. One thing an owner can learn from their pet is to live in the moment. A dog or cat doesn't worry about what happened yesterday or what is going on in the future. A result of this is that a pet can help their owner become more mindful.

Mindfulness is the psychological process of bringing one's attention to the present moment. Being present in the moment can help us acknowledge and accept one's thoughts, feelings, and bodily sensations. Finally, pets give us unconditional love. For example, pets do not care how teens did on a test. They don't worry about their owner's athletic ability or social skills. Pets are simply just happy to see and spend time with their owners. The unconditional love an animal gives is good for the mental health. It stimulates the brain to release dopamine, the chemical involved in sensing pleas-

Affirmations from Christiana



Joke Time With Timothy

Why did the giraffe and the turtle break up?

Because they couldn't see eye to eye!

How do you turn a mosquito into a fruit?

You squash it!

One day, a man was driving his Ferrari past a farm and he saw a chicken running 50 mph next to his car.

The man stopped his car and knocked on the door and the farmer came out and talked to him. The man asked the farmer, "How can your chicken run so fast?" The farmer responded, "We added an extra leg, the chicken has three legs. We are trying to make an extra profit on drumsticks." "How much profit do you make on those three-legged chickens?" The farmer responds, "What do you mean? We haven't even caught one yet!"

Why do quarterbacks tell obvious jokes?

So they don't go over the receivers' heads!



Speaker's Bureau Update

There will be a slight change in our Speaker's Bureau meetings. We will now be having the meeting on the Volcanoes Zoom account. We are looking for members to give tours, share their stories, and talk about their experience with Clubhouse. If you would like to participate in the meetings call in and join us. The Zoom information is... ID: 848 6886 9526 Passcode: 505327.



Chuck's Story

Hi, I'm Chuck. I was born in Indianapolis. I have Cerebral Palsy, and I also have Depression. I had four siblings, a sister and three brothers. I have hitchhiked around the state of Indiana from when I was 18 to 40. I don't have a car, and I wanted to see the state.

When I was 18, I began selling newspapers at the Indianapolis 500. For a couple of years, I worked outside in the seats. Then I snuck into the pits and garage area where people worked on the cars, and I got to meet a lot of IndyCar drivers, race teams and owners. Now, I have been selling newspapers at the Indy 500 in the weeks before the race for 48 years.



My dad didn't understand my handicap, but my mom loved me to death. When I was young, I worked with my dad and brothers putting up fences, but my dad paid me less than my brothers even though I was the oldest.

Depression runs in my family. When I was 50 years old, I began to get so depressed and I wanted to kill myself. I told my mom I wanted to die, I was so depressed. My mom took me to the hospital. I went to the hospital three times. The last time I went, the hospital wanted to keep me. They told me if I came back again, I would have to stay in the hospital.

When I got out, I tried a lot of different things to help my depression. I went to group, I went to an adult day care, and I got a case worker through Adult and Child mental health center. Then I went to Pathways, another Clubhouse that used to exist. We had a work -ordered day where we worked together, and people taught me how to use computers. The first time I went, I told my mom I didn't want to go back. I saw people sitting there who were depressed, and I didn't want to be there. My case worker encouraged me to try it out for a couple of months. I began to understand. One of the staff members told me, "Chuck, I have your back." That made me feel good inside. The other people at the Clubhouse helped me to understand my depression.

In 2010, Pathways closed because they lost funding. It made me sad. I wasn't able to be with my friends and the people there I cared about. I didn't have anywhere to go. I'm a go-getter, I like to be busy and do things with people. I don't like to sit at home, but I felt like that was all I had to do.

Soon after that, I got involved with a group of people who were working to start a Clubhouse. I got involved because I wanted a place for me and other people to get out of the house, to have a place to belong. We worked for five years to help get Circle City Clubhouse started in 2015. When we opened, we were the fifth clubhouse in the state of Indiana. Now there are ten.

When I am at Circle City Clubhouse, I help put our newsletter together, I enter our attendances records in the computer, and I help out with other things that people need me to do. I like Circle City Clubhouse because we have a lot of different people, and everyone who has a

Stay Home Blues with Covid-19 on Your Mind

By: Sevella P



As a member of Circle City Clubhouse and being quarantined at home (especially without family) it is sometimes hard to know what to do each day. It is especially hard because of the mental illnesses we have. So here are some of the ways I have stayed busy at home.

1.) I know it's hard to stay away from the T.V. but try to watch something that is upbeat and doesn't weigh you down or cause you to feel bad.

2.) Try to stay away from the news. It can only bring you worries about Covid-19 to the forefront of your

mind, and we all need something positive to hear about.

3.) Find something to do during the day. Some suggestions are to cook if you like to do so, work on a puzzle, read an article or a magazine, or clean up your apartment or house.

4.) Try to keep a regular sleeping schedule. Sleeping too much or too little can have effects on your mental health.

5.) Listen to some music you enjoy. Any music that will help you get away from the world for a while will be great.

6.) Meditate on something positive. Maybe it's a positive past memory, a bird in a tree, or someone or something that you've seen like a smile on someone's face.

7.) If you're on your phone or computer, try not let it occupy your whole day.

8.) Read a good book! Everyone has something they are fascinated with.

9.) Go for a walk. This is something I have trouble with, but a walk on a sunny day will help you to be energized and help your physical and mental health.

10.) Try to take a shower or bath every day. It can help you to relax and just being clean makes you feel good!

11.) Try to reach out! For me, it's keeping up with what's going on at the Clubhouse. Who knows, you might find people you can talk to over the phone.

12.) And lastly, be sure to take your medication, and stay in touch with your mental health care provider.

I hope these ideas will help you. I know it helps me. As someone that lives with a mental illness you don't have to let it control you, you control it. We'll be back at the Clubhouse sooner than we think, and these ideas will help you to get up, stand up, and stay up!

Clubhouse at the Statehouse

On Monday, February 8th, Circle City Clubhouse joined staff and members from Clubhouses across the state of Indiana as the Clubhouse Indiana Coalition held its first Meet and Greet with legislators at the Indiana Statehouse. Susan Crouch and Andy Wilson shared about the Clubhouse model, and Clubhouses met with their state Representatives and Senators to help build awareness about the Clubhouse model and to advocate for the nearly 1,000 Clubhouse members across the state. Because of COVID, we were limited in how many people could attend, but hopefully we'll be back next year to continue in the work.



Goodbye Evan!



On Friday, February 19, we celebrated Evan's last day of work at the Clubhouse. Members and staff shared thoughts and memories over pizza and cake. Here are some thoughts:

-I wish you well Evan!

-Evan, Goodbye. Hope you do good at your job! - JDF

-You are a nice guy at the Clubhouse. Everyone will miss you always! - Christina C.

-You're a great guy with a great future.—Jim R.

-E-Money. Well, well, well...this is a see you later, not a goodbye. :) Thank you for always being open to helping me in any situation. You have been such a pleasure to work with. I admire your love for the members. It's inspiring. The absolute best of luck to you in your new position. I know you will kill it! Be the Best Version of You! You know how we ROCK! -Lyndsey R.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		9:15 am Morning Meeting 1:15pm Afternoon Meeting 1:45 pm Employment / Education Meeting	MARCH 2021 9:15 am Morning Meeting 1:30pm House Meeting 5:30pm-7:30pm Trivia Night w/ Lexington House	9:15 am Morning Meeting 11:00 am Speaker's Bureau 12:30 pm Meal Planning 1:15pm Daily Meeting Night	9:15 am Morning Meeting 1:15pm Daily Meeting	Closed	Closed
8	9:15 am Morning Meeting 1:15 pm Afternoon Meeting 2:00 pm Program Meeting	9:15 am Morning Meeting 1:15pm Afternoon Meeting 1:45 pm Employment / Education Meeting	9:15 am Morning Meeting 12:00pm– Meet Me at the Clubhouse 1:30pm House Meeting	9:15 am Morning Meeting 11:00 am Speaker's Bureau 12:30 pm Meal Planning 1:15pm Daily Meeting 5:00-7:00 pm Movie Night	9:15 am Morning Meeting 1:15pm Daily Meeting	Closed	Closed
15	9:15 am Morning Meeting 1:15 pm Afternoon Meeting 2:00 pm Program Meeting	9:15 am Morning Meeting 1:15pm Afternoon Meeting 1:45 pm Employment / Education Meeting 5:00pm-7:00pm Bingo	9:15 am Morning Meeting 1:30pm House Meeting 5:00pm-7:00pm Music/ Hang Out Night	9:15 am Morning Meeting 11:00 am Speaker's Bureau 12:30 pm Meal Planning 1:15pm Daily Meeting	9:15 am Morning Meeting 1:15pm Daily Meeting	Closed	Closed
22	9:15 am Morning Meeting 1:15 pm Afternoon Meeting 2:00 pm Program Meeting 5:00-7:00pm Trivia/ Game Night	9:15 am Morning Meeting 1:15pm Afternoon Meeting 1:45 pm Employment / Education Meeting 5:00pm-7:00pm Bingo	9:15 am Morning Meeting 12:00 pm- Meet Me at the Clubhouse 1:30pm House Meeting	9:15 am Morning Meeting 11:00 am Speaker's Bureau 12:30 pm Meal Planning 1:15pm Daily Meeting	9:15 am Morning Meeting 1:15pm Daily Meeting	Closed	Closed
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