



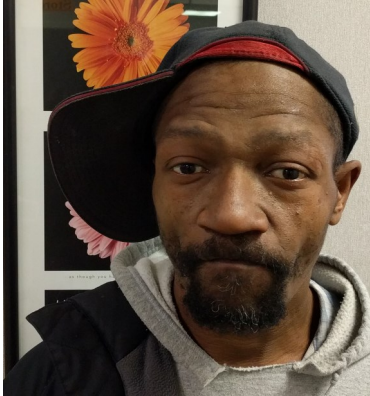
**CIRCLE CITY
CLUBHOUSE**
RECOVERING LIFE TOGETHER

NEWSLETTER

Publication #34 February, 2019

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New Member Spotlight: Chicago



What do you think of Clubhouse?

-It's good, I like it! I like to work.

How did you find out about Clubhouse?

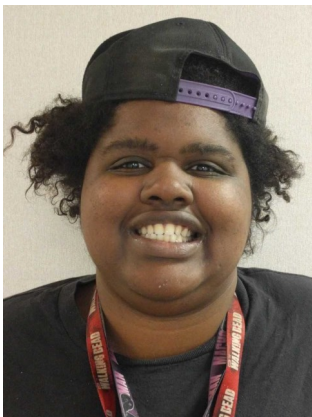
-Ms. Tina from Midtown brought me over. I used to go to Midtown.

What do you like about Clubhouse?

-What I like about Clubhouse the most is the work. I like to work.

My favorite thing is my friends are here. I have made friends, and I like working with my friends.

The Clubhouse by Erika Cassulis



I have been part of the clubhouse the past four years. I think it is a great program. They offer Speakers Bureau, Education, and Employment Meeting. They have fund raisers, and social recs after the clubhouse workorder day. They also have social recs on some Saturdays. They are open on all holidays throughout the year. They also have a cookout on the 4th of July. It helps me a lot with my mental illness.

Midtown also helps me. They have lunch for two dollars a day during the week. They also go to the BMV on some Fridays in the morning.

The Fuel Game By: Meggan McCarthy



Ceaser: It was fun. They were ahead of the goals and skating on the ice

What was the most enjoyable thing about it?

The communication w/ Evan and my peers. Watching the Fuel play and watching them win.

Did you get your fill of pop and other things?

I didn't get anything. I ate when I got home.

Jolly: I did like the game because we won 4-0

What was the most enjoyable thing about it?

When they were fighting each other. When there was a scrimmage.

Did you get your fill of pop and things?

Nope. I have some money left over because I didn't spend it.

Evan: I thought that we had a really good view from our seats even though we were in the upper deck. I hope that we all get to go back and see some other sporting

The New Driver: "D"

The Clubhouse is excited to welcome the new van driver Deandra better known as "D". We will be making changes to the van run to allow for a more engaged work ordered day. We changed the time of first morning van run from 8:00 a.m. to 7:30 a.m. and the second van run in the morning from 8:30 a.m. to 8 a.m. The 3:30 p.m. van run will be moved to 4:00 p.m. and the 4 p.m. van run will be moved to 4:30 p.m. If you need a ride from the Clubhouse, you will need to call the front desk before the end of the previous day. We will not be able to accommodate same day transportation requests! We continue to encourage members to find other ways to get to the Clubhouse. The new van run schedule is yet to be determined. Stay tuned for more information!



Interns



We would like to welcome two new interns to our Clubhouse. They are Katie and Patty. They will be here until May so the next time you see them give them a big thumbs up! Here is a short paragraph on how they feel about coming to the Clubhouse.

Katie: The Clubhouse has helped me learn how to better work with people and has pushed me out of my comfort zone! It has helped me better understand how mental illness can affect the everyday lives of so many

people.

I love coming to the Clubhouse because it is a place where everyone can be themselves without judgment. I love the feeling of support and the friendly people that I get to interact with every day!

I'm hoping to learn how to work together as a team in a Clubhouse setting where everyone is equal with each other. I think that this will help me to be a better social worker in the future. I am also hoping to learn about supporting members in community support, such as finding housing and reaching educational goals.

Patty: So far, Clubhouse has given me a new perception of recovery.

I like that Clubhouse is a diverse, welcoming community. Everyone is so helpful and patient with one another and with me.

I want to learn about the Clubhouse model and how it helps individuals recover because so much of what I've been taught so far has been based on the medical model, so this is really exciting for me because it's something different.

Music Interview with Nick

Why do you like music?

It relaxes me. I enjoy listening to it for recreation.

What's your favorite kind of music?

Classic rock. I like Soul and R&B, Blues, some Jazz.

What's your favorite band or artist?

Bob Dylan is my favorite.

What's your favorite song?

Various songs. I don't have a favorite.

What concerts have you been to?

I saw Bruce Springsteen at Winterland in San Francisco.



IndyGo Service Changes to Take Effect Early February

On Sunday, February 10, minor timing adjustments and efficiencies will be implemented to improve schedule reliability on routes 2, 3, 10, 37, 38 and 39.

Minor adjustments to improve on-time performance on weekdays:

Route 2 East 34th St.

Route 3 Michigan St.

Route 10 10th St.

Route 37 Park 100

Route 38 West 38th St.

Route 39 East 38th St.



Minor Adjustments to Improve On-Time
performance on Saturday:

Perfor-

Route 2 East 34th St.

Route 39 East 38th St.

Minor Adjustments to Improve On-Time Performance on Sunday:

Route 39 East 38th St.

More information can be found by visiting the IndyGo website.

<https://www.indygo.net/press-releases/1902/>

Additionally, IndyGo is examining major fare policy changes to work with the new grid based network and hopefully improve the customer experience. The proposed fare policy change includes the addition of a new account-based system.

IndyGo will provide a meeting for more information and feedback at a public hearing. Questions and comments will be responded to at these meetings being held at the Transit Center. More information can be found at their website and the various links provided there.

<https://www.indygo.net/farepolicy/>

LIFE Unit Update by Marissa Dooley, David Sellars

Winter is an exciting time at the Clubhouse. LIFE Unit has been keeping up with cleaning tasks, with lots of help from HEAL and CORE units. Some major projects that LIFE is focusing on are cleaning up snow, learning and making processes to keep Clubhouse safe, organizing the thrift store, caring for the chickens, and preparing the garden soil for spring planting. If you have any ideas for these or other projects, we could use your help



This is the Day We Went Bowling, By: John B.

We went to Western Bowl, the five of us: Peter, John B., Jolly, Daniel, and Katie J. We bowled for two hours, which was two full games. It was a great time for all of us. Daniel was first to bowl and I, John B., went second. Jolly went third, Katie went after Jolly, and Peter went last. The



hot bowler all night was Daniel. He bowled a 125 his first game and a 137 his second game. I, John B., bowled a 115 my first game and a 117 my last game. Peter bowled a 118 his first game and his last game was a 138. Jolly bowled well and so did Katie J. We all grabbed some food while we bowled and it was very good food. I hope when we do it again that more than five people go with us. I was relaxed and had a great time with all of us giving high fives. Peter took pictures of us bowling. I hope they came out good. The end.



Employment & Education Dinner



Within the next couple of months we are planning on having a night after hours to recognize our members who are employed and in school with a dinner at Clubhouse once a month. We will be hosting a dinner beginning at 5 and running until 7 or 8 pm to accommodate those

whose schedule conflicts with regular Circle City Clubhouse hours. This will be an opportunity for those of us who are unable to attend during regular Clubhouse hours to visit Clubhouse and be recognized for their achievements. Stay tuned for more information as we finalize times and dates.

Social Recreations Update

Your Clubhouse is planning to add a regular free event as a social recreation once per month beginning in March. Proposed ideas so far are a game night, karaoke night, poker night and euchre tournament. We welcome other suggestions as well. Feel free to send us a note or call and offer your ideas. We are hoping this will offer more opportunities for after hours participation among our members. We will still be limited on how many people we can provide transportation for after these events. Space will be limited to the number of people the white van can hold. More information to come in future publications. Please feel free to contact us in whatever way you are most comfortable if you would like more information.



