

## Member Highlight Jackie (Fred) P.



**My personal experiences with people and other establishments have taught me to use coping skills like exercise and not raising my voice when I am trying to be heard. I am deaf in one ear, so I try to ask if I'm talking too loud with my voice. I am not trying to show anger. The Clubhouse that I go to helps teach things like sign language and things on a computer, along with other things. After I learn things better, they offer job placement in the community. But you must learn to adopt the skills and be willing to show them you can work with others. You should also talk to them when you run into problems. Staff have a lot of people coming to the Clubhouse so don't get discouraged when trying to talk to them to better understand where they're coming from. When they run into problems, it's not that they're too busy to help you, they just must give time to you and others. Try to realize that we're all trying to be productive members of the community and working with others will help with job placement in the future.**

## Meet Me at the State House with NAMI



**We went to the State Capitol on Tuesday February 25 and it was one of the best things I've ever done since coming to Indiana and to Circle City Clubhouse. It was one of the greatest things I've ever done in the last five years.**

**The people of N.A.M.I. (National Alliance of Mental Illness) were so beautiful and helped Patty, Dave and I try to talk with two state representatives on two bills. Someone from one of the state representative's office said that they would give Dave her card so he can make an app and talk to him in person about the**

**Bill.**

**After unsuccessfully trying to meet with the state representatives, we had lunch. The food was great and after socializing with members of N.A.M.I., we finally came back to the Clubhouse.**

## Dear Clubhouse by Meggan M.



**I enjoyed your visit! It wasn't till you guys came and visited me that I actually smiled that day. I was looking forward to seeing you guys and was happy about the idea of seeing my friends..... they came with a card and everything! When my friends came in the room I burst into smiles because their they were! Even my roommate smiled because she saw how happy I was. So thank you Jay for putting this program together. Clubhouse Rocks!**



## Wild Life

**Members get to relate to nature in a way to observe wild life, with Clubhouse help, to not let your scent get on wild life or won't contaminate the others in Nature.**

**-Jackie P.**

**I am going to be near here and help. Others should be here because I want more people to come so that they can learn. We wipe off computers, do desk jobs, answer phone calls or they can help you figure out how to get a job.**

**-Joseph T.**



## Meet Me at the Clubhouse

**This is our second year doing Meet Me at the Clubhouse and we want to ask you to come to see what we do at the Clubhouse. Feel free to bring friends or family with you. We will only take up one hour of your time. I hope we see you at the Clubhouse soon! Here are the upcoming dates until June 2019:**

**March 28<sup>th</sup>: 8:00-9:00 AM**

**April 10<sup>th</sup>: 4:00-5:00 PM**

**April 24<sup>th</sup>: 12:00-1:00 PM**

**May 8<sup>th</sup>: 8:00-9:00 AM**

**May 15<sup>th</sup>: 4:00-5:00 PM**

**June 12<sup>th</sup>: 12:00-1:00 PM**

**June 26<sup>th</sup>: 4:00-5:00 PM**



## Celebrating Our Employed Members

We would like to celebrate all of our members who are employed. We have a few updates to our employment board. Merry is working with Second Helpings, Rickey has a job at Goodwill and Jeffery works from home. Amanda is working for Goodwill as well. We congratulate all of you on new and/or continued employment. It is a massive accomplishment! We also have cause to send congratulations out to Steadmon for completing a Transitional Employment opportunity at Perfect Touch with flying colors. Way to go Steadmon! We will be choosing from qualified candidates to fill open T.E. positions in the coming months.



## Dave S. Life Changing Events



**My name is Dave S. When I first came out about my mental illness, I was in 9th grade. I told my teacher that I was a danger to myself. Then, my major event happened on August 30, 2016. I attempted suicide. I'm telling you this because I want people to know there is hope. I made it... I've been at the stress center multiple times, inpatient more than 5 times, and in partial hospitalization and intensive outpatient multiple times. Right after my attempt, I figured out I was in denial about my mental illness, but I did not know it. If you were to ask me, if I was in denial about my mental illness I probably would have said no.**

**The Clubhouse motivates me to get out of bed. We basically upkeep the Clubhouse. I like to mow the lawn and cook lunch daily.**

## I have been Married for 8 years

**My Name is Christian Jeffery C. I have been married 8 years. I got married in Indianapolis, Indiana at Woodruff Baptist Church August 17<sup>th</sup> 2011. I love my nieces and nephews. I love my husband Jeffery C. I like going out to eat at Taco Bell, and Golden Corral. I also like to grill out. I enjoy spending time with my husband.**



## Ford New Van Great Ride by John



**Wednesday was the day I got to ride in the new van. We went to Sam's Club & the ride was so smooth & super comfortable to sit in & the bumps in the road were not up and down in the great new van. There is one problem with the new van, it's getting in the van. You have to lift yourself very high to get in and almost jump up to get in the back of the new van. It's a long and high and beautiful a smooth white van. Thank you Jay. Clubhouse Rules!**

## **Getting Around Indy on a Budget by Amanda A.**

**Nowadays getting out is a struggle, do I pay for X Y or Z to get out of the house? Or Do I stay in and watch Netflix (if I have it).**

**The answer to so many (who are web-connected) is simple... I go to Eventbrite or google search “free events in Indianapolis IN”. These days getting out can be so simple, If you can search the web. To help those out who might not be so web-savvy, here is a list of some upcoming FREE events around Indy.**

**Poetry, Music, and Mind:**

**Maya Beiser in Concert and Conversation, April 3<sup>rd</sup> at 7PM @ 6701 Hoover RD 46260**

**A Religion, Spirituality & the Arts Seminar project of the IUPUI Arts and Humanities Institute.**

**Bethany Community Gardens Free Gardening Class Series,**

**April 9<sup>th</sup> at 6PM @ Bethany Community Gardens At Bethany Lutheran Church 4702 S East St. 46227**

**Bethany Gardens will be hosting a Free Gardening Class series on Indy's southside.**

**Sparks After Hours, April 10<sup>th</sup> at 5PM @ Redemption Alewerks 7035 E 96<sup>th</sup> St. 46250 Suit K**

**Each month business owners, business development people and professionals just like you will converge with thought leaders at Sparks.**

**Effective Grant Proposals and Management, April 6<sup>th</sup> at 1:30PM @ 40 E Clair St. 46208**

**This workshop will provide a practical approach to developing the most effective grant-seeking strategies for your organization.**

## Getting Around Indy, Contined...

**Bridges Out of Poverty Workshop, April 29<sup>th</sup> at 9AM Location TBD**

**The Indiana Housing Community Development Authority has partnered with Purdue University College of Health and Human Services to offer a “Bridge Out of Poverty” workshop in Indianapolis.**

**Developing and Managing Effective Nonprofit Boards, April 15<sup>th</sup> at 6PM @ 40 E St. Clair St. 46204. As a governing body of nonprofit, an effective and enthusiastic board of directors or board of trustees can make all the difference. This workshop will review best practices, tips and tools for several elements of the successful board.**

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**Hand Lettering, April 25<sup>th</sup> at 6:30PM @ Rabble Coffee 2119 E 10<sup>th</sup> St. 46201—Join us for a night of learning the basics of hand lettering...**

**Self Defense Basics, April 22<sup>nd</sup> at 6:30PM @ Rabble Coffee 2119 E St. 46201—I wish the world wasn’t a terrifying place but, since it is, I feel strongly that everyone in the arts scene in Indy needs to know some self-defense basics.**

**Now that you know how to find the events. There is only one more challenge. That is how to get transportation to the event. You can catch the bus. Don’t forget the discounted tickets at clubhouse. You can take a LYFT. You can ask a friend with a car to give you a ride to the event, or you can walk if the event is close enough. Don’t forget to find free events go to [Google.com](http://Google.com) or go to [Eventbright.com](http://Eventbright.com). Get out there and enjoy Indy!**