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New Member Spotlight: James



How did you find out about clubhouse? "I looked it up online."

What were you doing before Clubhouse?

"R.E.A.C.H. program where they help people learn life skills. They sometimes help people get jobs."

What is your favorite thing to do at Clubhouse? "I like to clean up and write."

Would you recommend Clubhouse to others?

"Yes, because I like that Clubhouse can help people get jobs."

What else should people know about you? "I like music. My favorite artist is Miley Cyrus."

What is your favorite unit to work in? "I like All Together Now, where I help make drinks."

New Member Spotlight: Paul

Welcome Paul

How did you find out about clubhouse? "Through the Veterans Hospital. They asked me if I wanted to experience a way to spend my time in a more constructive way. I was familiar with Clubhouse from attending the one in Anderson."

What did you do before Clubhouse? "I lived at a retirement club. I enjoyed the activities and went shopping most days."

What do you like most about Clubhouse? "I like interacting with all the people. I think they are friends and think of me as a friend. I think the people are good hearted, charming and talented."

Would you recommend Clubhouse to others? "Yes I would. It's a great place to meet people and make friends. Clubhouse is a good place to be somebody. The bad vibes are gone."

Jennie's Job



Congratulations to Jennie on getting a new job! She will be our first candidate filling the newly developed Transitional Employment position. Here is what she has to say about it: "I will be working at T.J. Maxx starting Wednesday, October 23, 2019. I will be working back in the fitting rooms, in the storage room sorting boxes and out on the floor cleaning when necessary. The store is a brand new T.J. Maxx in Whitestown, IN. It is full of clothes, shoes and some home goods. I am looking forward to working part-time."

The Save A Lot Challenge I Will Conquer and Overcome

By Christiana

Save A Lot here I come! I am looking forward to working with Julie at Save A Lot. I will be doing cleaning, stocking and occasionally cashiering. It will be my first job in 11 years. I am both excited and nervous at the same time, but I am telling self-positive messages about me going back to work. I am telling myself that I am not going to fail but overcome the obstacles and challenges that face me when working. I hope to keep and maintain the job for nine months. Wow! What a change, but I can so do it!!



I have received positive encouragement and support from my family and group home staff I thought I would get the opposite reaction from them, like: "Oh, you're not ready," for example. I am glad they are all for me and all for it. I'm excited also for Save A Lot to welcome me.

2019 NAMI Indiana State Conference

On October 11th Chuck and Peter went to the 2019 NAMI Indiana State Conference. They ran a table with a poster for Circle City Clubhouse and represented the Indiana Clubhouse Coalition. The Conference was a series of speaking events and classes as well as an opportunity for representatives of various organizations dealing with mental health in Indiana to meet and exchange information. The morning keynote speaker was Dr. Gary Bond from IPS Employment Center.

Here is what Peter remembers from the session:

“Dr. Bond spoke about IPS (Individual Placement and Support), which is a program focusing on helping connect people experiencing mental illness with employment placements. He emphasized the importance of work, giving all people purpose and meaning in life. Dr. Bond presented statistics indicating the consumers of mental health services were particularly underserved regarding how many were employed versus how many hoped to become employed. The IPS program purportedly has a much higher success rate of placing mental health consumers in jobs compared to programs like Vocational Rehabilitation (VR).”

This is what Chuck had to say about the afternoon keynote speaker:

“The afternoon speaker was a comedian, author and psychiatrist named Dr. Will Miller. After a career as a comedian he went back to school to pursue a career in psychiatry. He spoke on how it was important for all people to be in a community and that those who experience isolation are more likely to die earlier. Dr. Miller presented statistics that show the correlation between the increase in anxiety, depression and suicide and the increase in social isolation. He was funny despite the subject matter and really made us laugh.”

Another clubhouse from South Bend came all the way down to Indy to take over the booth for a little while to give us a break.

They were called St. Joseph County Clubhouse and all four of them helped cover the booth for the last part of the conference.

Many people came by the booth to find out about Indiana Clubhouses and Circle City Clubhouse in particular. We made a lot of good connections and found out about other organizations that are involved with mental health.



Exciting Changes in ATN Unit



All Together Now (ATN for short) has combined the formerly named HEAL team and parts of LIFE team to become one work unit. As part of that change, we overhauled our task board in the dining room and feel we're more organized in our work. We've made lots of changes including receiving a generous donation of restaurant style chairs and tables from Riley Hospital. Stevie, our clubhouse turtle, has been moved to the library so she can get better sunlight.

We have begun to incorporate our wellness standard of healthier lifestyles through a daily walking group and serving ice water at every meeting. We

have also looked at our budget through researching profits and losses. We are planning on making some changes regarding our lunch prices. This includes getting rid of IOU's and offering main courses and side dishes at separate prices. The snack shop is starting to phase out candy and soda, though for now those prices have increased to encourage healthier eating. Our unit will soon be offering healthy breakfast items including cereal, toast, hard boiled eggs, and fresh fruit for low cost

Leaves Fall Down

By: Christiana

Leaves fall down. Down off of the trees.

They skitter, patter across the ground. As the leaves hit the ground they scatter all over in circles. As they hit the street the wind blows them from east to west north to south. The wind is whistling and beating softly and it feels good against my grey light jacket. As I walk, I hear the leaves crickle, crackle and crunch around my feet Ah! The smell of fall is in the air!



CCCH goes to the Ray Skillman Car Museum

On October 19th your Clubhouse took a trip to Ray Skillman Car Museum. Here is what some of the attendees had to say.

Daniel: There were a lot of cars. They were old but in good condition. I liked the Amphicar best, it was a car that could drive on the road and be a boat on the water. I enjoyed seeing all the mannequins staged throughout the museum. I liked having coffee there. We stopped at Burger King before going. I had a fish sandwich and it was ok, I didn't like the bun. I wanted to buy a corvette with my credit card. The cars were really nice and had brand new looking engines. It was like a big garage where people fix up old cars and resell them.



Dave: I really liked the car museum. I liked all of the cars they had there. One of my favorites was the El Camino. We had a really fun time. I think it was my favorite social rec. so far.

Peter: It was a joy getting to go to the Ray Skillman Car museum. There were many unique and interesting vehicles on display. I enjoyed looking at all the classic and rare cars the most, however, I was pleasantly surprised by the other antique and unique items such as bicycles, motorcycles, pedal cars and others. I had a wonderful time and was glad everyone else who went enjoyed it too. I hope to go back someday. Maybe they'll let me leave with one of their cars next time!

Stuckey Orchard



On Saturday, October 12, a group from CCCH went to Stuckey Farm.

David F.: I got nachos with cheese on it and watched the people have fun. I had my photo-graph taken. I'd like to go again.

Daniel: We got in for free. I got coffee and donuts. Christina got a pumpkin from the pumpkin patch. I wanted to get a shirt or a hat but they were too expensive.

Sleep Hygiene Tips by Christiana



1. It's good not to drink caffeine after 2:00 P.M.
2. It's good to use the bed only for sleeping.
3. You can do light stretches before you go to sleep.
4. You can meditate also before you go to sleep.
5. You might want to avoid doing heavy exercise during the evening and night time hours.
6. It's important to wake up and go to sleep at the same time each day.
7. It's important to get at least 8 hours of sleep.
8. You might want to take little to no naps during the day if you have to take a nap take a 30-minute power nap.

Join US at the W.A.N.A. Breakfast

Check out this great opportunity to be a part of something wonderful! Free breakfast for you and your guests at our annual fundraising breakfast. This is a perfect opportunity to find out about what Circle City Clubhouse is all about. Come hear members share their stories. Please invite anyone who you know and spread the word so your Clubhouse can help as many people as possible.

We would like to invite you to a free fundraising breakfast in support of Circle City Clubhouse. Please join us to support us in providing a place where those recovering from mental illness have a purpose and a community that cares for them.

WE ARE NOT ALONE

TUESDAY | NOV. 12 | 9:00 AM TO 10:00 AM
ST. LUKE'S UNITED METHODIST CHURCH, 100 W. 86TH ST.,
INDIANAPOLIS, IN
RSVP:
ONLINE VIA EVENTBRITE: [HTTPS://WE-ARE-NOT-ALONE-2019-TICKETS.EVENTBRITE.COM](https://we-are-not-alone-2019-tickets.eventbrite.com)
VIA EMAIL: MEETME@CENTRALINDIANACLUBHOUSE.ORG