

June 2022 Newsletter

Haverhill Clubhouse



CASR Activities

The last couple of months have been packed with fun at Haverhill Clubhouse!

In April, we went to the airport diner and then went to The Methuen Loop for a shopping trip. We celebrated Easter first with an Easter Egg Hunt and then a delicious ham dinner. We cleaned up the club for Earth Day, and then gave back to the Haverhill community as well! We also had a paint day where members were able to display their artwork at the Haverhill Public Library for Mental Health Awareness month.

In May, we started the month off by going to see *Dr. Strange* at the movie theaters. We worked with the Knights of Columbus and participated in the Tootsie Roll drive for several days, helping raise money for charity. A bunch of us went to the NAMI walk in Boston to help raise money and awareness for mental health. We got t-shirts and rode there and back on a bus with Point After Club. Our club had a special event for mental health awareness that was held in our beautiful yard. We had lunch and some of our peers shared their stories with us. We were fortunate to have Lisa Fabbri-Lopez as our keynote speaker. For Memorial Day, members were able to go to the parade held in the center of Haverhill and play games afterwards at the clubhouse where we had a cookout.

This month has been busy too. We participated in a virtual conference for three days that the Massachusetts Clubhouse Coalition (MCC) invited us to, and it was full of information as we work towards getting accredited. We went bowling at Academy Lanes and will be having another cookout, having a Juneteenth celebration, and going to Lawrence for PAC Stock.





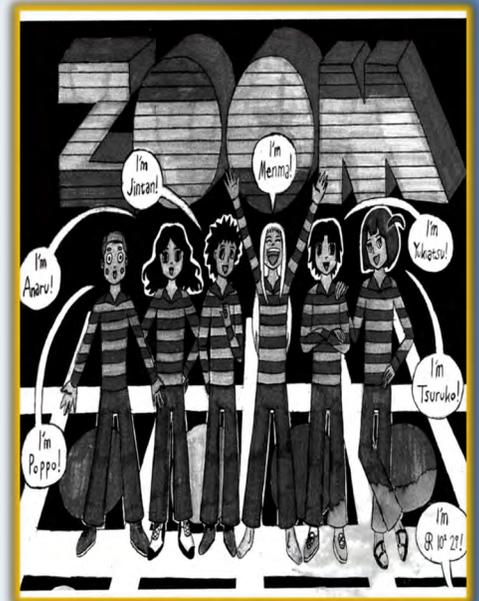
Patriots Draft Recap

The patriots made 10 picks in the 2022 NFL draft, including offensive line man Cole Strange, wide receiver Tyquan Thornton, cornerbacks Marcus Jones and Jack Jones, running backs Pierre Strong and Kevin Harris, quarterback Bailey Zappe, defensive tackle Sam Roberts, center Chasen Hines, offensive tackle Andrew Stueber. The most surprising move they made was not taking a linebacker with their 10 picks. Linebacker is a very thin position for the Patriots with Dont'a Hightower and Jamie Collins still unsigned. However, they did trade for former Browns linebacker Mack Wilson and resigned Ja'Whaun Bentley. It also shows faith in former 3rd round pick Anfernee Jennings and 5th rounder Cameron McGrone. Another position of need going into the draft was cornerback. The patriots filled this need by drafting Marcus and Jack Jones. But there is still no clear-cut replacement for former Patriot's cornerback J.C. Jackson. Historically though the Patriots have had an in-house corner ascend to fill the role of their departed number one cornerback. The corners they currently have seven cornerbacks on their roster all vying to fill the role of J.C. Jackson. The Patriots also injected speed into their offense. They drafted arguably the fastest man in the draft and the fastest running in the draft. They traded up in the second round to land Tyquan Thornton who ran the 2022 combines fastest 40 time (4.28). They also drafted Pierre Strong who ran the fastest forty out of all running backs in the 2022 draft combine (4.37).



Art Appreciation

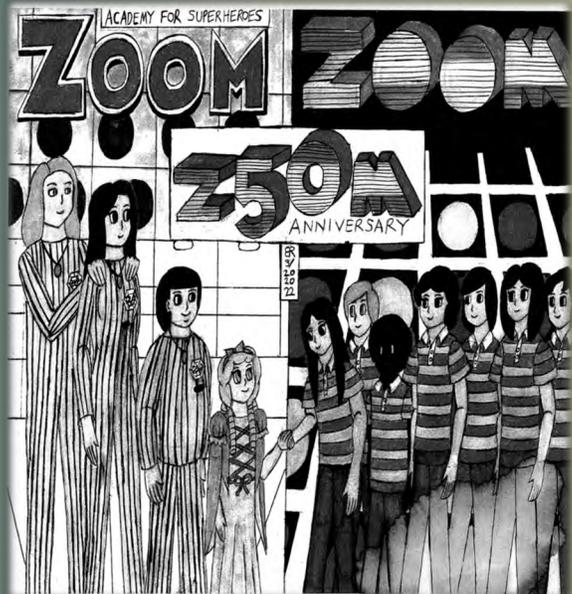
Brian Robinson



As I work at my drawings, day after day, what seemed unattainable before is now gradually becoming possible. Slowly, I'm learning to observe and measure. I don't stand quite so helpless before nature any longer.

— Vincent van Gogh

Art Appreciation



“Believe in yourself. You are braver than you think, more talented than you know, and capable of more than you imagine.”
— Roy T. Bennett, *The Light of the Heart*

“You make a choice: continue living your life feeling muddled in this abyss of self-misunderstanding, or you find your identity independent of it. You draw your own box.”
— Duchess Meghan



“Success is not measured by what you accomplish, but by the opposition you have encountered, and the courage with which you have maintained the struggle against overwhelming odds.”

- Orison Swett Marden





Education Success



Olga K. recently became a Certified Nursing Assistant. She completed her class at the *Notre Dame Education Center* in Lawrence, MA. We are all so proud of her accomplishment and look forward to witnessing further success in the future!!!

A failure is not always a mistake. It may simply be the best one can do under the circumstances. The real mistake is to stop trying.

--B.F. Skinner American psychologist

Education success at the clubhouse

This May I finished my first semester back at college in over five years taking a class on eastern religions. It is one of the last few classes I need to get my bachelor's degree in English with a minor in Psychology. I went into the class very nervous and unsure of myself. I had some support from family and friends, but some people also expressed concerns and doubts that added to my anxiety. I started the class unsure of how it would turn out feeling a lot of pressure to succeed, not only for progress towards this degree to continue, but also to prove to myself that I had what it takes to get a bachelor's degree and succeed in areas I want to work in. Luckily, I had friends and advocates at the clubhouse to help me through this time.

The class required a lot of weekly reading and response prompts to juggle alongside regularly scheduled quizzes and two big, important essays. I worked hard to balance the materials I had with my daily life and struggles with bipolar disorder, ADHD, and various learning disabilities. I worked with Sean, The education coordinator at the Haverhill Clubhouse to better plan and work on assignments so I wouldn't get overwhelmed, and that helped me manage my course load. Whenever I needed to get away, vent my frustrations, or get encouragement I knew I could come to the club for support.

My final exam essay was due May 12th and although I had been doing well in the course, I had a lot of anxiety and doubt about my success. Nevertheless, the staff and my friends at the clubhouse were there for me whenever I needed them. I hunkered down and got to work and managed to finish and submit my essay ahead of the assigned date. It took a little while, but I got my grades back recently and found out I got an A in the class. I was very excited by this news and felt a near indescribable feeling of relief of weight lift from my shoulders. Passing this class with a good grade meant a lot to me. I feel a new level of confidence going into the next semester and I now think I really have what it takes to succeed. I look forward to learning more, getting my degree, and studying hard. I believe good things are ahead for me in the future and if I work hard and know people have my back, I know I can do it!

A large, stylized purple 'A+' grade graphic with a slight shadow effect, positioned centrally at the bottom of the page.

Member Poetry

Hush

By Mike Anthony

Internal radio noise

Trapped.

Held silence begets agoraphobia.

Ulcers forming in my networks.

When a mouth breaks open

nothing escapes but ash.

Silence

My silence.

Sustains static noise outside

But nurtures

Razor blade butterflies

Fluttering around inside my stomach

Of Human Precision
By Mike Anthony

Electricity can be said to be his business tool.

A mind of clockwork ticking with stealth.

Emotion fluid behind a veil,

Transparent.

A crafting practice with thrust and movement

Generosity, affection, born from memory

From a reflection.

Learning,

Listening,

Waiting,

Action.

Electricity can be said to be his business tool.

Drip

By Mike Anthony

Signs are shown.

Growling from the heavens.

A dampened sky corners light.

Light dissolves in Blackness.

Blackness compacts air.

Accumulative drops ricochet

Felt and heard through a descent.

Like a piano twinkling pleasantly out of tune

Against an ear

down a face.

A Moment.

Just a moment

Before it's gone.

Jokin' with Tom

Planning for



Hey Snoopy, wake up!!!

IT'S TIME FOR THE WORK
ORDER DAY!!!



Is this your destination?

Where do you see yourselves in five years

Wherever you'll be, we'll meet you there!!!

Don't worry Mr. Stork, Vlasic Pickles are still in
stock !!!



To the Golden State Warriors,
We Want a Rematch!!!!!!!

JOKES

by Helen H.

- ◇ I'm in shape....just the wrong one!
- ◇ I think I'm having a no-life crisis.
- ◇ Why do you press harder on a remote control when you know the batteries are dead?
- ◇ Why are they called "buildings" when they're finished? Shouldn't they be called "builts"?
- ◇ Why doesn't Tarzan have a beard?
- ◇ It's amazing how quickly kids learn to drive a car, yet are unable to understand the lawnmower, snowblower, or vacuum cleaner.
- ◇ What do you call an overweight cat?

Answer: A flabby Tabby



JOKES

by Helen H.

You know you've reached middle-age if...

- ⇒ You refer to adults in their twenties and thirties as “kids”.
- ⇒ You won't go camping without an air mattress.
- ⇒ You wish you were old enough to join AARP, and then you discover you are.
- ⇒ You remember when you had to lick postage stamps.
- ⇒ You remember when phones had cords and televisions had antennas.
- ⇒ Instead of seeing one doctor for all your ailments, you now have one doctor for each of your ailments.
- ⇒ You dial the telephone and then can't remember who you called.
- ⇒ You buy shoes for comfort instead of style.
- ⇒ You've walked into a room and then couldn't remember why.
- ⇒ You've come to the annoying realization that your parents were right about almost everything.



Helpful Hotlines

**SAMHSA's National Helpline
1-800-662-HELP**

**MA Substance Abuse Hotline
1-800-327-5050**

**National Domestic Violence Hotline
1-800-799-7233**

**Veterans Crisis Hotline
1-800-273-8255 (press 1)
Text 838255**

**National Suicide Prevention Lifeline
800-273-8255
1-888-628-9454 (for Spanish)**

**Crisis Text Line
Text "hello" to 741-741**

Employment

Employment News

Dan D, Marlene R and Cheryl L applied for summer jobs at Canobie Lake Park. They interviewed with Kevin, the manager of Sodexo, which is the company that runs the food service at Canobie. After patiently waiting to hear back about the opportunity, they were all hired and had their orientation June 7. They learned a lot about sanitation, cross-contamination, and sanitizing. They also learned about customer service and how to keep the customers happy. They were issued Sodexo uniforms and were taught how to present themselves when coming into work (i.e. not wearing jewelry, keeping your hair contained, and keeping your uniform clean). So far, they have all worked several shifts, and Dan has gotten his first paycheck! Looking forward to a fun summer serving up tasty food to Canobie guests!



***Marlene and Dan
working at
Canobie!!!***

Tootsie Roll Drive

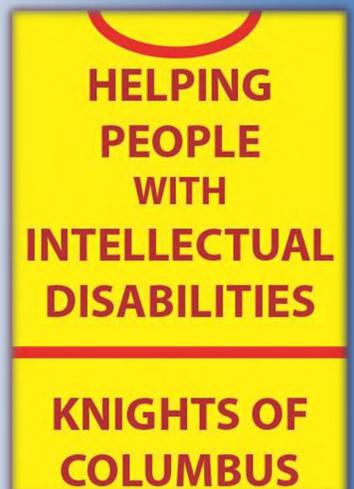
We would like to thank all the members who participated in this years Tootsie Roll Drive for the Knights of Columbus. A special shoutout to Liza, Ida, Phoebe, Linda, Kitty, Marlene, and Mike Parker for staying multiple shifts at various locations. Without everybody's efforts, we would not have been able to make this possible!!!

We hope to see an even bigger turnout for next years event . Let's keep it going

Haverhill!!!!



Michael P. volunteering at the Tootsie Roll Drive



Tootsie Roll Drive

This year our member Kitty participated in the Tootsie Roll drive which the Haverhill Clubhouse does annually alongside the Knights of Columbus. The Tootsie Roll drive is a fundraiser where members encourage people from the community to donate money in exchange for a tootsie roll. This year we raised around \$2400! The money collected with the Knights of Columbus comes back to us as part of the fundraising. This year Kitty took her usual post outside Dunkin Donuts all three days across multiple shifts. Kitty says she looks forward to the Tootsie Roll drive every year. She enjoys talking with the people passing by and some of the free perks that sometimes come with the work. This year a patron gave her coffee, and she even got a couple free donuts! Kitty recommends everyone give the Tootsie Roll drive next year. "It's fun and you never know when you'll run into someone you know!" Michael P. also assisted this year at the Tootsie Roll Drive. Michael spearheaded the collaboration with the Knights of Columbus and encouraged his peers to participate. Way to go everyone!!!



Dual Recovery Anonymous

What is DRA?

DRA stands for Dual Recovery Anonymous. It is a 12-Step nonprofessional self-help program for individuals who experience both an addiction and an emotional or psychiatric illness. Adults recovering from any addiction and any emotional or psychiatric illness are encouraged to attend.

What are the requirements for membership?

There are only two requirements for membership: The desire to stop using alcohol or other intoxicating drugs, and a desire to manage emotional or psychiatric illness in a healthy and constructive way.

How does the program work?

Dual Recovery Anonymous uses the Twelve Steps and the experiences of men and women in recovery with a dual diagnosis. It helps men and women recover from chemical dependency and emotional or psychiatric illness by focusing on relapse prevention and actively improving their lives. It is held in a community of mutual support, where members learn to avoid the risks that lead back to alcohol and drug use as well as reducing the symptoms of their illnesses.

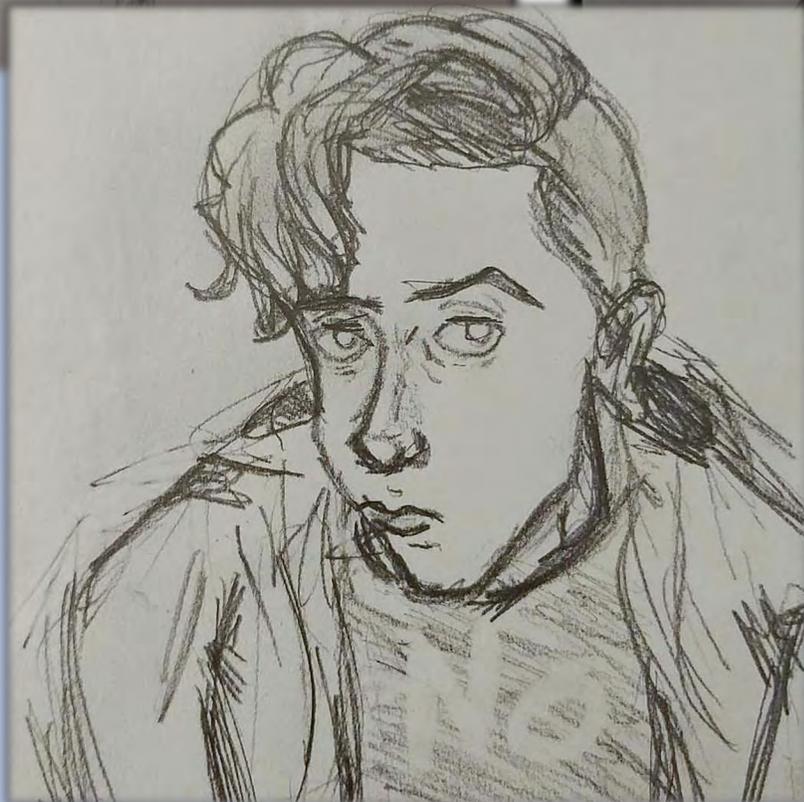
For more information, please visit massclubs.org or draonline.org

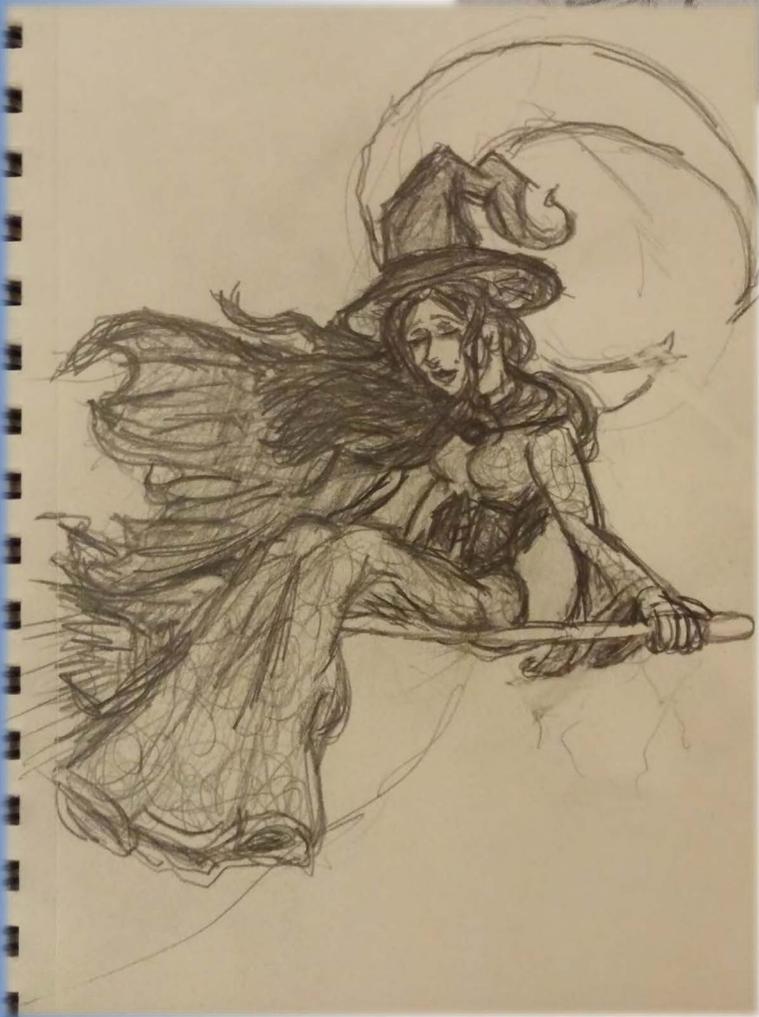
Supporters are welcome at meetings as well.

*****Haverhill Clubhouse DRA meetings are held in-person and virtually each week on Wednesdays from 12:30-1:30*****

Art Appreciation

Mike Anthony





Word Search

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august baseball beach clubhouse employment fire-
works Haverhill health July June parade popsicle
summer sunshine swimming

Local Eateries



Wicked Big Café
19 Essex St, Haverhill,
MA 01832

A-1 Deli
92 Merrimack
St, Haverhill, MA
01830



Health & Wellness



We are excited about many things that happened this month in our unit! We have had some awesome chefs preparing some delicious meals. In our picture above is Rich, and he helped grill BBQ chicken kabobs with pasta salad and corn. We have gone to the YMCA where members work out on the equipment or take advantage of the swimming group. It feels great getting a workout in during the week! Now new to our agenda, we are going to take part of a community garden right here in our clubhouse hometown, where we will be partnering with some local businesses to grow peppers, tomatoes, and fresh herbs. We will be able to incorporate the fresh produce into our meals at the club.

May Mental Health Awareness Month Event



May was National Mental Health Awareness month. At the end of the month the Haverhill Clubhouse hosted an awareness event inviting the Point After Club from Lawrence and leaders from the mental health community. Several members gave powerful speeches about their recovery journeys and Lisa Fabri Lopez was our keynote speaker. We had a terrific turnout and everyone had a great time. It was a wonderful way to cap off a month of advocacy and awareness for mental illness.

May Mental Health Awareness Month Event



Keynote Speaker

Lisa Fabbri Lopez

Lisa Fabbri Lopez was our keynote speaker for our Mental Health Awareness Event in May. Lisa is an instructor in the Human Services Department at Northern Essex Community College. She shared her inspiring story of perseverance from challenges faced during childhood and adolescence. Lisa's message to the clubhouse community was to never settle and to always strive for personal growth in our lives. We were so privileged and honored to have her speak. Lisa will be coming again to the clubhouse on July 6th at 10:00 to speak to in the Employment Unit.

May Mental Health Awareness Month Event



Both Tony and Stacey gave great speeches for the clubhouse at our Mental Health Awareness Event. Both shared their recovery stories and the importance of staying resilient during trying times. We are so fortunate to have dedicated members in our clubhouse community. Thank you again to Stacey and Tony for opening your hearts to all in attendance.

It feels like summer!

We have new umbrellas and tables on the deck now. It's a great space for lunch or relaxing!



We also cleared out and rearranged the backyard. Come check it out!!!



NAMI Walk 2022



In May The Haverhill Clubhouse attended the 2022 NAMI walk in Boston with the Point After Club. We walked 3 miles fundraising and raising awareness of Mental Illness. We had so much fun for a good



Trinidad's Apple Cobbler

Ingredients:

6 medium (6 cups) tart cooking apples
¾ cup firmly packed brown sugar
¾ cup uncooked old fashioned oats
½ cup all purpose flour
½ cup cold butter
Vanilla ice cream if desired.



Instructions:

Combine brown sugar, oats, flour, and cinnamon in bowl. Cut in butter with pastry blender or fork until mixture resembles coarse crumbs. Sprinkle sugar mixture over apples. Bake 25-35 min or until apples are tender and topping is golden brown. Serve warm with ie cream and/or cool whip if desired

Thank You Linda!!!



Linda Coppinger with her son, Sean

Linda Coppinger has been a main stay in clubhouse for most of her life. She is an exemplary staff who has jumped in wherever needed here in Haverhill. Her husband Tom is the director of the *Point After Club* in Lawrence and her son Sean is the Education Coordinator at the Haverhill Clubhouse. We are all so grateful for her dedication and servitude to the members. When asked Linda, one member said, "She has helped me more than once when I've been depressed. She's very intuitive. She would always go one step beyond of what was needed. She always went the extra mile. If something could be done, she did it."

When the pandemic started, Linda graciously volunteered her time at the Haverhill Clubhouse when there was a staffing shortage. This type of commitment and selflessness has not gone unnoticed by members and staff alike. We are all so privileged and honored to have had her apart of the clubhouse community. Her presence will be missed greatly. However, Linda will not be too far away as she will continue to volunteer at both the *Point After Club* and the *Haverhill Clubhouse*

Linda's Cupcakes



- 1 1/4 cups all purpose flour, 1 1/4 tsp baking powder, 1/2 tsp salt
- 1/2 cup unsalted butter, softened, 3/4 cup sugar, 2 large eggs, room temperature, 2 tsp pure vanilla extract , 1/2 cup buttermilk, or plain kefir, room temperature

1. In a medium bowl, whisk together dry ingredients: flour, baking powder, and salt.
2. In a second bowl (or bowl of your stand mixer), beat together softened butter and sugar on medium-high speed 5 minutes until thick and fluffy.
3. Beat in eggs 1 at a time, mixing to incorporate with each egg then blend in vanilla and scrape down the bowl.
4. Reduce mixer to medium speed and add the flour in thirds, alternating with adding the 1/2 cup buttermilk and beating well between additions.

Pour batter into 12 lined muffin tins, filling 2/3 full. Bake in the center of the oven at 350°F for 20-23 minutes, or until a toothpick inserted into the center comes out clean. Let cool 5 minutes in the pan then remove cupcakes to a wire rack to cool completely.

Frosting

- 8 oz cream cheese, at room temperature
- 2 cups powdered sugar, (confectioners sugar)
- 1 1/2 cups heavy whipping cream, (keep chilled until ready to use)
- 1 tsp vanilla extract

1. Whip the cream on high speed with an electric hand mixer (1-2 minutes) until thick, fluffy and spreadable.
2. In a second mixing bowl, using a hand mixer, beat cream cheese and powdered sugar (start on low speed unless you want to be standing in a cloud of powdered sugar), then beat in 1 tsp vanilla extract.
3. Fold the whipped cream into the cream cheese mix.



P.A.C. STOCK EVENT



WE WELCOME ALL RACES, ALL RELIGIONS, ALL COUNTRIES OF ORIGIN ALL SEXUAL ORIENTATIONS, ALL GENDERS, WE STAND WITH YOU, YOU ARE SAFE



LIVE EACH DAY OF YOUR LIFE TO THE FULLEST—TOM WANG





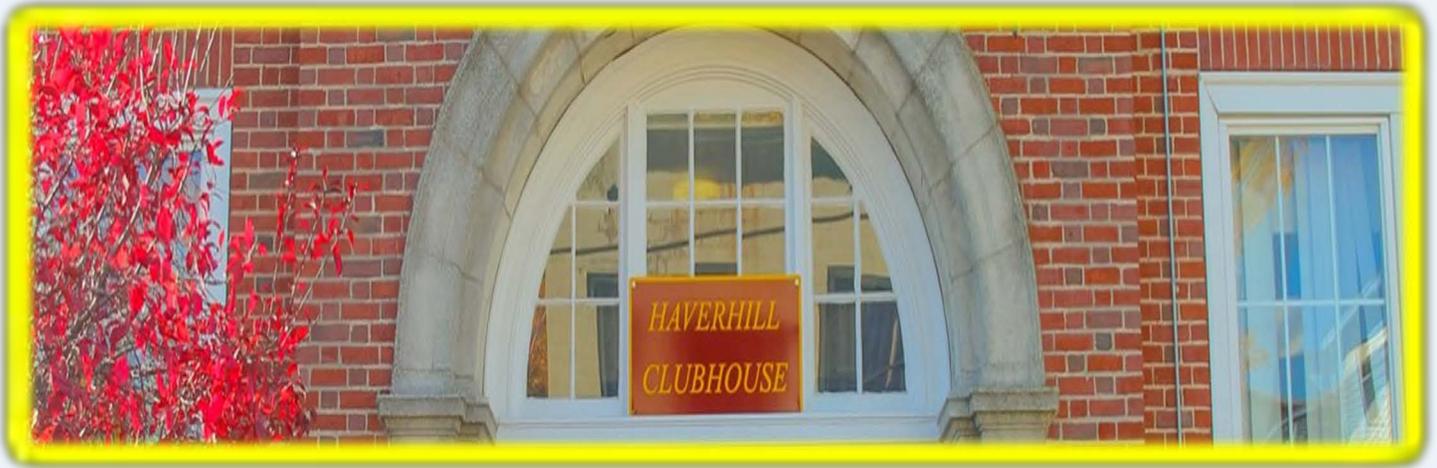
The Haverhill Clubhouse is dedicating the latest edition of the Newsletter to Walter Sanchez. Walter passed away in his home on March 31st of this year. Walter was a longtime clubhouse member and was beloved by the members and staff. Walter owned his own business Trooper Services LLC. installing flooring, sheet rock-ing and plastering for many years throughout the Merrimack Valley area.

Walter is survived by his two sons; Walter A. Sanchez Jr. and Gabriel Sanchez both of Haverhill.

His will be greatly missed.

June 2022 Newsletter

Haverhill Clubhouse



Thank
You

This latest newsletter from the Haverhill Clubhouse wouldn't have possible without the contributions from all the members involved. The talent and creative abilities showcased in this newsletter only further reaffirms how fortunate and lucky we are to work together in such a terrific community. Our future is looking bright here n Haverhill . From the bottom of our hearts, thank you again to our wonderful membership. We could not have accomplished this without your support and contribution!!!