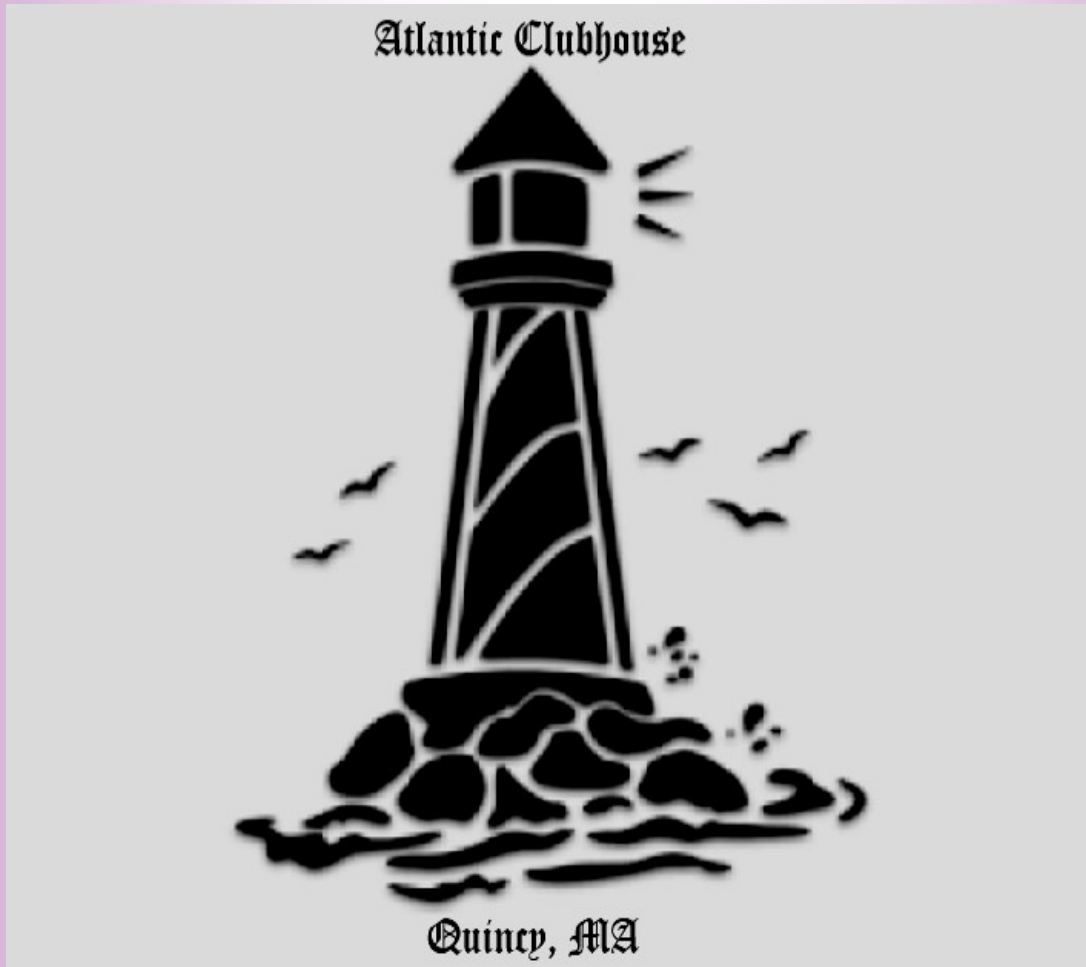


The Atlantic Times



July 2022

For more information, feel free to contact Justin Coonan at coonanj@vinfen.org.

Contributors:

Mike D.

Norma H.

Mike B.

Demetrius R.

Jake C.

Spotlight: Sue D.

Inspirational Quotes for July

“Nothing is impossible. The word itself says ‘I’m possible!’”

— **Audrey Hepburn**



“If you have good thoughts they will shine out of your face like sunbeams and you will always look lovely.”

— **Roald Dahl**

“I have learned over the years that when one’s mind is made up, this diminishes fear; knowing what must be done does away with fear.”

— **Rosa Parks**

“It ain’t about how hard you hit. It’s about how hard you can get hit and keep moving forward.”

— **Sylvester Stallone in Rocky Balboa**

“Clouds come floating into my life, no longer to carry rain or usher storm, but to add color to my sunset sky.”

— **Rabindranath Tagore**



Ten Mental Health Tips For July

- 1) Track gratitude and achievement with a journal. Include 3 things you were grateful for and 3 things you were able to accomplish each day.
- 2) Work your strengths. Do something you're good at to build self-confidence, then tackle a tougher task.
- 3) "You don't have to see the whole staircase, just take the first step." - Martin Luther King, Jr. Think of something in your life you want to improve and figure out what you can do to take a step in the right direction.
- 4) Experiment with a new recipe, write a poem, paint, or try an art project. Creative expression and overall well-being are linked.
- 5) Show some appreciation to someone in your life. Close, quality, relationships are key for a happy, healthy life.
- 6) Sometimes, we don't need to add new activities to get more pleasure. We just need to soak up the joy in the ones we've already got. Trying to be optimistic doesn't mean ignoring the uglier sides of life. It just means focusing on the positive as much as possible.
- 7) Feeling anxious? Take a trip down memory lane and do some coloring for about 20 minutes to help you clear your mind. Pick a design that's geometric and a little complicated for the best effect.
- 8) Take time to laugh. Hang out with a funny friend, watch a comedy, or check out cute animal videos online. Laughter helps reduce anxiety.
- 9) Has something been bothering you? Let it all out...on paper. Writing about upsetting experiences can reduce symptoms of depression.
- 10) Take 30 minutes to go for a walk-in nature - it could be a stroll through a park, or a hike in the woods. Research shows that being in nature can increase energy levels, reduce depression, and boost well-being.

Courtesy of Mental Health America



Clubhouse Intake with Jeanne

This month we had two new intakes, so please take the time to say hello to Arthur and Kasey. Also, feel free to ask them if they have any questions or need any help around the clubhouse.

We have three new referrals to complete for the following month.

Also, I wanted to give a special thanks to all the members for helping in the welcoming unit. Tony A., Norma H., Rob Y., Alex L., Teresa, Donna H, and Steven. I appreciate everybody's effort to make our clubhouse feel as welcoming as possible whenever there are new faces.

If you have any interest in assisting with welcoming new members or learning some of the skills you can learn from our unit, feel free to ask for more information or join our unit meeting.



Health and Wellness with Wilma

Tips for a Healthy Summer

Courtesy of the CDC

Move More, Sit Less!

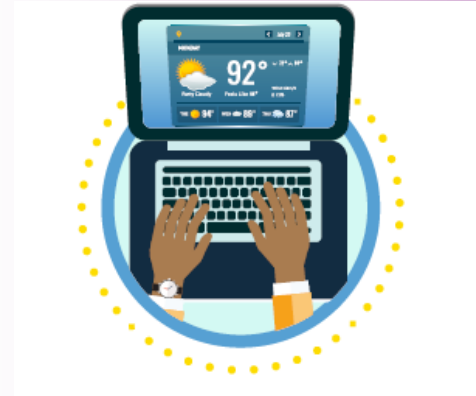
Get at least 150 minutes of aerobic physical activity every week.



1) Physical activity has immediate benefits for your health: better sleep and reduced anxiety are two.



2) Stay hydrated.



3) Stay Informed.



4) Wear sunscreen and Insect repellent.



5) Remember to stay cool.



6) Eat Healthy. Choose food and drinks wisely.

You can add fruit slices to your water for a healthier alternative to soft drinks, juices, etc. Also remember that cutting out tobacco is very beneficial for your health.

Communication

Written by Justin

Creative Writing is being held on Tuesdays at 10:30AM. The past few weeks we've done a couple of different writing prompts to help exercise an innovative way of writing. We're looking forward to focusing some of the coming weeks on different types of poetry. One of those types is Haikus, which are a unique form of Japanese poetry.

The education unit has also been working on developing a podcast with one of the members that he wants to run with a focus on science. We've taken some of the steps in figuring out a way to record and upload the podcasts so everyone will be able to listen. If anyone has any interest in learning more about being involved with the podcast or your own, you can come find me.

In the unit, a few members have been working on their computer skills. Learning Microsoft Word or how to use your email on the computer are both very helpful things to learn. Being proficient in some of the programs the computer offers can help a lot in the long run. Though learning the computer can be a little challenging for some people at times, practicing at it and working to improve always helps in the long run. Learning some of the key skills to working on a computer can be very beneficial and help in a lot of scenarios.

Working in the education portion of the education and employment unit can have a lot of benefits. You can develop writing skills, computer skills, and even consider taking courses at nearby schools. Learning ways to improve your writing and computer skills can easily pave a successful path to taking classes if that is something you want.



Employment with William and Nuria

Although the employment and education unit is still getting back into swing with all the construction at the Atlantic Clubhouse, we are still helping a lot of people apply and get jobs. Now that the unit is significantly bigger, we have room for more members as well as less clutter in the unit. In the club, we have a lot of members that have been doing a wonderful job as of late. Sean B. and Katlyn A. both have gotten jobs at the Stop and Shop in North Quincy. Katlyn is a bagger where Sean is a bagger as well as a porter. Then we have had three more members, Bryce L., Dan D., and Ishmail S. apply to that same store with the manager happy to take them onboard.

Hopefully, by the time you are reading this they have already gotten a phone call by the hiring manager. Ishmail and Dan have applied to collect carts in the parking lot, whereas Bryce wants to stock shelves. Another member, that deserves recognition is Muhammad M., who is looking to leave his second job at Marshalls and wants to work at a hospital helping moving patients around. Not only is he willing to work in a high pace environment, but he also wants to work overnights and the weekends! Joanna B. wants to find a job where they speak Portuguese Creole, and Rob Y. wants to find a job doing anything!

Then we have Melissa H. who has been communicating a lot with us over email asking for support and planning her next steps for a new job. Continuing, David H. has been looking for work at Guitar Center, he wants to be a sales representative. Then finally we have members like Chris F. and Richard E. who are looking for full time work as a mental health worker, and as a receptionist closer to home.

In the end, we always have people applying to jobs, looking for new work, as well as starting new jobs. Then throughout the whole process we are resource for our members. We assist in creating resumes and cover letters, advise with benefits in mind, help with the interview process, assist in transportation at the start of a job, and on the job training, and support. We are here to help along in the process of employment. We will be with you every step of the way to assist when needed. Working with employment, our hope is that you can find a job and continue to thrive with it. Just remember we are always here to help you the best we can to find a position that is manageable for you and that you will enjoy.



MEMBER SPOTLIGHT

SUE D.

One of our members at the clubhouse truly needs little introduction. Whether she is out getting her steps with the walk group, helping sign people up for lunch, or offering a hand to help wherever is needed. She is always busy with something that benefits the clubhouse. Our member spotlight for the month of July is Sue Daley. Talking with Sue I got to learn about what she values most at while at the clubhouse. Sue says her favorite about coming to the clubhouse is seeing all the members as she walks in in the morning. Another thing she enjoys is working in the kitchen with Wilma. Sue also likes spending time chatting with staff at the clubhouse. Sue is thankful for a lot of skills she has learned from her time at club, highlighting getting to know how to use the cash register. I asked Sue if she could bring back any group on a normal occurrence what would it be. She said she would love if the walking group was offered more. Getting out to get fresh air is always a joy for her.

Sue always loves when the clubhouse is full of laughter and all members are having a good time. She had mentioned to me that she wants to converse more with members and is working towards that goal. When I asked Sue what she would say to a potential new member, she went into detail describing the different units and all other available opportunities we have. When I asked Sue what her favorite memory from Club was, she mentioned an old staff member named Wes who worked in the kitchen who she enjoyed spending time with. Sue also mentioned how she enjoys the time that she gets to spend with the other members. I think it goes without saying how much everyone else feels towards having Sue around. Even if you always don't always know the right thing to say, a friendly smile goes on a long way.



Second War for Independence

By Jake C.

Starting in 1812, what is at times referred to as the second war for independence took place. The War of 1812 was quick and decisive and at the end of 3 years the Americans won with the signing of the Treaty of Ghent and the winning of the Battle of New Orleans by U.S. soldiers. The British were forced from then on to legally recognize the American Democratic experiment known as the USA. Though the American Independence was declared in 1776 it wasn't completely formalized and recognized officially by Britain until after the war of 1812.

Britain was the largest trading partner of the United States receiving 80 percent of American cotton and 50 percent of all other exports. The American ambassador in London, James Monroe, under Thomas Jefferson, protested to the British foreign Office that more than fifteen thousand Americans sailors had been "impressed" or forced into the service of the British Royal Navy since 1803. Anger with Britain grew for America when British Royal Navy Frigates were stationed just outside of American harbors. The frigates were close to American shores to search ships with goods bound for France and impress men within the U.S. territorial waters.

The Battle of New Orleans was fought January 8, 1815 and was a major win for the United States that sealed the Victory of the war as the Treaty of Ghent was ratified just 18 days before and the news of the agreement where the British were to recognize the United States as an independent country still hadn't reached all the country. The United States gained a strong sense of complete independence as people celebrated their "Second War of Independence" and the major win in New Orleans. After this battle the British withdrew, and the states began their celebration of a new independence.

The War of 1812 was inevitable as the British were not yet recognizing American sovereignty and were still doing things like impressing sailors into their navy from the USA regularly and trying to control trade routes. After three years of fighting the war was finally over as the Treaty of Ghent was signed and a new era of relations grew between the British and the newly recognized United States. The Americans were finally a free nation.



Humility

For me the word humility has a very strong meaning. I've been through a lot and done my best to always remain the strongest I can be. I've done my 12 steps and plan on continuing to repeat them in order to always be vigilant with my recovery. Right now, I am going to be putting extra focus into the 12 traditions. Once I do this, I will be able to center my attention on the 12 steps with even more clarity. I have been mistreated at times in my life and I sometimes feel others think I'm weird.

I always remind myself that being weird is kind of cool. I also realize that I'm not going to change who I am as a person just because a few other people say I'm weird. I've been looking towards a brighter future and focusing today on who I want to be. If I hear any negative talk, I allow it to go in one ear and right out the other. I've learned to stay away from any negative people. I just always remind myself of how I've come so far and that everything I have earned, I deserve.

Yours Truly,

Anonymous



Dual Recovery

I started in 1992 and I thought that I could trust them. I got stuck in a whirlpool. However, now I am away from it. I've done my 12 steps successfully through for one and I will continue to keep that recovery mindset moving forward. I go to a clubhouse, and I can see the change in myself that others let me know they notice as well. I enjoy working the phones in the front and feel that I get the encouragement I need from fellow members that help build a strong sense of purpose for me.

No one person can control everything. Everyone is human I always remind myself and I hope others do too. In our DRA meetings, there are times when people will interrupt or talk over others. This can be frustrating because I feel that when everyone has their chance to talk, things seem to go smoother. Everyone has their own story, and everyone has a right to their own opinion. I have a new advocate now who helps me feel a part of everything in the clubhouse. It's helping me feel more positive about myself, and I'm excited for what comes next.

DRA group meets on Wednesdays and Fridays from 10:30-11:15. All are welcome and encouraged to always be appropriate when in a meeting.

Yours Truly,
Anonymous





Rome

By Mike D.

I studied a lot of information about Rome in high school and had done well in the courses. So, I've decided to write about Rome for my article. Rome was founded in 753 BC by Romulus and Remus who were the twin sons of Mars, the god of war. They were left to drown in a basket on the Tiber by a King of nearby Alba Longa, but they were rescued by a she-wolf. The twins lived to defeat that king and found their own city on the river's banks later in 753 BC. After killing his brother Romulus became the first king of Rome which is as you could have guessed, was named for him.

During the early republic, the Roman state grew in both size and power. Though the Gauls sacked and burned Rome in 390 BC, the Romans rebounded under the leadership of the military hero Camillus. Eventually they would gain control of the entire Italian peninsula by 264 BC. Julius Caesar was murdered on the Ides of March which was on March 15 in 44 BC. Caesar was murdered by a group of his enemies. By 29 BC, Octavian was the sole leader of Rome and all its provinces.

Augustus' rule restored morale in Rome after a century of discord and corruption. This adjusted rule ushered in the famous pax. He instituted various social reforms and won numerous military battles. Augustus also allowed Roman literature, art, architecture and religious to flourish amongst everybody. August had a reign of 56 years which was supported by a great army and a growing cult of devotion to the emperor. When he died, the Senate elevated Augustus to the status of a god. This was just the beginning of a long running tradition of popular emperors. Augustus' dynasty included the unpopular Tiberius, the unstable Caligula, and Claudius.



The Caribbean

By Mike D.

The Caribbean is a region of the Americas that consists of the Caribbean Sea and its islands. Some of the Caribbean Islands border both the Caribbean Sea and the North Atlantic Ocean. The region is southeast of the Gulf of Mexico and the North American mainland. It is east of Central America and north of South America. The Caribbean has more than 700 islands, islets, reefs and cays.

The islands of the Caribbean (The West Indies) are often regarded as a region of North America. The region takes its name from that of the Caribs, an ethnic group present in the lesser Antilles and parts of adjacent South America at the time of the Spanish conquest of the Americas. The oldest evidence of humans in the Caribbean is in Southern Trinidad, where remains have been found from 7,000 years ago.

The Caribbean was discovered by Europeans. The U.S. has conducted military operations in the Caribbean for 100 years, since the Monroe Doctrine was first established. The U.S. gained a major presence on most of the Caribbean nations. Victory in the Spanish- American War ensured that the U.S. could have the right to interfere in Cuban political and economic affairs, militarily if necessary.

After the Cuban Revolution of 1959, relations deteriorated rapidly leading to the Bay of Pigs invasion, the Cuban missile crisis, and successive U.S. attempts to destabilize the island based upon Cold War fears of the Soviet threat. The U.S. invaded Haiti again in 1994 and in 2004 were accused of trying to remove an elected Haitian leader. In 1983, the U.S. invaded Grenada to remove leader Maurice Bishop. The U.S. maintains a naval military base in Cuba at Guantanamo Bay. The place where it is supervised is in Miami, Florida. There is a lot of hot weather and vacation resorts down in the Caribbean nowadays. Many people frequently travel down there to vacation.



Nature's Impact on Wellbeing

By Mike B.

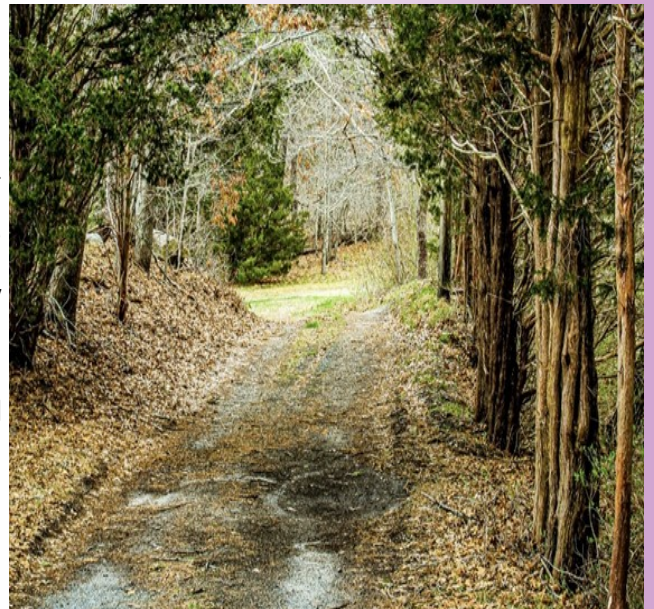
Research shows that the environments we put ourselves in can play a factor in the increase or reduction of stress for us. Which in turn will affect both our mental and physical wellbeing. Your senses also play a big part in how your system can be affected.

Nature and being outdoors is usually nothing but a positive affect on your mentality. Maintaining good health and stay physically active helps to reduce high blood pressure and keep a steady heart rate. As a result of this, your stress can also be greatly reduced.

Even just being in nature and breathing in the fresh air can assist in recovery. Whether it be in recovery for mental health, addiction, or even a physical injury. It's been seen time and time again that surrounding yourself with the outdoors can lift your spirits and help with relaxation. It's been said that ADHD is a condition that benefits from being amongst nature.

It has been found that spending >4 hours in front of a computer or television can lead to moderate and even severe depression (Hamer et al., 2010, Maras et al., 2015). A lot of good can also come from adding natural elements to your diet. Many plants can help to heal the body and help to provide oxygen into the air.

Water can be used as a current to make electricity even. There are also many animals and insect that create healing chemicals that help the body live longer and even healthier. Bees produce honey, which is a staple in a lot of different foods and loved by many. Another fun fact is that a snake's venom can be used to make medicine. All in all, nature is something we sometimes take advantage especially in today's age. We must constantly remind ourselves how important it is to spend some time outside and work with everything we've been granted with from nature.



July Movies 2022 with Demetrius

July 1st

Minions 2: The Rise of Gru (PG) (87 minutes)

Animation, Adventure, Comedy, Crime, Family, Sci-Fi

Director: Kyle Brada, Brad Abeson, Jonathan del Val

Starring: Steve Carell, Pierre Coffin, Taraji P. Henson, Jean-Claude Van Damme



July 8

Thor: Love and Thunder (PG-13) (TBA)

Director: Taika Waititi

Action, Adventure, Comedy, Fantasy, Music, Romance, Sci-Fi

Starring: Chris Hemsworth, Natalie Portman, Chris Pratt, Taiki Waititi

July 15th

Wrong Place (NYR) (TBA)

Thriller

Director: Mike Burns

Starring: Bruce Willis, Ashley Greene, Michael Sirow, Texas Battle

July 22nd

Paws of Fury: The Legend of Hank (PG) (97 minutes)

Animation, Action, Comedy, Family

Director: Mark Kortsier, Rob Minkoff, Chris Bailey

Starring: Michelle Yeoh, Samuel L. Jackson, Michael Cera, Ricky Gervais

July 29th

Bullet Train (NYR) (152 minutes)

Action, Triller

Director: David Leitch

Starring: Brad Pitt, Sandra Bullock, Joey King

July 29th

DC Legends of Super Pets (PG) (100 minutes)

Director: Jared Stern, Sam Levine

Animation, Action, Adventure, Comedy, Crime, Family, Fantasy, Sci-Fi

Starring: Dwayne Johnson, Kevin Hart, Vanessa Bayer, Natasha Lyonne



Saturday Social Fun At Webb Memorial Park



We got to go for a nice hike and picnic. It was great to take in some beautiful sights.



Also wanted to thank Joana, who always takes time out of her day to water all of the plants and flowers in the clubhouse.

Yes, I would like to support the Atlantic Clubhouse

Here is my gift to help

Atlantic Clubhouse
338 Washington Street
Quincy, MA 02169
617.770.9660

Name:

Email:

Please accept my gift of:

\$10.00 \$25.00 \$50.00 \$75.00 \$100.00 \$500.00 Other:

Your investment in the Atlantic Clubhouse is critical to ensuring that todays and future members can be productive and respected members of our community.

Comments or questions are welcomed. Feel free to contact the Program Director, Janette Tibets @ 617.770.9660 or by email at tibetsj@vinfen.org.

Please make your contributions payable to the Atlantic Clubhouse. Our parent agency, Vinfen Corporation, is a 501c3 organization and all gifts are tax- deductible.

Thank you for your generous gift!