

View On The Cove

Cove Clubhouse

383 Route 28 Harwich port, MA 02646

Phone: 508-432-7774 Fax: 508-432-7990

Hours Of Operation

Monday—Friday
8:00AM-4:30PM
Saturday 8:30-4:30

Supports & Services

- Supported Education
- Supported Employment
- Job Skills Training
- Peer Support
- Advocacy
- Social Programming
- Housing Supports
- Art Groups and Studio

The Nami Walk

Getting to the Nami Walk was something that I first thought was not possible, but after a survey I wrote to all the clubhouses on the Cape, that I sent to Sabrina to distribute, she changed her mind about going to the Nami Walk because she was so inspired by my survey. There were only three of us including Sabrina, Jack, and me.



More members could not attend because of the parking situation. We parked in a parking garage close to the event. It was a short walk to the event. All things considered, our trip was very good.

The Nami Walk itself was as amazing as it was in earlier years. We arrived at the location just in time for me to get a Nami Walk t shirt from a booth, thanks to the generous support of my mother's donation. There were a group of band members on a band stand playing really cool music. We arrived at the starting line just as the walk itself was beginning. People were handing out pom-poms and I took one. I did not carry it the whole way, though. I gave it to Sabrina to hold when I didn't want to carry it anymore. We walked along the perimeter of the Boston Common. Due to the location there was not a finish line, because walkers had the option of walking it two or three times to achieve the distance that it normally would have been along the Charles River. Thanks to Sabrina's help, I was able to complete one lap of the walk. I held onto her hand most of the way. It was so weird not finishing at a finish line. Although people were passing me left and right while I was walking, and I was the last one to get to the finish line after one lap, I thoroughly enjoyed the experience.



-Sara Fauteux

Summer 2024 Edition

May 2024 Open House



I thought the Open house went very well and I felt proud on how we presented our selves . Jack did a great job with the tours. He seemed to feel more relaxed as he did each tour.

The speakers were great. Sherry and Roxanne did a great job talking about their journey. I'm sure there were people who could indentify with them. I was glad to see representatives from CORD (Cape Cod organization for the rights of the disabled.

They might end up helping us with referrals.

Tom the director of the Massachusetts Clubhouse Coalition came and it was good getting to know him and his wife. He had a very interesting story to tell about the history of Clubhouse in Massachusetts.

All in all I think it was a big success. Thank you all who contributed.

- Sabrina



Memorial Day



Cove hosted a BBQ lunch and invited Baybridge . It has been a while since we have done an activity together. It was fun to do and see some old faces as well as new. Can't wait to do another one together.

“The Brain-Gut Feeling”

Sometimes we go with our gut feeling, whether something is right or wrong. Sometimes we have those butterflies in our stomach. It’s like we are getting signals from an unexpected source, which is actually known as your second brain. Weird, right? We have “two brains.” This brain is your gut. It’s main role is controlling digestion, from swallowing to release of enzymes that break down food to the blood flow that helps with nutrition. It controls hunger and satiety and cravings. It signals your sensitivities and intolerances, as well as metabolism and behavior too.

This is all very weird and intense, but it is the truth. Everything is truly connected. Scientists call this little brain the enteric nervous system (ENS.) And it’s not so little. The ENS is two thin layers of more than 100 million nerve cells lining your gastrointestinal tract from esophagus to rectum.



- Joey Marchitto

In March and part of April, 2024, I thought I was in for a rocky road ahead because I landed in the hospital twice (psych inpatient units). But much to my surprise and relief, I am already doing so much better! I'm able to get up and stay up pretty early in the morning, and I feel like I'm getting enough sleep. I have the motivation to participate in group activities and no longer hear voices AT ALL! "Suicide" is not a part of my vocabulary anymore. I'm able to have a friend or two come pick me up to go out for coffee or a ride. Compared with last summer, things are off to a healthy start, instead of one hospital stay after another.

During the second hospital stay in the spring, I was put on Effexor (an anti-depressant) and propranolol (a blood pressure medicine that can also help with anxiety). I suppose those additions helped, but just being in a hospital that was not well-kept was enough to make me want to break the pattern of repeatedly going to the ER. It was like I was finally able to say to myself, "If you don't do a better job of maintaining your mental health, you're going to keep winding up in hospitals like this." I was ready to stop the downward spiral. And I feel confident that I can keep moving in a positive direction!

-Carol Y.





New Member Highlight

Hello Cove Clubhouse! My name is Rebecca, and I am a brand new member. I have been a member of Clubhouses since 2004. That's 20 years! Time flies, but it is always wonderful to be welcomed and appreciated. I am looking forward to my new life on Cape Cod and the new friends I will meet. I am very friendly and glad to be at Cove.

Welcome New and Returning Staff

Questions and Answers for TJ

Favorite hobbies? **Outdoor activities.**

Favorite childhood memory. **Winning 1999 Plymouth Little League Championship.**

How many brothers and sisters? **1 sister and 1 brother. I am a middle child.**

What is your heritage. **Korean.**

Favorite food? **Mozzarella sticks.**

Likes and dislikes? **L. sports and military history. D. politics.**

Favorite music? **All genres except country.**

What do you read? **Online articles and magazines.**

How old are you? **34 years old.**

Favorite activity? **Sports.**

What are you most proud of? **Making the college tennis team.**

Where were you born? **Korea.**

Do you like video games? **Not so much.**

Describe yourself in five words. **Resilience, respectful, loyal, dedicated, reliable.**

Favorite sport? **Tennis.**

Maria's Return!

Maria may have left Cove as a full time staff about 2 years ago but her heart and dedication stayed the whole time. We were very lucky to have her volunteering here a few times a month, we greatly appreciated the help, the food and her wonderful personality. But in May Cove was able to bring her back part time ! This is a creative way to alleviate our staffing shortage and split the shift between the two great candidates. We look forward to having Maria back and getting to know TJ.



Brett's Airplane Ride

By Brett Webber

I had a nice day at the Chatham Airport open house in June. I was praying we would make it to the event on time. Everything worked out so well. I got on the plane after I bought my ticket (I saved for a while). It felt great to be there, like stepping back in time because some of the planes reminded me of the 1930's. It was a beautiful plane, it had designs all over it. It was so fun going up in the air. I could feel the cool breeze, like I was flying in a dream. I saw the beach and the Chatham rotary. Being up in the sky and seeing the clouds was like being in another world.

It all reminded me of when I went with my dad to the Hampton airfield in 1987 to fly a plane just like the one I was on in Chatham.

I had a thrill of a life time flying that day. I give it two thumbs up, it was awesome!



Clubhouse Works!

Employers that are Employing our Members

Employer	Members Employed	Job	Support
			TE
Stop N Shop	2	Porter & Deli	SE / IE
Broad reach	1	Activities assistant	SE
Foreign Auto	1	Delivery	IE
Chatham Moods	1	Prep Cook	IE
Clean Sweep Office	1	Office associate	IE
Windsor Nursing	1	Activities Assistant	SE/IE
Auto Zone	1	Clerk	IE
PCA	2	Personal Care Attendant	SE/IE
Dunkin's	1	Sales Associate	SE
Mason	1	Mason	IE
Landscaper	1	Landscaper	IE
Volunteers	2	YMCA/Thrift store	



TE Transitional Employment: TE positions belong to the clubhouse and last 6-9 months. The clubhouse develops and maintains a relationship with the employer and provides onsite training and support with back up coverage.

SE Supported Employment: The position belongs to the member. It is not time limited. Support may include: Job search, resume development, interpersonal supports, transportation to interviews.

IE Independent Employment: The member needs little support but it is available when needed.

Looking for ways to support Cove Clubhouse ?

Cove's Wish list We are in search of donations

- Bird seed
- Art supplies
- 6 burner grill (new or very good shape)
- Gardening items : various tools, potting soil, plants and flowers

**** We are seeking health professionals to come and give talks on healthy life styles, diabetes care, wellness, ect*** (we have compensation available)**

****We are seeking community leaders to join our advisory board. We meet every other month on the 2nd Thursday at 3pm-4pm. We are seeking individuals who are able to support our mission of improving the live of those we server. If interested in more information please call *Sabrina Kreber at Cove Club 508-432-7774 or email Krebers@vinfen.org*****

Lasagna Dinner Fundraiser

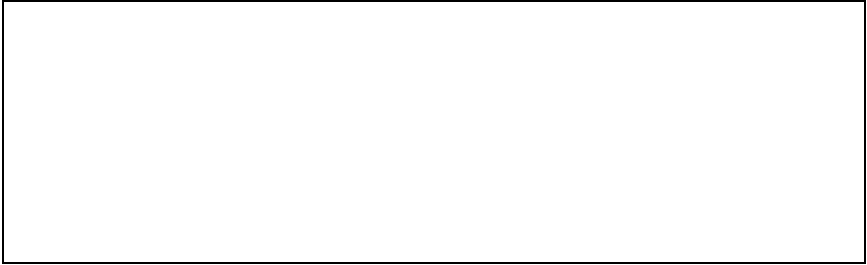
First of all we would like to give Pastene, Shaws, Stop and shop, Trader Joes and Lasagna Love a **BIG** thank you for their donations. It means a lot to receive this kind of support from our community. Thank you to Izzy for helping us sell over \$500 in tickets!!!

After expenses we made \$846.00. We are using some of this money to pay for entrance to the Barnstable County Fair to see a Abba tribute band and for a fall camping trip.

We would also like to thank the workers and the people from the community who attended. It was a great success!

Mary





<p><u>The Four Guaranteed Rights of Clubhouse Membership</u></p> <ul style="list-style-type: none"> • The right to a place come • The right to meaningful work • The right to meaningful relationships • The right to a place to return 	<p><u>The Mission of Cove Clubhouse</u></p> <p>To promote and provide opportunities for individuals with a mental illness to lead meaningful and productive lives of their choice in the community.</p>
