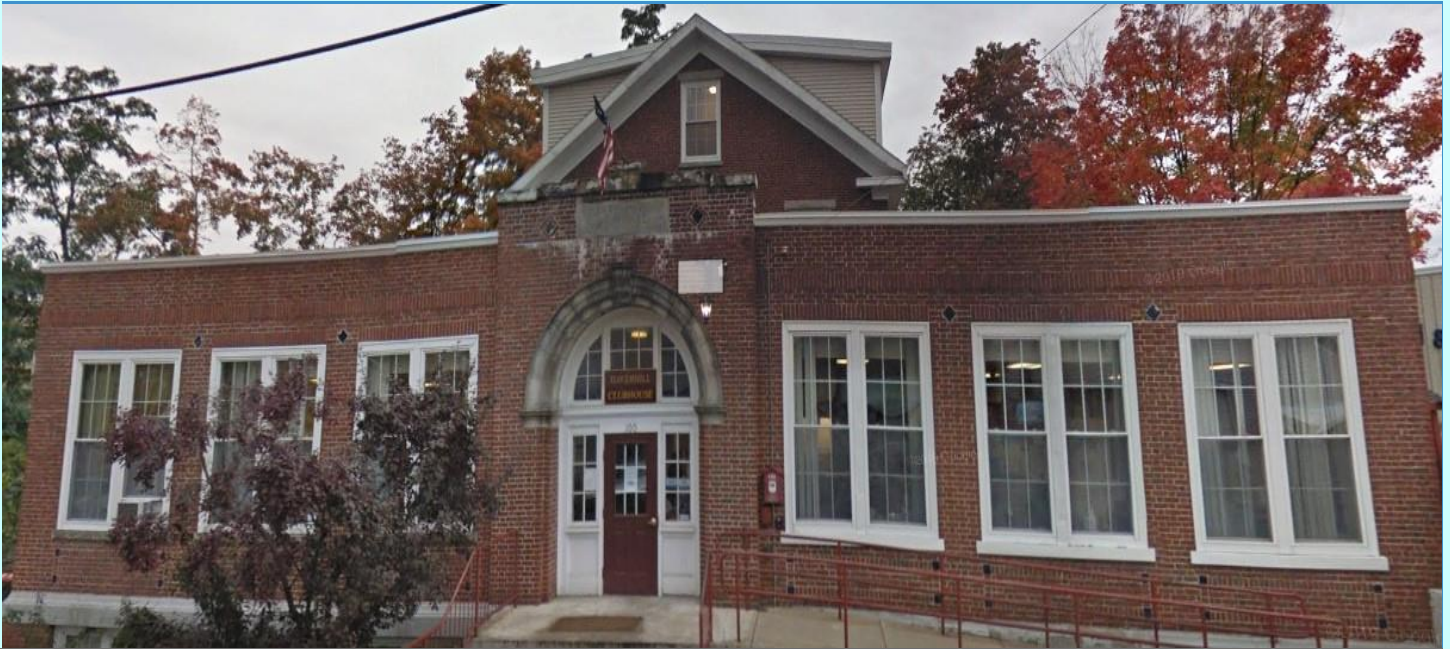


HAVERHILL CLUBHOUSE

SPRING NEWSLETTER



EMPLOYMENT/EDUCATION

HEALTH & WELLNESS

MEMBER HIGHLIGHTS

v i n f e n
transforming lives together

Health and Wellness



Florentine Stuffed Mushrooms

- 32 extra-large stuffing mushrooms
- 6 cups (packed) chopped raw spinach
- 1 teaspoon dried thyme or oregano
- 4 scallions, finely chopped
- ½ cup grated nonfat parmesan cheese
- ½ cup nonfat sour cream
- 6 cups soft breadcrumbs
- 4 tablespoons white wine or broth
- Lemon wedges (garnish)



Directions:

Remove and discard the mushroom stems. Wash the mushrooms caps and pat dry. Set aside. Place the spinach thyme or oregano, and garlic in a large nonstick skillet. Sauté over medium heat just until the spinach is wilted. (Add a tablespoon of white wine or broth if the skillet is too dry.) Remove the skillet from the heat and allow the spinach to cool slightly. Stir in the scallions, parmesan cheese, and allow the spinach to cool slightly. Stir in the scallions, parmesan cheese, and sour cream. Add the breadcrumbs and toss gently, just until the crumbs are moistened. Place a heaping teaspoonful of stuffing in each mushroom ca. Place 2 tablespoons of white wine or broth in a shallow baking pan and arrange the mushrooms in the pan. Bake at 400 degrees for 20 minutes, or until lightly browned on top. Transfer the mushrooms to a serving platter, garnish with the lemon wedges and serve hot.

Health and Wellness

The Health and Wellness unit is excited to share that the UMASS Extension Program has been sharing their education and knowledge with the members at the Haverhill Clubhouse for a multi-week program. Topics included have been health eating, reading labels on food products, the importance of exercise, and more.

We have also learned more about the five basic food groups: fruits, vegetables, protein, dairy, and grains. We have learned how to make better choices with our foods, such as whole wheat bread instead of white, or making substitutions when we can. Because of the knowledge we have gained from the UMASS Extension Program, we are trying to include healthier foods in our menu at the clubhouse.

Another thing we have done is renewed our membership at the YMCA so we have somewhere to exercise. We have learned that there are three types of physical activity that we need: stretching, strength, and aerobics. Stretching helps keep us flexible; strength helps keep our muscles strong, and aerobics keeps us healthy.



Personal Testimonial - Justin Chute

Justin has been a member at the Haverhill Clubhouse since March 14, 2018. Since the COVID pandemic, Justin says he has felt uncomfortable with the mask mandate.

However, Justin says that he enjoys coming to the clubhouse and participating in the projects and opportunities offered.

“To someone struggling in the community, I would recommend the clubhouse for job opportunities. I received job listings for Market Basket, AMC, and Marshalls. The staff does a great job. They are helping me with typing and enhancing my communication skills. I would recommend purchasing the lunches through the clubhouse also. It’s a great space for interviews and one on one interactions. Currently, I’m working on my resume and volunteering at the clubhouse. I would like to be a role model for my peers and I’m looking forward to opportunities at the clubhouse in the future.” Justin says that by coming to the clubhouse, he feels less alone. “It gives me motivation,” he describes. Justin says that he is a funny person with a good sense of humor. He enjoys taking care of his nephew Anthony, who will turn four years old this year. Justin says that by coming to the clubhouse, he feels accepted and is supported emotionally.

Way to go Justin!



Justin Chute

Personal Testimonial - Patrick Ross

Patrick has been a member at the Haverhill Clubhouse for over a year now. Prior to that, he was a member at the Point After Club in Lawrence for three years.

Since coming to the clubhouse, Patrick says that he enjoys meeting new members, having lunches provided by the Health and Wellness unit, and drinking the coffee from the café. Patrick describes himself as an easy-going person and has several education and employment goals at the clubhouse.

"I want to work in Haverhill as a dishwasher. I also want to go back to school and study law."

Patrick says that since coming to the clubhouse, he feels supported and liked how there are opportunities for jobs in the community. He describes himself as a music person and his favorite artists are Lil Wayne, 50 cent, Cassidy, and Soldier Boy.

"I'm looking forward to learning more about myself and want people to know there is more to come from me in the future!"



Patrick Ross

Personal Testimonial - Tom Rourke

Tom recently joined the clubhouse 3 weeks ago. Since becoming a member, he has said that the people are very nice and friendly.

"It's a lot nicer than I expected in terms of the building and how nice people have been."

Some of Tom's hobbies include reading (favorite book is the Lord of the Rings), watching TV, and going out for coffee. Tom describes himself as an intelligent person who is also very patient with other people.

Without coming to the clubhouse, Tom says that he usually isolates himself and won't come out of his room.

"If I didn't come here, I would be at home watching Netflix all day not interacting with anybody. I can come here and feel accepted and work in the CASR unit."

Tom is hoping that with time, the clubhouse can give him more confidence to get a job and go back to school for writing.

Keep it going Tom!



Tom Rourke

Employment and Education Testimonial

Michael Anthony

April Newsletter- education article

This summer I decided I wanted to go back to school to start working at finishing my bachelor's degree. I last took classes about five years ago and I was very nervous about returning and confused about where to start. I brought up my wants and concerns with the clubhouse after making my decision to return to school and everyone here was very encouraging and supportive, even when some people close to me were hesitant to suggest that I give it a try. With help from the Employment and Education department at the Haverhill Clubhouse, I signed up for spring semester classes, settled on academic accommodations, and finally resumed work on my degree. I am currently halfway through the semester and doing well! I still visit the clubhouse and get assistance with planning and working through assignments when I need it. Sean, the education coordinator helped me break down the midterm essay I am currently working on down to manageable chunks. It still gives me some anxiety, and I still have trouble focusing sometimes, but I feel like I am finally tackling classes in a constructive way and feel close to achieving my goal at finishing my degree in English with a minor in psychology. I look forward to future classes and working hard to succeed. I'm happy to be working hard to finish something I have put so much time and energy into over the years. With hard work and support, I will succeed.

Member Spotlight

Member interview with Michael Legros and Karen Hanniffin:

Club member Mike Legros sat down with our new employment coordinator Karen Hanniffin to see if we can get to know her a little better.

M: How do you like the Haverhill Clubhouse so far?

K: I love it! The people here have been very friendly and welcoming!!

M: What strengths do you bring to your job as employment coordinator?

K: My biggest strength is that I have a real passion for helping people. I want to help people live their best lives. I have a lot to learn, but I'll get there!

M: You seem to remember people's names easily, how do you do that?

K: Well, I actually have a trick for that! When I first meet a person and I learn their name, I like to talk to them for a few minutes while looking at their face. I say their name in conversation three times. It's a trick I learned a long time ago.

M: What do you do in your free time?

K: I love to read and watch movies. I usually have one or two TV shows I watch. I also have two dogs that I love to walk on the hiking trail near me. I love spending time with my family.

M: What was the best job you ever had before clubhouse?

K: The best job I ever had before clubhouse was working at a daycare center. I loved those little kids. The worst job I ever had was at a factory working the graveyard shift. It was the worst!

April, MA
Mike Anthony

*Snow Falls with a blink
A harbinger of winds
Fickle, fleeting
Air Iced with razors
Stabbing breath inward
Snow
Knows no season,
Knows its window
Delicate blankets fall
Capturing air
Powder settles when opportunity strikes
An anachronistic gesture
The last time in this northern territory
Before Sun waves take root
Gaining dominance for the season*

Scopophobia
Mike Anthony

*When bricks crumble
And chains lose weight
The door swings ajar
Eyes peek in
Secrets blush
Bare
Exposed
Frightened, breathless
But free*

A DEPARTURE
Mike Anthony

*I feel silence
In a cloud of wetness from your breath
It looms over footsteps you've left behind
Heavy and wet, it lingers
I bear witness
To the ghost of you
That rises across the horizon
Swallowing the moon
Until dawn rises up
When I make footsteps of my own*

Of Secrets
Mike Anthony

*Words
Grace Lips
Words
Bleed Across Paper
Words
Echo
Ring
We clumsily snatch them up
As they escape from sparks
They are locked into memories
Laid in the ink.
People covet confessions
Whether bathed in bile or beauty
No matter, no difference.
Desperate
To keep them fresh
To bind them tight.

But words do not die,
They just stop moving.*

An intern perspective...

I am currently a student at Northern Essex Community College, and Haverhill Clubhouse welcomed me into their community as an intern in February 2022. I wasn't exactly sure what to expect when I started, but the atmosphere in the clubhouse is astounding. The pride the members take in their clubhouse is wonderful. Members take on tasks such as answering phone calls, cleaning, meal preparation, and administrative work without a second thought. I find myself repeating the same phrase in my head every day that I am here, "if you're doing it alone, you're doing it wrong". Members and staff work side by side for everything. The work order day provides structure and skills members may need for being an active and valued member of their community.

Haverhill Clubhouse offers in person activities and a work order day, a virtual option on Zoom, and a reach-out system, where members and staff call members that may be missing from the club. Members and staff alike offer support for each other. While the focus of Haverhill Clubhouse is on the work order day much of the day, there are many opportunities for socialization in each unit. Every week there are in-house activities, and all holidays are celebrated on the holiday.

There are many times that people may feel isolated in the community, and Haverhill Clubhouse help combat that feeling. All members are involved in whatever is happening at the club, even if it's in a virtual capacity. The pandemic added further challenges to many people's lives and here the members aid in their peers' sense of belonging.

I like to learn something new every day, but here I learn many new things daily. Members teach me just as much as staff, and I love that. The commitment, pride, and comradery displayed by members is truly touching. I am beyond grateful to be a part of the Haverhill Clubhouse community, and I am looking forward to continuing my education with them.

Jokin' with Tom

How is a baby bird like his dad?
It's a chirp off the old block!

Did you hear about the haunted French pancakes?
They'll give you the crepes!

What is a baby's motto?
If at first you don't succeed, cry, cry again!

Why is spaghetti the smartest food there is?
It always uses its noodle!



Sunny Disposition of Salvation Army

By: Marlene Ratto

Venturing out to Salvation Army was a treat and a half. Kathy helped us with filling out the applications and submitting them. There was an orientation that we attended around November. At the orientation we all sat down and were given an opportunity to choose our own schedules. Then we were given Salvation Army bags with all kinds of goodies in them! We got a hat, a bell, an apron, and our schedules to record our time and where we were. We also got some masks, hand sanitizer and the card of the two majors who were our bosses. My boss's name was Raelene Morse. After the orientation we were all given our places and times when we worked. They honored our request for hours, however they placed us where we were needed for the locations. We got help setting up our posts at our designated stores. Then we began to ring our bells. Sometimes it was cold, sometimes it was warm, regardless we weathered the atmosphere. We always made a positive impression on the people that walked by. I would always say "Hello", "How do you do", "Happy Holidays", "Merry Christmas". Sometimes I would get a surprise from a customer. Every now and then I would be offered a coffee or hot chocolate to keep warm. People would recognize the wintry weather and what we had to endure outside. I would play Christmas music while people were going by, getting people in the spirit of things. We did the same thing the next day, sometimes in different areas repeating the work we did the day before. I worked about 2 or 3 days for about 10 or 20 hours a week. Once we were done, we went back to the Salvation Army with our kettles and returned them with donations to the staff. Everybody was gracious and helpful with our work. That was my experience working at the Salvation Army bell ringing. I had a blast!

The Backwards Zoo

By: Michael Parker

One day a zoo opened, and the people had to pay to get out instead of in. It was a rainy-snowy day and animals were coming out of the sky. One little kid was poking the lion and the zookeeper shouted, "Don't poke him!". Two of the parrots said, "Put him in jail and don't let him out!". The bears said to the zookeeper "We are hungry give us anything, give us anything to eat like ham or steak". The zookeeper thought the boy took his advice and went home. But when the lion opened his mouth, the boy was hanging out of it. And the boy shouted, "I was a bad boy!".

Easter Word Search



Basket
Bonnet
Bunny
Candy
Chicks
Chocolate
Daffodil
Decorate
Ducks



Dye
Easter
Egg Hunt
Eggs
Family
Flowers
Grass
Happy
Jellybeans

Lily
Parade
Peeps
Rabbit
Spring
Sunday
Tradition
Tulips



St. Patrick's Day Celebration

We had raffles and a scavenger hunt throughout the day!







The Haverhill Clubhouse would like to dedicate this newsletter to our long-time member Vida Whitcomb. She passed away on March 2, 2022 and will be forever remembered by the peers and staff that she touched at the Haverhill Clubhouse.