

Plymouth Bay House



Winter 2021-2022

The Cutest Baby Pictures Ever



Natalee B. is ready to "jump into the summer!"



Bryan B. is striking a pose as "spidey."



*Staff member
Brendan M.
Is dressed for a "work-ordered day."*

The Cutest Baby Pictures Ever



Staff member *Julia P.* is rocking into the new year.



Sarah D. has a lifetime of apple-picking experience.



In this picture our member *Helen B.* Is only three!

The Cutest Baby Pictures Ever



Staff member *Devon M.* clowning around even as a baby.



Melissa R. hopping into our pages.

The Cutest Baby Pictures Ever



Staff member *Jaimee P.*
building up our
Confidence.



Connie B's boots were
made for walking.

Staff member
Bill K. got an
early start at
woodworking.



"Ticket to Work"

As if covid isn't enough, working with a disability can complicate matters says *Forbes.com*. Discrimination and stigmas can and do sit on the minds of those of us with mental disabilities that want to return to work. National Disability Awareness Month (NDEAM) only comes around once every year to recognize the efforts of disabled workers, although all of those working with disabilities deserve recognition every day!

As the *Clubhouse International.org* explains, "Mental patient," "client," "disabled," "consumer" and "user" are all terms used by society as a reference to people living with mental illness. People living with mental illness are often segregated according to these label and defined by them as people who need something, or as people who are societal burdens that need to be managed."

"According to a report by the nonprofit RespectAbility, only **29,893** people with disabilities were hired in 2018, compared to **343,000** in 2016, representing a ten-fold decrease."

-*Forbes.com*

"Ticket to Work"

Here at Plymouth Bay, each of us have a significant history of mental illness which may include anxiety, depression, schizophrenia, and bipolar qualifying us for help. Physical and behavioral disorders do not count for clubhouse entry, however, we do see many members who struggle with all of these issues at once.

While "**ticket to work**" protects SSDI and Medicare as participants transition to full time work, our employment coordinator explained, there are still low numbers for members working with disabilities. Devon M. stated, "23.61% of our current members have a part-time or full-time job. This is lower than last year's 33.33%"

This topic is what got us at the clubhouse thinking, what exactly is it like to work with disabilities? Furthermore, what is it like when each disability is personally different?

The response is in!

Question 1: Do you have a disability that would interfere with your ability to perform your job?

Answers: "Yes, I am autistic and I have anxiety, so my whole job is speaking with people. Sometimes that can cause problems of the social anxiety and general trouble with social skills."
-*Eli P.*

"Yes and no; I don't have a physical disability, I have a mental disability. I have anxiety and I'm Schizo-affective." -
Natalee B.

"Yes, but not all the time, only during flares." -*Danielle G.*

"I do my job pretty well. I'm not really as fast as I should be, but I do it; I'm not the slowest either." -*Prudence H.*

Question 2: How often will your condition require you to miss work?

Answers: "I've had to miss work around three times in six months relating to my disabilities." -*Eli P.*

"It doesn't require me to miss work at all." -*Natalee B.*

"Only during severe flares, but my condition is well under control. My employer completely understands and puts my work on hold. There's always coverage so I don't feel the pressure to come back to work before I'm ready." -*Danielle G.*

The response is in!

Question 3: What advice would you give to others looking to return to work?

Answers: "Set very small, reasonable goals; consider whether or not a full-time or part-time job would be best for you." -*Eli P.*

"Its beneficial to have more money in your pocket and more experience under your belt. It's definitely worth it. Most employers are willing to work with those who need it." -*Natalee B.*

"You have to interview the employer as much as the employer is interviewing you. Find out if accommodations are readily available." -*Danielle G.*

"Just put out there what you are going to need, and get everything in writing." -*Prudence H.*

Question 4: What kind of special arrangements do you need for your job?

Answers: "For me, sometimes when the fluorescent lights hurt my head, I wear sunglasses, and my boss is okay with that." -*Eli P.*

"Well, they let me do express a much as possible, and when I need to get big orders they always give me a bagger. I got a lot of doctors notes to get a chair." -*Prudence H.*

Question 5: How can the workplace be better for disabled people?

Answers: "Working in teams" -*Natalee B.*

"Have more employers like mine that are very accommodating to peoples disabilities despite what their disability is." -
Danielle G.

Birthdays at the Clubhouse

Sue's 60th!



Winter Birthdays are from:
-Tuesday, December 21st 2021
To Sunday, March 20th @022

Pajama Party



-Back Row, standing left to right: Jaimee, Sarah, Cammy, Jordan

-Middle Row, sitting left to right: Robyn, Melissa

-Front Row, left to right: Sheila, Tim, Nicole, Connie, Bill



BF UNDER ARREST

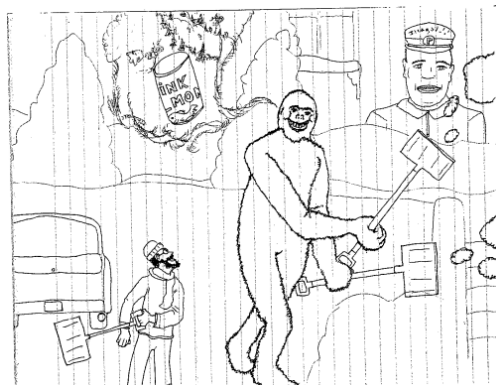
As of January 2nd the day of the big snow storm I received an email from my pal. This note to follow will allow you to examine the content of said email. Give your own judgment to the veracity of the note. Thank you. The Author.

Email not: Hi my old Buddy, did you know that we have no idea where to put the snow? This is definitely Bigfoot weather. Did you know that when I was shoveling snow, Bigfoot had seen me and asked me if I needed a hand. I told him that I did and he helped me to do the work. Wow, he took a shovel in each hand and had that three car driveway done in less than fifteen minutes. All I had to do was the walkway and three sets of steps. I was so appreciative of him and I asked him how much he wanted me to pay him. He said 3 cans of salmon. So, Bigfoot and I went to Stop &...and they would not let him in. A man who worked there shouted at us and told him to leave. I said, "Don't worry buddy. Just wait in the truck."

When I got back to the truck, I saw a ticket on my windshield, and on the ticket it said that Bigfoot got arrested because he is illegal (and I was fined \$75.00 for it. So, I went to the Police Station and the dispatcher told me that I could not bail out Bigfoot

because he is illegal. I asked what they would do with him and they said that they would bus him up to his natural habitat in Vancouver Island, British Columbia, Canada. After hearing that I asked if I could see him to give him his payment of salmon for the hard work he did for me, and they allowed me a brief visit. The moment I entered his cell, I looked at him and he began to cry. I said, "Bigfoot, my good buddy, there, there now...don't cry." "But why am I illegal?" said he. I tried to explain, "My friend, there are many big, healthy, important people...CEO's, judges, politicians, doctors, physicists, teachers, psychiatrist, media personalities, mathematicians, clergy, and many, many others...that just don't believe in you." He said, "Oh?" After I recomposed myself, I pressed on. "They are afraid of you and made laws against you. You'll be much happier on the West Coast." He said that he would miss me, and that he was looking forward to meeting the crew. I reassured him by mentioning that we (myself, Honky Tonk, and Mr. Bavoeaugh Whoegh) would visit him in Canada when all this blew over. He looked at me and smiled after I said that. Besides, this part of the country isn't ready for you yet my big buddy. He looked at me very understandingly, then we said goodbye. I must admit I had a tear in my eye as I left the cell, but I took a quick, deep breath and lifted my head up and walked out of there proud to have known that mighty man. I yelled out to him as I was leaving, "I love you Bigfoot. Be a good boy and all will be fine, here and hereafter."

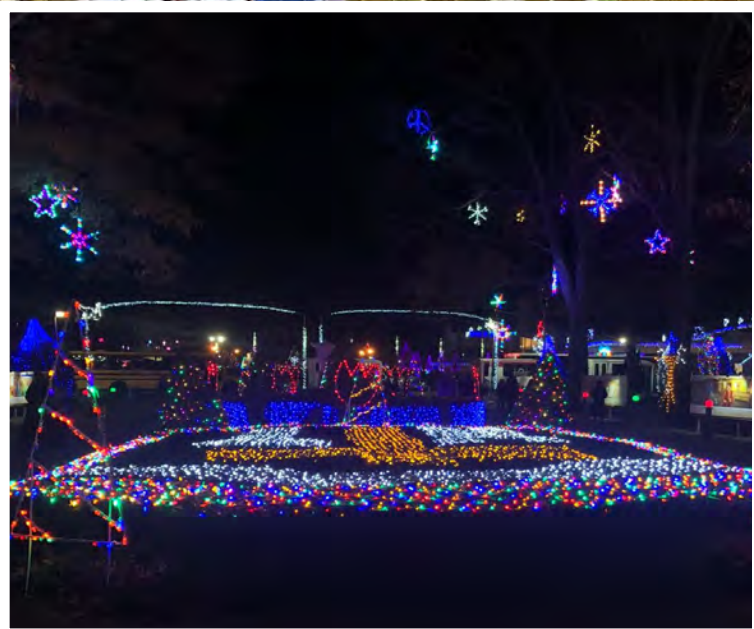
Rich Allen SF 5510 96



This fun piece
was written and
illustrated by:
Bob M.

La Salette

The 2021 Festival of Lights at La Salette Shrine in Attleboro occurs once a year, and has been occurring for 175 years. The gift shop, dining hall, and outdoor hot chocolate vendors make the walk throughout the grounds a whole experience. Each night at promptly 5pm a prayer is held over the speaker phone and the lights are switched on for all to see. It is a tradition of this clubhouse to attend each year, and is a free event for those who are not shopping or buying food.



Clopper the donkey making an appearance

La Salette



“Battle of the units”

Each year it is tradition to hold a “battle of the units” where the different units compete to decorate with the spirit of the holiday. This year the E&E unit combined with health and wellness and competed against the membership unit in an all out war! It was the closest vote in the history of the clubhouse this year; so close that the original votes had to be re-counted. Last year the membership unit won, but this year, the first results came in as the E&E unit’s win, and shortly after, the re-count came in as the membership unit! I guess, this year, everyone won.



Membership's
“Candy Land”



E&E/Health and wellness
“Wonderland”



Holiday Party!

"The Christmas Stocking Gift Game"

Rules:

- 1-Each person must wear giant stockings for gloves.
- 2-The person to the left rolls the dice to make a pair, while the gloved player attempts to rip open the plastic wrapped ball.
- 5-When the dice make a pair, the gift ball rotates to the next person.



With Deepest Sympathy

My Memory of Gina:

She was always very cheerful, for the most part. I don't remember a time when she was in a bad mood or upset. She was very friendly to everyone. She always dressed to impress. Gina wore these extravagant outfits, with some really stylish hats. She was a Clubhouse member that made frequent appearances. This was her place that she could be part of a great community. Gina will be greatly missed by many.

T.J.R.

I only wish the best. I'm sorry for
Your loss. - Bryan
My deepest condolences.
T.J.R.

Gina was one of the kindest people
I have ever met. She inspires me to
constantly be true to myself. I'm so
sorry for your loss. May she always
be in our hearts. - Pig

Ryan Maloney
Gina was a
very bright light
- Brandon

So sorry to hear
about Gina. She used
to volunteer with my mom
around 2008-2011 and we
both missed about this
- Helen Quinlan
Anna Quinlan

Gina will be
missed
Always calling
me - Bogal
- D

Sorry for your
loss. Gina will
always be in
our hearts.
- Daniel P.

To the Family of Gina K
Deep sympathy.
- Lisa Brown

We are so sad to hear about
Gina's passing here at the Clubhouse

Bridget K.
Jonathan E

God bless Gina
love Eric
Gina will be missed dearly!
- Connie

It was truly a
pleasure to have
this opportunity to
know Gina. She will be missed
- Julie

Gina was a
big part of
club and looked
forward to making
TO HER - Peter

Sorry for your loss.
I'm sorry for your loss
- Bill

It was such a sad day to hear about
the passing of Gina. May she find peace
in her faith and everlasting love and light
she will surely be missed as she
brought laughter and joy to all she
met. - Jennifer

In Loving Memory

Heartfelt Sympathy

"He was a nice guy. Kind person who would give you the shirt off his back. And he could always be a great friend."

-Ryan M.

To Brendan's family
So sorry to hear about
Brendan, he was a kind
human that would go
to the store for anyone.
He will be missed
-Helen Bumpus

Thoughts and prayers
May he R.I.P.
Connie

My Deepest condolences.
T.J.R.

So Sorry
for the
loss
-Sarah
-D

So Sorry For your loss
Brendan was a beloved
member of the clubhouse
and will be missed.
Bill

So sad to lose
a man who has
been at the clubhouse
for so long
-Eli P

Sorry for your loss
Cathy Mullen

Sorry for
your loss
-Adam

We are so sorry
for your loss. Brendan
will be dearly
missed.
-Julia

(To the Family of Brendan Brady)

Sorry for your loss.
Bridget K.

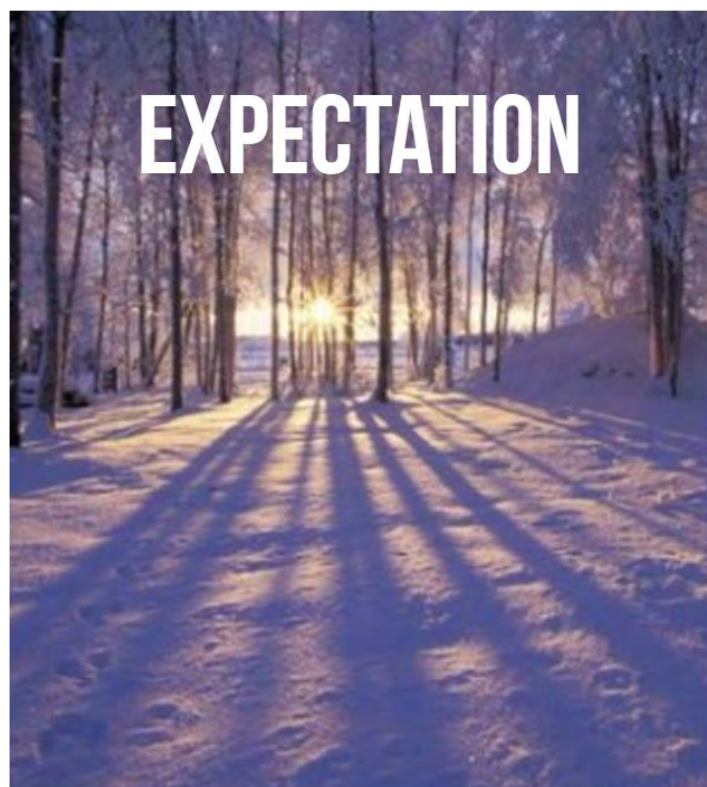
Deepest Sympathy
Pearlwin

We are so sad to
hear about Brendan.
He was so amazing and
an important part of
our membership.
-Jaimee

So sorry
for your loss
Jennifer

In Loving Memory

Winter Memes



Clubhouse Art



Julia R.



Sarah D.



Bill K.



Evelyn S.

The News Boys of New York

In the early 1800s late 1900s it was the time where kids were put in refuge and put into work into the sweat shops with not a lot of money on the dirty streets of New York.

They were begging for a raise while the politicians did not care.

The news boys would get up every morning and deliver newspapers for not of a lot of money to the people of the city so they could read the stories from one paper to the next from Brooklyn all way to Grand Central Station. So it begins the news boys were never happy from what the government was doing to the kids in the sweat shops. It was time to rise up to the crooked politicians in demand for a better life and no more sweat shops so the kids with scally caps and button-down shirts and dress pants would rally from the Bronx to Brooklyn to Queens, walking all the way to City Hall for justice and equal rights. These news boys were tired from working on the steel press with real ink that made them sick. They soon realized enough was enough and something had to be done as the boys were angry at City Hall and the women had no way to vote with the news boys of New York.

They were not able to vote but the women stood up for the news boys from all over the city to get what they wanted. They stood tall and strong to fight against City Hall and the crooked politicians. By the end of the 1900s the sweat shops were closed down and women could vote in the elections.

Written by Eli Zellman



Book Review by Peter C.

LONESOME DOVE BY Larry McMurtry

Published in 1985, this touching and wonderfully written novel is the third installment in the Lonesome Dove series. Set in the fictitious town of Lonesome Dove Texas during the waning days of the old west of the 1870's, the story centers around two main characters – retired Texas Rangers Woodrow F. Call “Call” and Augustus McCrae “Gus” who together run a cattle ranch. A bit of a stoic, Call is a serious man focused on duty and honor while Gus is a rather colorful character, known for his laziness and fondness for prostitutes. A well-travelled friend and former ranger arrives in Lonesome Dove and convinces Call and Gus to undertake a major and life altering move, driving thousands of heads of cattle from Texas north through Oklahoma, Kansas, Nebraska and into Montana to begin the first cattle ranch north of the Yellowstone River. As they move north in this epic journey, they encounter many adventures, physical danger and interesting characters. I highly recommend this Pulitzer Prize winning book. It is 843 pages but reads very quickly.



Cooking Recipe

Blond Brownies:

- 2 1/4 Cups flour
- 2 1/2 tsp. baking powder
- 1/2 tsp. salt
- 1 3/4 Cups packed brown sugar
- 3/4 Cups (1 1/2 sticks) softened butter or margarine
- 3 large eggs
- 1 tsp. vanilla extract
- 2 Cups chocolate chips

Oven @ 350 degrees

-Combine flour, baking powder, and salt in a bowl. Beat sugar and butter in a large mixing bowl until creamy. Beat in eggs and vanilla, then gradually beat in flour. Stir in morsels.

BAKE for 20-25mins!

-Melissa R.

We Take Donations!

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Plymouth Bay Clubhouse/ Vinfen
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Here is my gift to help!

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Please make your contributions payable to Vinfen-Plymouth Bay Clubhouse. Our parent agency, Vinfen Corporation, is a 501c3 organization, and thus, all gifts are tax-deductible to the fullest extent of the law.

Your investment in the Plymouth Bay Clubhouse is critical to ensuring that members and future members have the opportunity to be productive and respected members of the community! Feel free to contact Jaimee Provan, Program Director of Plymouth Bay Clubhouse for questions or comments. She can be reached at 508-747-1115, or Provanj@vinfen.org.

Thank you for your gift!



Thank
You!