



View On The Cove

Cove Clubhouse

383 Route 28 Harwich port, MA 02646

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

Email: coveclubcapecod@gmail.com

Hours Of Operation

Monday—Friday
8:30AM-5:00PM
Saturday 9am-5pm

Supports & Services

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

What I like about Cove Clubhouse

By Ken Bush

I've only been here for a couple of weeks but it's been long enough for me to have some opinions about the place. I come here from two other programs that were residential (a smaller number of participants who live, eat, and sleep in one house). Here it's different.

First the members: you are truly "members" because all decisions and activities couldn't happen without your participation. Meetings every day have shown me your insights and experience being put to good use running the clubhouse. Next the staff: working with folks with so much background and commitment to an organization is humbling. The place is run like a well oiled machine with everyone knowing the moving parts. But what stands out the most is their relationships to the members. I have seen them celebrate achievements, mourn a loss, and guide folks toward a better life. They have the patience that comes with knowing what to do and when it's needed.

And all have you have been gracious and giving to the new guy, even when it takes him three tries to answer a training question .



How are we colleagues?

A colleague is *a person that you work with regularly*. We are all colleagues with each other, because we each do some kind of work in a unit, and so we keep the Clubhouse going each day.

Clubhouses are special because both staff and members together are colleagues. Clubhouses are set up so that they need the members in order for the Clubhouse to keep going each day. That makes the work done be meaningful and not for nothing. Also note that the staff does whatever needs to be done (e.g. cleaning dishes); they are not above doing any work that needs doing.

Also, in particular, notice how in the meetings (unit and house) the members and staff are at the same level. In the meetings, members help decide what work should be done and who wants to do that work. Anyone can put in their say about how things will go for the group.

Ideally, what should happen is that through the meetings, we can foster up relationships with each other, because we each interact with everyone else by what we say and hear in the meeting.

Robert B

Hello Friends

My name is Ervin, I am a member of Cove club. I was working over the summer at Home Goods in Falmouth. It was a very nice job experience. The people were very pleasant to work with and the pay was generous. Spending money for me is hard to handle, so you can probably guess it was very hard for me not to spend at the store where I worked. Friends at work tried their hardest to also work on this problem with me.

The travel was a learning experience as well. I rode public transportation to and from work each time. I enjoyed talking with people along the way and seeing the beauty of Cape Cod.

Currently, I have returned with hope of a closer job to where I live and attend Cove Club regularly. Thank you

Ervin



Halloween 2021



MY TIME IN MAINE

I visited my daughter for two weeks this September. When I got to Maine on the 11th Sara, my daughter, and Time, her husband, had made me a retirement dinner. Tim smoked a chicken in the smoker. And we had stuffing, rolls, baked potatoes, cranberry sauce, and corn with it. They also ordered a Red Velvet Cake and cupcakes from the bakery. It had flowers on top and candy kitty ears and a cat face in icing on the side. Everything was delicious!

I spent my days reading my books and magazines, coloring in my coloring books. I took one walk up the road. And I spent the day with one of my grandchildren, I took her to Dunkin Donuts for an energy drink. I had a coffee. And we walked on a park trail. I took pictures of her. Sarah, my other granddaughter, and I went to the Farmington Fair together. We saw a cow that kept grooming the cow beside her and licking Sarah's hand.

We saw the other animals. Chickens, sheep, ponies, donkeys, and steers. We looked at the exhibit hall. Then was produce, flower arrangements, and crafts. Sarah bought me Cotton Candy and a chicken basket for supper, and two pretty leggings. There was a band playing country songs and gospel. All too soon it was time to go home. So my daughter drove me. Cindy

Things to Do with your Mask when Covid's Over

It seems like it will never come, but some day we will wake up from this Covid nightmare and live life with the lower half of our faces visible! So what will happen to the thousands of masks we no longer need? Here are some recommendations from the Centers for Disease Control and Preventions:

- **Pull mask over your eyes to Pin the Tail on the Donkey or to whack a piñata.**
- **If you have a them it is a cape that gives them super powers.**
- **Hang the mask on your bathroom mirror to remind you to start brushing your teeth again.**
- **Keep mask in place to practice kissing with people you don't like very muchbald spot, pull the mask over the top of your head to cover it in cold weather.**
- **Give pet hamsters a sense of personal power by looping mask over their heads and telling .**
- **Hang mask from your rear view mirror..no, wait, you already do this.**
- **Put mask in a drawer you never open and try to guess what it was used for when you open the drawer in thirty years.**
- **Oh hell, just get rid of it!!!**



Scenic Drive

We had a great day driving around and seeing the sights. We saw some of the sunflowers that took bloom that Jonathon planted in Madge's honor. Chrissie, coincidentally, wore a sunflower mask and hair ornaments and was inspired to get a flower from the Dollar Tree to put on Madges grave. It was good to remember an old friend. Some of our stops were Scargo Tower, Taylor Bray Farm and the Beach Tree in Yarmouthport. The bonus was hitting a yard sale at the Yarmouth Historical Society. Lunch at Wendys broke up the day. We are so fortunate to live in such a beautiful area!

Mary



Facebook Live

One of the things we have done post Covid is Facebook Live. We realize there are still members who are unable to come in for whatever reason, so in order to keep them in the loop and feel included we have been broadcasting our morning meeting. It has been a good experience for all involved. Whether it be filming, reading the material or starting us off with our morning stretches.

Thinking outside the box has brought us closer together as a community.

Mary



Clubhouse Works! Employers that are Employing our Members

Employer	Members Employed	Job	Support
Villa Roma	0	Maintenance	TE
Stop N Shop	2	Porter	SE / IE
Foreign Auto	1	Delivery	IE
Salvation army	pending	Bell ringer	SE
CVS	1	Pharmacy associate	IE
7- 11	1	Maintenance	IE
Dollar Tree	1	Sales Associate	IE
Ocean state	1	Sales Associate	IE
PCA	2	Personal Care Attendant	SE/IE
Home Depot	1	Sales Associate	IE
Star Market	7	Bell Ringer	Pending SE
Volunteers	4	A.R.L/YMCA/Thrift store / meals on wheels	



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.

Cove Clubhouse would like to thank our community members and supporters for all of the donations that you have given to the Cove Clubhouse this past year. 2021 has been a hard year for everyone, we have all had to come together to support each other through this difficult time. Your donation means so much to our program. From the weekly donations that help give us nutritious foods and fresh produce, to the clothing donations, to the monetary donations that help us buy art supplies, bird seed or tickets to social events. These things are all possible because of our generous community.

On behalf of everyone at Cove Clubhouse we thank you for supporting us!

-Sabrina Kreber

Thank You!

***Foods For Free**

***Villa Roma**

***Pilgrim Church**

***Team IZZY**

***Cultural Center of Cape Cod**

***And other various Private Donors**

Change

Change can be, for a lot of people, difficult. When a person who has some form of mental illness it is, as we all know, a lot worse. This can be more of a problem for people, or a way to recover and accept.

For me, I learned a little bit of this. I am really happy I have Cove club as a place that understands this. I hope everybody learns to be thankful like I am learning during the season.

Ervin



Yes I want to support the Cove Clubhouse

Here is my gift to help

**Cove Clubhouse
383 Route 28
Harwichport, Ma 02664
(508) 432-7774**

Name: _____

Email: _____

Here is my gift of:

\$10 \$25 \$50 \$75 \$100 Other_____

Your investment in the Cove Clubhouse is critical to ensuring that today's and future members have the opportunity to be productive and respected members of our community.

Comments or questions are welcomed by Sabrina Kreber Director, Cove Clubhouse. She can be reached at 508-432-7774, Krebers@vinfen.org, or send a note in the enclosed envelope

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

Thank you for your gift!

<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>
	<div data-bbox="812 1060 1429 1245"> <div> <div>vinfen</div> <div>transforming lives together</div> </div> </div>



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