

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

Cove Club Accreditation 2022

Our clubhouse went through the accreditation renewal process this winter. We, like many clubs had to postpone our original date because of COVID. I am glad we postponed it until the accreditation team could come in person. Our team came from Fountain House in New York. Raji and Audrey were here for a few days to do our accreditation visit and they blended right in, it was like they had always been around they were so nice and personable. The weather was iffy the day they had to leave so we had to rush them to the bus, it was a quick review so we are looking forward to getting the final report in a few more weeks.

-Sabrina



Maria's Farwell

Where do I begin to thank everyone for all the support and kindness I've received. As most of you know, March 4th was my last day. My medical issues with my back and knees just got to the point that working became too painful. I've loved my job and feeding all of you. I'm proud that through my cooking some of you have attempted to try foods you never tried and that through that have learned to eat a little healthier. I want to especially thank Sabrina, Mary, Kathy and Ken. I've never worked a job that I have truly loved working with my coworkers. Such an incredible team.

Though I may not be there 40 hours a week, I will still be around. I'll be coming in to volunteer to make lunch once in awhile. You can take the woman out of the club, but you can't take the club out of the woman. Love you all.

Thank you,
Maria

My Job at DMH

By Ervin

Hi Friends! My name is Ervin. I recently was awarded the job placement at DMH to work in the kitchen. I am really excited too because it will provide me with many opportunities.-to have a place to go to, income, confidence, and make new friends!

Structure during the day is very important for me. It gives me a routine where I build better skills to function. Getting up at the same time regularly on a daily basis. Getting out of the house for at least 8 hours every day for at least 5 days during the week is important, too.

Building healthy, productive relationships are always necessary as well. Developing social skills to improve ones ability to work experience are essential for mental health.

Knowing the goals and tasks required of you at the place of employment working to complete, and therefore fulfilling them everyday, week, month, and so on develops a sense of esteem that's priceless.

Friends are always wonderful to make- and I suggest that developing them and learning a sense of boundaries is required for mental health.

This job means so much to me I suggest everyone not give up that there is always light at the end of the tunnel.

Family

By Sherry Pryor

My sisters Laurie and Connie are the best sisters in the world! They are my friends too! They would do anything for me! I love them because we have fun together. I think about them all the time and pray them for them too. I know they love me a lot. What more can I say about my sweet sisters .



My New Knee

On Oct 5th I had to have a total knee replacement. Recovery has been brutal but will be worth it. They removed all the arthritic diseased bone and replaced it with a titanium and plastic knee. Once it finishes healing completely it will be stronger than ever. I'll be able to go on walks and bike rides. I am so thankful to everyone that sent me well wishes.

I'm also thankful to my husband. He was incredible! He did all the cooking and cleaning for weeks. He spoiled me. He helped me with my exercises and massaging my sore leg. I'm very lucky to have him.

I would also like to say thank you to my friends who gave me rides during this time as I was unable to drive for seven weeks. I am a very lucky woman to have so many people care about me.

Maria



The One and Only Justin Horner



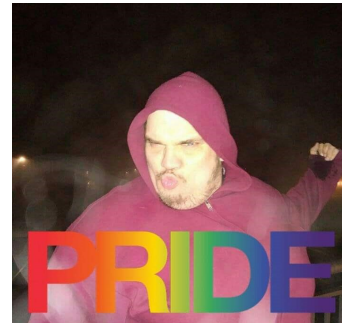
Justin made me the person I am. He was influential and passionate about life and he was artistic . I understand that he love me. God Bless you Justin , Kevin

It is hard to believe Justin is gone. He always had a smile on his face, it would brightened up the room. People were happy to see him. They loved him to pieces. Sherry

I can't think of one particular story or memory I have of Justin. But he always was so full of life and adventure. Anytime he was around it was a good time. Often full of drama of some sort.

He was always willing to get involved and he would get others involved. He liked acting and you could tell he was probably good at it because he was so animated and boisterous.

You will be missed greatly. I will miss him coming into the Club and get me or one of the other staff to run around and help him do something like finding him an apartment or get to Doctors appointment.
Sabrina



Justin was always positive and friendly with good things to say to everyone. He was good friends with my friend John and they both loved animals, fun and music and dance. I was glad I got to work with him during Christmas dinner preparations'. I did not know Justin closely, but I knew he was a good friend and I know he is in Heaven.
Erving

Happy Birthday Janet



Janet has been with us since 2008. that is fourteen years of service to our club. She has seen us go through all kinds of ups and downs and has traveled with us on that roller coaster called life. What I admire the most about Janet is she always gets the ball rolling. Janet sits on our board. We have had people from all different walks of life on our board , some very smart and clever. A lot of good ideas cross our table but it is always Janet who looks for the first step and accountability. She has a way of delegating with out saying a word. The silence and that look she has, makes you want to pick up the ball and begin the process..

I have a feeling Cove Club is just a small piece of Janet's life, there are probably many other lives that have been touched by this kind lady. So we want to celebrate this wonderful lady and wish her a very Happy Birthday! Mary



Valentines Party with Ervin Cove Club

Hi Friends! Recently, we celebrated Valentines Day at the Club and it was very nostalgic.

After lunch, the office table was turned into a delicately decorated table. The laced doily table had quaint, flowered painted tea cups. A platter filled with pink frosted cupcakes and sweethearts candy generously set on a platter as well. We had a choice of teas placed on the table too. There was peppermint, Bengal spice, and vanilla Chai from what I remembered.



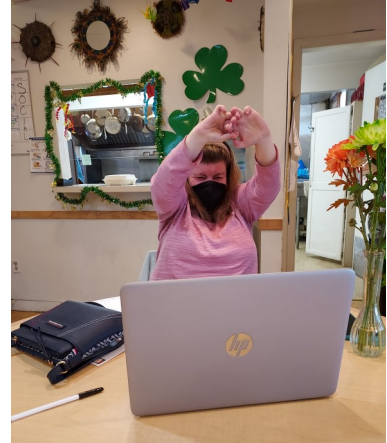
What made it even more interesting were Easter eggs filled with yummy mms candy and snacks hidden throughout the building. The pastel eggs hidden, of which I found one, brought on a hint coming of Easter. I am so Grateful and Thankful I have Cove Club to go to !



Congratulations Chrissie



Brian's exercise Group



Since the start of COVID we have moved some of our classes and meeting to zoom . This has offered a virtual connection to some of our members. Brian has faithfully ran this group every Thursday at 1:30. Recently we have extended the invite to other clubs and friends of Cove to get more participation. Please join us on zoom Thursday at 1:30 .
Meeting ID: 959 8424 4063
Pass code: 147838

Salis Art Show in Japan

Congratulations to Sali , her art work has been accepted to be shown in the Fukushima Jukankyo Chiiki Center Art show that will Take place this spring in Toyohashi, Aichi Japan. Fukushima Center is the parent agency for Clubhouse Wanath Japan.

The title of Sali's presentation is *Love and Friendship in the Marshall Islands*. It is one of 100 paintings in her series titled *Adventures of the Coo Coos*.



Clubhouse Works! Employers that are Employing our Members

Employer	Members Employed	Job	Support
Villa Roma	0	Maintenance	TE
Stop N Shop	3	Porter	SE / IE
Foreign Auto	1	Delivery	IE
Pocasset DMH	1	Maintenance	IE
CVS	1	Pharmacy associate	IE
7- 11	1	Maintenance	IE
Ocean state	1	Sales Associate	IE
PCA	1	Personal Care Attendant	SE/IE
Agway	1	Sales Associate	IE
Dunkn Donuts	1	Sales Associate	SE
Volunteers	3	A.R.L/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.

Ervin Gross Talks About Working

Ervin has been working at a variety of jobs, some for several years. He is currently looking for work and finding some good possibilities. Coming off a remarkably successful stint collecting donations for the Salvation Army (he broke all records earning over \$550 in one shift), Ervin hopes to find longer term employment soon. He interviewed recently with Cove Clubhouse's employment counselor about past experiences and future plans.

Can you talk a little about past jobs you've had?

I worked at Hotel Ramada when it was on Falmouth Square. I was working cleaning hallways and baths and supplying chamber maids, helping to make their work easier.

My favorite job was at Homegoods—I liked stocking the shelves and seeing what I could come back and buy later. People there were very friendly, kind, and respectful.

I had a TE (transitional employment) supported position at Laureen's Restaurant, a café-style eatery. The chef there was difficult to work for, cooks have psychological issues, too. My Vinfen staff helped me there.

At Royal Nursing Center in Falmouth, I was a dietician assistant. I was awarded Employee of the Year. This was a clubhouse supported job, too.

What kind of work would you look forward to in future?

Something active but not too physically demanding. Lifting heavy things is out. I enjoy stocking and light cleaning in a large store.

I might also have a job at Liberty commons, a retirement home in Chatham. It was referred to me by Steve who was in charge of activates at the Royal Nursing Center.

Any advice for folks working or soon-to-be- working?

If they give you a hard time at work don't give up, don't take it personally. Just keep on going. Keep a positive attitude.



Yes I want to support the Cove Clubhouse

Here is my gift to help

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

Name: _____

Email: _____

Here is my gift of:

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

Please make your contributions payable to the Vinfen. 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.

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


.

Thank you for your gift!



--

Cove Clubhouse
383 Route 28 Harwichport, MA 02646
Phone: 508-432-7774 Fax: 508-432-1001
Email: coveclubcapcod@gmail.com

	<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>
	<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