

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



Bell Ringing for Salvation Army.

I really am glad I had the opportunity to serve. The people's generosity and kindness was moving.

To see people of all ages, from all walks of life, come together to help others in need is just amazing.

The Salvation Army has provided service to everyone in need without any discrimination. These people have been there in time of drought, fire, famine, and disease. Also, the Salvation Army provides service in times of war and disaster without any hesitation.

So people be good -care- and remember— God and Salvation Army are looking out for you! Ervin



Winter 2022 Edition

v i n f e n
transforming lives together

The Great Cat Project of 2021



It has been an interesting few weeks tracking down some kittens for my sister and my mom. A few weeks ago I heard about some kittens and it prompted me to tell my sister about them. Because she has wanted one for a while now. Her cat is getting older, it is 17 and she missed my cat Tobey so she needed a kitten. Which made us think, "hey mom has been wanting a kitten for a long time", now it is a perfect opportunity. I reached out to Maria and she knew some people who knew of some kittens that needed a forever home. These two cuties are brothers from Virginia!



They don't have names yet, I'll keep you posted. The kitten was a surprise for my moms birthday, it's in October. So we surprised her with it yesterday and she was so happy she cried and said "Oh I always wanted a Siamese cat!"

It was purrrfect!

Sabrina



I Saved the Life of a Turkey

By Charlie

Ten months ago I became a vegetarian. I used to work on fishing boats and saw how the fish struggled on the dock with their gills going in and out.

Once I bought two lobsters at Stop and Shop. I gently pulled off the bands on their claws and brought them to the beach. One swam away; the other looked like it wanted to give me a hug.

Another time I saw a skunk banging its head on the side walk. It had a jar on its head. It must have been trying to eat the relish in it. I sat on the side walk with my feet in front of me. The skunk walked between my feet, stuck its head jarred between my feet, slipped its head out and ran away.

Since then I've had a deep respect for animals.

Woman Be strong!

By ...Roxanne B



Q: What made you decide to take better care of yourself?

A: The doctor gave me a diagnose of diabetes, my sugar was 400 and I kept falling down.

Q: How did you begin?

A: I saw my doctor and he prescribed medication. I started to drink lots of water and stayed away from sugar. I drank juice.

Q: Was it difficult?

A: Staying away from sweets was hard but I used my will power!

Q: What changes have you noticed?

A: I walk better and breath better

Q:What was the big pay off?

A: I went from a size 24 to a size 16

Q: What advise do you have for people who would like to follow your path?

A: Stay away from sweets and carbs. Eat healthier



Christmas 2021

Christmas

Despite the Covid restrictions we were able to have a nice Christmas. We celebrated with our usual Chinese feast. It flowed perfectly despite the worry of social distancing. The ladies from the Pilgrim church supplied us with gifts along with Jackie from the community who always remembers us with beautifully wrapped and decorated gift cards to The Dollar Tree.

We had a lively game of Bingo with prizes to start us off and ended with some home made desserts.

On Christmas day we delivered dinner and gifts to people who are alone or with out a car. People seemed appreciative . Thank you Kathy for taking the photos. Looking forward to another year of fellowship here at Cove Club. Mary



My November Trip to Maine

In November my daughter drove me up to Maine. I read my books while I was there. I wrote 26 letters to people about the Bible. I am a Jehovah's Witness. We letter write and do phone witnessing (because we no longer go door-to-door because of COVID). It was very cold most days, but the one warmer day I took a walk up to road and saw the pretty trees and houses. Some were even log cabins. Sarah, my daughter, and her cats kept me company. Blackie, her long-haired Norwegian forest cat slept with me almost every night, and rubbed and purred against me. Captain, her grey cat, all rubbed against me and purred. Loki, the little black kitten, played with me.

I had a delicious turkey dinner with Sarah's family. There was roast turkey, stuffing, mashed potatoes, corn, cranberry sauce and Hawaiian rolls and banana cream pie from the bakery. I took Kya (my granddaughter) out to lunch for Chinese. Mya (my other granddaughter) had COVID, so I couldn't see her. I watched House, a medical show, on TV with Sarah, my daughter, and some other shows. Sarah and I saw Clifford the Big Red Dog on the cinema. It was very good. Sarah took me to Walmart, where I bought a new purse, cards for the twins, some shirts, and thermal pants. Now I'm back home and have to wait March to see Sarah again when she comes to visit.

Cindy



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	5	Bell ringer	SE
CVS	1	Pharmacy associate	IE
7- 11	1	Maintenance	IE
Ocean state	1	Sales Associate	IE
PCA	3	Personal Care Attendant	SE/IE
Home Depot	1	Sales Associate	IE
Marshalls	1	Sales Associate	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,

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

About Loneliness

Loneliness vs. Social Isolation

Loneliness is different from social isolation. Social isolation is the ***physically not being around other people***. Loneliness is the ***feeling*** of not having anyone. Someone can be in a crowd of people and still feel lonely. Someone else could be by themselves (e.g. out for a walk) and yet not feel lonely.

Causes and Effects of Loneliness

Feeling lonely too long causes a person to experience misery and suffering.

Human beings are social. Loneliness comes from ***not being able to do social needs***. The people inside the group should be the ones who try to help people on outside (e.g. outreach). We are all responsible to do something about the loneliness.

Loneliness and Health

Loneliness is a ***health problem***. Being lonely causes the body to change. The changes can lead to death. Research is looking at this.

People who are lonely see the world differently. They lost their sense of connection and community. They feel threatened and mistrustful. Their defense mechanisms are now turned on.

The defense mechanisms cause inflammation. Normally that is used to fight and protect. But it gets turned on too long.

People who are lonely too long have a weakened immune system. That makes it harder to fight viruses, and makes it more likely the person will end up in bad health (e.g. plaque in arteries, cancer, Alzheimer's).

What can be done

1. Get a sense of mission and purpose in life.
2. Help others by care giving or volunteering

Source — National Institute on Aging



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:

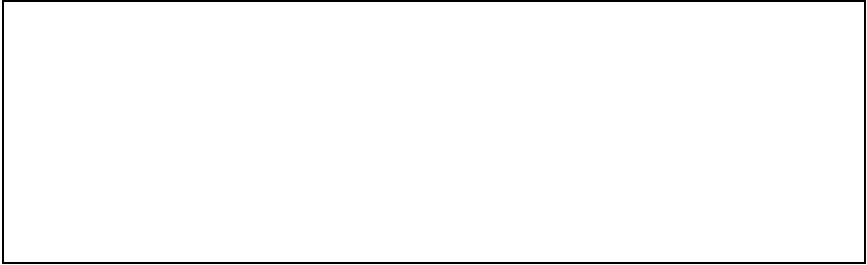
\$10 \$25 \$50 \$75 \$100 Other_____

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 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.

Thank you for your gift!



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<div><div>vin</div><div>transforming lives together</div></div>	
<div><div><div>The Mission of Cove Clubhouse</div><div>To promote and provide opportunities for individuals with a mental illness to lead meaningful and productive lives of their choice in the community.</div></div></div>	<div><div><div>The Four Guaranteed Rights of Clubhouse Membership</div><div><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</div></div></div>