

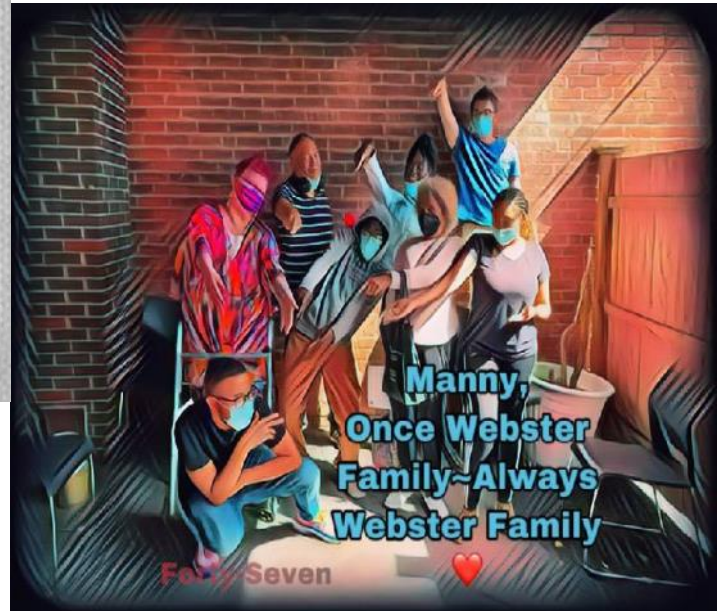
Webster View

August - September 2021



Alex

Manny



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About Alex: “Alex was the best person to help me find a job. He got me my job at the church. It isn't the same here without Alex” - Normary.

About Manny: “There is a lot that can be measured before someone gets a job but no one took out a ruler to see how big your heart was. Your heart was evident in the way you treated us and in how you listened. The work you did to be there for us will remain with me and remind me that there is good in others” — Forty-Seven.

746 South Street, Roslindale MA 02131

www.websterclubhouse.org

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WEBSTER HOUSE

WEEKLY SCHEDULE...

TO ATTEND

BY ZOOM:

Open Zoom app on phone or computer
Press "Join a Meeting" (blue button)
Enter code **581 638 5985**

BY PHONE:

Dial (929) 205 6099
Type in **581 638 5985** then press #

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	9:30 a.m. Morning Meeting In Person /Zoom	9:30 a.m. Morning Meeting In Person /Zoom	9:30 a.m. Morning Meeting In Person/ Zoom	9:30 a.m. Morning Meeting + Meal Planning Meeting	9:30 a.m. Morning Meeting In Person /Zoom	10:00 a.m. Saturday Social In Person
	10:30a.m. Meditation In Person/ Zoom 11:00a.m. Employment Meeting 12 Noon Lunch	11:00a.m. News Letter Meeting In Person / Zoom 12 Noon Lunch	10:00 a.m. Health & Wellness 12 Noon Lunch	10:00 am Member Led Art Workshop 12 Noon Lunch	 12 Noon Lunch	10:45a.m. Saturday Social Peer Group Zoom/ In Person 11:45 a.m. Lunch
Afternoon		1:30 p.m. Clubhouse Meeting In Person / Zoom	1:30 p.m. Social Planning Meeting		1:00 p.m. Peer Support Group In Person / Zoom	ASK US ABOUT THE MEMBER RUN ZOOM GROUP HELD ON SUNDAYS STARTING AT 2:00PM
	2:00 p.m. Coffee Hour	2:00 p.m. Walking group/ Zumba with Denise in Person	2:00 p.m. Social Activies	2:00 p.m. Movies	2:00 p.m. Creative Writing In Person / Zoom & Social	



Summer Updates



Intake, Orientation, Outreach, and Housing Unit By Juliana Rose



We have been very busy with placing outreach calls to remind members that the Clubhouse is now open Monday-Friday 8:30am-4:30pm, and on Saturdays and Holidays 10:00am-1:00pm. Seeing current and returning members walk through the doors to participate in Work Units / activities has been great.

If you are interested in being a tour guide to prospective members that would like to learn more about the Clubhouse or being a friend to a new member let us know. We can always introduce you to the member so you form a buddy system with them; having someone to talk to about similar experiences, or interest can make a difference when one is making a new transition. Don't forget, if you are looking for something to do, you can always stop by the unit to make a couple of outreach calls, or to collate intake packets.

We also love to hear feedback from new members that have either just started their transition at the Clubhouse, or that are feeling settled in. What was useful for you when you came for your tour, or when you came in for the first couple of weeks? Do you have any recommendations for what we can be doing differently as a work unit. You can submit your ideas in the suggestion box (located in the dining room, on top of the piano), or better yet, we would love for you to write an article about your experience with the intake unit that we can feature in the next newsletter.

Art Unit Updates

The Art Unit is continuing to see changes take place every day. We started holding member-led art workshops where members showcase and teach their favorite mediums. Ken P. held the first workshop here on imagination, and he demonstrated drawing techniques in a very intriguing style. Sarah E. held a workshop on jewelry-making, and members were excited to leave the workshop with a piece Sarah taught them how to make. In the future, there will be workshops on pottery, watercolor, digital art, and more.

Members are starting to get exposure from the pieces that are being displayed in the windows. One of our members, Susan E., has received a request to purchase one of her paintings. Displaying artwork in the windows is proving to be an effective way of getting exposure as an artist and showing the community of Roslindale just what the artists of Webster House are all about.

Aside from our members-led workshops and window gallery, we have started planning for the next art show, which will hopefully take place December 2021. Members are encouraged to start thinking about pieces they would like to put into the show. All details will be worked out as we get closer to that date.

By Farra

Arts Facilitator & Clubhouse Counselor



Jewelry ~ Making with Sarah

EMPLOYMENT



Welcome to Webster House,

My name is Grey and I'm the new Employment Specialist. I'm super excited to be a part of Webster House. I decided to join the clubhouse because I care about community and love motivating people to be their best selves. I try my best to show up and be positive every day.

I'm driven to work in mental health because I want to live in a world where everyone is taken care of. I really struggled with depression. I fell behind in school and it really caused me to struggle with my confidence and how I saw myself. I credit my recovery and ability to having very supportive friends who checked in on me and pushed me to take care of myself. After I eventually graduated, I worked in a few different fields but most of them felt pretty disconnected from the work that was so important to me, being present in someone's life while they're struggling.

As I said I should include some personal facts about myself. I'm a big fan of biking. I'm sure those of you who get here at 8:30 will eventually see me trying to cool off after a demanding ride in. When I'm not at Webster, I love to play board games. I have a pretty decent collection of games and am more than happy to bring some in for Saturdays/ holidays or take any challengers on the chess board in the Employment Unit.

I look forward to meeting all of you. Chasing your dreams is hard but I'm excited and motivated to join all of you as we work together to become the best versions of ourselves.

Communications And Social Units



Due to the Pandemic flipping our world upside down, we haven't been able to do much Social Trips unfortunately. We have done walks around the neighborhood and stuff like that but the big trips like we normally do like to the Movies and shopping at Savers, we haven't been able to do in a while. Recently we had a change in the guidelines here at Webster House and I am happy to say we can soon start taking small trips outside the Clubhouse. There are still limitations though as we are only allowed 2 people in the Van at once. So, to start off we may do sign up sheets for the trips. It may not be the greatest thing right now as we would love to get more people in the van for trips, but we can't do that right now. But at least this is a step towards the right direction as we try to bring back how the Clubhouse used to be before the Pandemic. Be on the lookout for future trips and any changes in the guidelines regarding the van as we move forward.

On the Communications side, We are doing a lot of outreach, putting together the newsletter, helping people learn about their tech devices with Juliette by appointment Mondays 9:45AM & Thursdays 1PM. We Also invite you to our Creative Writing Group in-person or Zoom Fridays 2PM with Will. So come in and work on your important business or Club related work, and as always we will help you with your computer needs.



Do You Know Your Rights? It's Important That You Do!

Part 1

- ◆ The right to be treated with dignity and respect and to receive adequate and humane treatment:
- ◆ The right to be free from verbal, non-verbal, mental, physical abuse, sexual abuse, exploitation and neglect:
- ◆ The right to be free from intentional or unauthorized use of force or restraint:
- ◆ The right to be free from discrimination (race ,creed, religion, color, ethnicity, sex, sexual orientation, gender identity, age, national origin, ancestry, physical or mental handicap, or degree of disability):
- ◆ The right to choose what you want to believe and how you want to practice your religious beliefs:
- ◆ The right to vote and assistance to do so, unless a minor or under guardianship which expressly restricts such right:
- ◆ The right to access quality services and in the least restrictive setting:
- ◆ The right to a service agreement and to receive the services referenced therein:
- ◆ The right to be an active participant in your individualized and person- centered treatment planning and the right to invite others of your choosing to also be participants in your treatment planning:
- ◆ The right to services which promote independence and personal choice and promote full participation in one community
- ◆ The right to communicate, including the right to have reasonable access to a telephone and to make and receive confidential calls and to assistance, provided such calls do not constitute a criminal act or represent an infringement of other persons rights to make and receive telephone calls:
- ◆ The right to send and receive mail, to be provided with writing materials and postage in reasonable amounts, and to reasonable assistance when desired and necessary in writing, addressing and posting letters and other documents:
- ◆ The right to be visited and visit with others daily and in private:
- ◆ The right to receive or refuse visits and telephone calls from an attorney or legal advocate, physician, psychologist, clergy, or social worker at any reasonable time:
- ◆ The right to be represented by an attorney or advocate of your choice, including the right to meet in a private area at the program with an attorney or advocate:
- ◆ The right to complain about alleged violation of rights and to have complaints responded to in accordance with the funding source requirements and not to be retaliated against:
- ◆ The right to access your medical records and to receive a copy of such records in accordance with the law:

Continued next page



Do You Know Your Rights? Its Important That You Do! Part 2

- ◆ The right to privacy and confidentiality of all records and communications, including the right to give consent, prior to release of information, except as otherwise provided by law:
- ◆ The right to be informed and give consent with the understanding that you are free to choose or refuse any available alternative and that the choice is free from all coercion:
- ◆ The right to be informed of specific program rules and affect the way the program operates:
- ◆ The right to refuse to be examined, observed, or treated by students or any other program staff without jeopardizing access to psychiatric, psychological, or any other medical care and attention:
- ◆ The right to refuse to serve as a research subject and to refuse any care or examination wherein the primary purpose is to education or informational rather than therapeutic:
- ◆ The right to have privacy during medical treatment or other rendering of care within the capacity of the program, as well as access to private space:
- ◆ The right to refuse medications and treatments(except if legally deemed to be otherwise):
- ◆ The right to manage your money as you please, unless you have a Financial Administrator or Conservator. As long as you meet your financial obligations, you will be able to manage your own money:
- ◆ The right to keep your private possessions here (as long as they are not unusually valuable or potentially dangerous):
- ◆ The right to be free from financial or other exploitation:
- ◆ The right to referral for medical care and services in a prompt and timely manner, as well as the right to consultation and second opinion at your own expense:
- ◆ The right to be informed about and to receive assistance in coordinating your care with treatment received from other programs, mental health centers, or physicians. You have the right to freedom of choice in the selection of a facility, or health services mode, except in the case of emergency treatment or as otherwise provided by a contract between the program and the person served:
- ◆ The right to generic integrated services whenever possible or being able to access the same community services typically accessed by others without disabilities:
- ◆ The right to education and training:
- ◆ The right to reasonable daily access to the outdoors, as weather conditions permit, in a manner consistent with your clinical condition and safety:
- ◆ The right to notice before termination of services and right to notice of suspension:
- ◆ In the Psychiatric Rehabilitation Division, as applicable, the right to the protections under the Community Residence Tenancy Law.



Creative Writings

Motor-Psychos

by Ken P.

(Member Artist & Writer)

Part 1

The danger or rather thrill doesn't end after death. It only becomes safer, like an extreme roller-coaster or bungy dive. But you need a transport you can trust for trafficking souls in Heaven's bustling intersection. Trafficking has a negative connotation but nothing is bad in these higher realms, since things take their healthiest forms.

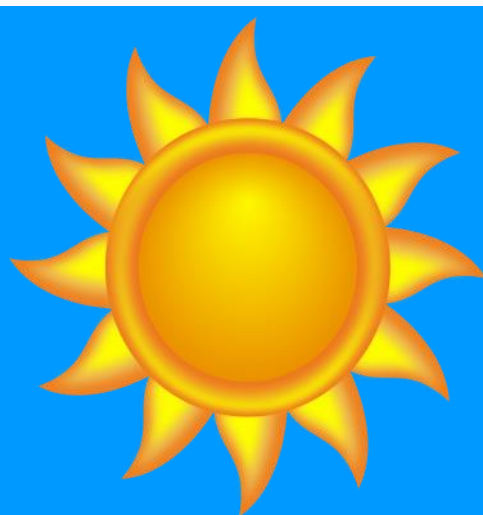
Futuristic spacecraft, super trains, and mecha mobiles transport souls to their Anime-like homes in the multiverse. But Nancy is the most hardcore motorist, roaring her way through the criss-crossing, incoming, meteor storm of speed demons at such impossible speeds you'd think she was warping the hyper-accelerating universe with her souped-up chessboard cab. She zooms across the solar ring highways, singing, "go Speed Racer go!" Her favorite cartoon.

"I'm having less cosmic shifts," said Nancy Rodriguez to herself and to an unseen observer who whispers in our ears, "Must be close to meeting all my karmic debts." She is the top cabbie in the galactic intersection, and she holds the record for transporting souls to their paradises. Paradoxically she became the most hardcore motorist in this cosmic roller derby and Gran Prix magnified by refusing to take spirits to purgatory. This helped the cosmos revolve freer and evolve, like her steering wheel. "My debts are almost up. Just when I thought I was free to be Ninj~jy~a, with my star seed, I'd find myself in the cross-realm. Every soul I safely transport makes me value life more. A million lost lives may equate to a billion dollar enterprises gained, but tycoons delay a life-sustaining currency that should always be; their temporary gains create more seismic cracks for many to slip through. Me and the Gods learned this the hard way. We exterminated worlds as we saw as unfit, but we couldn't replace the natural with the unnatural, like virtual cities and beings. You can't calculate the forces of time and space-which shifts and corrects the stuff we damage."

The danger doesn't end when one dies, but it becomes more thrilling if souls put their trust in Heaven's rapid transports. It's like riding the steepest rollercoaster or taking a bungy dive to Earth-Hell (one final time) and up to Heaven finally. Many passengers bypassed that punk rocker gal Nancy because her car wasn't some brand design, the cosmic equivalent of a Lamborghini or more, but her black, casket-like low rider was comprised of the best of discarded vehicles. Best of the best includes things which were once low-quality. Their alloys had an alchemy-like sensitivity to forces which warped-enhancing her design.

The transition from life to the beyond is experienced in one final chemical reaction, emitted upon death like the smoke of a flame when it's extinguished and so on. Pay attention to ghostly smoke and you may see symbols and timelines. Perhaps that chemical reaction is an eternity unto itself, not infinity; one's own space is revealed.

Continued next issue



*Created
By
Hildi*

Honoring My Mother

By

Juliana Rose Part 1

Not everyone here knows this but my mother died on 9/11 in the World Trade Center, where she worked. It's going to be 20 years on this September 11, 2021, and it's been a very, very hard 20 years. Not a single day has gone by where I have not thought about my mother's death.

My mother, Laura Marie, was a beautiful woman who loved life and an exuberantly joyful personality. She had many friends and knew so many people and there was not a single soul that could ever say a cross word about her. She was truly a woman to love, and I did, very much.

Honoring her short life (she was only 41 when she died), is my lifelong purpose. She gave me life and even though throughout the years I've tried to take that life away, I have nevertheless survived all the suicide attempts and made it on to tomorrow. My mother died when I was 15 years old at a time when I was just barely trying to cope with being a very unhappy teenager. I had no friends at my high school and was always alone. I was known as the sad, quiet boy that was nice if you said hi to him, but otherwise seemed to just be in a different world than everyone else. This was true because when I was 17 I was diagnosed with Aspergers Syndrome.

Continued Next Issue:

The Kitchen at Webster

By Sarah E.

I love working in the kitchen at Webster House. It's a pleasure for me to prepare meals and serve the meals to other members. I love to cook at home as well. I like trying new recipes at Webster House as well as at home. I find it fun. The best part about it is working with staff and other members. Also I like seeing other people have fun cooking and baking. It's a team effort and fun environment.

My View of Webster House

By Vinnie T.

Hi I'm Vincent but everyone calls me Vinnie. I have been a member here at Webster for 27 years. During my time here I've seen a lot of people come and go, both staff and members. Webster is like my second home. Everyone here are nice people to be around and we all get along very well. I miss the social trips in the van since the pandemic started but the lunches here are healthy and delicious. I wish more people would come to Webster House though as some members are slow to come back because of the pandemic



Creative Arts



*Shared by
Karen S.*



*Created by
Carla T.*



Exotic Flower

Kensei 1 by Ken P.

*by
Sara E.*



NEWS

Member News & Opinion

OPINION

DMH STAKEHOLDER ENGAGEMENT FORUM

For Upcoming Clubhouse Contracts

By AL H.

On August 10th, DMH held a clubhouse forum concerning upcoming contracts from DMH to Clubhouses that can best serve their members. This forum discusses services that DMH and the Clubhouses believe can best serve the members for the next 8 years. The Webster House community was/is very involved in this process as this will affect the services and quality of services members will get. The Webster House community brought up what we consider important points for consideration.

- ◆ Continue hybrid model utilizing Virtual, telephonic, and onsite contact with members: The zoom groups here at Webster House was a life saver for us. We were able to keep contact with staff and other members through various groups and Clubhouse mtgs. Some would not have made it through the closings without these groups. We believe that members should be counted on zoom and telephone just like would happen if they were physically present in the club. These groups are still going strong to this day and still making a big difference in all of our lives.
- ◆ Clubhouses are important communities for members, the social and recreational component is very important to retain. We clients need to be able to socialize with one another and keep that human contact. In my opinion isolation is the worst thing for our recovery. When I have isolated myself away from others in the past, it didn't work out well at all for me. I went backwards in my recovery. Fortunately I got back on track before the devastating results of isolation became permanent.
- ◆ Health and Wellness services are important to retain, nutrition education is very important to health and wellness, connection to resources and activities focusing on physical and mental wellness as each go hand in hand for recovery ie: meditation, walks, and general exercise.
- ◆ Diversity, Equity and Inclusion, Young Adults (YA): Staff designated to YA group, using the hybrid model to recruit and orient. YA peer positions would be essential to recovery and growth as other Peer groups have shown. Peer Support /Social Groups have been ESSENTIAL for us at Webster. Its also excellent for maintaining active and engaged members. Also Older Adult tech support is important for older clients who struggle to understand how to use hi- tech devises.
- ◆ Budget, salary increases that reflect the current market must happen for agencies such as Vinfen and Clubhouses to be able to come out of this staffing CRISES. This crises has hurt clients recovery because there is NOT ENOUGH people available for clients to work with. This has become an emergency situation here at Webster House and I'm sure all over. The State (EOHHS, DMH, and these agencies must make it attractive to people who are interested in working with us. In my opinion there is NO EXCUSE for not paying a reasonable wage. Our lives are negatively effected by this crises PERIOD. If you don't believe this, then I challenge the powers that be to talk to us who live this every single day. If you don't want to start losing clients then I suggest you do something strong to address this crises NOW BEFORE ITS TOO LITTLE TOO LATE!!!!

Good Luck to Manny

By Vincent J.

Manny has been Community Outreach Coordinator here at Webster House for two years. During his time here he has developed relationships with members and provided a lot of much needed support especially during Covid. Manny helped organize Zoom meetings during the lockdown and partial reopening to keep members in touch and bring the Webster House experience to their homes.

“it was a pleasure working with the members here, it was an experience I will never forget. Webster House will be in my heart forever” **Manny P.**

By Al H.

Manny is my advocate and my friend. I am a better person today having worked and talked with Manny over the last 1 1/2 years. His help and support was instrumental in creating 3 social/peer support groups that turned out to be life savers during the pandemic lockdown. Because of him, anybody that wanted Zoom access got it. He was the backbone that kept everything going because of his excellence with high tech and most importantly, he was a strong supporter of the groups especially our Peer Support groups. Manny is a true peer and a trusted friend to me and others, He will be sorely missed and can not be replaced. But because of him we can and will carry on the work that he helped start. I hope he still comes to Sunday Group once in a while because our group loves him and he is one of us. Go in peace, but you will never be forgotten my friend.

Article about Nilsa and the ICCU Unit

By Juliana R.

The Intake unit does a wonderful job and Nilsa is extraordinary in all she does. Not only does she handle all intakes and gives tours to those that would like to visit Webster House for the first time, but she is an amazing emotional support for me and so many others here. She handles tough situations with empathy, compassion, and sincere kindness.

I remember my intake in November 2015, almost 6 years ago. I was staying at the Fenwood Inn then with Karen, Jarred, Cindy, and Leo. Webster House offered a place for me to immediately connect with people after a very painful period transitioning from Eikos, a private psychiatric facility in Brighton, to be incredibly warm and welcoming to me, and am so grateful to everyone here, and it all started with coming to Webster House for the first time.

Like one of our members so eloquently put it yesterday, Webster House Saves lives. It brings people who desperately need other human beings in touch with them on a daily basis. It is here when you want it or as you need it, but it is always here for you. Its been a true savoir for me and the people I've met here truly transformed my life.

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Here at Webster House, there are 2 job openings that need to be filled

Food Service Unit Coordinator:

We have been looking for an experienced cook who can work with members to plan menus for the week, and then prepare the meals on a daily basis, all the while working with members who side by. The role also involves being a member advocate, support members of the Clubhouse in their recovery

Employment/ Education Unit Coordinator:

We are currently looking for an Employment/Education Coordinator who can work with members who wish to pursue Employment and /or Educational opportunities. Also researching and explaining to members the rules about Employment and benefits. You will also be a member advocate and support members of the Clubhouse in their recovery.

Webster House is a Vinfen Program



@websterclubhouse