

Webster View



JUNE 2021

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July 2021

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We're Back



Webster House is very happy to announce that starting July 12th the clubhouse fully reopened after a year and several months of working with a limited capacity on site. Now all members can come starting at 8:30AM to 4:30 PM Monday thru Friday. Also on Saturdays, the Club will be open from 10AM to 1PM for social activities. There are some guidelines still in place such as masks are to be worn at all time inside the club. Other guidelines are available at the clubhouse and can be read in every unit in the club or you can take a copy with you. Activities or daily schedules can be seen on Page 2 of this publication.

**746 South Street, Roslindale
MA 02131**

www.websterclubhouse.org

Follow us on Facebook:

@websterclubhouse



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
M o r n i n g	9:30 a.m. Morning Meeting	9:30 a.m. Morning Meeting	9:30 a.m. Morning Meeting	9:30 a.m. Morning Meeting + Meal Planning Meeting	9:30 a.m. Morning Meeting	10:00 a.m. Saturday Social In Person
	10:30 a.m. Meditation 11:00 a.m. Employment Meeting	11:00 a.m. News Letter Meeting	10:00 a.m. Health & Wellness		11:00 a.m. Peer Support Group	11:00 a.m. Saturday Peer Zoom/ In Person Meeting
A f t e r n o o n			1:30 p.m. Social Planning Meeting	1:00 p.m. Tech Support with DOORS		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)		1:30 p.m. Clubhouse Meeting 2:00 p.m. Movies	2:00 p.m. Creative Writing & Ice Cream Social	

Summer Updates

The Intake, Orientation, Outreach, and Housing Unit

Hello all. Because the Orientation Unit can get very busy at times providing a good number of returning and prospective members with tours of Webster House. We are always interested in having established members greet & provide tours to the new members.

We are also providing members with daily outreach calls, so if you are feeling up to it, come to assist us with placing these calls.

We can also use assistance with making copies of forms that we utilize for the intake packets.

You are always welcome to stop on in just to say hi, or provide us with an update on how you feel this work unit has contributed to your success at Webster House and or in the community.

Breya's Experience at Webster House

Being here at Webster House has been like something I've never experienced in a job. The culture of patience and compassion that lives here is unmatched.

The previous job I had said its mission was to help people and support their transition back into society, but instead they criminalized them. Coming to Webster House however, there are no loopholes or smoking mirrors, only the need to genuinely help. This is what I've been searching for.

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 are interested in helping in the kitchen. This also involves being a member advocate, and 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.

EMPLOYMENT



We are currently reaching out to different business's for employment opportunities as the city is reopening.

We are also celebrating all those who got jobs during the pandemic.

We talk about being inclusive and meeting people where they are at in their education and employment journey.

So please check in with us for resume, mock interviews, job placement and /or any other employment and/or any educational opportunities.



COMMUNICATIONS & SOCIAL UNITS

Due to the Pandemic flipping our world upside down, we haven't been able to take many 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 4 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 use 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.

Maybe This Mask Isn't So Bad After All

By J. Buro

I have extreme social anxiety. I feel everyone's judging me and making fun of me. Sometimes it seems everywhere I go I'm just there to be laughed at or ridiculed. I've gotten used to walking around Boston wearing this COVID mask and at first I loathed wearing it. Nowadays, I feel protected by how it conceals my facial hair and long chin, the two most hated parts of my face. I feel as if I can walk around without people really knowing what I look like. Eventually I'll have to ditch this mask, but I'll miss hiding. Eventually, I'll have to not hide anymore and that is scary.



Would you like to be a part of Webster House Peer Support Group?

By Al H.

Laura Morgan and I started a peer support group at Webster House and on Zoom. This group focuses on members supporting each other in what each of us go through in our daily lives, and helping each other in trying to achieve our goals and dreams as we travel on this journey of life together. All of us have experienced the same, or similar things in our recovery, so who's better to support and understand what we go through than ourselves. All of us are peers in various stages of our recovery, so those who have been fortunate enough to realize some of their goals can help others possibly realize their own goals with support and good advice.

When we help others, we also help ourselves, simply because we feel good when we help another person in whatever they are going through. Speaking about myself, my recovery really took off when I was fortunate enough to be in a position to better understand what I really cared about, which was what people were going through and wanting to help if I could. By understanding others, I was able to understand myself better, and that helped make me a better person. You would be surprised how much that works. This is a very safe and secure place for anyone to share what they wish without any judgment whatsoever.

So please, if you are interested then join us at Webster House or on Zoom, and be a part of something that has been special for all of us, Fridays at 10:30.

Remember, Peer Support Works.



Meditation Group with Jodi, Monday's at 10:30 AM

MEDITATION COMFORTS

By Sarah E.

The Meditation Group, happening on Monday via Zoom and in-person, has been very popular. It provides comfort and stress-release. The group includes calming music and a narrative. I find I relax while I meditate. Meditation takes a lot of practice as many would agree. It is hard to get the hang of it but over time **practice** makes perfect. I used to meditate on a daily basis. It helped me fall asleep since at the time I was not sleeping at all. I have not done it again until now. I haven't been motivated too much to meditate on my own, but hopefully in time I will get back into a daily meditation period, as well as attend the weekly group.



“Evolution Unfurled”

By

Shaah Aamid

I will not live like the poverty that I grew up in.
So I study life's lessons because I want to do something.
I'm an articulate gentleman, so my Mother don't like me,
my partner s in the cut waiting to fight me.
If I get away from there what would life be?
Langston Hughes is my hero so I'm always writing.
Most people are trifling.
Their the type that thinks sleep is exciting.
I acknowledge the ladies, but they don't respond.
I think I had enough of that so I move on!
Those tactics I've been using are gone.
My pride has a limit.
I am confident in my abilities.
I love talking to the most high because I know he's with me.
I give praise and thanks for all he has given me!

“ The Blessings of Life”

By

Shaah Aamid

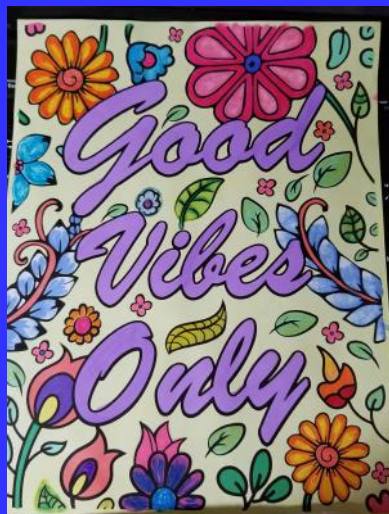
I follow nature. It leads to wealth!
God created the Black woman as his second self
She is our teacher, I learned from her features...
She is the most beautiful creature, equal to the moon in the sky...
And I'm about to show why.
She is the motivating factor...
In life lessons I strive to be a divine master!!!
She produces our future,
How could they abuse her?
Man is just a few degrees over & above...
That's why I'm careful of what I think of...
Trying to qualify for blessings,
It's the Black woman I'm addressing!
Until the day God ends my session.

Creative Arts

***Created by
Sarah E.***

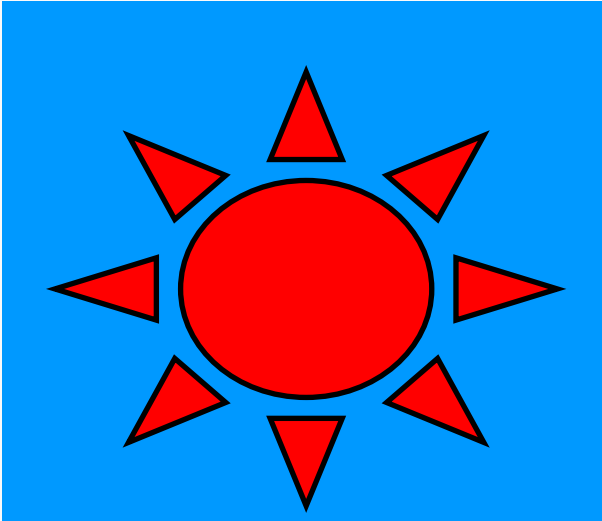


***Joel's
Getting
His
Groove
On!!!!
Pic by
"Forty
Seven"***



***Created by
Carla T.***





The Iconic Edmund Pettus Bridge In Selma

Alabama

By Emmitt B.

The Edmond Pettus Bridge in Selma Alabama was built in 1940. It is named after a confederate Brigadier General-Edmund Winston Pettus, who also served as a senator.

The bridge crosses the Alabama River it is about 1,248.1 feet long and 42.3 feet wide. The Pettus Bridge played a pivotal role in history. On Sunday, March 7, 1965, Dr. Martin L. King Jr. led over 400 demonstrators towards the bridge in an attempt to cross into Montgomery in an effort to gain equal rights to vote.

The marchers were tear gassed, clubbed, and beaten severely by State Troopers, 17 people were hospitalized, and another 50 were treated for minor injuries. This became known as "Bloody Sunday". Moving forward, March 2015, marked the 50th anniversary of "Bloody Sunday". President Barak Obama alongside various dignitaries, celebrities and other well known socialites crossed the Edmund Pettus Bridge to recap that moment in time.

Finally in 2020, The late U.S. Congressman and civil Rights icon John Lewis took his last ride across the Edmund Pettus Bridge as a horse drawn carriage carried his American Flag draped casket to its final resting place

Getting to know our new Art Coordinator: Farra P.

What would you like our members to know about your background?

Well, first you should know I've been an artist all my life. Sketching and lettering were my first favorites. I recently picked up painting, and it's one of my favorite mediums.

Does your name have special meaning?

Not really. I was named after my mom, Fanite, who was named after her father, Fave

What are you looking forward to this summer?

I'm looking forward to the world opening up more after COVID. I want to go out more, travel, go to festivals and other creative events. Let's just hope we continue to go in a Good direction with COVID.

What do you like about working in Roslindale?

I think Roslindale is a beautiful place to work. It has so many small businesses and interesting shops I'd love to visit. Also there's artwork on every corner. I love to see it.

Do you have a favorite artist, author or creator? And why is that person your favorite?

My favorite creator and artist right now is Stina Leah. She is an oil painter based out of Ohio. Her work is incredibly inspiring and pushes me to improve as an artist. She learned to paint not too long ago, so it goes to show how it's still possible to pick up new passions in adulthood and become excellent at them.

What motivates you every day?

I have a few motivators. The first is my daughter. Another motivator is myself. There are things that I'd like to accomplish and I remind myself every day what the big picture is. It's great to have other people serve as motivators for you. However it's incredibly important to understand what is important to you and what it is that you'd like to accomplish.

What is your favorite musician?

My favorite musician is Giveon. He's an R&B singer based out of California.

What is your favorite summertime food?

I love fruits like mango and watermelon. On a nice day, I enjoy fish cooked on the grill, and authentic Haitian Beet Salad.



Two Fifty Fortune

By Forty-Seven

I recall being so broke in 2003 that I could not afford the trolley near my house. I told friends that I had no food and they didn't want to believe that I didn't have money for the train. I had lost my part-time job.

Recently I spoke to a friend and they explained that they had no clean clothing for a job interview the next day at a famous restaurant and further explained that they would wash their clothing in the tub. It was surprising but not that shocking because I myself had washed my clothes in the tub too. Even now I do not dry blankets to save money. I hang them over doors to dry and I do not put my clothes in the dryer lest they wear down.

When you do not have the funds two fifty is a fortune. I want to tell you all the ways it can affect one's life but I also do not because the daily shame of not being deemed productive enough even by close family and friends is just too much. While I strive toward independence now and others around me consider me productive and independent, that lack of validation from family weighs on me.

So the reopening July 12th for me is bittersweet as I am aware that my brethren at the club are sometimes mismanaging money or have very little to manage and while I'm getting a lunch, I'm aware that some around me will not, even when it's a heaping meatloaf mashed potato dish or something else great.

For this whole length of COVID restrictions Webster has given lunch free.

Having lived in half-way houses and knowing what it's like to have most of my income (seventy-five percent in many places) given to the function of the house. I know that some members desire to spend money on nice clothing or a nice backpack and it is not self-medicating through shopping addiction but just living life.

I hope we can establish a fund so that members can borrow or get mini grants of 2.50\$ to enjoy the day, exhale a bit, feel less like an untouchable and simply eat.

Webster for a long time was maintaining a system of members being able to charge their meals and have it written in a book and paid later and I feel like the process became cumbersome as the clubhouse struggles to retain employees and I have learned that no system currently exists to help members without lunch funds.

Members I have spoken to are hopeful for innovation around the issue of participants overcoming cash flow issues and gaining the fortune of a two fifty lunch. Ideas such as getting free bread weekly from local businesses to distribute to members with no lunch money or creating a small grant system for members to use when they cannot buy a lunch I am hopeful will be used in the near future.

Webster House Lunches

By Sarah E.

A lot of people at Webster House are low income. This makes it hard to afford items sometimes including lunch at Webster House. However, there is a lot in place to help members get lunch. Webster House makes sure of this and wants no one to go hungry. Lunch procedures have changed a little but much is in place to help members. Ideally, we would turn no one away and deny no one a lunch. The question is how? Is there a way to have funds set aside to help those who are struggling? Its complicated. Can it be done? This is currently being discussed now at the club.





*Just Another Day at
the Club
By
“Forty Seven”*

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