



# View On The Cove

## Cove Clubhouse

383 Route 28 Harwich port, MA 02646

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

### Hours Of Operation

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

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### Supports & Services

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

### 2022 Bell Ringing By Jordan

My time with Bell Ringing was exciting. I got to see a lot of types of people with different backgrounds. It wasn't as cold this year as in years past so that was nice.

One day someone bought me a coffee. I thought that was very in the spirit for them to do that. I was impressed with out much money everyone brought in.

This was my third year and I am looking forward to next year.



### Salvation Army Bell Ringer

I worked on the east end two years ago and we made \$4100. Last year I worked on the west end and we made \$5500.

I like Harwich, there are good people here. This year we made \$5100, just short of our \$6000 goal for a pizza party.

Cove Club gave us a pizza party anyways because we all worked so hard and showed up for our shifts.

Kevin

## New York By Chris T

Last week I went on a road trip with my dad. I met him in Copake, NY on the border of Mass. and New York. Then we drove upstate through the Adirondacks all the way up to a town called Plattsburgh close to the Canadian border. We stayed the night at a hotel, then took a ferry to Burlington, Vermont the next day. I had a cappuccino at a nice coffee shop in Burlington. Then we drove south on our way back to NY. We stopped in Rutland, Vermont and ate at Denny's. Then we drove through the green mountains and back into the Berkshires in Mass then into NY were my dad lives.



## Technology

Are you a member of Coe Clubhouse?

Do you have goals that a becoming harder to accomplish with out tech devises?

Are you looking for ways to connect to your clubhouse?

With the new DMH clubhouse contracts, DMH has granted our clubhouse funds for members who need tech devises, like smart phones, ipads, laptops, ect. Come on in and talk to your advocate at Cove if you are interested.

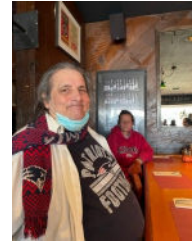


Next Employment/Education  
dinner is *4th Wednesday of every  
month*  
5:30 PM  
(Please RSVP)



## Thanksgiving Braxs Landing

We had fun at Braxs Landing. We didn't have to wait to long to get seated. The view was great. The food was excellent. I hope we do it again next year.



**Jack**



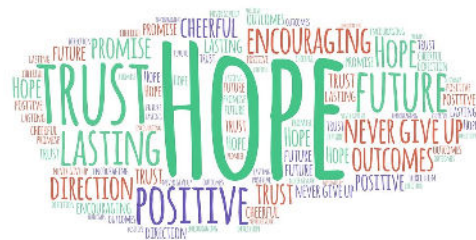
## Greetings to All My Cove Club Friends!

I want to extend good wishes to you all as the Year of 2023 begins!

I haven't submitted an article for the newsletter for a long time; and it seems important to try to do so now. I have been troubled by depression and anxiety for some time now. But today I have new hope! I prayed last night for help from God in dealing with my symptoms (which involved having a terribly hard time getting up, and staying up, in the mornings). This morning, when I was trying to get up and get going, it seemed like I was going to have my usual hard time. So I prayed to Jesus to help me, and He responded right away by giving me the will and the energy to stay out of bed and move on with the day (with no depression or anxiety!) I think prayer will be key in helping this to happen every morning – just recognizing my weakness and calling out to God for help.

Relatives and friends have been telling me for a long time that they are praying for me; but what was missing was my praying for myself and asking God directly for help! I need to continue to believe that God is hearing my prayers and will respond each time I ask. Maybe it won't always be as "easy" or immediate as today was; but I know now that I have to keep on having a relationship with God and not sit back and let others do all the praying. And I need to recognize others' needs for my praying for them too. It's too hard to remember all the names, but I can pray in general, especially for those with mental health challenges like mine. May the New Year be good to all of us!

Carol Y.







## David Cary

### "Tribute to Dave Carey"

I heard yesterday that our good friend and Club member Dave Carey had passed away. In a way, I am relieved for him that his suffering is over. But I will miss him, even though neither of us has been to the Clubhouse for some time now. Dave and I had a special friendship. I didn't always understand what he was saying; but there were times when he was quite lucid, and he showed in his words what a kind and caring man he was. He was a defender of women especially--I re-

member that clearly.

I think I crossed paths with him much earlier in life, when I was at a party at Amherst College. So we must have come from the same area of the state. He seemed to know me, even though we had never been introduced.

It used to break my heart to see him sitting out on the cold ground in front of a store. He never seemed to mind being outside in the winter. Anyone else would consider that suffering. Maybe he was meditating or just passing the time. People were cruel to him because they didn't understand that he had an illness that made him do the things he did. He put up with a lot of abuse from others.

I pray Dave's soul is at peace now and that he is with God, his difficult journey in this life now over. I wish I could be there at the Club for his memorial service!

**Carol Y.**



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### Thinking about David

It was sad to hear about the passing of David. I have a lot of great memories of him. When I called Frank and told him he said he would like to attend the memorial. He share a David story with me.

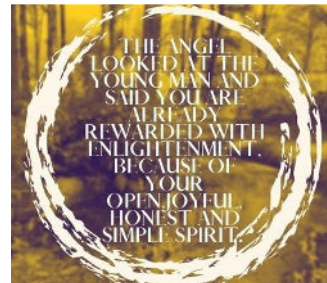
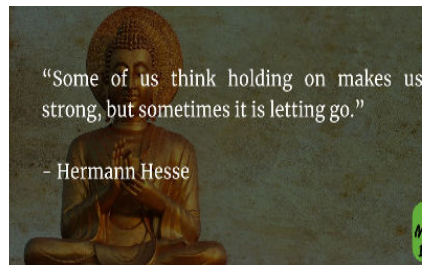
"One day I was at Patriot Square and I saw David squatting in front of the movie theatre having a cigarette. I asked where the group was and he said they were inside watching the movie. So I gave him



\$20 to see the movie and buy some popcorn. Instead of going into the theatre , David went to CVS and bought a pack of cigarettes"

That was so David. So enduring. I'm sure we will hear a lot more David stories to keep his memory alive with us.

Mary





HI I'm Neil and I'm a new member at the Cove Club I really enjoy it I look forward to coming cause it gets me out of the house and fills my day I really like it here I meet new people that I can make my friends and they have a lot of activities I use in the art room is great, in high school I majored in art so it a lot of fun to do the art and crafts sometimes the kids have crafts at the tables then the music meditation room is great I love to play the piano and guitars the computers are great as well it a pretty good club house and you can go out side too and the lunch's are great for a dollar fifty so I m Neil new member and I like the cove.

Neil



### Reflections Directors Note

As we are closing in on the 1st month of 2023 I have been thinking about all of the things that our clubhouse accomplished in 2022 and all of the good experiences we have had. It paves the way for all of the things that we can accomplish in 2023.

This year we were able to expand our advisory board by about 3 members. Thank you to all of our current board members and we welcome the new additions. One of our board members presented us with the opportunity to apply for the Harwich Realtors Housing Grant and we got it!! We have about \$1,500 that we can use towards helping our members out with housing needs.

Through out the year Team Izzy at the Pilgrim church has given our club members so many needed items, clothes, house goods, boots, Christmas presents, the list could go on. We can't thank them enough for always going above and beyond. We have recently made a new connection with the Holy Trinity church in Harwich and they have also been able to help get our members coats and clothes. These community connections are vital to us and we are so grateful to be apart of the Harwich community.

This year Cove was able to have its first fundraiser in almost 3 years. It felt good to have an event and raise some money for our club. We started with a yard sale and wow did we get a lot of items just from our friends, family, and members donating to us; it was awesome and it felt good to see our club work together to get it all ready to go.

It would be good to do a few more fundraiser and event at Cove in 2023. We would like to see more members start to come back on site.

-Sabrina

## Clubhouse Works! Employers that are Employing our Members

Employer	Members Employed	Job	Support
3 Monkeys	0	Prep cook	TE
Stop N Shop	3	Porter	SE / IE
Foreign Auto	1	Delivery	IE
Crow's Nest Resort	1	Cleaner	SE
Pocasset DMH	1	Maintenance	IE
CVS	1	Pharmacy associate	IE
7- 11	1	Maintenance	IE
Ocean state	2	Sales Associate	IE
PCA	1	Personal Care Attendant	SE/IE
Dunkn Donuts	1	Sales Associate	SE
Landscaper	2	Landscaper	IE
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.

**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\_\_\_\_\_**

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***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!***

**The Mission of Cove Clubhouse**

**To promote and provide opportunities for individuals with a mental illness to lead meaningful and productive lives of their choice in the community.**

**The Four Guaranteed Rights of Clubhouse Membership**

- **The right to a place come**
- **The right to meaningful work**
- **The right to meaningful relationships**
- **The right to a place to return**

**v i n f e n**  
*transforming lives together*

***Cove Clubhouse***

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