

# March 2017

The Haverhill  
Clubhouse

March 2017

## Sprucing Up Our Club: The Beginning

You may have noticed the Clubhouse is a bit brighter!  
Below are photos of everyone who helped.

## Birthdays

Barry M	3/6
Diana V	3/7
Eric B	3/10
Saroun C	3/10
Betsy G	3/10
Lourdes M	3/11
Paul M	3/14
Leah M	3/18
Mark Br	3/23
Little Jenn	3/24
Debra S	3/26
Robert M	3/29
Mike L	3/30



Top Left Picture: Terri Painting

Top Right Picture: Steve and Kitty  
spackling

Bottom Left: Kitty spackling

Bottom Right: Rocco Painting

## Sprucing Up: The End Result

Throughout the last month our clubhouse has been getting spruced up. We have painted the kitchen along with sprucing up the outer club rooms. We painted the trim in both the employment, CASR and Education units. Along with painting we have put up inspirational sayings and different bubbles that showcase what is happening each day at our clubhouse.





Shoot  
for your Goals!



## Education Update

Pictured right is a picture of Nicci and members during computer class. If you are interested in doing the computer class either to just learn how to type and use the internet or even just learn how to type up a resume for a job. Nicci can help in all ways. Just let her know.



## Book Club

Pictured right is a picture of the book club. Our new staff Lynn has restarted our book club and they are meeting on Tuesdays at 1:15pm upstairs. If you would like to join please see Lynn.



## Employment Update

**CONGRATULATIONS TO ALL OUR EMPLOYED MEMBERS!!**

**We currently have 47 members Working!!**



### Feelings of Working at CVS/Pharmacy in Newburyport MA

by Saroun C.

I recently started working as part of the CVS/Pharmacy Team in Newburyport, MA.

I'm glad for my work for CVS/Pharmacy. I feel very great, positive, and motivated each day I show up at work. When I started working it made me realize a lot of things about myself and my lifestyle. Working is important to me because it will help me move forward and reach my goals. Also, it is important to realize that you only have one chance to live life with positivity and motivation.

Even though it takes time to get through the process to get a job it is worth it. I'll always strive to do my best! I'LL NEVER GIVE UP and try to stay positive towards people that help me with everything that I need help with for myself. I just want to say **THANK YOU TO EVERYONE WHO SUPPORTED** and help me in my recovery and myself and help me move forward from the negative.

### Overcoming my obstacle

By: Toni W.

The beginning of the year wasn't off to a good start. I almost gave up hope of finding a new job. But coming here and having an influence like Kerry motivated me to not give up. Kerry told me to keep a positive attitude and you will succeed trust me. She told me to let what happen go and stop dwell on it. You made one mistake everyone makes mistakes we're all human.

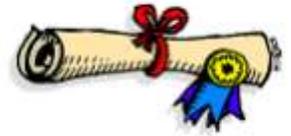
So listening to Kerry I jumped at the opportunity to work as a entertainer waving for Liberty Tax in Bradford. I love getting to not be myself for four hours 3 days a week. After finding out I was highly recommend by the clubhouse my self esteem went up and it made me feel good.

So I would like to end this by saying listen to your peers and always ask for help when need it. Do not be afraid of anything and do not give up. I didn't and you should not either.

Thank you Kerry for giving me the courage to go out there in the community as a working girl again. I appreciate all you do for the clubhouse and keep being a huge inspiration to me and my fellow peers.



## Upcoming Events



# Haverhill Public Library HEALTH FAIR

**Friday**  
**March 10th**  
from  
**1 to 4 PM**  
**Free!**

**Health and Wellness Exhibitors**  
from  
**across the state**  
**Open to all!**

**Info!**  
**Giveaways!**

**99 Main St**  
**Haverhill**  
**978-373-1586**

**SAVE THE DATE**  
**MAY 9, 2017**  
**EMPLOYMENT AND**  
**EDUCATION**  
**CELEBRATION**  
**TO HONOR ALL WHO**  
**HAVE WORKED**  
**HARD IN BOTH**  
**EMPLOYMENT**  
**AND EDUCATION**



The clubhouse recently had a visit from member Jim M. He is doing really well with his housing. Way To Go Jim.





So many things to be grateful for,  
 A roof over my head,  
 A job,  
 Family and friends,  
 The world may be changing but it's  
 not always for the bad,  
 You must be grateful for the things  
 that you have!  
 Stacy Z.

## Poems an Other Writing by Members

My name is Emily. I enjoy being here and feel positive and enjoy being here. I've experienced a lot threw out life and was always in bad situations with no solutions or support. Now I am back on the right track and have support here from friends. I like to joke a lot and I like to laugh with others around me. I also like the Haverhill Club House because I like how others could talk to me when I am getting to know others. I can talk and laugh and get to know them a little bit. Well, I am going to keep following rules and keep doing the right thing because I want to be around people.

Emily B.

We were young wild and  
 Free looking back now it  
 was all meant to be things  
 happen for a reason it only  
 lasted one season I will  
 always love her in my own  
 special way only hoping we  
 find each other again  
 someday

In remembrance of my friend  
 Carol and the  
 Beautiful summer of 1980  
 May those memories never  
 Leave me

### A Poem by Russ J.

Don't ever escape or hide seek out your inner  
 self gain love gain pride. Seek out your inner  
 self with wiliness and care soon finding you  
 have so much love share seek that emptiness  
 inside take happiness for everlasting ride. Let  
 this begin or call it begun may happiness be  
 your risen sun.

### **Bubba Jay and all his Rowdy Friends:**

Bubba Jay was doing donuts in his car on the front lawn of the White House Nascar-style. It woke up Trump and Ozzie who were then standing over him. Trump asked "What are you doing here?" Ozzie replied "I don't know." He then opened the closet and there stood Rodney Dangerfield. Rodney shouted "I thought I got no respect!" Then Trump went into the hall and saw the Three Stooges. Curly gave him a noogie. Trump yelled for security. Scrooge game him a noogie. Then Trump went into the kitchen. He saw Jalapeño's on a stick. He was eating tacos. "Who invited all these people?" he asked. The security replied "It was the Vice President." Trump replied "Tell them they are all fired. I hope they didn't vote for my Presidency.

By Mike P and Terri

## Creativity Corner

Pictured Right: The tiles that the clubhouse made after the Super Bowl!

Thank you Lynn C for providing us with all the materials to be able to make these amazing tiles!!



Pictured Left: member Faith with her drawing she drew herself.

Faith is one of our amazing artist we have at the clubhouse!!

Pictured right are the members making the tiles shown on the next page.



## Creativity Corner Continued



Pictured above are our finished tiles

## Housing Updates



The clubhouse would like to congratulate Virginia L. for getting accepted into her own apartment. The picture on the left is a picture of her new living room.

We would also like to congratulate Gina S. On her new apartment. We hope you enjoy it!!

## Sports Talk

### NUMBER 5 AND FEELING ALIVE!

aka BRADY IS BACK!

By Ashely S. and Toni W.

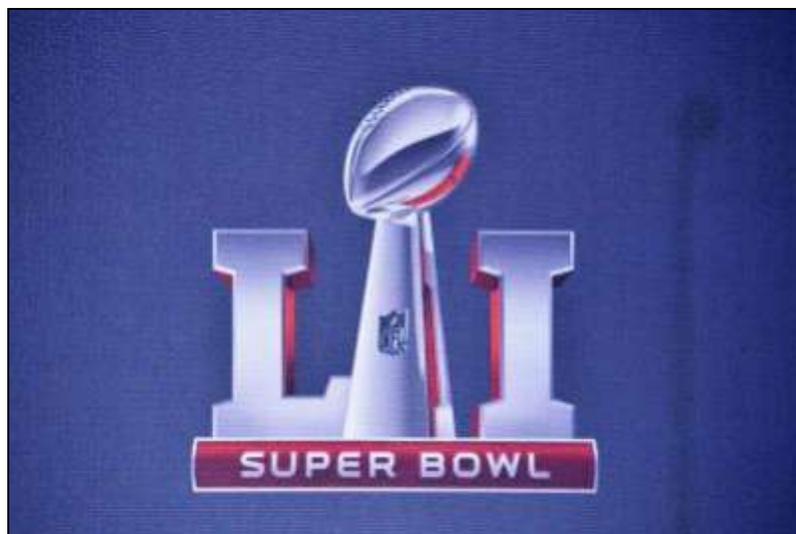
Tom Brady is back, back again! After a four-game suspension, Tom Brady did not lose our attention. He came back with so much excitement to get back to the game. There was no shame and the suspension did not take a toll on Brady or the team. The Patriots were already on a roll; even with important team members missing, including Rob Gronkowski. Nothing could stop the Patriots, defeat was NOT an option

The season was not easy or breezy. The team fought like heck every single game. The Patriots were on a mission...win that FIFTH RING!

The halftime show was just as exciting! Lady Gaga entered the stadium by jumping off the roof of the stadium to start off the half-time show. It was all glitz and glam and quite the show. The game was certainly a “nail-biter!”

Many counted the Patriots out. The Atlanta Falcons has our team on the run. True Patriot fans knew...they just knew the game would be ours!

The Patriots came back with a vengeance. They dominated the rest of the game. The Patriot's finally showed up and were not backing down. The game went into overtime which was the first time it has ever happened. 25 individual Super Bowl Records were broken. Tom Brady was the first quarterback to win five Super Bowls rings in the NFL history. Brady is the G.O.A.T!!!



## Activity Update



Pictured Left is a group of Club Members with Nicolle out in the community at Wang's Table  
Everyone enjoyed the activity and also enjoyed their dinner.

## Winter Wonderland

We have finally got some snow!!! It has been beautiful but also a lot of shoveling. Thank you to all members who have stepped up and helped around the clubhouse shoveling. We hope all have enjoyed the snow.



# March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Haverhill Library	3	4 Mystery Ride
5	6	7 Taco Tuesday	8	9 Shopping at Westgate	10 Health Fair at the Library	11 In House T-Shirt Art
12	13	14 Bowling	15	16 St. <b>Patrick's</b> Karaoke	17 St <b>Patrick's</b> Day	18 MSPCA Dog Walking
19	20	21 Essex Art Center	22	23 Shopping at Westgate	24	25 In House Ping- pong
26	27	28 Employment Dinner	29	30 Salisbury Center	31	

# Weekly Groups and Meetings

## Mondays:

10:00am Relaxation Group  
 11:00am Art and Relaxation  
 11:15am Sports Talk  
 12:30pm-1:30pm YMCA  
 1:00pm Peer Support

## Tuesday:

10:00am Yoga  
 10:30am Newsletter Group  
 11:00am Community Meeting  
 Book Club 1:00  
 2:00 pm Music Expression

## Wednesday:

Activities Planning 10:00 am  
 Mobile Outreach Program every other week  
 11:00 am DRA  
 11:00am-12:00pm YMCA  
 1:00pm Music and Movement

## Thursday:

10:30am Job Club  
 11:00am Current Events  
 1:00pm Sign Language

## Friday:

10:00am Positivity Group  
 12:30-1:30pm YMCA  
 1:00pm Organized Chaos Band Practice

## Mental Illness Fact of the Month

**Myth:** People with mental health needs, even those who are managing their mental illness, cannot tolerate the stress of holding down a job.

**Fact:** People with mental health problems are just as productive as other employees. Employers who hire people with mental health problems report good attendance and punctuality as well as motivation, good work, and job tenure on par with or greater than other employees.

Sited from [www.mentalhealth.com](http://www.mentalhealth.com)



*Vinfen Mission Statement*

*Vinfen transforms lives by building the capacity of individuals, families, organizations and communities to learn, thrive and achieve their goals.*

*Our services promote the recovery, resiliency, habilitation and self-determination of the people we serve.*

*As a human services leader, we strive to be the provider, employer and partner of choice*

*Clubhouse Mission Statement*

*The Haverhill Clubhouse offers respect, hope, and unlimited opportunity for membership to access friendship, housing, education and employment in their community.*

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Haverhill Clubhouse

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**May you have only pleasant hours**

**To melt your cares away.**

**And the warmth of Irish laughter**

**To bring gladness to each day.**

**May your heart be light**

**Your cares be few**

**And may your wishes**

**All come true**

