



**We would like to thank everyone for their donations and/or volunteering!**

Frank Thomas—Cash      Jamie Her—NTC Student  
 Ann Boice - Coloring book      Hannna—NTC Student  
 Sandy Crow—TV donation  
 Sarah Davis - Pens/coffee cup/calculator  
 UU Church-Food/winter items/6 baskets basic needs  
 Shannon Cole—Clothing item  
 Amy Fromm - Coats  
 Eagle's Club - Food donation



### Because of You...

Because of you, this year Clubhouse celebrated it's 23rd birthday on April 1st. We invited members to have cake and had a good turnout. It's amazing to think we have been around for 23 years—April 1, 1996 is when we were born. Just think, we will be a quarter of a century soon and will have to have a big celebration! Stay tuned...



# Clubhouse Events—What have we been doing for fun?



Hmong Heritage Month— At the Wausau Center Mall.

Eggroll making with Paia.



The month of April was chosen as Hmong Heritage Month in commemoration of the first Hmong family arrival in Marathon County in April 1976, Tong Xeng Thao and his family. Every year since 2004, a variety of events are planned and carried out in April to celebrate, share, educate, and promote Hmong history, culture and growth in Marathon County (Central Wisconsin). Thank you to our staff member Paia for bringing in your culture to the clubhouse and sharing it with members.

Learn to speak some of the Hmong language—here are some example's.

Sorry is—Thov txim

Please is— Thov

Thank you is—Ua tsaug Reply to thank you Tsis ua licas (it's nothing) Zoo siab pab (happy to help)

# Community Connections



Clubhouse continues to provide education to our community partners—We've presented to Salvation Army for Project Connect, Horace Mann Middle School for a social work conference, Wausau West Freshman classes, and recently at DC Everest High School for #Transition event. Thank you members for sharing your stories!!

## Intern and Volunteers

### Meet Marissa:

She is an intern from the University of Stevens Point, majoring in Psychology with a concentration on human services. She graduates with her undergrad degree this May and plans to continue with schooling by receiving her graduate degree in clinical mental health counseling at Mt. Mary University. Some of her interests outside of school involve hiking, swimming, watching movies, and traveling. Her favorite color is pink, and she really loves cats and mermaids. Marissa has been an intern with us since the beginning of January and says that her favorite part of her experience at Clubhouse has been getting to know all the lovely members and having gained more in depth knowledge on mental illness and addiction. She looks forward to her future career in human services and we wish her the best of luck!



**Volunteers:** Jamie and Hannah from Northcentral Technical College in the Health Navigator Program. They will be helping out until the beginning of May and graduate in May. Wish them good luck into their future career.



# HOPE House

BY: Diana S

Hope House is fast approaching its 4th year, with one original resident, one returning resident, and our newest, almost one year resident. We recently said goodbye to someone who moved on to his own apartment. We were sad to see him go: the house is quiet without his quick humor, and we wish him well with his new goals in independence. We will still see him at our weekly WRAP meeting and we'll keep in touch with him as he continues to walk in recovery.

So we have at least one opening in the house, and we have some interest from people seeking sober living. At this time the housemates are refining the interview/questionnaire process so the expectations for living in the house are as transparent as possible. We are changing the application to require that at least one reference knows the applicant through the recovery program. We have faith this will help us find the best fit for a new resident at Hope House. Once we finish our new applicant process, weekly house meetings are going to include one goal we would each like to reach.

Our weekly WRAP meeting has evolved from working on a Wellness Recovery Action Plan, to activities that promote wellness beyond identifying triggers and choosing the best things to put in our toolbox. Currently, we are meeting with Brianna, a horticulturist, who showed us how to grow "microgreens" (not very successful), to planning a beautiful shrub and flower garden for our backyard. We break ground next month! Then there's Shana, who is a nurse from North Central Health Care. She will be working with us on developing better sleep habits, the benefits of some essential oils, as well as alternative ways to deal with pain. We also want to have a discussion on medications and interactions. Amy is our Peer Specialist/Recovery coach, and she comes prepared with interesting recovery topics, such as ideas from SMART Recovery meetings. And last but not least, we see Mike, our House Mentor, and Michelle, the Clubhouse director, and it's always a pleasant surprise to see what they will bring when they run the WRAP meeting.

We're hoping to find more involvement with bringing clubhouse members to Hope House for recovery meetings, projects, etc. and to find a meaningful cause we could volunteer our time to in the near future.



HOPE House vacant Bedroom

Upstairs kitchenette at HOPE House

## Clubhouse needs...

If you have extra or are willing to donate— Clubhouse will accept the following items for our members—

***Laundry Soap, Toilet Paper, Paper Towels, Kleenex etc.***

***Bus Tokens***

***Stamps***

***Gift Cards/Gas Cards***

### Some STATS

**Active members –131**

**Ave Daily—21**

**Monthly Attendance—  
84**

## BASIC NEEDS

Clubhouse participated in The Neighbors Place Help for the homeless Hygiene Drive. Thank you to Patrick and members for putting out boxes at the local business to collect lots of personal hygiene products to keep our basic needs closet stocked. Clubhouse has scheduled basic needs every day.



## Clubhouse Successes

### Meet Steve Davie

Steve is a member of the Clubhouse since 2012. He moved to Wausau from Antigo area per his case manager from the CSP program. Steve works in the Culinary Unit and cooks meal for members. Steve also works with the BEE unit and looked for employment. He tried the Trig's TEP in the past. Steve lived at Hope House for 16 months and recently got his own apartment at the Towers. He moved out at the beginning of April after being on the wait list for several months. Steve has been in recovery and sober for 18 months. Congratulations Steve!!

## Jim's Basic computer skills workshop



You may have heard of my program, the Community Corner Clubhouse Computer Basic Skills Workshops. The workshops are designed for anyone wishing to know more about computers and how they work. That is where I come into the picture. Here's a little background information on me: I started using a computer way back in 1978 when I was in grade school and have been working with computers ever since. When Michelle Hazuka and Erica Erdman came to me and pitched the idea of starting computer classes, I was happy about the idea. Not only would I be contributing to improved Clubhouse computer literacy, but most importantly, I would be educating my fellow Clubhouse colleagues and even new prospective Clubhouse members.

I currently offer courses on computers themselves, Facebook familiarization, "hands-on" training with Microsoft Office, using the Internet, and finally getting used to mobile devices like Apple iPads and Android smartphones. I feel a sense of accomplishment when I "graduate a member from my program, knowing that they will be productive with computers in the real world.

I offer classes daily and at all different times of the afternoon to try and accommodate members schedules. Hope to see you soon. If you would like to enroll in my program, please sign up at the Clubhouse and we can begin our journey to learning about computers together.

By—Jim Lanke

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**Wausau, WI 54401**  
**20-100-2375**



Opening the Door to  
Hope, Recovery &  
Opportunity for People  
with Mental Illness

**Yes, I want to support the mission and services of Community Corner Clubhouse with my tax deductible contribution.**

- \$25  \$50  \$100  \$250
- \$500  \$1,000  Other \$ \_\_\_\_\_

**Name:** \_\_\_\_\_

**Address** \_\_\_\_\_

**Day Phone:** \_\_\_\_\_

\*Mail contributions to Community Corner Clubhouse 811 N. 3rd Ave. Wausau, WI 54401