



Quarterly Connection

Community Corner Clubhouse May-August 2019

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

Thank you to everybody for their donations and volunteering!

Sarah D~~36 books

Debbie from Dairy Queen~~ Ice Cream Cakes

Carrie~~ Gardeners Bread

Katherine C~~ 3 Lamps

Frank T~~Money Donations

Craig L~~Table Topper Holder

Laurel H~~Peanuts and Popcorn

The Women's Community ~ Food Pantry Items

John B ~~ Personal Hygiene

Fraternal Order of Eagles Ladies Auxiliary

~~Money Donations

David LeMay ~~Bike

United Way~~Grant

UW Extension~~Grant

Neighbor's Place~~Fresh Fruit

Marathon Literacy Council~~volunteering

Neighbor's Place ~~ Fresh grapes &

oranges

Because of You...

Community Corner Clubhouse would like to thank Michelle Hazuka, who put in her dedication of 21 years of service to NCHC/Clubhouse.

Michelle ended her career with Clubhouse at the end of May.

Clubhouse misses you. You were a big part of a lot of people's lives. Your legacy will continue for years to come. You helped build Clubhouse to be what it is today and we will continue to be strong and around forever.



What Have We Been Doing for Fun? By: Evelyn Olson

We have Brianna coming to the clubhouse again this summer, teaching members different horticulturist activities for 5 weeks on Tuesday from 2p-3p. We learned how to organize and design different flowers in a pot. She came in and talked about Herbs and different things you can do with herbs, for example mint leaves she had in lemonade and how the mint added just a nice touch to the lemonade. We made a simple sandwich with small French bread slices, put tomato slices and mozzarella slices, pesto, and a leaf of basil. It was very tasty. It is exciting to learn new ways to use herbs.

Brianna taught us how to make a simple bird feeder out of a red solo cup. She provided the bird seed and string to hang the cup, she recommends black seed for birds.

Brianna brought in roses of many different colors to make a decorative vase. We used coffee cups with foam to stick the roses and green stems and baby breath's in. We had many different designs. That was a very creative activity. Brianna taught us what different roses are used for, for example everyone knows the Red Rose is for Love, Beauty, Courage and Respect. A yellow rose is for joy, friendship and welcoming. A pink rose is for appreciation, grace, and perfect happiness. A white rose is for purity, innocence, and youthfulness. A peach Rose is for appreciation, and Gratitude. Coral is for desire.



HOPE House BY: Elizabeth Hoffman

This month at hope house we are getting visits from all sorts of interesting people. We have our WRAP meeting every Thursday which brings us a variety of activities including Brianna a horticulturist who has been helping us plant a garden in the back yard. It is very pretty. Next up is Shana who is a nurse who has been talking with us about all our medication needs and questions. She is very informative and helpful. Then there is Amy who comes and does an addiction counseling meeting with readings and we discuss what is on our minds as far as addiction goes. She is very helpful and understanding. Mike is still doing many of the WRAP planning meetings and helps us through any issues we may have in the house along with repairs and home issues. He makes sure Hope House is running smooth.

Meet our Temp Summer Staffs BY: Vicki Gaukerke

Meet Jordan:

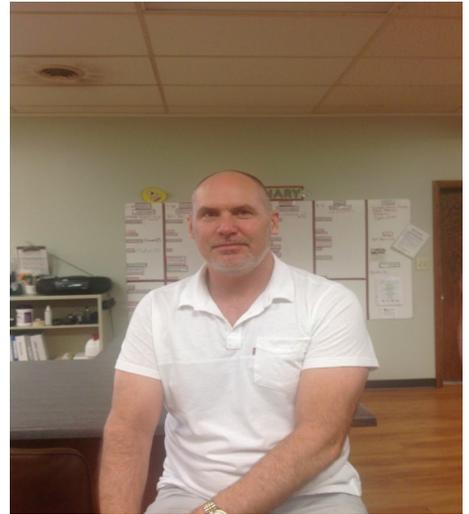
Jordan is working here part-time for the month of July and August. He's currently going to school at NTC.

He will graduate in 2020 with an Associate Degree in Human Services. He plans on continuing with school to eventually obtain a masters in Counseling or Social Work. He obtained a degree in Substance Abuse Counseling last semester.

"I'm interested in what motivates people and I have a strong interest in promoting social justice. I would like to be a part of the solution to the problem of stigma in mental health and substance abuse populations."

Jordan was hired on to help with coverage while one of our staff is out on medical leave. "I like being able to help other people instead of pursuing my own interests. I like that everyone is supportive of each other and helps each other. CCC provides a way for people to socialize, keep busy and feel connected to other people. It's like a family. Isolation exacerbates mental illness."

Jordan enjoys hanging out with his wife and son. His hobbies include running and reading.



Meet Kyle:

Kyle is working here part-time for the month of July and August. He's currently pursuing his Doctorate of Psychology degree at the Wisconsin School of Professional Psychology in Milwaukee. He plans on graduating in 2025 and having a career in clinical psychology afterwards.

"I'm interested in helping people with mental health needs. Someday, I hope to work in an outpatient behavioral health clinic doing psychological assessment and therapy. I also want to help find better treatment options for various mental illnesses."

Kyle was hired on to help with coverage while one of our staff is out on medical leave. "I felt this would be a great opportunity for me to gain experience in the field I'm interested in. One of the aspects about Clubhouse that I really like is how members take charge of their own life and help run the Clubhouse everyday. People are empowered here."

While not at the Clubhouse, Kyle enjoys playing chess, swimming, and reading.



Reiki BY: Jennifer Johnson

Reiki is led by Bernie Corsten. This group meets on Tuesdays from 3:00 to 4:00 pm at Community Corner Clubhouse. What is Reiki? Reiki is energy work. In Reiki, the practitioner transfers energy by placing their hands over or on the patient. Improving the flow of energy around the body, say practitioners, can enable relaxation, reduce pain, speed healing, and reduce other symptoms of illness.

Reiki helps with your spiritual energy. It is self-directed, so if there is a physical problem it can be related to an emotional problem in the past that hasn't been resolved. It helps you recognize your pain so you're able to release it.

There are usually 5 to 6 people that come to a session. Bernie uses animal cards and angel cards with related messages on them. Each person picks a card from the deck and reads it to the group and talks about how it relates to them. Bernie then goes around the room and places her hands on each person's shoulders and helps to align their energy auras. When you leave the room you feel rested and your energy restored.

One member of the group says that she likes Reiki very much. Another member says it helps her to get rid of her problems and relax.



Community Connections & Clubhouse Changes: By Mike Franke

Hello fellow members and friends of The Community Corner Clubhouse. A lot of changes have been occurring the last few months with the most obvious being Michelle Hazuka moving onto new things in her career path and going into private practice at Compass Counseling. We all wished her well in a celebration on her last day on May 31. In the interim, I have been overseeing operations of the program to assure we keep moving forward and don't stop momentum. The position of director/manager has been vacant and I chose to apply and recently went through the interview process. We are waiting to see what direction this may take us. I continue to try and schedule community contacts, oversee HOPE House, and continue in my referral coordinator position to assure we have referrals and get the person through the tour and orientation process for membership. Members have gone with me to present and to date we have presented to Wausau West, NCHC BHS Unit, Compass Counseling and Innovative Services staff. We are up to 62 referrals at this time. Because of these connections, we continue to have strong referrals. Our goal is sustainability for you the members and for our community to have this place around for years to come. We keep making connections to further our vision of being the open door to mental health in our community. I will be as transparent as I can on further improvements or changes with Community Corner Clubhouse. If you ever have a question or concern, please reach out to me at the clubhouse at 715-843-1926.

Some STATS

Active members –130

Ave Daily—25

Monthly Attendance—91

**Members working 15+
hours (year average) — 81%**

**Members fed per day (year
average) — 15**

BASIC NEEDS BY: Lori Landrath

Everyday we have times set aside for what we call our “Basic Needs”. These are times set aside for members to address their basic needs, such as receiving toiletries, getting help with completing job applications, help with reading, mail, transportation issues, benefits, etc. I find this a valuable service to myself and other members. We get help with supplies we are in need of that Clubhouse can provide for us. Also, Clubhouse staff puts aside time to help members with whatever personal circumstances they may need their help with.

Clubhouse Successes BY: Sarah Davies

I joined Clubhouse in late October of 2001, right before my 21st birthday. I was encouraged to come to Clubhouse by my case manager at the time to get out of my apartment and socialize more. I had been living in an assisted living apartment situation since I was 19 and had held a variety of jobs since I had lived there, probably close to 15. The longest job I had held a job was 3 months. I had gotten fired from the majority of them or had simply walked off because I couldn't handle the stress. When I came to Clubhouse, I immediately felt at home. There were things I could do and helped other people. I helped in the Culinary unit making dessert, or I was in the BEE (Business, Employment, and Education) unit doing computer work or showing people how to do things. I found a lot of people who had a lot of the same goals. What I liked about Clubhouse was that it didn't matter what we were diagnosed with, we were all equal. I didn't know the diagnoses of mental illnesses of most of the people because it wasn't something we needed to discuss. We talked about what we had in common, rather than what label set us apart. People only knew your diagnosis if you volunteered it, nobody asked.

My first Transitional Employment (TE) job at Clubhouse was at Culvers, working 11-1 Monday, Wednesday, Friday for one week then Tuesday and Thursday the next week. I finished it successfully after 9 months and was very proud of myself. The next TE, I worked was at Trigs and it was so much harder because it was everyday (Monday-Friday) and I wasn't as happy in my job. But because of my placement managers (Mike Frankel and Michelle Gleason) I made it and they even hired me on. I worked there from 2005-2011. I have now been working at County Market, another grocery store, for the past 2 years.

Whenever I am having a tough time and come to Clubhouse, I am always in a better mood when I leave. All my friends are here and I feel needed. I have been a member of Club for 18 years, more than half of my life. I really can't imagine life without it.



Community Corner Clubhouse
811 N. 3rd Ave.
Wausau, WI 54401
20-100-2375



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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