



The Sally and Howard
Levin Clubhouse

A Program of Jewish

Residential Services

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A Publication of the Sally and Howard Levin Clubhouse

The Clubhouse Star June 2022



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BUILDING MODELS

BY: Mike Hogan

After I finished the Rick Mast thunderbird stock car, I decided to retire from building models for a while. Then, I looked over to the wall of my apartment and spied the Tamiya 1/ 12 scale Honda racing motorcycle. I got the itch to build again. So, I'm going to dive into plastic modeling again.

This kit had been started by a previous owner. The previous owner had gotten to step one, then he gave up on the project. Given the complexity of the kit, I can hardly blame him. The motorcycle's instructions entail 16 steps, plus painting and decaling. I must admit, I am eager for the challenge of building this model.

So far, I have only completed step 1. Each step is complicated, and every part needs to be painted. Sometimes, the parts need to be painted more than one color. This slows the work down and tries the builder's patience. But the sacrifice is worth it!

The previous Tamiya motorcycle kits that I have made have turned out to be handsome additions to my collection. I expect that this one will be too. In the coming months I will update you on my progress. All I can say is to hang loose, while I navigate the wonders of modern model building.

AS ALWAYS:

KEEP ON BUILDING!

ATTENTION COLLEAGUES:

Want to stay connected?!

Want to feel like you are still part of the Clubhouse but stuck in your house?!

TRY ZOOM!

By typing the following information in
to your computer or calling the listed phone number you can actually get in touch with
us on an auditory and visual platform!

Need help? Call 412-422-1850 and ask a colleague for further
instruction to help connect!

Link:

<https://us02web.zoom.us/j/956983055>

Meeting ID: 956 983 055

Dial by your location

+1 301 715 8592 US (Germantown)

Find your local number: <https://us02web.zoom.us/u/kgglQ5F3k>

Every Day	Monday	Tuesday	Thursday	Friday
AM Touch Base– 10 AM	Food & Horticulture– 1 PM	Journalism– 1:30 PM	BEE Meeting– 1 PM	Community Forum– 11 AM
PM Touch Base– 2 PM	Accreditation Meeting– 3 PM		Philosophy – 2:30 PM	Member Services Meeting– 1 PM

June: Menu & Events

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Mushroom Soup Yoga 3-4	2 French Toast Casserole BEE Meeting 1:00 Philosophy 2:30	3 Grilled Cheese & Tomato Soup Community Forum 11-12 Member Services Meeting 1:00
6 Pierogies and Haluski Food & Horticulture Meeting 1:00 Accreditation Meeting 3:00	7 Egg Salad Wraps Gardening Day Watercolor Painting 12:45 Journalism 1:30-2	8 Vermicelli Florentine Yoga 3-4	9 Veggie Egg Bake BEE Meeting 1:00 Philosophy 2:30	10 Noodle Kugel Community Forum 11-12 Member Services Meeting 1:00
13 Shepherd's Pie Food & Horticulture Meeting 1:00 Accreditation Meeting 3:00	14 Cottage Cheese, Fruit, Crackers Gardening Day Watercolor Painting 12:45 Therapy Dog 1:00 Journalism 1:30-2	15 Veggie Kabobs Yoga 3-4	16 Roasted Veggie Grilled Cheese BEE Meeting 1:00 Philosophy 2:30	17 Brussels Sprout Casserole Community Forum 11-12 Member Services Meeting 1:00
20 Brie (matza & eggs) Juneteenth (Observed) SHLC Hours: 10-2	21 Tuna Salad Wraps Gardening Day Watercolor Painting 12:45 Journalism 1:30-2	22 Salmon Burgers Yoga 3-4	23 Fettucine Alfredo BEE Meeting 1:00 Philosophy 2:30	24 Nacho Casserole Community Forum 11-12 Member Services Meeting 1:00
27 Stuffed Cabbage Casserole Food & Horticulture Meeting 1:00 Accreditation Meeting 3:00	28 Tortellini Salad Gardening Day Watercolor Painting 12:45 Therapy Dog 1:00 Journalism 1:30-2	29 Fish N Chips Yoga 3-4	30 Breakfast BEE Meeting 1:00 Philosophy 2:30	

Clubhouse Changes – Hard, Messy, Gorgeous

By Nancy Gale, JRS Executive Director

As I was thinking about what I wanted to say in this article, I came across the following quote: “Change is hard at the beginning, messy in the middle and gorgeous at the end.” I found these words very wise, and very applicable to the changes we are facing at the Clubhouse.

First, the hard part: In addition to saying goodbye to our old Clubhouse Director Joe Herbick, and interviewing candidates for our new Clubhouse director, we are currently grappling with making changes to the way services are offered. This is a lot to deal with at the same time. Clubhouse colleagues are understandably feeling uncertain, uncomfortable, and worried. However, we are fortunate to have a lot of resources that can help get us through this. We have wise and experienced members who are smart, creative, and capable. We have caring staff – and a great interim director - who are committed to the Clubhouse Model. We have a terrific Advisory Board with broad professional experience that can help guide us.

Second, the messy part: The Clubhouse has historically operated Psychiatric Rehabilitation (Psych) and Social Rehabilitation (Soc) services side by side. The primary difference between these two types of service is that members who are receiving Soc services do not work on goal plans, while members who are receiving Psych services develop a goal plan for themselves with the help of a staff member. The plan reflects the member's goals in one of up to four domains and is updated every 90 days. Most Clubhouse members use, or have used, psych rehab services. Soc rehab services are intended to support social activities, which are also very important to the functioning of the Clubhouse.

The funder who is responsible for program oversight and for issuing our license is requiring us to comply with the regulations more closely. The regulations state that Psych Rehab services must be offered in a separate space and time from any other mental health service, such as Soc Rehab. A few important things to note:

- We have confirmed with the Pennsylvania Clubhouse Coalition and the PA Department of Human Services that we are the only Clubhouse in Pennsylvania that operates the way we do. At the other Clubhouses in the state, all members participate in Psych Rehab services, which is the only service offered.
- Members can help other members to develop a goal plan. Members and staff recently met with Advisory Board member Cheryl Fogarty, and we are creating – with member input - an inclusive process to make goal planning easier and more accessible. Most important, members will help other members to develop their plans.
- We have presented a compliance plan to the state that obligates us to begin a new pattern of service delivery by July 1st. This pattern is as follows:
 - 8:30am – 3pm Monday through Friday – Psych Rehab only. Members who are not on goals will not be present.
 - 3pm – 4:30pm Monday through Friday – Soc Rehab members will be present; Psych Rehab members may be present, but we will not bill for them during this time.
 - Friday night dinners and holiday celebrations – Any member may participate, but we will not bill for Psych Rehab members during this time.
- Both types of funding (both Psych and Soc) are necessary for the Clubhouse to operate.

Third, the gorgeous part: Psychiatric Rehabilitation goal plans are an important component of recovery and consistent with the Clubhouse model. By creating an inclusive, more accessible goal planning process, with member input, we increase focus on the enhancement of the Clubhouse community. We foster relationships among members and create new opportunities for them to participate in the work of the Clubhouse. Most important, this work will help members regain self-worth, purpose, and confidence (Standard #19). And that's gorgeous.

What the Clubhouse Means to Me

By: Dean Damick

Yoga for stretching

A service doe for fetching

Writing for the newsletter

Doing a chore

Life at the clubhouse is never a bore

Colleague Training

By: Sarah R

From May 2-13, I attended my first colleague training along with Jan in St. Louis, Missouri. Colleague Training was an incredible experience and it allowed me to expand my knowledge and understanding of the clubhouse philosophy and the standards. We returned with our action plan and with hopes and ideas on how to improve our clubhouse.

Among everything I learned at training, the greatest lesson I took away from colleague training was the importance of relationships. My training group consisted of folks from Pittsburgh and Washington state. And although our clubhouses were on different sides of the country, we were able to find similarities, talk about our differences, and most importantly-were able to have fun with one another. The colleagues we met at Independence Center were warm and welcoming. They worked hard during their work-ordered day, were always supportive of one another, and worked side by side as partners.

A clubhouse is nothing without the people. If there isn't meaningful relationships and work that matters, then it won't succeed. Working side by side, whether I was in the kitchen or the snack bar, I was able to experience the importance of having a partner to do the work with. Independence Center became my clubhouse for the two weeks we were there and the people there became my colleagues.



ANNOUNCEMENTS!

PHOLA'S JOURNALISM CLASS
TUESDAYS AT 1:30 PM



JUNE 1, JUNE 14, AND JUNE 22:
WE WILL BE MEETING TO DISCUSS OUR ACTION
PLAN. WE NEED YOUR INPUT! PLEASE JOIN IN
PERSON OR VIA ZOOM.

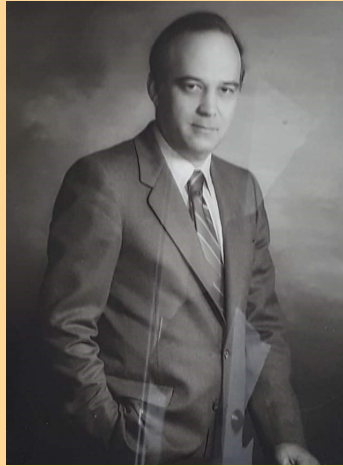


DUE TO THE UPCOMING PROGRAM CHANGES (SEE PAGE 5) WE
ARE LOOKING FOR MEMBERS TO PROVIDE THEIR INPUT AND TO
PARTICIPATE IN THE PROCESS TO MAKE GOAL PLANNING
EASIER AND MORE ACCESSIBLE.

THESE MEETINGS WILL OCCUR JUNE 14TH & JUNE 28TH AT
1:30 PM.

Memories of My Dad

By: Aileen Z



My dad was a very friendly person. He was outgoing, he knew how to make me laugh. We both would sit down and watch law and order together. We would go on walks. I had to teach myself how to keep up with him walking, because he would walk faster. Now, I keep myself walking fast because I was used to it.

He was in the United States Army as a 1st Lieutenant under the Signal Corps.

I remember when I was young, my sister and I both had goldfish. I would go into the kitchen to watch them. One time, when I was not thinking straight, I picked my fish out of the bowl and took it into my room. My dad ran into my room to save the fish!

He was the best dad anyone could ever ask for. And I miss very much. There's not a day that goes by that I don't think of him.



WELCOME SUMMER

C	X	A	G	N	B	H	R	C	I	Y	J	D	L	M	K	R	A	P	E	M	E	H	T
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P	B	M	N	T	K	E	O	Y	F	P	O	U	Q	I	W	X	R	I	H	F	S	M	O
I	L	D	V	I	C	E	C	R	E	A	M	R	X	S	D	W	Y	R	G	L	Y	P	Z
N	A	P	B	O	V	C	G	P	D	S	H	E	R	H	F	S	S	E	G	I	V	R	H
G	R	P	H	U	L	A	H	O	O	P	S	I	J	I	J	J	A	W	K	P	H	O	L
M	O	D	N	A	O	F	L	O	P	G	Q	J	R	N	S	K	N	O	T	F	U	P	V
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D	C	H	N	R	V	J	T	N	C	H	A	R	O	M	H	R	L	E	E	D	E	A	F
P	O	P	S	I	C	L	E	S	T	T	Y	U	M	O	Y	L	K	K	C	I	N	H	G
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S	S	T	R	N	O	N	N	E	G	H	W	O	E	V	X	B	P	A	R	A	D	E	S
H	T	U	E	A	D	J	U	L	Y	R	I	B	J	R	K	E	Y	M	M	G	H	E	V
A	E	S	E	T	D	F	F	Q	W	T	M	E	R	E	T	A	Y	U	I	H	S	O	P
A	R	S	N	A	D	F	G	H	A	J	M	K	L	L	Z	C	X	C	V	S	B	N	S
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AUGUST
BEACH
BIKES
CAMPING
CARNIVAL
COOKOUTS
FIREFLIES
FIREWORKS
FISHING
FLIPFLOPS

FUN
HULA HOOPS
ICE CREAM
JULY
JUMPROPE
JUNE
MOVIES
PARADES
PARTIES
PICNICS
POOL

POPSICLES
ROLLERCOASTER
SANDALS
SPLASH
SPRINKLER
SNOWCONES
SUNGLASSES
SUNSCREEN
SWIMMING
THEME PARK
VACATION

If you complete your word search and bring it in, you will be able to redeem it for a free item at the snack bar!

Clubhouse International Standard #3

By Delaine Swearman

The Clubhouse International Standards consist of 37 principles that define the Clubhouse model for all Clubhouses around the world. They are the basis for how Clubhouse programs are assessed and serve as a “bill of rights” for members and a guidebook for how a Clubhouse is to operate.

The Third Standard: Members choose the way they utilize the Clubhouse, and the staff with whom they work. There are no agreements, contracts, schedules, or rules intended to enforce participation of members.

Standard 3 describes the voluntary nature of the Clubhouse model. Members come and go whenever they want during the day. Members are free to choose whatever tasks they want to work on each day and can work with whomever they want to work.

This is one of the things that makes “working” as a member in a Clubhouse different from working in a regular job, even though we may do just as much “work” and many similar tasks. In the Clubhouse we work for a different reason.

We are not motivated by money or required to be here until the end of our shift. We freely choose to come to the Clubhouse. We eagerly contribute to the good of the community by doing meaningful work. We stay to be around those we’ve come to know and trust and feel safe around. We want to be here.

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