



The Sally and Howard
Levin Clubhouse

A Program of Jewish

Residential Services

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The Clubhouse Star

August 2022



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**SALLY AND HOWARD
LEVIN CLUBHOUSE**

A program of Jewish Residential Services



BUILDING MODELS

BY: Mike Hogan

Last month I reported on the first steps of my building of the Tamiya 1/12th scale motorcycle kit. That report concerned the building of the rear suspension of the motorcycle. This month's article is on the building and attaching of the front fork.



The front fork is necessary for the motorcycle to function. In the kit it is held on to the chassis by a long screw. I thought the I had lost this screw, and I tried to use my trusty toothpicks. Unfortunately, the toothpick was too big to go down the hole that the front fork attached. Fortunately, I found the screw by accident.

The front fork attaches to the front tire by way of a long screw, as well. I found that this screw did not fit the openings of the front fork. I was forced to cement the wheel to the front forks. This is a good solution, because I found that the screws had a tendency to drop out of their sockets. This is an inherent flaw of Tamiya motorcycle kits.

The front forks had elaborate tubing, using Tamiya's vinyl tubes for hoses, wires and chords. This was too complex for my taste. Therefore, I decided not to use them. I find that these tubes clutter up the model, and thus, detract from its overall appearance.

So, I've gotten about 1/3 way complete with this project. Next comes the hard part—painting, detailing, and decaling the streamlined fairings. I will report on these steps as I complete them.

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>

Zoom Meetings:

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

August: Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Quiche w/ fresh veggies	2 Chicken salad	3 Turkey meatloaf, cucumber salad	4 Stuffed shells	5 Gazpacho
8 Chicken pot pie	9 Egg salad wrap	10 Scrambled eggs, turkey bacon	11 Potato pancakes	12 Pierogies
15 Spaghetti and meatballs	16 Tuna salad	17 Salmon patties	18 Black bean burgers	19 Fettucine
22 Goulash	23 Grilled cheese and tomato soup	24 French toast casserole	25 Potato kugel	26 Fajitas
29 Garden bake	30 Tuna salad	31 Shepherd's pie	8/19: Shabbat dinner: Challah, chicken and vegetable stir fry, peach crisp	

August: Meetings

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4 1:00 BEE Meeting 2:30pm Philosophy	5 11 AM Community Forum 1:00 Member Services
8 1:00 Food & Horticulture 3 PM Accreditation	9 Gardening Day 1 PM Therapy Dog 1:30 PM Journalism	10	11 1:00 BEE Meeting 2:30pm Philosophy	12 11 AM Community Forum 1:00 Member Services
15 1:00 Food & Horticulture 3 PM Accreditation	16 Gardening Day 1:30 PM Journalism	17	18 1:00 BEE Meeting 2:30pm Philosophy	19 11 AM Community Forum 1:00 Member Services
22 1:00 Food & Horticulture 3 PM Accreditation	23 Gardening Day 1 PM Therapy Dog 1:30 PM Journalism	24	25 1:00 BEE Meeting 2:30pm Philosophy	26 11 AM Community Forum 1:00 Member Services
29 1:00 Food & Horticulture 3 PM Accreditation	30 Gardening Day 1:30 PM Journalism	31		

TOUCH BASE HAPPENS TWICE DAILY TO SCHEDULE WORK ORDERED DAY.

JOIN US AT CLUBHOUSE TO PARTICIPATE AT 9AM & 1PM

August: Social

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4 3 PM Creative Writing	5 Social time 3-4:30 PM
8 3-4:30 PM Social time	9 Social time 3-4:30 PM	10 Social time 3-4:30 PM Yoga 3-4	11 3 PM Creative Writing	12 Social time 3-4:30 PM
15 Social time 3-4:30 PM	16 Social time 3-4:30 PM	17 Social time 3-4:30 PM Yoga 3-4 Pirates Game 7:05 PM	18 3 PM Creative Writing	19 Social time 3-4:30 PM Shabbat Dinner 5 PM
22 Social time 3-4:30 PM	23 Social time 3-4:30 PM	24 Social time 3-4:30 PM Yoga 3-4	25 3 PM Creative Writing	26 Social time 3-4:30 PM
29 Social time 3-4:30 PM	30 Social time 3-4:30 PM	31 Social time 3-4:30 PM Yoga 3-4		

ANNOUNCEMENTS!



CREATIVE WRITING WITH MIMI HAS RETURNED!

THURSDAYS AT 3 PM

WE ARE LOOKING FOR MORE **MEMBER-LED SOCIAL ACTIVITIES** TO SCHEDULE FOR SOCIAL REHAB HOURS! DO YOU HAVE A SPECIAL TALENT YOU WOULD LIKE TO TEACH TO OTHERS, SUCH AS PLAYING A MUSICAL INSTRUMENT, PLAYING A GAME, OR WORKING ON A CRAFT OR ART? PLEASE BRING IDEAS TO COMMUNITY FORUM OR TO ANY STAFF MEMBER.

CLUBHOUSE INTERNATIONAL HAS NOTIFIED THE CLUBHOUSE THAT THEY WILL BE ON SITE FOR OUR ACCREDITATION OCTOBER 24-26. STAY TUNED FOR THEIR FULL SCHEDULE.



Snack Bar Updates

Due to Psych rehab and social rehab hours change, the snack bar hours will change as well. Snack bar will be open after touch base and balance of Register. Grill will close at 230-or 3:00 pm depending on the volume of business and the number of colleagues in the clubhouse. During social Rehab you may purchase items that can purchase items can be microwaved like breakfast sandwich.

The snack bar will be closed for lunch at 12 and will reopen after touch base. Thank you for your understanding in this matter.

New items for snack bar are salads, Out shine frozen Bars, Nectarines , V8 juice.

By Mike Hodes



Clubhouse International Standard #5

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 Fifth Standard:

Members at their choice are involved in the writing of all records reflecting their participation in the Clubhouse. All such records are to be signed by both member and staff.

“Don’t forget to write your daily note.”
“We need to sit down to update your goal plan.”

I’m sure these words sound familiar.

From a member perspective, having to do documentation may seem like a pain or even a burden; in reality it’s a gift. We as members are given the opportunity to determine our own goals and evaluate our own progress. We sign goal plans and write daily progress notes in Unicentric.

The Clubhouse model is empowering. It says that we as members know ourselves. We are aware of our own strengths and weaknesses, and we are the ones who can assess, document, and “sign off” on what is happening with ourselves.

In a medical setting, “patients” are evaluated by “providers.” Here in the Clubhouse everyone is an equal colleague. There are no “providers” and no “patients.” It’s everyone’s job to work together and support one another in helping our community and our colleagues thrive.





BASEBALL AND ME

By Pohla Smith

There were no boys in the family, but it didn't matter. My dad taught me how to hit a baseball. It helped when I got to fourth or fifth grade; we girls played ball without the boys. I liked playing catcher.

I loved the game. Daddy took me to a few local games. Later, the man I fell in love with in college took me to see a 1971 World Series game. The Pirates won! I married the young man after graduation from Pitt.

I became a sportswriter for United Press International in Pittsburgh. The job included covering baseball. My husband became an official scorer for Major League Baseball.

Fifty years later, my husband still is an official scorer. I've retired, which gives me more time to watch baseball on television — and in person. Whenever my husband scores a game, he buys me a ticket so I can go along. I get a great seat behind home plate, about 30 rows behind the live game.

I watch all the other games on TV, including some teams other than the Pirates. The New York Yankees and the Boston Red Sox are on a lot. I've become a Red Sox fan. They're not as good to watch as my Pirates, but they're fun.

I've made friends with some of the ushers at PNC Park. They love the game as much as I do, and we have fun talking about the games.

Thanks to my late dad and my husband, I really love the game.

BARGAIN BIN RECORD REVIEWS FOR AUGUST 2022**BY: MIKE HOGAN**

Mr. Peabody commanded Sherman, "Set the Wayback machine for 1976. We're going to meet the musical prodigy Stevie Wonder." Sherman replied, "OK!" Thus, we are going to review Stevie Wonder's signal album, *Songs in the Key of Life*.



Songs in the Key of Life is Wonder's masterpiece. It won a Grammy for album of the year. It is replete with hits, such as "I Wish" and "Isn't She Lovely." The album is a joy to listen to—all four of its sides.

The album covers Wonder's main themes. Beautiful black women. Powerful black men. The value of life. The need for faith in God. All these themes are nobly rendered.

The album comes with a 24-page lyrics sheet. It also has a bonus record. Unfortunately, my two copies lack this record. I hope that it is as entertaining as the rest of the album.

Rarely is there an album that satisfies from beginning to end. This is one of the few exceptions to this rule. Good go Stevie!

In this day of vinyl mania, this album is much sought after. I say, get your hands on a copy and enjoy Wonder's special kind of rhythm and blues. It is well worth the money.

AS ALWAYS:**KEEP ON ROCKING!**



Friends

Peridot

Seagull

Sandcastle

Memories

Goldenrod

Hiking

Ice cream cone

Lemonade

Campfire

Hammock

Water wings

Baseball

Tomatoes

Sweet tea

Smores

Labor Day

Corn on the cob

Jurassic World

Caterpillar

Kennywood

Cannonball

Lightyear

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!

Greetings from the Director!

Hello, colleagues! For those of you I have not had the joy to meet, my name is Dr. Chrissy Whiting-Madison, and I am your brand-new program director here at Sally & Howard Levin Clubhouse.

A little bit about me: although I have lived in Tulsa, Oklahoma for the past 21 years, I am actually a native of Johnstown! I am thrilled to be back in my home state, bringing my husband, Matt, daughter, Carina and cats, Steeler, Little Squeakers, Cuddle Bug, Small Cat, Coco Puff, Spedshine, and Oreo with me!

I earned a Bachelor's in psychology from Saint Vincent College, just down the highway in Latrobe, my Masters from Langston University-Tulsa and my doctorate from the University of Arkansas. Professionally, I have served as a clinical director, a college professor and, most importantly, a clubhouse staff generalist.

I am so excited to be here and am so appreciative of how warm and nurturing everyone has been so far. If I haven't met you yet, please know I am really looking forward to it! Thank you so much for welcoming back into the clubhouse world.



Much Love,

Chrissy

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