



**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



**SALLY AND HOWARD  
LEVIN CLUBHOUSE**  
*A program of Jewish Residential Services*



## Greetings from the Director!

It's fall, ya'all, and there is much excitement here at the Sally and Howard Levin Clubhouse!

Not only has our biweekly Shabbat resumed, but we are also introducing a monthly themed dinner night!

SAVE THE DATE of WEDNESDAY October 12<sup>th</sup> to join us for "after social hours" fun!

Speaking of FUN, we are bringing back FUN DAYS as well. This month we will be going to Trax farms for a hayride and pumpkin picking.

Also, SAVE THE DATE: SUNDAY NOVEMBER 20<sup>th</sup> join us to cheer on our beloved Black and Gold at our first ever Steeler Watch Party!

We all sincerely hope you will signup for outing we set up and stop by or just pop in to join the fun anytime you can!

We also still have our Work-Ordered Day every Monday through Friday from 8:30am- 3pm and then our social "hour" from 3am-4:30pm.

Don't be a stranger!  
The only thing missing from the clubhouse right now is YOU!

Much Love,

*Chrissy,*



## ATTENTION COLLEAGUES:

### Want to stay connected? Participate in Unit Meetings Online

We want you to feel connected when you are either stuck in your house  
or unable to come in for some reason.

Need help, or think you are stuck in the waiting room?  
Give us a call! 412-422-1850

Meeting ID: 956 983 055

Password: JRS

**\*\* UPDATED NEWS:** *Community Forum is now only on 1st Friday*  
**Touchbase is 9am & 1pm—However ONLY IN PERSON**  
**to focus on the Work-Ordered Day**

Monday	Tuesday	Thursday	Friday
1:15 PM Food & Horticulture	1:30 PM Journalism	1:15 PM BEE Meeting	1:15 PM Member Services
		3:00 PM Creative Writing	2:00 PM Community Forum (1st Friday of the month)



# OCTOBER: Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Code for the menus: D = Dairy meal    M = Meat meal    P = Parve meal    V = Vegetarian				
3 (V) Veggie Fajitas	4 (M) Chicken Stir-Fry	5 (D) <b>CLOSED FOR YOM KIPPUR</b>	6 (D) Salmon Burgers	7 (V) <b>LUNCH:</b> Pasta <b>SHABBAT DINNER:</b> Challah, Vegetable Lasagna
10 (D / V) Moroccan Stew	11 (M) Chicken Salad Wrap	12 (V) <b>LUNCH:</b> Baked Potato Bar <b>WEDNESDAY NIGHT THEME NIGHT: FALL</b>	13 (D) French Toast Casserole	14 (M/V) Chili Day- both meat & vegetarian options will be available <b>GUEST CHEF DAY! The Mulvey Family is cooking up a few batches</b>
17 (V) Vegan Greek Meatballs	18 (M) Biscuits and gravy <b>featuring Chef Matt</b>	19 (M) Steak Hoagies and Veggie Cakes	20 (V) Garden Bale	21 (P) <b>LUNCH:</b> Fish Fry <b>SHABBAT DINNER:</b> Apricot Chicken with Noodle Kugel
24 (V) Chinese Food Bar	25 (D) Fish Tacos	26 (D) Alfredo Pasta and Garlic Bread	27 (M) Chicken Pot Pie	28 (M / V) Sloppy Joes Vegetarian option available
31 <b>HALLOWEEN PARTY!</b> Pizza & Treats!!!				

## OCTOBER: Work Day Meetings

<b>9am &amp; 1pm DAILY TOUCH BASE IS FOR THE WORK ORDERED DAY CHOOSING TASKS TO DO SO NO ZOOM OPTION, just in person ** All other meetings are both zoom &amp; live**</b>		5  CLOSED FOR YOM KIPPUR	6  1:15 pm BEE Meeting 2:00 pm Philosophy – Standards	7  11:00 am Community Forum 1:15 pm Member Services
10  1:15pm Food & Horticulture	11  1:00pm Therapy Dog 1:30pm Journalism	12	13  1:15 pm BEE Meeting 2:00pm Philosophy – Standards	14  1:15 pm Member Services
17  1:15 pm Food & Horticulture	18  1:30pm Journalism	19	20  1:15 pm BEE Meeting 2:00pm Philosophy – Standards	21  1:15 pm Member Services
24  1:15 pm Food & Horticulture	25  1:00pm Therapy Dog 1:30pm Journalism	26	27  1:15 pm BEE Meeting 2:00pm Philosophy – Standards	28  1:15 pm Member Services

**PARTICIPATING IN MEETINGS IS IMPORTANT, WE WANT INPUT FROM YOU!  
TRY TO ATTEND THEM!                      See page 3 to join in by ZOOM**



# Social time: 3-4:30 pm

Monday	Tuesday	Wednesday	Thursday	Friday
		3:00—4:00 YOGA	3:00—4:00 CREATIVE WRITING	<u>REMINDER</u> Shabbat Dinners 10/7– 5:00 pm 10/21– 5:00 pm

## ANNOUNCEMENTS

### WARM WELCOME TO OUR NEWEST FAMILY MEMBERS

**WELCOME BACK: JASON**

### THIS IS THE HOLIEST DAY OF THE JEWISH YEAR.

ALL Jewish holidays start at sunset, so the observance of Yom Kippur Yom Kippur actually mean “Day of Atonement” and this year starts Tuesday night and ends at sunset on Wednesday. During these 24 hours as individuals and as a community we gather to acknowledge wrongdoings, seek forgiveness, and abstain from eating or drinking as we go through self-reflection. After taking a look into their life and acknowledge misdeeds, people then ask both God to forgive them and often will also ask for forgiveness from those who they have hurt. It is a way to start of a New Year with a fresh start, and hopefully no baggage being carried forward weighing down a soul or an interpersonal relationship.

**WELCOME NEW STAFF: LIZZIE AND ED!**

**AUDITOR VISIT: FRIDAY, OCTOBER 14TH, 2022.**

### CLUBHOUSE INTERNATIONAL ACCREDITATION VISIT

Save the dates to join us to be here October 18-20.

The team is here to be with us.

**Stay tuned for a full schedule as we get more details.**

## UPCOMING SPECIAL EVENTS & FUN DAYS

**10/12: FALL THEME NIGHT    10/25 HAYRIDE EVENT**  
**10/31: HALLOWEEN PARTY    11/20: STEELER SUNDAY**

## LOCKERS

**WE NOW HAVE LOCKERS AT THE CLUBHOUSE!**  
**LOCKS ARE ALSO AVAILABLE FOR MEMBERS!**

## MEDITATION ROOM

**TAKING A BREAK IS IMPORTANT!**  
**WE NOW HAVE A MEDITATION ROOM AVAILABLE FOR USE.**

## FOLLOW US ON SOCIAL MEDIA FOR UPDATES!

**HOWARD LEVIN CLUBHOUSE ON FACEBOOK**  
**@SHLCLUBHOUSE ON INSTAGRAM**



## **SNACK BAR UPDATES** By Mike Hodes

Due to the Psych rehab and Social rehab hours change. The snack bar hours change as well.

- SMOOTHIES are now available in the morning!!
- Morning hours 10am—12pm (Open after touch base)
- CLOSED from 12pm until just after 1pm Touchbase
- Register BALANCE will be somewhere between 2:30-3pm. This depends on the volume of business and the number of colleagues in the clubhouse as Psych Rehab.
- From 3:00—4:30pm You can purchase MICROWAVABLE items

Thank you for your business and for understanding the need for scheduled hours. **If you have suggestions please let me know. Call me at the clubhouse 412-422-1850 Ext131**

## Clubhouse International Standard #7

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 Seventh Standard:

The Clubhouse provides an effective reach out system to members who are not attending, becoming isolated in the community or hospitalized.

Reach out is a vital aspect of the Clubhouse program. It shows members that they are cared about, that they are a needed and wanted member of the community, and that they are missed when they aren't here. As someone with a mental illness, this is very important, to know that someone would miss you, that someone DOES MISS YOU, when you aren't here.

Mike H. agrees that reach out is important and says that we need to do more of it.

Our Clubhouse currently makes routine reach out via phone calls to all new members and to people who we haven't seen in the last week. We also reach out to members to notify them about special events. These calls are recorded in a binder which is kept at the front desk.

In order to be on the reach out list you need to complete a reach out survey, which you should have received in the mail and is also available at the reception desk.

Wendell, who receives routine reach out, says that reach out phone calls make him feel connected and a part of the Clubhouse community, even when he hasn't been in for a while.

Reach out can make a huge difference when people are personally invited to come into the Clubhouse. For example, after Barb called people to remind them about yoga, we had such a huge turnout for Jesse's class that we ran out of yoga mats.

I will attest that a reach out phone call is appreciated even by someone who DOES attend regularly. It brings tears of joy to my eyes just thinking about how last year, as an 11 year member, I received a call to wish me a “Happy Birthday” on my birthday. I felt so special and loved by my Clubhouse community.

And that's what the Clubhouse is, a community. To keep our community strong, we must keep reaching out and drawing people back.



## PETS OF THE MONTH



This is Baby Princess Spedshine!! She is only 2 weeks old and she had just opened her eyes. This little fuzz buckets momma passed away and she was bottle fed from the time she was only a few days old. Today she is happy healthy beautiful cat!

Tootles– A Holland Lop Rabbit

By: Dean Damick

Owned by Mandy's sister.

I give everyone in the clubhouse good cheer

On the labor day.



Laney the Therapy Dog Visits the Clubhouse!

Laney usually visits the clubhouse the 1st and 3rd Tuesdays of the month!

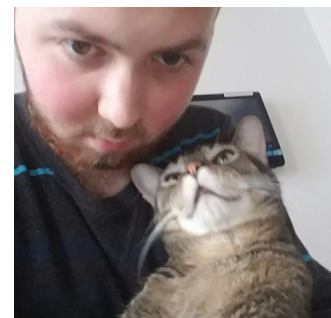
Come on in and meet her!

How Samuel Got His Cat by Aileen Z and son, Samuel

In 2013, we were coming home from boarding school and grandma told us their cat had ran away for the 2nd time. We went to the pet store just to look and wound-up walking out with Freddy! It was love at first sight! Freddy is an epicedian breed of cat. He is gray and brown striped and very fluffy. He was just a little kitten when he joined our family but is now a full-grown beautiful fur ball.

When we brought Freddy home, Samuel kept him in his bedroom and because his grandmother told him to keep him there so he wouldn't run around everywhere at least right away. At first, he hid behind Samuel's bedroom furniture. He finally came around

Samuel is so good with his cat. They are best friends. Freddy sleeps with Sam ad he has to make sure he doesn't squish him. Freddy is very playful. His favorite toys are the homemade catnip toys that I made for him, my grand cat. Freddy is a very friendly cat. We all love him dearly.



## WHAT CLUBHOUSE MEANS TO ME

BY: BARB K.

I have an identical twin sister her name is Sondra, and we are soulmates and we do everything together. When I come to the clubhouse, I feel that this place is also my soulmate. I see a lot of people here that I really like, and I really connect with and really easy to have fun with. Its good to be able to come to a place where you can be yourself and have conversations with people without being restricted.

My time at the clubhouse is well spent I am the receptionist I answer the door and answer the phone. I love it and couldn't be happier.

I have been coming to the clubhouse for years even when we were in the old clubhouse. I really like the new facility it is so much better than the old clubhouse.

My friends here are awesome, and I made some new friends and I love them all.

When people ask what the clubhouse means to me I can simply say, my clubhouse is my home away from home. The staff is beyond belief here they are warm, they are fuzzy, and they are so easy to talk too. Every colleague is a journey into getting to know them better. They along with the staff make my day.

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## WHAT THE CLUBHOUSE MEANS TO ME

BY: JASON M.

Hi, my name is Jason M. I have been going to the clubhouse for a couple days. I am a very useful and intelligent guy. I love sports, fire departments, cooking with my colleagues. I love it here. I am treated like I am at home and I am very comfortable here. If you need anything, I am always here for you or just to chit chat.

**FALL THEME: CAN YOU FIND ALL 18 WORDS?**  
**IF YOU DO, DON'T FORGET THE PERKS! SEE BELOW**

W V U G R C R L Y M K L A G H P U M P K I N G K D N R U N I  
 E F F N L L E F Y O H H T J O U Q X W U W N X F J H U L I Q  
 A B E V X J C L F E N O N X L Z Q Z Z P I X J O B D X A O A  
 T L R W G K U N Z U A C L Y I I X E F T H P V P E H H D O B  
 H D F T H L N L I U X U Y A D H Q C S I V I W V Y M Z Z A K  
 E G Y J T H K G X W A P R Q A P C A K O N V V U V J Y N J E  
 R X O P W M U G I Z P L V N Y R F Y I E Q S G Z S D Y F E R  
 C A A T H Y W Y D V P F S I S D N R O C A E A R W I O W D K  
 H O L I M I D D E X P H H T M E G A Q L N D D G W Q V N V N  
 A O V K P L F I O N O E E V I H O B Y F X I C U U P L G H B  
 N O H T Z E N J P F O V P X F Q O B O C W G X N P Q X Z X A  
 G L Q I O M G Y A K V H P U W Y X U G P J E O K N C U N G Q  
 E O D M G O U R K O A V M G W S T X G M G J A J C V E L Z Z  
 S L U Y N Q P H X N E F M E N W I K G C R P Q D U R H E L W  
 N M D U B Q S E A A V B V Z K L F M X Y C Y C O B R K T X V  
 C I D E R H J W T R Z E A X M Q X J Z S E L F C A R E U M B  
 D U K B V L V U A G V X K X K A A U E S D M O U Y M T E P S  
 J N E O A O Z E V U N E U P G Y G A M V L P T J V N O T T Y  
 R J N N L Y Y G O L U U S H O S G F S L U A X R X M H I V J  
 Y U W E N J Y A J S S H A T Y T Q H D Z C W H O T U G R F S  
 P H B Q E O A L P T N J Z H E N N T Y B X M N M G T J K W H  
 K F Q C O W R S E S J F E D Y N L D S M F I K V M U U E A C  
 N U T Z R Y O P A A R C I U D R B I H F U E M V Y A A H J T  
 C Y J V Z Z V L M E V R H O B A B D A Q A H Y C H T E T H D  
 O O I E H D F Y L F Y E S F E J B J E I A Z T S E H L S P H  
 W P Y K U Z M F A A P K S S M J R W L Y Z I L R Y U I M K U  
 S H S E L P P A H B H K O Q U Q W N O X L T S F E F S Y G D  
 T M K L L X J Q U U P R Q K U M D U K D P O Z S T O O B F A  
 R N L L T W V H C Q Z A P S F B Y O U K M W D L J W Y M N Z  
 R L B X J G E A F G I T K V J G Z O R V N A Z M T O P U R E

**EQUINOX**  
**PUMPKIN**  
**HARVEST**  
**HOLIDAYS**  
**SHOFAR**  
**APPLES**  
**HONEY**  
**FEASTS**  
**FASTING**  
**SELFCARE**  
**LEAVES**  
**WEATHERCHANGES**  
**SWEATERS**  
**BOOTS**  
**HALLOWEEN**  
**AUTUMN**  
**HAYRIDE**  
**CIDER**

**FREE OFFER**

**CLUBTIQUE SPECIAL OFFER!**

When you complete the wordsearch and bring it in.  
**PICK 1 item from Clubtique for FREE**

**YOUR INPUT IS WANTED !!**

**GET 1 SNACK BAR ITEM & 1 CLUBTIQUE ITEM FOR FREE**

**We need member ideas about what YOU are interested in seeing be added/changed.**

We know that everyone can not make each Community Forum or Member Services meeting,  
 so whether you are here for them or not, we care about your thoughts!

**SUGGESTIONS can be brought to meetings or emailed to Chrissy too!**

**Her email is [cwhiting@jrspgh.org](mailto:cwhiting@jrspgh.org)**





SALLY AND HOWARD LEVIN CLUBHOUSE  
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NON-PROFIT ORG.  
US POSTAGE  
PAID  
PITTSBURGH PA

Knowing that we can  
be loved exactly as we  
are gives us all the  
best opportunity for  
growing into the  
healthiest of people.

- Fred Rogers

BEING KIND MEANS RESPONDING  
TO THE NEEDS OF OTHERS — AND  
PEOPLE CAN BE KIND, NO MATTER  
HOW OLD OR YOUNG WE ARE.

— FRED ROGERS

"**Forgiveness** is a **strange thing**.  
It can sometimes be **easier** to forgive  
**our enemies** than **our friends**.  
It can be **hardest** of all to forgive  
**people we love**."

- Fred Rogers

Goalcast



"In times of stress, the  
best thing we can do for  
each other is to listen  
with our ears and our  
hearts and to be assured  
that our questions are  
just as important as  
our answers."

Fred Rogers

