



**The Sally and Howard
Levin Clubhouse**

***A Program of
The branch***

Newsletter Contributors:

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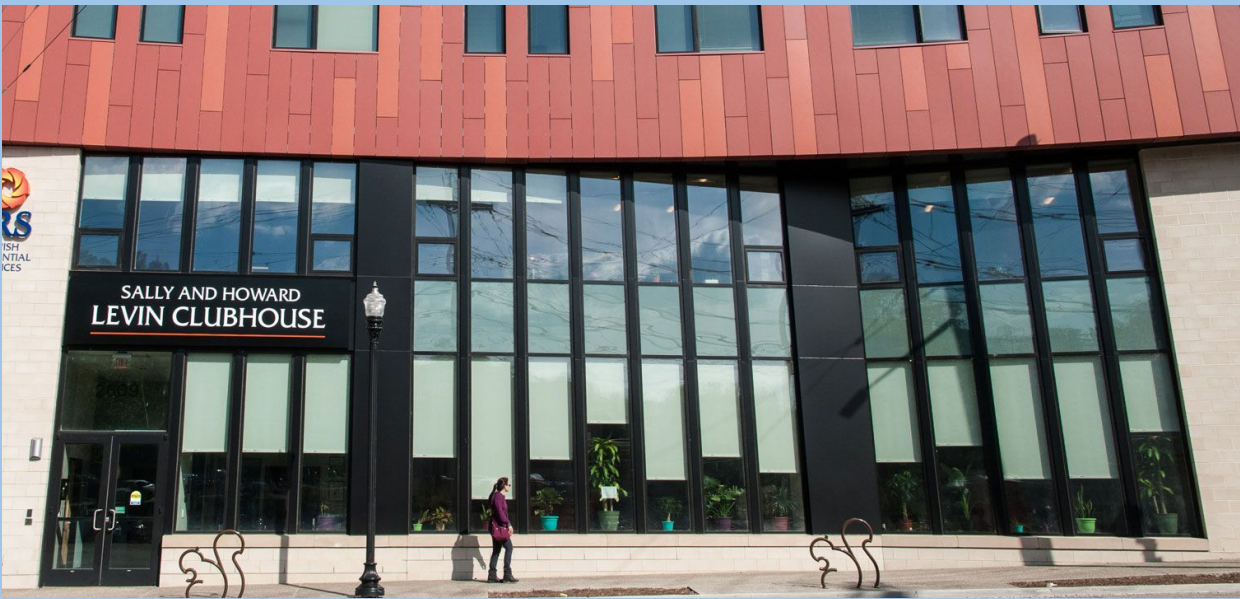
Delaine S.

Chrissy W.

Lizzie M.

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A Publication of the
Sally and Howard Levin
Clubhouse
The Clubhouse Star



Greetings from the Director!



Greetings from the Director!

Happy Holidays!

Is there anything more exciting than this time of year? I am a huge winter holiday fan and am thrilled to get to spend the season with my SHLC family!

Some events I am particularly interested in:

On December 7th, we will be going to Phipp's Conservatory. Up to 15 colleagues can attend (sign up on the wall) and must arrive at SHLC by 4:00PM in order to make our slot at 4:30PM. We are very excited about this trip!

My first EVER Hanukkah party-happening on Tuesday, December 20th from 5-7 pm.

Christmas at the Clubhouse-happening on Christmas Day (December 25th) from 10-2, we will be making Chinese food, watching a holiday movie and having a white elephant gift exchange!

I cannot wait to spend time with you this holiday season! Please stop by and see be with your SHLC family!

Much Love,

Chrissy W.

ATTENTION

Want to stay connected?

We want you to feel connected with us!!

We really want to SEE you and hope you come in for meetings.

If you want to participate, yet cannot come in due to circumstances,
please call in ahead of meeting time and let us know you want to join via ZOOM.

Give us a call! 412-422-1850

Meeting ID: 956 983 055

Password: JRS

Touchbase & Announcements are
IN PERSON ONLY at 9am & 1pm
to focus on the Work-Ordered Day

Please also read the ANNOUNCEMENTS on the Big Screen
and in the frames on the computer tables

**** *UPDATED NEWS:*** *Community Forum is now Twice a Month
always on the Fridays that we also have Shabbat Dinners*

Mondays	Tuesdays	Thursdays	Fridays
2:00 PM Member Projects	2:00 PM Journalism	11:00 AM Newsletter Meeting	11:00 AM Community Forum** 2:00 PM Menu Planning (Biweekly)

December Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
D = Dairy M = Meat P = Parve V = Vegetarian		30.	1. Noodle Kugel Chicken Thighs (M)	2. Grilled Cheese and Tomato Soup (D) <u>Shabbat</u> : Meatloaf, Mashed Potatoes, and Green Beans (M)
5. Breakfast for Lunch (P)	6. Spaghetti with Meat Sauce (M)	7. Vegan Sloppy Joes (V)	8. Beef Goulash (M)	9. Hungarian Mushroom Soup (V)
12. Salmon Burgers (P)	13. Shepherd's Pie (M)	14. Pasta Alfredo (D)	15. Roasted Broccoli Lemon Pasta (V)	16. Egg and Tuna Salad (P) <u>Shabbat</u> : Salmon and Stuffed Shells with Roasted Vegetables. Cranberry-Apple Crisp (P)
19. French Toast Casserole (D)	20. Pizza (D)	21. Beef Stew (M)	22. Veggie Lasagna (D)	23. Sweet and Sour Meatballs(M)
26. Sweet Potato Quesadillas (D)	27. Thai Style Lettuce Wraps (V)	28. Cheese Blintz Souffle (D)	29. Kosher Chili (V)	30. Chicken Matzo Ball Soup (M)

December: Weekly Meetings and Events

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Remember SIGN UP to attend Christmas Day and New Years Day on wall (you can also call in to sign up on the wall).</i>			1. 11a Newsletter 2p Members meeting	2. 11a Community Forum 2p Hannukah Food Meeting 4:30p Shabbat Dinner
5. 2p Member Projects	6. 2p JOURNALISM	7. 4pm: Leave for Phipps Winter Exhibit	8. 11a Newsletter	9.
12. 2P Member Projects	13. 2p JOURNALISM	14.	15. 11a Newsletter	17. 11a Community Forum 2P Menu Planning 4:30p Shabbat Dinner
19. 2P Member Projects	20. ALL DAY Prep for tonight's HANNUKAH PARTY TONIGHT	21.	22.	23. 10AM—2PM SOCIAL DAY 4
26. 2p Member	27.	28.	29.	30.

Social time: 3pm-4:30

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
	2:00-3:00 JOURNALISM	3:00—4:00 YOGA *Rescheduled, come or call in for new date and time	3:00—4:00 CREATIVE WRITING	<u>REMINDER</u> Shabbat Dinners 12/2: 4:30 pm 12/16: 4:30 pm

REMEMBER: <u>SIGN UP ON WALL FOR MOST EVENTS LISTED HERE!</u> THURSDAY 12/1: 1:45P: VOLUNTEER AT SQUIRREL HILL FOOD PANTRY FRIDAY 12/2: 2P: DR. GLICK TALK ON MEDICATION SIDE EFFECTS WEDNESDAY 12/7: * 9:30A-11A: FLU SHOT CLINIC * * 4P: LEAVE FOR PHIPPS WINTER EXHIBIT FRIDAY 12/2 & 12/16: SHABBAT DINNER *Shabbat Dinner starting at 4:30 pm	TUESDAY 12/20: HANUKKAH PARTY 5P-7P FRIDAY 12/23: 10A-2P SOCIAL DAY SUNDAY 12/25: 10A-2P MOVIE AND CHINESE FOOD MARK YOUR CALENDARS **SUNDAY 1/1 10A-2P MOVIE AND CREAM PUFFS
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SAVE THE DATES AND JOIN US THIS MONTH!!

1/4/23: Envision Board Workshop presented by Chrissy W.

In the Works: Bun Run & Presentation on Professionalism within SHLC with Ania G.

WARM WELCOME TO OUR newest FAMILY members

Anthony C. & Bob N. **WELCOME BACK: Dean D., Robbie K. & Ed T.**

Noshing with Nancy

Nancy Gale will be hosting cooking workshops from 10-11am on some Fridays.

December 2: Pumpkin Bread (served as a snack)

PLEASE NOTE THAT OUR HOURS HAVE CHANGED! STARTING THURSDAY, 12/1, OUR WORK=ORDERED DAY WILL BE FROM 8am-4pm, AND OUR SOCIAL HOUR WILL BE FROM 4pm-5pm.⁵

Clubhouse International Standard #9

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 Ninth Standard:

Clubhouse staff are sufficient to engage the membership, yet few enough to make carrying out their responsibilities impossible without member involvement.

The power of the Clubhouse model of recovery is that members know that they are truly ‘needed, wanted, and expected’ to ensure that the Clubhouse is operational. When staff are able to accomplish the important work of the Clubhouse without member engagement, members no longer experience the sense that they are valued and needed in a genuine way, and the core foundation of Clubhouse recovery is greatly weakened.

However, there must be enough staff in order to ensure that the daily structure and stability of the Clubhouse is maintained. Unlike members, whose attendance is purely voluntary and who are often away from the Clubhouse as they move toward greater reintegration in the local community, staff are paid employees and are expected to be present and available to engage members throughout the Clubhouse work week.

Sufficient Clubhouse staff provide the structure for the essential member/staff relationships that are the core of the Clubhouse model of recovery. It is essential to have sufficient staff to ensure a vibrant employment function, as well as a full evening/weekend/holiday social program, an education function, and all of the other essential functions of a Standards-based Clubhouse.

In the Sally and Howard Levin Clubhouse, we have experienced a chronic problem with staff turnover and understaffing, which is hopefully now being solved with the help of Chrissy, our wonderful new Director. With a fully staffed Clubhouse, we plan to expand our hours during the week from 8am until 5pm and remain open for dinner until 6:30 on alternating Wednesdays and Fridays, as well as have more weekend programming. Even more benefits and opportunities of a fully staffed Clubhouse will become apparent as time progresses.

Come in and spend time working side-by-side with all of our new staff and interns, and join us for upcoming interviews of additional intern candidates!



Snack Bar Updates

By newsletter staff members

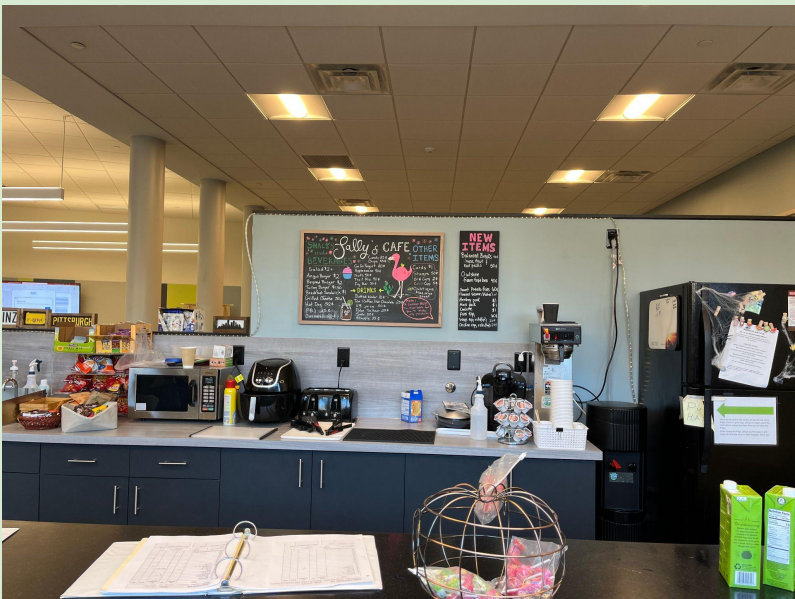
DO NOT FORGET TO SIGN UP FOR LUNCH BY 11AM!

If you have not been in for a while, this Fall we added a few new menu items to the snack bar. We are excited to share these as well as introduce other items in the future as well!! Want something added? Use our new suggestion box. It is located on the counter near the staff work stations. Fill out the form on the box and drop in. :)

BREAKFAST: Besides the breakfast sandwiches there are now options for omelets and smoothies, so no need to skip a meal if you leave home hungry!

Air Fryer Options	Omelet Press & Smoothie Blender	Beverages & Snacks
Sweet potato fries (\$.60)	Omelet (\$1.00)	Vitamin water (\$1.25)
Chicken egg rolls (5 for \$.20)	Smoothie (\$1.00)	Full size candy bars (\$1.00)
Veggie egg rolls (5 for \$.20)		Mini-candy (\$.25)
Falafel (\$.10/each)		Almond milk and coconut milk are available as creamer or smoothie base options

If you have suggestions please let us know. Call the Clubhouse 412-422-1850





Cranberry Sauce **Delaine Swearman's Version**

This makes a sweet, less tangy cranberry sauce.

“The best cranberry sauce ever, and I don’t even like cranberry sauce!” (Chrissy W.)

When chilled, this recipe will make approximately 4 quarts of sauce.

Ingredients:

5 Bags (12 oz each) of Fresh Cranberries

5 cups of water

6 ½ cups of white sugar or baking Splenda to start (with up to an additional cup or so added to taste as sauce is cooking)

Do not add anything extra (no spices, fruits, nuts, etc!)

Directions:

1. Wash cranberries in a colander and spread them out, picking out any soft, rotten, or obviously unripe (white) berries to dispose of.
2. Mix water and initial sugar or Splenda and bring to a boil in a large pot.
3. Add berries into boiling water.
4. Stir occasionally, berries will begin bursting open, and pink foam will appear. A lid can be used on pot if watching closely, being careful that berries don’t boil over. Reduce heat if necessary, but keep berries at low boil.
5. When all berries are burst open and sauce is boiling, start tasting.
6. Scoop out a small spoonful into a dish and allow to cool slightly and then taste with a clean spoon.
7. If sauce tastes “tart” add ½ cup sugar into the boiling sauce and stir well.
8. Repeat tasting with a clean spoon after a few minutes.
9. Continue adding sugar in ¼ cups until desired taste achieved (most people desire a sweeter, not tart sauce.)
10. When the desired taste is achieved, turn heat to low. As the sauce thickens, or if already thickening, turn heat off and allow to cool slightly.
11. Transfer warm sauce into storage containers, covered loosely, and place in refrigerator. Sauce will continue to thicken to a jelly like consistency as it gets cold. When cold, apply tighter lid.
12. Sauce may be stored cold or frozen for an extended period.

How I First Came to the Clubhouse

By Aileen Z.

I started at the Clubhouse in 2007. When I first walked into the Clubhouse, I was very nervous, until I heard a familiar voice, then I wasn't so nervous. As the days went by, I was learning more things to do with the Clubhouse. When I was told about the newsletter, I started to submit articles every month. For my first article, I wrote about a cat I had. Throughout the years, I was very comfortable because everybody was so friendly and nobody judges anybody.

This year, I have been with the Clubhouse for 15 years and everyone is my family here.

Proud Mom Moment: By Aileen Z.

My son was in Pittsburgh visiting with me, my ex-husband and my best friend. We all stayed at Wally and his fiancé Nicole's place, last Wednesday. I wasn't feeling well. My son sat with me and got me to talk about other things. Last Thursday, my stomach got worse, and my son called 911 for me.

I am very proud of him!

PLEASE UTILIZE THE SUGGESTION BOX!

It is located on the counter near the staff work stations. Fill out a form on the box and drop it in.

PLEASE GIVE US IDEAS OF WHAT YOU WOULD LIKE TO DO IN THE CLUBHOUSE OR FOR OUTINGS!

BRING YOUR IDEAS TO THE ATTENTION OF MEMBERS

Ideas can be shared by phone or email as well.

Any staff can add your emailed suggestion into the box.

Have an idea and can't come in? CALL IN!!

Speak with any colleague, share your idea. Ask them to write it up and add in the box on your behalf.



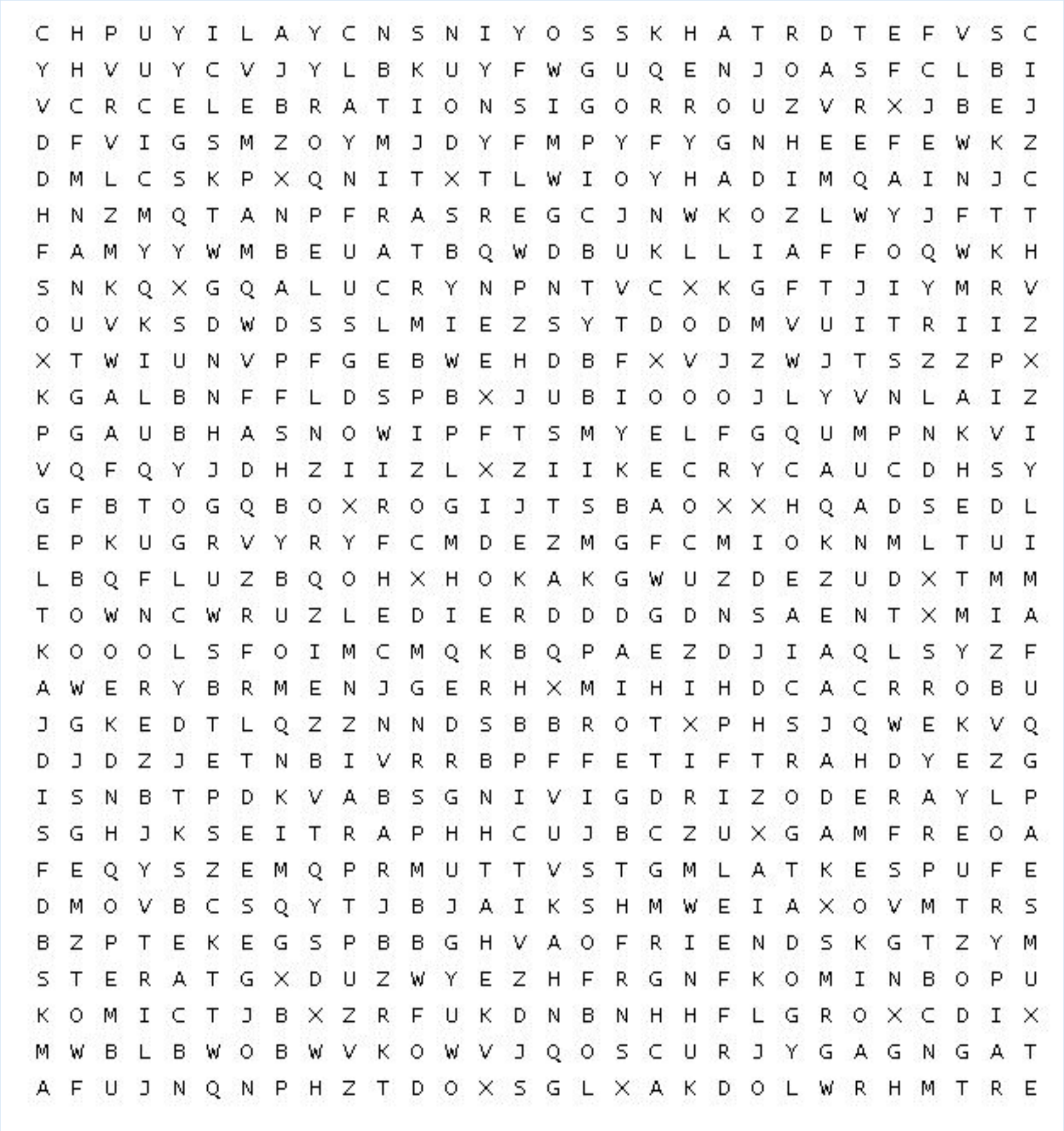
Allegheny County through the oversight of the Department of Human Services is doing a research study on how low-or no cost public transportation could help low-income families. They're looking for households to participate in a year long pilot study.

To qualify: Those between the ages of 18 and 64 who are part of the Supplemental Nutrition Assistance Program (SNAP) are eligible to apply. People who have a disability and already have half-fare Connect Card are eligible to participate.

Participants will be randomly assigned to three groups: (1) Free Fares Group (2) Half-Priced Fare Group (3) Full-Price Fare Group. Family members will also be able to ride according to that group assignment.

Sign up at: www.acdhs.org/discounted-fares

HAPPY HOLIDAYS!!



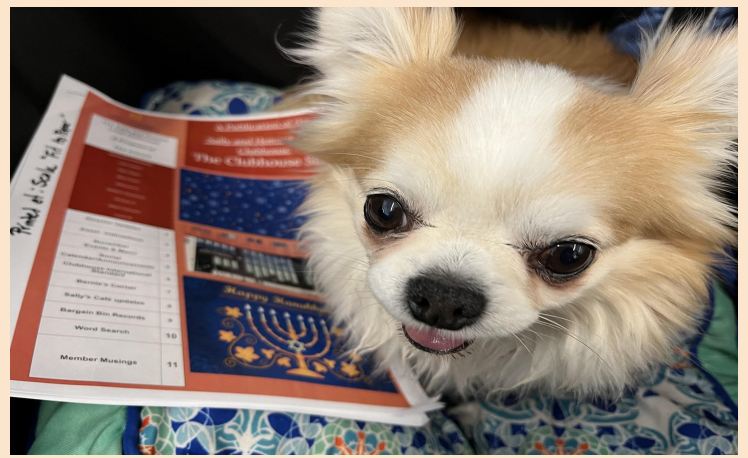
Candles
Clay
Faith
Friends
Gifts
Menorah
Parties
Receiving
Tree

Celebrations
Doughnuts
Family
Fun
Giving
Kwanza
Miracles
Potatoes
Snow
Bells

Dreidel
Fried
Gelt
Hanukkah
Latkes
Pancakes
Prayers
Christmas
Joyful
Night

COMPLETE THE
WORD SEARCH
AND TURN INTO
SALLY'S CAFÉ
FOR A FREE
SNACK OR A
FREE ITEM FROM
CLUBTIQUE

Bernie's Corner



I am a service dog. I help out my human partner with specific tasks.

Lots of people have asked how they get a dog like me. That's a long story for a future newsletter article but let's start out by saying before taking care of a live animal it often helps to start out by taking care of a plant in your home or something else that needs daily care. Another thing to do is to volunteer at a local shelter or even just stop by one and get a feel for the different kinds of animals, there is a no kill shelter on Camp Horne Road that offers free classes on how to take care of dogs and cats and rabbits and offers opportunities to do things like walk dogs or sit in rooms with cats and play with them.

My human partner used to volunteer regularly, taking care of rabbits, cats, and dogs. That's how she learned most of her skills to work with me and build a partnership with me.

Want to come and spend a Saturday afternoon hanging out with some rabbits? Almost every Saturday from 2:30 to 4pm, you can do that at Animal Friends, a no-kill shelter on Camp Horne Road. If you are interested, let's talk about it in a Membership Huddle. Let's have fun going to Bun Run!

Two of our members volunteer at a much closer shelter to Levin taking care of rabbits. But we can try things out going to Animal Friends for the open Bun Run. We will sit quietly on the floor and let the bunnies come to us. Let them invite themselves to interact with you. It's a good way to practice helping animals and focusing on something living. It's a mindfulness activity involving another living being.



SALLY AND HOWARD LEVIN CLUBHOUSE
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Photos by Delaine S.