

# The Clubhouse Star

A Publication of the Sally And Howard Levin Clubhouse  
A program of The branch [www.shlclubhouse.org](http://www.shlclubhouse.org)



SALLY AND HOWARD  
LEVIN CLUBHOUSE  
*A program of The Branch*

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# Greetings from the Director!



Greetings from the Director!

Happy Valentine's Day!

Valentine's Day is one of my very favorite holidays. Not only is everything pink and sparkly, it is also about remembering to show love to everyone, not just our significant others. If you haven't been to SHLC in a while, I encourage you to come and experience all the love here for yourself.

Besides Valentine's Day, we have much excitement this month including our annual fundraiser, Breaking Down the Walls, to be held on Thursday, February 23<sup>rd</sup> from 5:30- 7:30 pm. Cost is \$25, but if you would like to volunteer your time, admission is free. If you do not want to volunteer, and you are a colleague, cost is only \$5. See me to reserve and pay!

Perhaps even more exciting, SHLC is looking forward to hosting its first ever prom! Many more details to follow, but its definitely time to dust off those dancing shoes and pull out that fluffy dress. It's going to be a blast!

Have a fantastic February!

Much Love,

*Chrissy Whitting*



# THE CLUBHOUSE WELCOMES BACK CUTCH!



# ATTENTION

DO YOU WANT LUNCH AT CLUBHOUSE?

**You must call in & add your name by 10:30am**

Give us a call! 412-422-1850

We need to know how many to cook for  
and not have any food waste.

Touchbase is at 9am & 1pm IN PERSON ONLY

Phones are not answered during Touchbase  
Allowing time focusing on the Work-Ordered Day

When you are at SHLC, please READ the ANNOUNCEMENTS  
on the Big Screen and in the frames on the computer tables

## DO YOU GET OUR MAILINGS?

We are missing several addresses and others  
that we do not have current addresses for.  
**Confirm your mailing address with ED!**

## Want to stay connected?

**We really want to SEE you come in for meetings.**

CALL AHEAD of time and let us know  
if you want to join via ZOOM.

Phone: 412-422-1850

Meeting ID: 956 983 055      Password: JRS

## Clubhouse International Standard #11

### 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 Eleventh Standard:

***Responsibility for the operation of the Clubhouse lies with the members and staff and ultimately with the Clubhouse director. Central to this responsibility is the engagement of members and staff in all aspects of Clubhouse operation.***

A good Clubhouse operates like a well-oiled machine. People are welcomed, lunch is made, phones are answered, newsletter articles are written, the floor is swept, and so forth. The Clubhouse machine can only work with the collaborative efforts of members and staff, and with the involvement and oversight of a dedicated director.

It is the director who creates the urgency and excitement, who sets an example by involving members in tasks, and who holds the staff accountable to engaging with members in Clubhouse opportunities.

As we have all seen, when excitement and positive energy starts with the director, it quickly trickles down into the rest of the community. A good director brings a Clubhouse to life!

Thank you, Chrissy, for being our amazing director!

# **Happy Birthday Heidi M., Mike “Wendell” H. & Ed!!**



**Stay Cool!**

**USE THE SUGGESTION BOX!  
BRING YOUR IDEAS TO THE  
ATTENTION OF STAFF/MEMBERS**  
The Box is located on the countertop  
across from reception

**We are interested in what you would like to do at Clubhouse  
or for outings. These will be discussed  
at Community Forums.**

**Have an idea and can't come in?**

**Suggestions left in the box will be addressed on  
your behalf at the Community Forums.**



# FEBRUARY SCHEDULE

YOU CAN REQUEST TO JOIN BY ZOOM,  
ONLY FOR MEETINGS THAT HAVE AN ASTERISK \*

SHABBAT

THEME NIGHT

SUNDAY FUNDAY

DAY/DATE	WED 2/1	THURS 2/2	FRI 2/3	MON 2/6	TUES 2/7
VEGAN OPTION	Black Bean Burger			Chickpea Tacos	
MEAL	Vegetarian Taco Salad (D)	Breakfast: Hashbrown Quiche  Croissant Egg Salad Sandwich	Tomato Basil Soup & Nutty Bread (D) Shabbat: Chicken Marsala Florentine (M)	Quesadillas (D)	Stuffed Cabbage Rolls (M)
MEETINGS	2 pm-Menu Planning  2:30 pm Newsletter Huddle	10 am-Orientation		2pm Social Event Planning 1:30 pm-Garden Planning	10 am-Orientation
ACTIVITY	3 pm-Yoga with Jesse	3 pm-Creative Writing with Mimi	11am-Community Forum		2pm-Journalism w/ Pohla
SOCIAL ACTIVITIES					1pm-Lainey the Snuggle Dog

DAY/DATE	WED 2/8	THURS 2/9	FRI 2/10	MON 2/13	TUES 2/14
VEGAN OPTION	Chickpea Tacos			Lentil Sloppy Joe	
MEAL	Vegetarian Minestrone Soup, English Muffin Pizzas, Spiced and candied nuts (D)  Theme night: Baked Ziti, Eggplant Parm, Salad	Breakfast: Chocolate Chip Pancakes & Turkey Bacon (M)  Beef Barley & Vegetable Soup (M)	Tuna Salad Wrap (P)  <i>*Cutoff date for Pizza to choose toppings for the 14th- if you don't sign up the default is cheese*</i>	Breakfast for Lunch (D)	Homemade Heart Shaped Pizza & Chocolate Covered Strawberries (D)
MEETINGS	2 pm-Menu Planning 2:30pm-Newsletter Huddle	10 am-Orientation		2pm Social Event Planning 1:30 pm-Garden Planning	10 am-Orientation
ACTIVITY	3 pm-Yoga with Jesse	3 pm-Creative Writing with Mimi	11am-Community Forum		2pm Journalism w/ Pohla
SOCIAL ACTIVITIES	Prom Night!				

Noshing with Nancy

Nancy Gale’s cooking workshops are every other Wednesday from 10-11am

February 8th: Spiced and candied nuts (served with lunch)

February 22nd: Salmon, roasted brussel sprouts, and chocolate mousse cake (served as lunch)



# FEBRUARY SCHEDULE

YOU CAN REQUEST TO JOIN BY ZOOM,  
ONLY FOR MEETINGS THAT HAVE AN ASTERISK \*

DAY/DATE	WED 2/15	THURS 2/16	FRI 2/17	MON 2/20	TUES 2/21
VEGAN OPTION	Lentil Sloppy Joe			Vegetable Pot Pie	
MEAL	Hungarian Mushroom Soup & Salad (D)	Breakfast: Meat quiche Wedding Soup, Salad & Bread (M)	Quiche (D) Shabbat: Roasted Turkey & sides (M)	Hot Dogs, fruit Salad & Potato Chips (M)	Turkey Pot Pie (M)
MEETINGS	2:30 pm-Newsletter Huddle	10 am-Orientation		2pm Social Event Planning 1:30 pm-Garden Planning	
ACTIVITY	3 pm-Yoga with Jesse	3 pm-Creative Writing with Mimi	11am-Community Forum		2pm Journalism w/ Pohla
SOCIAL ACTIVITIES					1pm-Lainey the Snuggle Dog
DAY/DATE	WED 2/22	THURS 2/23	FRI 2/24	MON 2/27	TUES 2/28
VEGAN OPTION	Vegetable Pot Pie			TBD	
MEAL	Salmon & Sides (D) Dinner: Fish & Chips (P)	Breakfast: Donuts Ordered In Pizza	Vegetarian French Onion Soup (D)	Vegetarian Chili & Cornbread (D)	PGH Steak Salad w/o cheese (M)
MEETINGS	2:30 pm-Newsletter Huddle	10 am-Orientation		2pm Social Event Planning 1:30 pm-Garden Planning	10 am-Orientation
ACTIVITY	3 pm-Yoga with Jesse	3 pm-Creative Writing with Mimi	11am-Community Forum		2pm Journalism w/ Pohla
SOCIAL ACTIVITIES	Movie Night	Breaking Down the Walls			

## **My Work as a Cat Cuddler**

**By: Pohla Smith**

**My husband, Evan Pattack, and I have a beautiful black and tan coonhound named Daphne and four wonderful cats named Steed, Mrs. Peel, Buff and Sophia. On thursdays, however, I have up to 140 cats and kittens to care for.**

**That's because I'm one of more than 300 volunteers who help take care of homeless animals at Humane Animal Rescue of Pittsburgh (HARP). My official title is Cat Cuddler.**

**HARP has three separate facilities—one on the North Side, another in the East End and a third in Rosedale. I work at the East End Center, which operates in a relatively new building on Hamilton Avenue, about 2 miles away from where Evan and I live in Pittsburgh's Park Place neighborhood.**

**There we get assigned to work 2 hours every week. We are limited to having no more than 4 people in a group. My group usually consists of just the 2 of us. We have a good team to enter the big rooms that usually have a single car, although there can be as many as 4.**

**We pet them, give them treats, and make sure they have enough water and regular food.**

**We try to stay current on which cats and kittens have been adopted. My partner and I feel bad for those that have been living at the shelter for weeks and months, but we keep them as happy as possible. Other volunteers and staff members do too!**

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**WARM WELCOME TO OUR newest FAMILY members**

**& those returning too!**

**Welcome: Katie, Marina, Brenden & isaac**

**Welcome Back: Sir Thomas**

**ARTICLES FOR FEBRUARY NEWSLETTER DUE BY 1/20**

# SAVE THE DATES FOR THESE SPECIAL EVENTS

1st Annual SHLC Prom

February 8, 2023

4-6

Come dressed to impress!

Valentine's Day at the Clubhouse!!

February 14, 2023

We will be personal, heart shaped pizzas and chocolate covered strawberries!

Please sign up on the wall by February 10th to receive special toppings. Default will be cheese!

Black History Month Celebration!

February 1, 2023

1:30 pm

Come to learn and have special snacks!!

Breakfast at the Clubhouse!

Every Thursday at 8:30 am!



# BARGAIN BIN RECORD REVIEWS

## FOR FEBRUARY 2023

BY: Mike Hogan

I haven't written about Elvis Costello for many years. The last time was in 2006 when I did a 3-part review about his early work. A lot has happened in the intervening years. The big one was the break up of his backing band-the Attractions. They were replaced by a similar group called "The Imposters." They have backed Costello for several years.

The Imposters were on his album with Allen Toussaint, *The River Runs in Reverse*. This CD is an interesting effort by Costello to popularize Toussaint's music. Costello sings the main lyrics while Toussaint plays organ and sings backing vocals. It is a noble effort, but not as important as Costello's earlier work.

The Imposters also play on Costello's CD *Smile and When I Was Cruel*. Their similarity to The Attractions is obvious on these CDs. This is because The Imposters are two-thirds of The Attractions. The biggest difference is that David Faragher replaces Bruce Thomas on the bass. Steve Nieve plays more types of keyboards for The Imposters than he did in The Attractions. Pete Thomas is still on the drums.

Finally, there is the *Delivery Man*. This CD features rock, pop, and country songs. It intertwines 3 stories and as such is somewhat confusing. The Imposters play a key role in the songs, and on the surface, it is a good CD. I wish that the songs were not so confusing.

So there you have it. Despite being the same band as The Attractions, The Imposters come across as very different. Costello has grown a great deal from the days of "This Year's Model." I suggest that you get one of those CDs and listen to it carefully.



AS ALWAYS:  
KEEP ON ROCKING!



# Snack Bar Updates

By newsletter staff members

**DO NOT FORGET TO SIGN UP FOR LUNCH BY 10:30AM!**

**NEWEST BIG NEWS: We no longer sell Caffeinated Sodas.**  
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	Beverages	Snacks
	Vitamin water (\$1.25)	Full size candy bars (\$1.00) Mini-candy (\$.25) Bueno Mini Candy (\$.10)
Chicken egg rolls (5 for \$1.00)	Body Armor (\$.90)	Milano Cookies (\$.25)
Veggie egg rolls (5 for \$1.00)		Uncrustables (\$.75) Kirkland Nut Bars (\$.55) Skinny Pop (\$.45) Balanced Breaks (\$1.00) Fig Bars (\$.40)



# DID YOU KNOW?

By: KP

Ketanji Brown Jackson became the first black woman to be appointed to the Supreme Court? President Biden chose who to replace Stephen Bryer who retired.

Great Britain now has to change it's money and national anthem because of the death of Queen Elizabeth. The anthem now is "God Save the Queen."

When Tani Adewiu was age 8, he defeated 73 people at a New York chess competition. At the time Tani and his family were living in a homeless shelter.

You can cut your risk of developing dementia by using hearing aids when you first notice you have trouble with your hearing.

Feeling stressed out? Take a nature bath by walking in an area where there are trees green plants and animals. Even watching nature on TV can make you feel calmer.

## ARE YOU CONNECTED TO SHLC ON SOCIAL MEDIA?

SHLC has both Facebook & Instagram accounts

To find our PRIVATE "Friend" search HOWARD LEVIN CLUBHOUSE and send a "FRIEND REQUEST"



Our Facebook PUBLIC Page is @SHLCclubhouse

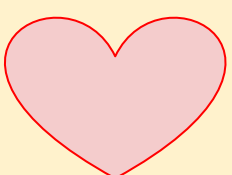


SHLC on Instagram is @shlclubhouse

Are you aware that  
The branch has a  
blog/newsletter called  
**CONNECTability?**

You can read it by going to this  
URL directly:

[thebranchpgh.org/connectability](http://thebranchpgh.org/connectability)



**ARTICLES FOR FEBRUARY NEWSLETTER  
DUE BY JANUARY 20**



# February Word Search

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

PHIL  
SUNNY  
MT RUSHMORE  
TEDDY BEAR  
ROOSEVELT  
MALCOM X  
CLOUDY  
GROUNDHOG  
PARTY  
ROSA PARKS  
WASHINGTON

LOVE  
VALENTINES  
SIX WEEKS  
CHOCOLATE  
HARRIET TUBMAN  
CANDY  
DOUGLASS  
SHADOW  
DREAM  
LINCOLN  
OBAMA  
DANCE

COMPLETE THE  
WORD SEARCH  
AND TURN INTO  
SNACK BAR FOR  
A FREE SNACK  
OR A FREE ITEM  
FROM  
CLUBTIQUE



# February Sports Schedule

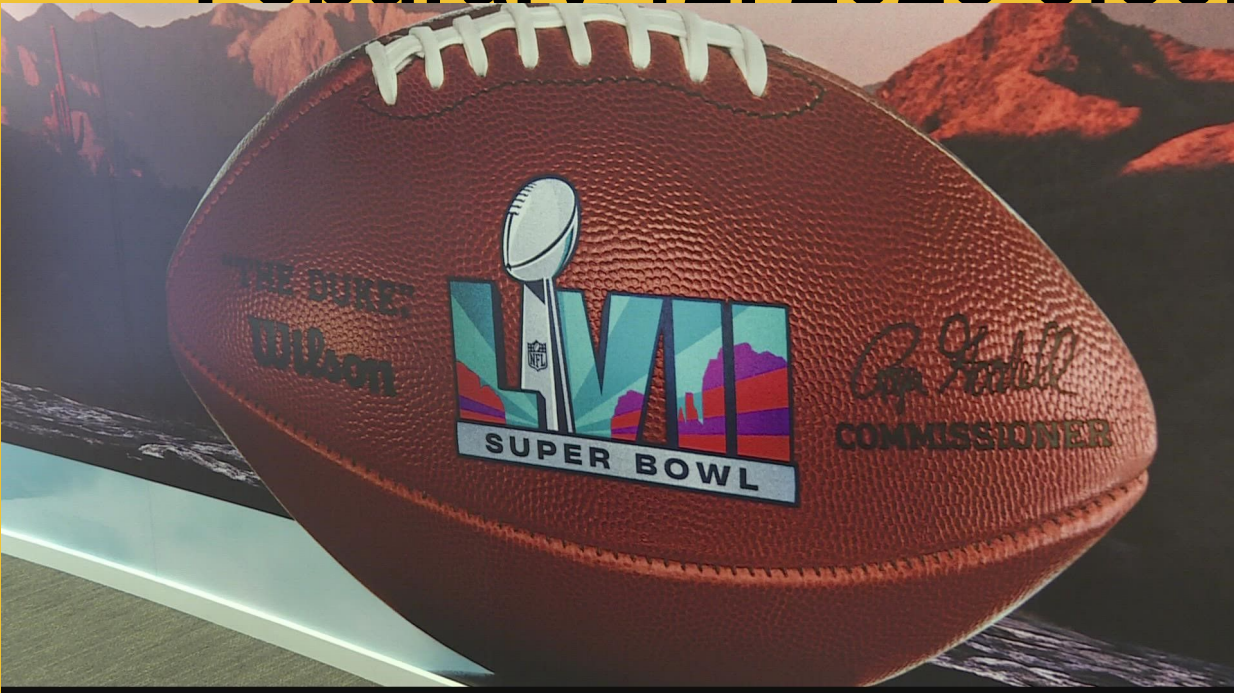
Penguins Hockey	Pitt Basketball
2/7 vs. Avalanche	1/28 vs. U of Miami
2/10 @ Ducks	2/1 @ UNC
2/11 @ Kings	2/7 vs. Louisville
2/14 @ Sharks	2/11 @ Florida State
2/17 @ Islanders	2/14 vs. Boston College
2/18 vs. Devils	2/18 @ Virginia Tech
2/20 vs. Islanders	2/21 vs. Georgia Tech
2/23 vs. Oilers	2/25 vs. Syracuse
2/25 @ Blues	
2/26 vs. Lightning	
2/28 @ Predators	

## Pirates Spring Training:

Pitchers and catchers report 2/15/23

## Super Bowl LVII - Glendale, AZ

Feburary 12. 2023 6:30pm





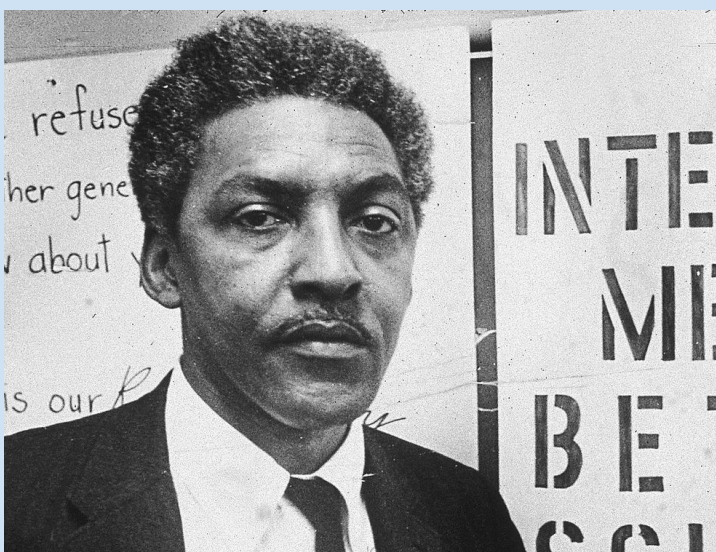
# BLACK HISTORY MONTH



Shirley Chisholm (1924 - 2005)  
During the racially contentious period in the late '60s, she became the first Black woman elected to Congress. She represented New York's 12th District from 1969 to 1983.



Mae Jemison (1956 - )  
Mae Jemison was the first African American woman who orbited into space aboard the shuttle Endeavour, a physician, teacher, a Peace Corps volunteer, and president of tech company, the Jemison Group. She continues to work towards the advancement of young women of color getting more involved in technology, engineering, and math careers.



Bayard Rustin (1912 - 1987)  
Rustin organized and strategized the March on Washington in August 1963 in the shadows. As a gay man who had controversial ties to communism, he was considered too much of a liability to be on the front lines of the movement. He served his community tirelessly while pushing for more jobs and better wages.



# Meet Punxsutawney Phil: Mr. Phil if you're nasty



**Phil's full name is a mouthful.** The groundhog's name is Punxsutawney Phil, Seer of Seers, Sage of Sages, Prognosticator of Prognosticators and Weather Prophet Extraordinary.

**Phil is fat.** Punxsutawney Phil weighs about [20 pounds and is 22 inches long](#), while the average groundhog weighs 12-15 pounds and is 20 inches long.

**Phil is one old groundhog.** Phil is 127 years old, supposedly. The average groundhog lives to be between 6-8 years, but Phil takes a magical elixir every summer to extend his lifespan. The elixir also changes his appearance (much like the Doctor in "Doctor Who"), which explains why Phil may be grey one year and a youthful brown the next. Alas, the elixir does not work on humans. "We've tried, it just makes them fat and bald," said [Ron Ploucha, Stump Warden of the Inner Circle of the Groundhog Club and co-handler of Phil](#). "If you saw some of our Inner Circle members you can tell the ones that tried."

**Phil has a wife.** Well, make that Phil has had many wives. While Phil has an extended lifespan, his wives do not partake in the elixir so they pass away like normal groundhogs do. Phil always finds love again, though. "He's probably had more wives than Hugh Hefner." Ploucha said. Phil's current wife is called Phyllis - of course.

**Phil does not have kids.** While there is nothing wrong with Phil reproductively (we asked), Phil has no children - he and his wife decided they are really too busy to raise a family. But that doesn't mean he does not love kids. "He considers everybody his kids, being 127 years old," Ploucha said.

**Phil was not in "Groundhog Day."** Phil had a full schedule and was not able to partake in the filming of the movie. In the Bill Murray movie he is played by a groundhog named Scooter - who bit the actor three times during filming. Phil was Murray's first choice for the role. "He's treated like royalty and is very well-behaved. A true professional," the actor [told The Philadelphia Inquirer in 1993](#). "So when they couldn't get him - a creature who has been hand-raised since birth and is very tame - what did they do? They went out into the woods and caught this Scooter, a groundhog who hated my guts from day one."

**Phil loves granola bars.** Oat and honey granola bars are Phil's favorite food, according to Ploucha - in particular Nature Valley ones.

**Phil has his own car.** It's called the Philmobile and it's little bus that houses members of the Inner Circle. Phil has a special seat on the outside, so he can be seen on parades.

**Phil plays dead, occasionally.** Oftentimes during summer parades, crowds will panic as the Philmobile draws through. That's because they will see Phil lying flat on his back, legs in the air looking dead. But he isn't, this is just how groundhogs cool off, according to Ploucha. One tap on the glass and Phil turns himself the right way round again.