Clubhouse Gazette

Clubhouse of Lehigh County

Clubhouse Hours

Monday thru Friday 8:00 a.m. - 4:00 p.m.

Lunch

12:00 Noon - 12:30 p.m.

House Meetings

Community-Wednesdays 1:45 p.m.

Program/Policy-Tuesdays 10:00 am.

Evening Activities

Thursdays 4:00 - 6:00 p.m.

Cheers for Peers

Last Tuesday of the Month (Except May, Nov & Dec)
4:00 - 7:00 p.m.

Phone: 610-433-9910

Drop-In Center Hours

Monday thru Friday 4:00 - 7:00 p.m. Saturday 2:00 - 7:00 p.m. Phone:610-433-1803

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www.clubhouseoflehighcounty.org

Use your voice and **Vote**November 8th. Any
questions where your
voting place is contact a
staff member and they
will help you. Voting is a
right and your voice
counts!

November 2016

You are invited to attend our 2016

Employer Recognition Dinner



Wednesday November 16, 4:00-7:00
Asbury United Methodist Church
1533 Springhouse Rd., Allentown



"Piecing it all Together"

Employer, Employee, Member, Clubhouse

Appetizer: Veggie/Fruit Trays, Crackers

Main Course: Chicken, Stuffing Mashed Potatoes with Broccoli/Cauliflower Combo

Desert: Fresh Baked Pie (Cherry, Apple, Pumpkin, and Peach)

Representative Mike Schlossberg was invited to be our key note speaker.

Cost of tickets is \$5.00 per person. Members please attend to support your Clubhouse members who are working and their employers. Thank

You.





Thanksgiving Day Brunch

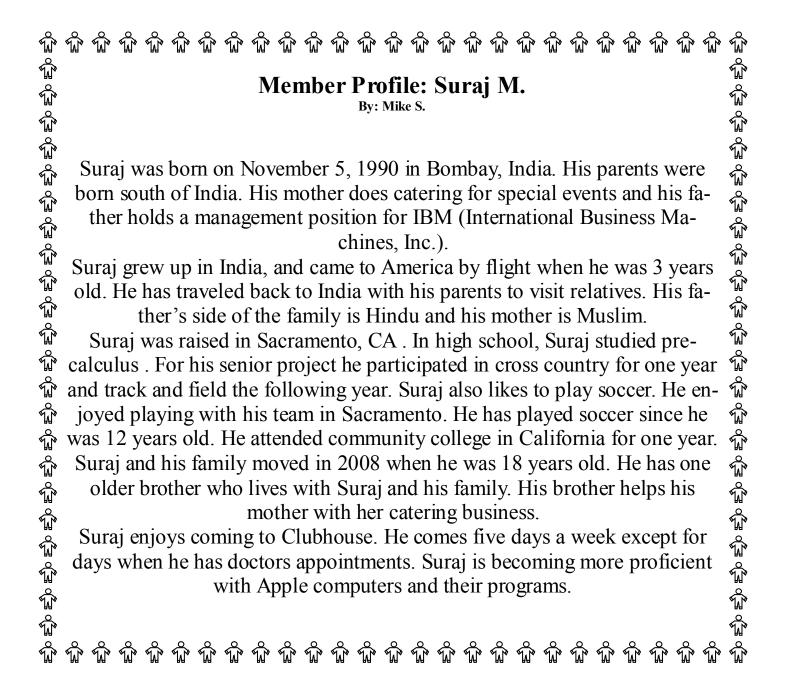
Clubhouse members are invited to a Thanksgiving Brunch on November 24 from 10-2. the menu that day will consist of:

Turkey, Egg, Potato, Cheese and Broccoli
Casserole



AROUND THE HOUSE





Potpourri

By Ken H.

I saw this group on TV called "Everyone Nose" that leaves room for "Everyone ears, everyone mouth and everyone eyes.

"Krissa, where are you?" On Hamilton Street, I saw that sign that said "Sneakers" 2/\$20.

I hope there's 2, or you'll be walking with one sneaker and one bare foot! Baum School of Art presents
Charles Vlasic, a Baum Art instructor. He'll be demonstrating his work painting still life's of pickles. Bob said he needs to "turn me on", but it's not happening. I'm not turned on in the least. I saw a new Restaurant which opened up called "Habibi", sweet restaurant!. Does that mean that singles can't eat there?

At Grace Hall Church on 15th street, their sign reads "Gace Hll Church Antiques. Now accepting antiques. In od we trust. Allen town.

FROM THE DESK OF STEPH

November 2016

Last month I spoke to the idea of CHANGE and how it can bring a positive impact to the house. This month I build on this by addressing more specifically some of the changes and how they are making a difference in our house.

We are moving along nicely in bringing together the two first floor units into one and at Policy/Program meeting we settled in a new name....the Health & Wellness Unit! The new name better brings together all the many diverse things that the unit wants to do. In addition to meals, it will focus on the many varied aspects of wellness from nutritious foods to walking, smoking cessation and much more.

We are still looking for a new unit manager to partner with Tammy in the newly redesigned area and this person will assist in developing the structure and goals for the area.

Our house has been holding its policy meetings at 10-11 am every other Tuesday. We are working on the many facets of follow up needed from our accreditation report. Hot topics include employment, the advisory board and the work ordered day. We need each of you there to be a part of the resolution of our needs in all these areas.

Our advisory board was present with some new thought to consider for better use of the skills and talents they bring to us. The three areas we discussed were engagement with the Clubhouse members, recruitment for additional members and the need for more earnest employment development, both TE and SE/IE.

We had a fun time at our Cheers for Fears and had three costume winners as well as good food and camaraderie.

As always happens once we pass Halloween, the holiday season follows closely behind. As is our tradition, we will serve an entire Thanksgiving meal for \$2 on WEDNESDAY, November 23 at noon. Then we will have a free Brunch on Thanksgiving Day from 10-2. And we will be open on Friday, 11/25 from 10-2 and we will decorate the house for Christmas.

The Annual Christmas party at Lehigh Street will be held on Thursday 12/22. We are open from 10-2 on Friday 12/23 and we celebrate Christmas with a free brunch on MONDAY, 12/26 from 10-2

We hope to see all of you during this wonderful holiday season.

UNIT NEWS AND UPDATES

HEALTH AND WELLNESS UNIT (First Floor):

The first floor unit is busy working on our Clubhouse cookbook. We have started typing the recipes and drawing the illustrations. We hope to have it ready for the holiday season to use as a fundraiser for Clubhouse.

Our Hawk Mountain trip was a great success. The weather was perfect (a little windy, but beautiful). We hope to go again in the spring next year.

Don't forget our Employee Recognition
Dinner is November 16th from 4:00-6:30.
The dinner will be held at Asbury United
Methodist Church 1533 Springhouse Rd Allentown PA. Tickets are now available for
\$5.00 per person.

With the holiday season fast approaching we want to remind everyone that clubhouse will be open on Thanksgiving Day from 10:00-2:00 as well as Black Friday from 10:00-2:00, all are welcome and encouraged to come!

HELPING OUR COMMUNITY

Volunteers 27 Members

•		
Elsie M	Marcia R	Ian E
Yvonne A	John R	Beth B
Kathleen M	Kris M	Zack H
Anna M	Kris H	Natalie K
Sandy B	Krissa M	Ken K
Ryan D	Marilyn F	Roxanne S
John L	Carol W	Ryan D
Mary Ellen K	Jonathan S	Tom S
Brenda Z	Cindy G	Peter C

SERVICES UNIT (Second Floor):

What a busy month we had in October. We sold Bon Ton Books and Boscov's for a fundraiser at the stores. Bon Ton is still for sale so come on in and purchase you 'Community Days Books for \$5. All the monies goes directly to us at Clubhouse. There are some good sales and you get \$10 dollars off right at the register when you purchase your items. The sale is November 9th-12th.

Good dog was at the "Harvest Full of Hope" on October 19 and the baby Aloe plants again this year was a BIG success.

We are working very hard on the Employer recognition Dinner preparations. "Piecing it Together" finalizing the center piece prototype, guest list reminders, ticket design, nailing down the guest speakers and just a lot of other small details.

Come in on November 25th the day after Thanksgiving to help decorate our Clubhouse for Christmas. Good Times!

Happy Thanksgiving!!!

ONGOING EDUCATION

Education 3 Members

Kris H Nini T Kendrick W Corey P



Uber to roll Out Self-Driving Cars

By Ben K.

The popular ride-sharing service Uber is the latest to join the trend of self-driving cars. The company announced it will start using self-driving cars to carry passengers in Pittsburgh area. Although other companies are testing self-driving cars on public roads, this is the first time the public will get access to them. The rides will come with a human backup driver to handle situations the autonomous cars haven't seem, and they will be free to riders will to take part in the trial period.

Uber gained popularity as a ride sharing service, ordered and paid for via a smart phone app. It can be cheaper than a regular taxi, especially on longer trips outside of major cities. One reason is that its drivers are not regulated and licensed as are taxi drivers; drivers also have provided their own vehicles and were not expected to be tipped. Users can track the Uber driver's approach to their location via a map on the smart-phone app. Its CEO, Travis Kalanick, said without drivers, the cost of hailing a ride will be cheaper then owning a car.

For now, fully autonomous cars can only be used in limited places with little traffic. That is very different from the relative chaos of even a small downtown, much less a big city where drivers don't always follow the rules of the road. That is why the self-driving Uber in Pittsburgh will come with human backup drivers as a safety precaution.

Transitional Employment 5 Members

Philip C (GKA-Lehigh St) Jessi M (GKA-Lehigh St) Zach H (Ritz) Donna W (GKA-Lehigh St) Carlos R (GKA-Tilghman St) Mike S (Ritz)

Supported Employment 17 Members

Will B (GKA) Terry M (Ritz) John S (GKA) Troy S (GKA@Kraft) Chris W (GKA) Christine M (GKA) Mike L (GKA@Kraft) Keith M (PPL) Alfonso S (GKA)

Carlos R (GKA) Christine C (Ritz) Helaina C (GKA) Alida L (GKA) Adam M (GKA) Rich O (GKA) Matt P (GKA@Kraft) Ken B (Ritz)

Independent Employment 71 Members

	Annie K	Mike K	Ed C
Cheryl B	Bonnie C	Brenda Z	Julie K
Sandy M	Siddika J	Mary K	Patricia P
Laura F	Mark R	Rose T	Jamie R
Michael T	Tonya B	Pat A	Rich R
Marie P	Andrew C	Christine S	Dave R
Catherine I	Marianna K	Terry M	Melissa C
Tami T	Joyce B	Jeanette R	Josh B
Scott R	Dave H	Ari T	Dave G
Milissa H	Allen D	Andrea G	Ian E
Michelle B	Jim M	Cindy G	Donna K
Michelle R	Ruby E	James L	Gail K
Sandra M	Jonas W	Tony S	Chris G
Ann K-W	Arber S	Annie K	Joel S
Wayne E	Joseph R	Ann C	Cheryl B
Lee Y	Ken K	Willard S	Sandy B
Robin O	Bonnie L	Scott S	Chris L
Lora K	Marilyn F	Justin B	

STANDARD OF THE MONTH

The International Standards for Clubhouse Programs, consensually agreed upon by the Worldwide Clubhouse Community, define the Clubhouse Model of Rehabilitation.



The Standards also serve as a "bill of rights" for members and a code of ethics for staff, board, and administrators.



The Standards insist that a Clubhouse is a place that offers respect and opportunity to its members.

Funding, Governance and Administration STANDARD #37

The Clubhouse holds open forums and has procedures which enables members and staff to actively participate in decision making, generally by consensus, regarding governance, policy making, and the future direction and development of the Clubhouse.

What Does It Mean?

By: Diane W.

Our Program Policy meetings, every other Tuesdays of the month at 10:00 in the morning (check your calendar for the dates) is where we as a Clubhouse discuss policies and procedures of the house that with a consensus from staff and members help us move forward and still keep us safe, informed and in line.

Fall and Winter are great times to exercise.

Here are some tips for exercising in cold weather:

- Pay attention to weather conditions and wind chill
- Know the signs of frostbite and hypothermia
- Dress in layers and avoid cotton clothing
- Protect your head, hands, feet and ears
- Use safety gear and sunscreen
- Drink plenty of fluids

If your planning some physical fun, power-up beforehand. Eat a meal three to four hours before a workout and a small snack about an hour prior. This helps ensure energy is in your muscles when you need it. Eat meals with protein and carbohydrates: a lean deli meat sandwich, cereal with fruit and low-fat milk or pasta with meat sauce. For your pre-activity snack, eat something low-fat and low-fiber, like a cup of low-fat yogurt or a piece of fruit.

Fall exercise ideas:

Winter exercise ideas: Brisk walk Building a snowman

Running or jogging Hiking

Raking leaves Playing a game: basketball,

vollevball or football.

Snowball fights Ice Skating Sledding

Making snow angels

Welcome New Members

#1408 Stewart S #1409 Keith M **#1410 Thomas K** #1411 Ryan P

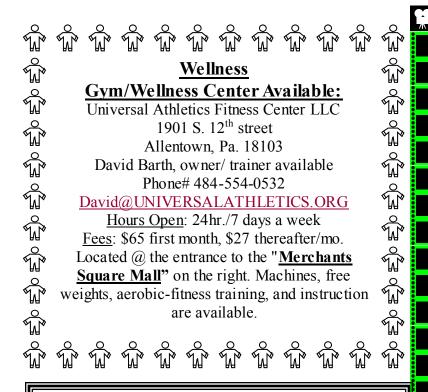


BORN IN THIS MONTH!

Martin N.	Tamera P.	Ghassan BS.	Alan D.
Mark W.	Joanna D.	Louis S.	Irene F.
Crystal J.	Christine C.	Betsy P.	Tracy P.
Clifford M. III	Brenda B.	Mary N.	John K.
Suraj M.	Peter C.	Michael L.	William D.
Suzette P.	Ну Т.	William S.	Mark S.
Richard B.	Barry R.	Richard B.	Joanne T.
Lori G.	LeKeyshia W.	Gregory H.	Richard H.
Joshua T.	Jason M.	Kevin W.	Kimberly K.
Margo K.	Charles S.	Tom D.	JoAnn H.
Kenneth V.G.	Betty S.	Sergio ZM.	Belinda S.
Winston C.	Darcie S.	Jalen F.	Jacqueline P.
Richard O. Jr.	Thomas L.	Tracy F.	Brian S.
Jana DiC.	Christopher G.	Amanda A.	John F.
Deborah D.	Stacy D.	Miriam C.	David L.
Lana B.	Dante A.	Leon R. Jr.	Tyrone F.
Cynthia G.	Kelly F.	Jeff B.	Joseph S.
Christopher M.	Gregory D.	James O.	Mark C.
Robert B.	Kathleen B.	Joan M.	Alberto C.
Lawrence R.	Kevin F.	Donna B.	Geraldo M.
Kim O.	Jordan H.	Mary Y.	Alexander W.
Kimberly T.	Pam V.	JoAnn L.	William M.
Sabrina C.	Raymond S.	Rebecca S.	Krysta C.
Patricia S.	Deborah I.	Edward H.	Cheryl L.
Mark A.	Steven P.	Dennis DiG.	Hector R.
Autumn C.	John M.	Jennifer D.	Tina McC.
Ryan C.	Debbie H.	Michael M.	

Support the Clubhouse...Purchase your Bon Ton Community Days Booklets NOW!

NOW until Saturday November 12th Clubhouse is selling the Bon Ton Community Days Booklets for \$5.00. Each booklet includes: a \$10 off coupon for items bought at the store sale or no sale items, up to 30% off all day with shopping pass, up to 30% off yellow dot merchandise, up to 30% off on-line purchases and many more items on sale in booklet. 100% of the \$5 purchase price go right to Clubhouse and the more books we sell we get a percentage of the sale so purchase as many books as you can and buy your Christmas presents with each book cause you get \$10 off the price of each item with each book you use. Support the Clubhouse, get money back, get your Christmas shopping done and relax for the rest of the holiday knowing your done with all your shopping. A win, win all around. Who doesn't love that! Merry Christmas.



Support Groups

Encore-Cancer Support and Exercise Group

Tuesdays 6:30 - 8pm YMCA, 425 S. 15th St. Allentown 610-434-9333

Gamblers Anonymous Meeting

Saturdays, 11am - 1pm St. Luke's Hospital, Bethlehem, Education Room 111 Call 215-872-5635 for more information

Celebrate Recovery

Mondays, 7 - 9pm 6528 Hamilton Blvd. Allentown, Pa Call Trudi at 484-225-6334 for more information

Depression/Bi-Polar Support Group

Wednesdays 7-9 PM 3231 West Tilghman Street Allentown

Survivors of the Loss of a Suicide Support Group

1st Tuesday of the month 7:00-8:00PM LV Hospital-Muhlenberg Campus

What's Happening Around Town?

Allentown Art Museum 5th and Linden St. FREE every Sunday and Thursday
For more information please call
610-432-4333

Allentown Public Library Film Series FREE

1210 Hamilton St.
Saturday November 19th 2:00 - 4:00 pm
The Movie is "Grassland"

Arts In Nature FREE

Friday November 20 Noon at Arts Park
Between 5th and 6th and between Hamilton and
Linden's half street.

West Park 10th Annual Tree Lighting and Family Holiday Workshop FREE

Saturday December 3rd 6-8 pm West Park, 1640 W. Turner St. Allentown

Allentown Tree Lighting Ceremony FREE

Thursday December 1st 4-7 pm 800 Block of Hamilton Street

Lights in the Parkway Wednesdays-Sundays 5:30-10

Closed Christmas Day
Cars \$12.00 – Vans \$22.00 – Buses \$45.00
Proceeds benefit non-profit and volunteer
organizations of Allentown
After your tour visit the Gift Barn to warm up,
get a snack or buy a little trinket. Photos with
Santa on selected nights. Gift Barn is open
from 5:30-10.

19th Annual FREE Community Flu Vaccination Campaign

Saturday Nov. 5, 9am-3pm Dorney Park Sunday Nov. 6, 9am-3pm Coca Cola Park. Home of the Iron Pigs

The Great American Smokeout

November 17th Need help? call 1-800-227-2345 Support can make all the difference!

....And Abandoned

By Kenneth H.

My aunt picked me up Christmas Eve morning, and we did some last minute shopping. I only needed some cards for my family. My aunt bought me a jacket at the Nautica outlet. Later that day, we went for Chinese Buffet, then we went to the movies. We went to see Australia. We were the only two there. A little later another couple came in. We really didn't notice, but the other couple left so we had a private screening. Then when the movie ended, we were the only ones in the entire theatre. No ushers, no concessionaires, no ticket takers. It was a freak experience. We expected to see somebody coming out from one of the other movies, but on one. Maybe the manager was in his office. Waiting to lock up. There wasn't even a maintenance person. It was a curiosity.

Community Days Bon Ton Booklets

To help support Clubhouse, the Bon Ton's in our area are helping us with fundraising for the Clubhouse. We at Clubhouse sell these booklets and from Wednesday November 9-Saturday November 12 persons can use the coupons within the booklet to purchase items at a discount at any bon Ton Store. There are soooo many other coupons within the booklet and an instant \$10 coupon to use on one item (valid instore only). Combine the \$10 coupon with the \$10 coupon or look at the many sales items to purchase. There are 30% off yellow tag items in combination with the \$10 off coupon. This is a good way to whittle down that Christmas list. For 50 books that we sell, the Bon Ton will give us a portion

of the total sales of the four days.

WOW this is GREAT! 100% of the \$5

coupon booklet price comes to us.

Have fun and sell them booklets!

Recycling

The Allentown Recycling Drop Off Center is open 24/7 to everyone! The Allentown Recycling Center is located on Martin Luther King Jr. Dr. next to the 15th Street Bridge (Below the YMCA). You do not have to be an Allentown resident to use the facility. The center is open to businesses and residents everywhere everyday. Paper is accepted for shredding Monday-Friday 8am - 4pm. Allentown residents can recycle TVs and electronics FREE every 1st and 3rd Saturdays from April-Nov. from 9 AM - Noon and Dec. 5th from 10 AM-Noon at the Allentown Yard Waste Site, 1401 Oxford Dr. (Oxford Dr. and Fish Hatchery Rd.)



For more information visit: www.allentownrecycles.org or call 610-437-8729

GER Solutions 795 Roble Rd., Allentown is open Mon., Wed., Fri. 9:30-noon & 1-4. Phone 610-443-1776. GER Solutions is right near Cedar Hill Memorial Park north of Irving St. They will pay you for your iSeries laptops and desktops depending on model. They are a electronic recycling company. Items that are excepted free of charge are as follows: Laptops, desktop towers, hard drive swiping, networking, audio, telecommunications, circuit boards, printers, keyboards, household electronics, car batteries, non leaking batteries (battery terminals must be taped with electrical tape). Pricing lists on other recycling items on website at www.gersolutions.net.

November 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
	1 9:00-1:00 Orientation 11:00 Activates mtg. 10:00 Prog/Policy Mtg. 10:30 Current Events 12:30 Wellness Walk 1:30 Technology Class	2 8:30-12 OVR 8:30 Breakfast-\$2 9:00-2:30 Orientation 10:30 Body & Soul 12:30 Wellness Walk	3 12:30 Wellness Walk 1:30 Technology Class 2:00 Event Plng. Mtg 3:00 Menu Planning 4-6 Game Night/ Presidential Trivia \$2 deposit	4 10:30 Body & Soul 12:30 Wellness Walk 1:00 Lunch Menu Mtg. 2:00 Employer Recog. Dinner Meeting	5 Baconfest 11-3 \$2 deposit Bacon FEST
7 10:00 Pre-Orientation 10:30 Body & Soul 12:30 Wellness Walk	9:00-1:00 Orientation 10:30 Current Events 12:30 Wellness Walk 1:30 Technology Class 1:30 Computers 101	9 8:30-12 OVR 8:30 Breakfast-\$2 9:00-2:30 Orientation 10:30 Body & Soul 12:30 Wellness Walk 1:45 Community Mtg.	10 12:00 Highmark Walk Celebration 12:30 Wellness Walk 1:30 Technology Class 4-6 Holiday Bread Baking \$2 deposit	11 10:30 Body & Soul 12:30 WellnessWalk	12 Koziar's Christmas Village 4-8pm \$2 deposit
14 10:00 Pre-Orientation 10:30 Body & Soul 12:30 Wellness Walk 2:00 Employer Recog. Dinner Meeting	9:00-1:00 Orientation 10:00 Prog./Policy Mtg 10:30 Current Events 12:30 Wellness Walk 1:30 Technology Class	16 8:30-12 OVR 8:30 Breakfast-\$2 9:00-2:30 Orientation 10:30 Body & Soul 12:30 Wellness Walk Employer Recognition Dinner 4-6:30	17 "Great American Smoke Out" 12:30 Wellness Walk 1:30 Technology Class 2:00 Advocacy Alliance Training "Osteoporosis" No Evening Activity	18 10:30 Body & Soul 12:30 Wellness Walk 2:00 ERD Meeting	19
21 10:30 Body & Soul 12:30 Wellness Walk 2:00 Employer Recog. Dinner Meeting Wrap-up	10:30 Current Events 12:30 Wellness Walk 1:30 Technology Class 1:30 Computers 101	23 8:30-12 OVR 10:30 Body & Soul 12:00 THANKSGIVING DINNER 1:45 Community Mtg.	Thanksgiving Day Brunch 10-2	25 Decorating for Christmas & Thanksgiving Leftovers 10-2	26
28 10:00 Pre-Orientation 10:30 Body & Soul 12:30 Wellness Walk 2:00 Front Desk Training	10:30 Current Events 12:30 Wellness Walk 10:00 Prog./Policy Mtg 1:30 Technology Class 1:30 Computers 101	30 8:30-12 OVR 8:30 Breakfast-\$2 9:00-2:30 Orientation 10:30 Body & Soul 12:30 Wellness Walk			

All menus and activities are

Call in or **Purchase Your Lunch Ticket**

LET'S EAT!

AVAILABLE DAILY

SALAD 1.75 + TOPPINGS
TURKEY BURGER OR HAMBERGER 1.50 + TOPPINGS
GRILLED CHEESE OR PB & J 1.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1 Lasagna with garlic bread	2 Italian Wedding Soup with Salad	3 Ham, Scalloped potatoes and green beans	4 Turkey BBQ with tater tots
7 Tuna Salad with chips	8 Mac & Cheese with stewed tomatoes	9 Potato soup with salad	10 Highmark Walk Celebration	11 Hamburger, Cheeseburger or Turkey Burger with fries
14 Turkey Sandwich with chips	15 Chicken Cordon Bleu with rice and veggies	16 Beef Stew with salad	17 Chicken parmesan with pasta	18 Beefa-roni with salad
21 Chicken Salad with Fries	22 Vegetable Lasagna	23 Thanks giving Dinner	24 Thanks giving Day Brunch 10:00-2:00	25 Thanksgiving Leftovers 10:00-2:00
28 Egg Salad with chips	29 Chicken Kiev with noodles and veggies	30 Broccoli Cheddar Soup with Salad		1



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A Program of Goodwill Keystone Area



Clubhouse is always looking for ways to improve, but as you know it takes your support. If you would like to help, please send your donations to Clubhouse of Lehigh County,

1437 Gordon Street, Allentown, PA 18102, or call Clubhouse at 610-433-9910.

Thanks for your help.

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Name :		
Address:		
Email:		Phone:
Amount of Don	ntion: ————	(Please make checks payable to Goodwill Keystone Area.) (Write "Clubhouse" on the memo line of the check.)

A copy of the official registration and financial information for Goodwill Keystone Area may be obtained from the Pennsylvania Department of State by calling toll-free within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.