



June 2019



CLUBHOUSE
of Lehigh County

A PROGRAM OF GOODWILL KEYSTONE AREA

Clubhouse Hours: Monday thru Friday 8:00 am - 4:00 pm

Lunch: 12:00pm - 1:00 pm

Phone: 610-433-9910 ext. 201

Fax: 610-433-9940

Email: cluboflc@ptd.net

Follow us on Facebook or visit our website at: www.clubhouseoflehighcounty.org



**[Highmark Walk for a Healthy Community](http://www.highmarkwalkforahealthycommunity.org)
[Saturday, June 1st at DeSales University](http://www.highmarkwalkforahealthycommunity.org)**

Please help us to raise funds for Clubhouse events/activities by participating as a virtual walker or join us for a 1 mile fun walk or 5K. Both walks start at 9am sharp and registration opens at 7:45am.

www.highmarkwalkforahealthycommunity.org

Magellan Focus Group

Place: Clubhouse of Lehigh County

When : June 18th 2019

Time: 2pm

Must have Magellan Insurance to participate. All participants will receive \$35.00 and refreshments during the survey. Sign up at the Activity Center in the book.

[June Activities](#)

6/1 Highmark Walk for a Healthy Community

6/6 Spaghetti Dinner Fundraiser

6/17 Cheesesteak Tour

6/20 Farmers Market

6/25 Cheers for Peers



Left: Robert R and Juan H at the Lehigh Valley Mental Health Awareness Walk **Right:** Sereno J, Jen S, Debbie R, Kayla B, Erika O, Tim K, Beth H, Kimberly T, Ashley T, Chad M at the Cherry Blossom Festival at Cedar Beach



Above: Flor and Dawn **Below:** Randy T and Edwin R at Wellness Day at CLC



Above: Erika O, Harold W and Kayla B at Sharing Life

Below: Ken and Harold get their hair-cut at Wellness Day.

Letter From the Director—June

In recent years, mental illness has become a popular topic of discussion in various forms of the media. As society has worked to break down barriers surrounding taboo subjects. As a result, we have challenged the stigma surrounding mental illness. This is undeniably a positive thing as stigma is one of the primary barriers preventing people with mental illness from seeking professional help. However, this spread of recognition is introducing a new set of problems that need to be confronted before they get out of hand. Mental illness is being both sensationalized and misrepresented. This occurs daily on television, the news, and on social media.

De-stigmatizing mental illness is important, and it is wonderful that there have been increased conversations about mental health online, but we need to consider how the battle to reduce stigma has led to more subtle problems in society. Moving forward, we need to call for more accurate portrayals in TV shows and movies that are grounded in research and lived experience. We need to push our elected officials to support key issues affecting those coping with mental illnesses. From district attorneys to county officials to governors and members of Congress, every elected official plays a role in determining what services and supports are available to people with mental illness.

Whether or not you are living with a mental health condition, care about someone who does, or simply just want to get involved, there are so many ways you can help. First, make others around you aware that the issues affect all of us. Talk to your friends and write letters to the editors of local news organizations. Second, reach out to elected officials asking for their support on key issues affecting those coping with mental illnesses. This should be at all levels of the government. Finally, if you are not already registered to vote, sign up and make your voice heard. Your vote will directly impact not only those who represent you as an elected official, but issues that impact mental health awareness and treatment.

Right: Jolene, Robert R and Evan at the Lehigh Valley Mental Health Awareness Walk held May 3, 2019, sponsored by the Recovery Partnership in Bethlehem



Mental Health Awareness Walk at Bethlehem Rose Garden by Diane W

On Friday May 3rd, Vendor and the public got together to promote May's Mental Health Month. The walk for awareness was either a 1 mile short walk or a 3 mile walk up to the historic Main St. in Bethlehem and back.

Lunch was a healthy wrap. Clubhouses "Good Dog" made his appearance at their vendor stand to the delight of kids, other dogs and his fans everywhere. Pictures were being snapped as he posed in this positive "thumbs up" stand.

Member Profile: Stuart S

by Michael S

Stuart was born in Manhattan, NY in 1948. Stuart was placed in a home for a year and a half before he was adopted. His adopted parents were helpful to Stuart until he reached 21 years of age. Stuart was a good baseball player. At 7 years old he was a standout in Little League, averaging about 500. His father was an international garment worker. His mother was a stay at home mother. Stuart has one sister. They are very close to each other. She is a speech therapist in Florida. Stuart was diagnosed with depression and bipolar disorder. He worked for 21 years at a men's clothing store. He lost his job due to drinking. He went to rehab twice. He was successful his second time. He then got a job at a belt factory. Stuart went to the State Hospital for approximately 25 years. When he was released he went to Step by Step. He has had some hard times but is now doing much better. Stuart enjoys socializing at Clubhouse. He is getting familiar working in the BTU on the second floor here at Clubhouse of Lehigh County. He likes pitching in with work here too. Thank you for your honesty with your life story and for your service here at Clubhouse Stuart. You are a credit to our organization!



This month in Sports by Martin L



In the NBA second round of Eastern Playoffs, the 76ers missed an opportunity to seize control of their 7 game series as the Raptors 2 games a piece. The Raptors won 101-96 on Sunday. Presently, the Raptors are favored to win the series. The next game is in Toronto, Tuesday at 8:00pm.

In Major League Baseball, the Philadelphia Phillies have a slight lead over the NY Mets in the National League East. They face a 3 game series against the St Louis Cardinals starting May 6, 2019.

Taking Flight by Scott B.

When you get your pilot license there is a time when you fly solo. It's the emotional equivalent of riding your bike alone for the first time thrilling and horrifying at the same time.

It was 1998 in Frederick, MD and it was time for my solo. Not a real big deal—just fly “the pattern” around the field. When it comes to Airplanes, V Speeds make all the difference. Its called hitting your numbers so the plane takes off, flies around the airport and then lands. You have your instructor on the headset but this is the first time you are in the plane all by yourself. I was sweating bullets. I mean I was a good pilot up to this point but this was the true test. I taxied to runway 23, powered up to 75mps then rotated, which is gently pulling up on the yoke. Gee it flew! I was to 800ft before I knew it. I circled the airport once and set up to land—yes the numbers again. I gave it full flaps and drifted down to gently land, to my surprise, successfully all by myself for the first time. It was a thrill and something I will never forget.

UNIT NEWS AND UPDATES

BTU Update:

The BTU had a pizza party and utilized the money won for our Christmas decorating competition last year. Everyone enjoyed the delicious pizza. In the month of June we will remain focused on learning more about the Clubhouse each day by incorporating our "Did You Know" column in the Daily News. Accreditation will be coming up in the following month and we remain committed to understanding and following the Clubhouse standards. Our Unit has been the best at mentoring, coaching and cross training each other. I hope our members feel proud of all that they have accomplished.

Culinary Unit:

We have new members joining the unit all the time. We are very glad to say that the dishes are getting done with the support of all the members working together. We welcome Kory (Activities Assistant) into our unit. We are still selling lunch tickets from 9:30am-10:30 am. Make sure to get your ticket then and don't miss out on lunch. We have positions available for the Snack Bar— a Barista and a Cashier. Come and sign up and learn how to handle money and serve coffee. Don't forget about our baking class on Friday at 10am where you can learn healthy recipes. Write down your menu ideas and give them to Flor! We always take suggestions. Our Healthy Class is on Mondays and Thursdays at 10am. It will help prepare you for a good nutritious lifestyle to eat better. Thanks everyone for your support!

3H Update:

The Meditation workshop has become a staple in our week and has grown to now also include 1 to 2 additional days when the option is available. It is now permanently scheduled for Mondays and Fridays however when we can we also add another day. Tai Chi is also back and being held Tuesdays at 2pm; along with Body and Soul (M-W-F at 10:30am). The combination of all of these are great for everyone to help with mental and even physical stressors. Our job seekers meeting and maintenance meetings are also going well in helping members become involved in additional activities other than the work ordered day. The 2cu Create group has made a great number of rocks to be placed in the community, with the hope that it will draw people to our website/Facebook page. Wellness day was a great day for all and we are so grateful to Crooked Row Farm for their generous donation of fresh organic vegetables which helped to serve our members and the public the Stir Fry and Salad for lunch! Thank you to all the vendors that helped make this event possible.

CYATP

The Young Adult program continues to pursue new outreach opportunities to attract new membership. In the month of May, we gave a presentation to the CLIU, participated in the Mental health Walk, and participated in Rally in the Valley as well. The CYATP is seeking donations for recreational items such as sporting equipment and musical instruments to better engage our members' in between their work ordered day tasks. We hope to continue to engage our members wants and needs as we grow and expand the unit. We also invite any members who would like to assist in outreach for the unit (such as making phone calls, sending emails, attending presentation to give personal testimony). If you are interested in helping. Please ask Evan or Hannah. The CYATP continues to accept new applications for young adults over the age of 18.



Annual Spaghetti Dinner Fundraiser

June 6th at the Clubhouse of Lehigh County
4:00-6:30pm

All you can eat!!!

Adults: \$10.00 12 & Under: \$8.00 Under 5: Free

Spaghetti, Salad, Garlic Bread and Dessert
Tickets are on sale at the Cash Clerk daily

How to Properly Display the Flag By Diane W

1. Display the flag at sunrise to sunset in the open. It may be displayed at night upon special occasions with lighting to produce a patriotic effect.
2. If hung on a wall, window or door, the blue field should be to the left.
3. The flag should be hoisted briskly and lowered slowly.
4. The flag should not be displayed in bad weather.
5. In parades and ceremony's the US flag is to the right of other flags in the front.
6. The flag should not be displayed on a float, draped over vehicles, etc.
7. No other flag placed above the US Flag.
8. When the US and State flags flown on the same pole, the US flag is on the top and the state flag underneath.
9. When flown half-staff the flag should first be hoisted up to the peak and then lowered to half-staff position for the day. Half-staff is one half the distance between the top and the bottom of the pole.
10. When the flag is used to cover a casket, the blue stars should be at the head and over the left shoulder.

The most important rule involves how citizens behave around the flag. Citizens should stand at attention when the flag is displayed out of respect.

Happy Anniversary by Ken H

Bonnie and I celebrated our first anniversary of being engaged on April 2, 2019. We just spent the day together in each others company. The staff at the Acorn were nice enough to clear a table for us in the Dining Room and put tea light Candles and a vase of flowers on the table. They also hung two hearts on the wall above the table and a sign reading "Happy 1st Year Engagement Bonnie and Ken. They also served us our dinner first ahead of everybody else. This made our day truly special. Sadly though, we didn't have cards or gifts for each other, but I plan to get her a belated anniversary card and take her to dinner at Outback Steakhouse.

Police Sensitivity Training by Diane W

On Wednesday 4/22 members of the area police brought new and seasoned officers to the Police Sensitivity Training. They needed to fulfill requirements or refresh on their way to becoming a police officer. We as members gave the experience of us as well as our house and a meal. Helping them understand the difference of mental illness and how to handle situations with us in those cases. This is a win-win opportunity. We want to thank them for their appreciation and concern for us as a whole!

Announcing our new Hygiene Box!

We have created a hygiene box located in the Job Research room. If you have any questions regarding personal hygiene please take a form and write your question on the card. All questions can be anonymous.

We will answer those questions every week in the Wellness Weekly publication! Both the question and the answer will be located inside each edition.



Fishing Tips by Diane W

The sun, moon and weather all influence fish activity.

Fish tend to feed more at sunrise and sunset and during a full moon. Most of us go fishing when we get time off. Here are some best times:

1. One hour after sundown and at sundown
2. Sunup
3. During the rise and set of the moon.
4. When the barometer is steady or on the rise.
5. When the breeze is from the westerly quarter rather than the north or east.
6. When the water is still or rippled rather than during a windy day.

If you are with the right person, there is no wrong time to fish. Go on and try your best!

New Maintenance Meetings:

The last Monday of every month at 10:30am there will be a maintenance meeting in the Education Room. Anyone interested in or with the ability to help with larger maintenance projects should attend.

We will need to have 2 individuals from each unit to attend.

Those Friendly Philadelphians by Ken H

Every time I turn on the Philadelphia News, I seem to hear a story about another shooting, stabbing or a hit and run, yet ABC News keeps talking about those Friendly Philadelphians. There have been a rash of triple shootings, shootings outside Chinese restaurants, and hit and run accidents. I've heard stories of bicyclists being struck down by drive-by motorists, people being shot in their homes while watching TV, people being shot down while sitting on their porch and innocent victims being shot by police. I thought Philly was supposed to be the city of brotherly love?

Support Groups

Roommate Round-up

The 2nd and 4th Wednesday every month at 1pm

Haven House

1411 Union Blvd., Allentown PA 18109

Email Alyssa Dumien at Alyssa.Dumien@thementornetwork.com

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

Dual Recovery Anonymous

Thursdays 7pm at St. Johns, 575 Grape St., Room 201, Allentown

Call 610-395-9559

Café the Lodge

427 E. 4th Street Bethlehem, PA 18105

Movie Review: Avengers Endgame

By Jolene B

The movie begins with the Avengers (along with everyone else) trying to regroup after Thanos fulfills his destiny with his infamous “snap”, that wipes out half the population in Avengers: Infinity War. The remaining team members soon find out that the key to redemption is time travel, in order to reverse the effects of Thanos actions. Once Stark and Banner work out the logistics, the team travels back in time to prevent Thanos from obtaining the infinity stones in the first place. Of course everything doesn't go according to plan, and Thanos discovers their plan and hatches one of his own. The ultimate battle that ensues doesn't disappoint, with seemingly everyone and their mama from past Avengers movies making an appearance in this final showdown. I won't give away any more details except to say that although the movie has a bittersweet ending, I don't think fans will be disappointed. I know I wasn't, and I consider myself a die hard Marvel fan. The movie started out dark, and frankly had me worried for a minute. But the ending more than made up for the slow start, and I give the this movie two thumbs up!

Clubhouse Wish List– we still need:

- 1– 20 ft³ or larger refrigerator for member lunches
- 2– Exercise equipment — activity trackers, fit bits, exercise balls & bands
- 3– Amazon Gift cards to improve CLC technology

Transitional Employment 6 Members

Jim M (Ritz BBQ)
Jeff H(Ritz BBQ)
Bonnie L (Goodwill @Lehigh St)
Randy T (Goodwill @Tilghman St.)
Johana A (Aharts) Market)
Tim K (Red Robin)
Glen R (Big Lots)

Supported Employment 7 Members

Sarah B
Kenneth B
Matthew P
Corey P

Terry M
Richard O
Keith M

Independent Employment—118 Members

Matthew T	Jonathan D	Emilee K	Sidaira I
Tara O	Dave P	Chris F	Alynda H
Aaron D	Ricky O	Jeff M	Colleen Marie M
John C	John K	Rich Y	David H
Steve D	Jerry C	Kendra G	Ryan P
Fred N	Ben B	Robert S	Chris F
Thomas M	Robert R	Jennifer L	Jeysson S
Melissa H	Lee Y	Rhyona	Jose P
Ken K	Michael S	Marilyn F	Peter C
Davonte P	Brenda Z	Rose T	Terry M
Tony S	Willard S	Mike L	Dave R
Cheryl B	Stephen F	Justin B	Chris G
Sandy M	Robin O	Lora K	Anna M
Laura F	Lisa M	Lisa P	Chad P
Michael T	Ann C	Mohammad A	Siddika J
Marie P	Mark R	Tony B	Andrew C
Catherine I	Marianna K	Joyce B	David H
Tami T	Allen D	Jim M	Ruby E
Scott R	Jonas W	Arber S	Ann K
Michelle B	William M	Nicole R	Chris K
Michelle R	Ed C	Julie K	Patricia P
Sandra M	Pat A	Christine S	Jeanette R
Ann KW	Scott S	Helaina C	Alfonso S
Wayne E	Chris W	Peter C	Jamie R
Rich R	Melissa C	Josh B	Dave G
Ian E	Donna K	Gail K	Joel S
Sandy B	Chris L	Edwin R	Cindy G
Zayda G	Amy J.	Lisa L.	Elizabeth P.
Jose F.	Enrique C.	Charles F.	Michael Ra.
Lori N.	Abrihany A.		

If you do not see your name listed here, please make sure to call the Clubhouse and let us know if you are working!

Master The Heat for Excellent Meat!



GRILLED CHICKEN KABOBS

Marinate a pound of chicken in your favorite marinating sauce: Barbeque, Oil and spices. Let it sit overnight. Cut the chicken into medium chunks

Pick your favorite veggies and cut them up into medium sized chunks. Mix them together with oil, salt and pepper and any other spice that is your favorite.

You can purchase Kabob sticks at the Dollar Store. Put the meat and veggies in any order you like. Place on a high heat grill and sear all sides, then turn the grill down to cook slowly. You can even do the Kabobs in your oven on a cookie tray and bake a 425 until done.

Enjoy!

Fillet Steak

4.5cm – 5cm Thickness

Very Rare	5-6 minutes
Rare	6-8 minutes
Medium Rare	8-10 minutes
Medium	10-12 minutes
Well Done	13-18 minutes

Rib Eye Steak

2.5cm Thickness

Very Rare	4-5 minutes
Rare	5-6 minutes
Medium Rare	6-8 minutes
Medium	7-10 minutes
Well Done	11-16 minutes

Sirloin Steak & Rump Steak

2cm – 3cm Thickness

Very Rare	5-6 minutes
Rare	7-8 minutes
Medium Rare	8-12 minutes
Medium	12-16 minutes
Well Done	17-22 minutes

T-Bone Steak

3cm Thickness

Very Rare	6-8 minutes
Rare	8-9 minutes
Medium Rare	9-12 minutes
Medium	12-15 minutes
Well Done	17-22 minutes

June 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
					1 Highmark Walk 8-11am
3 10:30 Body and Soul 12:30 Wellness Walk 2:00 Meditation Club PCC Seminar	4 9-2 Orientation 10:30 Current Events 12:30 Wellness Walk 1:45 2 C U Create PCC Seminar	5 8:30-12 OVR 9-2 Orientation 10:30 Body and Soul 11:00 Literacy Club 12:30 Wellness Walk PCC Seminar	6 10:00 Community Mtg 12:30 Wellness Walk 1:45 2 C U Create 4-6:30 Spaghetti Dinner	7 10:00 Cooking Class 10:30 Body and Soul 11:00 Nutrition Club 12:30 Wellness Walk 1:30 Culinary Unit Mtg 2:00 Meditation Club	8
10 10:30 Body and Soul 11:15 Drum Circle 12:30 Wellness Walk 2:00 Meditation Club	11 9-2 Orientation 10:30 Accreditation Meeting 10:30 3H Unit Mtg 10:30 Current Events 12:30 Wellness Walk 1:45 2 C U Create	12 8:30-12 OVR 9-2 Orientation 10:30 Body and Soul 11:00 Literacy Club 12:30 Wellness Walk	13 10:00 Program and Policy Meeting 12:30 Wellness Walk 1:45 2 C U Create	14 10:00 Cooking Class 10:30 Body and Soul 11:00 Nutrition Club 12:30 Wellness Walk 2:00 Meditation Club	15
17 10:30 Body and Soul 12:30 Wellness Walk 2:00 Meditation Club 4-6pm Cheesesteak Tour	18 9-2 Orientation 10:30 Accreditation Meeting 10:30 Current Events 12:30 Wellness Walk 1:45 2 C U Create Magellan Focus Group 2pm	19 8:30-12 OVR 9-2 Orientation 10:30 Body and Soul 11:00 Literacy Club 12:30 Wellness Walk	20 12:30 Wellness Walk 1:45 2 C U Create 4-6pm Farmers Market	21 10:00 Cooking Class 10:30 Body and Soul 10:30 Culinary Planning Meeting. 12:30 Wellness Walk 2:00 Meditation Club	22
24 10:30 Maintenance Mtg 11:15 Drum Circle 10:30 Body and Soul 12:30 Wellness Walk 2:00 Meditation Club	25 9-2 Orientation 10:30 Accred. Mtg. 10:30 Current Events 12:30 Wellness Walk 1:45 2 C U Create 4-7pm Cheers for Peers	26 8:30-12 OVR 9-2 Orientation 10:30 Body and Soul 11:00 Literacy Club 12:30 Wellness Walk 10:30 Job Seekers Mtg	27 12:30 Wellness Walk 1:45 2 C U Create	28 10:00 Cooking Class 10:30 Grants Mtg 10:30 Body and Soul 12:30 Wellness Walk 2:00 Meditation Club	29
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
3	4	5	6	7	8
3 Chicken Pot Pie /Salad	4 Beef Sandwiches/chips	5 Corn Chowder/Salad	6 Ham, stuffing, veggies and fruit	7 Grilled Chicken salad and fruit	
10 Subs, chips and veggies	11 Bean Tacos/corn salad	12 Chef Salad and fruit	13 Meatball sub/chips	14 Tuna Melt and Chips	
17 Glazed chicken w/rice	18 Pasta and Salad	19 Clam Chowder/sweet potato fries	20 Chicken taco salad	21 Grilled Chicken sandwich with chips	
24 Hot dogs/pierogis	25 Crab cakes/rice	26 Cream of Broccoli soup/bread	27 Steak and mashed potatoes and veggies	28 Gumbo and Salad	



CLUBHOUSE
of Lehigh County
1437 Gordon St,
Allentown, PA 18102
A Program of Goodwill Keystone Area

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**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. x201
Thanks for your help.**

Name : _____

Address: _____

Email: _____ **Phone:** _____

Amount of Donation: _____ (Make checks payable to the Clubhouse of Lehigh County.)

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.