



Communicator

Summer
2023

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Greetings colleagues and happy anniversary! As discussed in our last Communicator, we had lots to celebrate. Now we are embarking in our 25th year of growth for our Clubhouse as we continue to support our members. Standard 19 in the International Standards for Clubhouse Programs states, "All work in the Clubhouse is designed to help members regain self-worth, purpose and confidence; it is not

can build self-esteem, confidence, and friendships.

The Clubhouse program will be adjusting with the hire of new staff and a shift in leadership. While I will continue as the Clubhouse program manager, Trinity Oberndorf will have full supervisory responsibility of the day-to-day operations. Our hope is to bring a fresh and different perspective to the growth of our Clubhouse.

I hope you will enjoy reviewing all of our celebrations we had this Spring and join us this summer to support strengthening our relationships and create new opportunities for all.

Be well ~ Nat

intended to be job specific training."

There is much to look forward to; enjoying the summer is a great start. We seem to find this the best time of year to strengthen our friendships and our relationship with the environment around us. Self-determination and personal investment are one key to finding this success.

We will continue to identify the best ways to welcome new members into the community and encourage members to move forward with personal goals. For some members this means preparing to start school, or seeking new employment opportunities, and identifying opportunities to improve our day-to-day operations so that members

Hi Colleagues and Friends, You may remember me from many previous editions of the Communicator; starting in August 2006 when I started at Spirit Crossing as the Member Services Unit Leader. When I was interviewing for that position all those years ago, I was impressed with a model that actually took the participants' opinions, skills, talents and contributions seriously, AND put them into effect. I found a place where I did not need to be the authoritarian, even though I was a paid staff. We all could work as a team and have the outcome be better than what any of us could come up with alone.

Unit Updates

On July 11, the house meetings are moving to Tuesday at 9:30 am. These new house meetings will be presented in a condensed format. The social planning meeting will also move to the second Tuesday of each month.

Garden Level Unit

Are you looking for a roommate? Check the signup sheet in the Garden Level unit.

Congratulations Clubhouse Members

The following Clubhouse members have recently gained employment: Trevor R., Angie P., Andy H., Becca P., Kelley Q., Caroline F., Summer L., and Betsy R.

Campout at Poudre Mountain Park

The sign up list for the campout at Poudre Mountain Park from July 25 to 27 is filling up fast! Contact the Clubhouse at (970) 786-2002 if you want to attend. The sign up deadline for this event is July 14. The cost is \$10 to reserve your spot.

Continued from Page 1

As I learned more, I took the standards to heart. I have seen them grow through the world-wide process of consensus building. I also have grown in my career in the Clubhouse. I have gone to Comprehensive Clubhouse Colleague training as both a staff and a second week administrator, joined the Clubhouse International Faculty, attended many conferences, and am now the Clubhouse Program Supervisor.

I am still committed to taking the members' opinions, skills, talents, and contributions seriously. Standard # 11 says "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." I see my primary role as Program Supervisor to engage the members and staff in all ways.

As we grow our members' attendance and our staffing levels, I will continue to foster work-mediated relationships in all we do. These relationships, to me, are the glue that holds a Clubhouse as a community, not just a building. I look forward to sharing my perspective and quirkiness as I embark on this new leadership opportunity. Thank you for being my TEAM, where Together Each Achieves More. ~Trinity O.

Our Clubhouse Receives a Three-Year Accreditation



By Schuyler B.

In May, Spirit Crossing received a three-year accreditation from Clubhouse International. Our May 2022 accreditation report indicated that our Clubhouse had some issues that needed to be addressed before Clubhouse International would grant us a three-year unconditional accreditation. Our director and staff addressed the following issues in our May 2022 accreditation report:

- Staff-only retreats are no longer conducted.
- Director and staff members no longer divide their time between Clubhouse and other major work responsibilities that conflict with member/staff relationships.
- The Clubhouse has developed an organized system of support to assist members in reaching their vocational and educational goals.
- The Advisory Council now includes three influential people from the local business/professional community: Leslie Arnold, Workshop Facilitator/Consultant, Larimer County Economic

Development; Alison Herman, Academic Fieldwork Coordinator, CSU Department of Occupational Therapy; and Blake McBartlett, Broker Associate and Partner, The Group, Inc.

- The Clubhouse has restarted the Transitional Employment program by providing three positions for Clubhouse members: two dishwashers at Durrell Hall, an Environmental Services Technician at Lory Student Center, and a Customer Experience Representative at the Harmony Library.

Highlights from the Employment and Education Celebration

By Schuyler B.

The 2023 Education and Employment Celebration was held on June 7 at the Fort Collins Senior Center. Here are some excerpts from the speeches given by our Clubhouse members:

I still stay connected to Spirit Crossing by attending socials each month. Thank you Spirit Crossing for supporting me and my goals. Sherry S.

Coming to our appointments has guaranteed leaving the house and talking to a person at least once a week.... having plans makes the future seem more possible. Labyrinth M.

I am thankful for Spirit Crossing and their partner agencies that have helped me along the way. Caroline F.

Now, I'm working at the city of Fort Collins Parks Department. I want to thank you Clubhouse. Nick G.

The Clubhouse... was a place to go when I felt I had no purpose. In addition, I was able to learn how to synchronize two parts of my brain, the bi-polar and autistic side. Damien M.

I've had all the help and encouragement in the world from the supported education program. I'm deeply grateful for all the opportunities that have been layed at my feet. So thanks to you and all my Clubhouse family for your support. Terry H.

We wish to thank the Department of Heath and Human Services and the Department of Occupational Therapy at Colorado State University, Coopersmith's, and NAMI of Larimer County for their donations. We especially thank FNBO for their *Peak Level* sponsorship.



The Clubhouse members shown above participated in a Clubhouse-sponsored education or employment program.

Clubhouse Members at Work



Trevor R., Environmental Services Tech., CSU



David L., Janitor, ARC



Nick G., Worker, City of Fort Collins Parks Dept.



Caroline F., Pet Sitter, Hug A Love



Sherry C., Customer Rep., Harmony Lib.

My Time in Ireland

By Terry H.

I grew up in an Irish household in South Minneapolis. When I was a kid, I remember my grandmother speaking the Irish language, usually when I got into the cookie jar. You could tell when she was annoyed because the Irish came out in her, although I'm pretty sure it was all in good humor. She died when I was four years old, and I regret that I didn't have the opportunity to get to know her better.

My parents were both of Irish descent, and culturally, we were never far from the Old Country. My mother often went over to Ireland with her sister to visit with distant cousins while I was growing up. She always came home with tea, wool hats, and other interesting items well suited for show and tell. I was popular with teachers because I had a connection to Ireland, and I could always be relied upon to give a talk to the class on Saint Patrick's day. In short, I was raised with one foot in Minnesota and the other in Ireland.

So, when my father died, it was natural for my mother to move over to Ireland. It was simply a better place for a young widow to raise her brood... much safer than the big city. And although it was a lot to get used to as a teenager, now I can see with the clarity of hindsight that it was a good move for me.

The school was one of the more difficult challenges to surmount. I had been accustomed to the relaxed policies and ambiguous teaching style of the inner-city schools in Minneapolis. Taylor's Hill Dominican College for Young Ladies was a different matter altogether. There were school uniforms to get used to and nuns to contend with, not to mention the fact that I was way behind the other girls academically. The Sisters who ran the school were strict... something I was not accustomed to. When a teacher entered the room, all chatter immediately stopped and everyone came to attention. We all greeted the teacher with "Good morning, Sister." or "Good afternoon, Miss." Absolute adherence to the rules was expected. Coming to school wearing the wrong color socks got you sent home to change. A crooked tie was a no-no, and an unironed shirt was cause for a reprimand, and a warning to not let it happen again.

And so my first year in Ireland was miserable. But, I was resilient and I was determined to catch up, buck up, and I got to work. I had an edge in Spanish and music. They were easy A's for me. I needed to catch up in English, which, as it turned out, I had a natural ability for. Math was a different matter, and I was failing miserably. I finally got help from a family friend who was kind enough to tutor me. I finally got it, and I began to get adequate grades. In other words, I passed.

After the first year, I began to settle in. I developed friendships and got to know the girl next door. We lived on the river Corrib and went swimming and camping almost every day during the summer. Barbara and I were exact opposites in many ways, and, perhaps, that's why we got along so well. She was clever at math and science. I, on the other hand, was a language and arts sort of a girl. She had a yellow canoe and we would unceremoniously dump camping gear into the middle of it. We would then paddle up the river to a place aptly named *Terryland*. There was the ruins of a castle not far from the beach where we would land the canoe. We set up our tent in the sunshine outside the ruined castle walls. We had a rule not to be broken under any circumstances: no clocks. We ate when hungry and slept under the stars. Often it rained and we would take shelter within the walls of the castle.

One morning, the farmer who owned the land we were camping on approached our camp. We imagined ourselves to be in trouble and prepared ourselves to be booted out. To our amazement, he was quite concerned for our welfare. He first asked if we had lost a bet and wondered if that was the reason we were sleeping out in the open at the castle. We explained that we were out there because we simply liked to camp. He persisted and let us know that his wife had prepared a room for us and that we were welcome to stay in the farmhouse. We politely declined his kind offer and assured him that we were happy where we were. He was back the next morning with a pitcher of milk fresh from his cows. We were also treated to fresh eggs each morning.

After having had a difficult start, I began to thrive in my new surroundings. I began to appreciate my new school and the nuns who were old-fashioned, but well-meaning. Not that I didn't rebel. I gave the nuns a taste of what a difficult child could be like. I got good grades, so I got away with a lot. I had made friends, and I had a great rapport with Sister Imelda. A nun in her eighties, Sister Imelda was retired from teaching and was tasked with monitoring the library. Each time our paths crossed, she would point to her cheek and say, "Tereeeza, give me a birdie." I would then plant a kiss on her cheek. She helped me study geography in the library. And we would chat in the afternoons. She told me what life in the convent had been like when she joined when she was barely 17. Cloistered, she only saw her parents once a year at Christmas. At that time, the school was a boarding school and had a reputation for turning out some of the best mannered young ladies in the country. She was fascinating.

I loved my time in Ireland, but I am the only one of my siblings who came back to the United States. I returned to America for work, which was scarce in Ireland. There is a long tradition of immigration out of Ireland. A lack of work, and the high standard of education is the perfect recipe for the constant brain drain that has plagued the Emerald Isle since the Great Potato Famine of the mid eighteen-hundreds. I miss Ireland... I miss it terribly. But when it rains, and I can watch it out the window with a hot cup of tea, I can almost smell the turf fire burning in the fireplace. I can almost imagine the rolling hills and the blooming heather. And then I realize what a good life it was.

Guide and Service Dog Etiquette

By Schuyler B.

Guide dogs provide vision for people who are blind or visually impaired. These dogs are specially bred and trained for this job. The Americans With Disabilities Act states that people with disabilities are allowed to be accompanied by their guide or service dog in all public places. The following guidelines inform people in the presence of a guide dog to allow for the safety of the dog and its handler:

- While a service dog is wearing a harness or vest, don't touch, talk, feed, distract, or make eye with the dog. Allow the dog to focus on providing safety for the owner.
- Don't treat a guide or service dog as a pet. Give a working dog the respect they deserve.
- Speak to the owner, not the dog. Some owners will allow you to pet the dog, but ask first. Stroke the dog on the shoulder area instead of petting the dog's head.
- Do not be offended if the handler does not allow you to pet the dog. The dog or handler may be having a bad day or may be in a hurry.
- A service dog and their handler have the right-of-way in traffic.
- You should not give the dog commands; allow the handler to do so.
- Never attempt to grab or steer the person while the dog is guiding or attempt to hold the dog's harness. You should ask if the handler needs your assistance and, if so, offer your left arm.
- When walking with a guide or service dog, do not walk on the dog's left side. This may cause a distraction or confusion. Ask the handler where you should walk. The handler may ask you to walk ahead of them on their right side or behind them by their right shoulder.

See <https://tinyurl.com/assistance-dog-etiquette> for additional information.

Community Open House and Alumni Celebration



Meet our new Occupational Therapy Intern, Kate

By Schuyler B.



Meet Kate, our new occupational therapy intern! She is a second-year student in the Occupational Therapy Doctoral Program at Colorado State University. Kate has always been interested in community-based mental health services. She likes the Clubhouse Model of Rehabilitation because members and staff work side-by-side. Kate is originally from Springfield, Virginia. She has a younger sister, currently living in Richmond, Virginia, who is working on her Master's Degree in social work.

Kate's schedule at the Clubhouse is Monday and Friday from noon to 4 pm and Wednesday from 9 to 10:30 am. She is co-facilitating the PhotoVoice Project on Monday and Friday from 2:30 – 3:30 pm. Her 12-week internship ends in the middle of August 2023. In her spare time, Kate enjoys rock climbing, hiking, biking, and paddle boarding.

Meet Diane, our new Occupational Therapy Intern

By Schuyler B.



Meet Diane, our new occupational therapy intern! She is a second-year student in the Clinical Occupational Therapy Doctoral Program at Colorado State University. Diane is interested in working at the Clubhouse so she can learn more about the occupational therapy in a mental health setting. She feels that the Clubhouse model is a unique, effective, and integrative way to support community members that aligns well with the core values of occupational therapy.

Although Diane was born in Louisiana, she moved around every two to three years. For that reason, Louisiana doesn't really feel like home. Diane went to three different high schools because her family moved often. She was always in honors and AP classes at each school and was also captain of each of her schools' varsity soccer teams. Of all the places Diane has lived, she has been in Colorado the longest (17 years), and it has really become home for her. Minnesota is her *second home* because the rest of her family is either from Minnesota or they currently live there. Diane's two younger brothers Allen and Patrick are 6 and 10 years younger, respectively. They both live in Minnesota, and she loves to visit them when she can.

Diane is at the Clubhouse on Monday and Friday from noon to 4 pm and Wednesday from 9 to 10:30 am. She and Kate are co-facilitating the PhotoVoice Project on Monday and Friday from 2:30 – 3:30 pm. Her 12-week internship will end in the middle of August 2023. Diane says that she is so excited to be a part of SummitStone and Spirit Crossing this summer. She also says that she really enjoys getting to know the members of this incredible community and loves to see that the clubhouse is such an integral and important part of members' lives.

Colorado Rockies Game Social



The PhotoVoice Project

By Diane B., Kate H., and Emily V.



PhotoVoice is an opportunity for Clubhouse members to tell their stories and express their experiences with photographs. This project gives you the opportunity to capture images of your daily life, the things that matter to you, and the issues you face. Through these photographs, you can share your perspectives, challenges, and strengths with others.

The objective of this project is to promote healthy lifestyles by exploring the eight dimensions of wellness: physical, intellectual, financial, environmental, spiritual, social, occupational, and emotional. Clubhouse members will share images related to these areas within their own lives and the community. Every week, we will choose a theme from the eight dimensions of wellness and identify prompts to guide our journey. As a group, we will discuss and reflect on the meaning of our images and create portfolios that will pull all our stories together. The PhotoVoice project meets every Monday and Friday at 2:30 pm. Diane and Kate, our summer interns, are co-facilitating this project.

Photography Guidelines

Stay safe

- Don't take any risks.
- Don't go anywhere you wouldn't usually go, or do anything you wouldn't usually do.
- Take a friend with you if possible.
- Be aware of what's around you.

Be respectful

- Ask permission before taking pictures of people.
- Ask for permission before taking a picture of private property (someone's house or yard, for example).
- Do not take pictures of the private lives of people, such as a through a window of their home.
- Ask yourself, "Would I mind if someone took a picture of me in this situation?"



Larimer County proclaims May as Mental Health Awareness Month



The Members and staff who took part in the paint night social



The Clubhouse members who took part in the NAMI walk

Recipe Spotlight: Flatbread Pizza

Prep Time: 5 minutes

Bake: 10 minutes

Servings: 4

Ingredients:

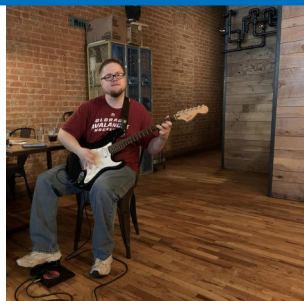
- 4 small flatbread crusts
- 1 cup pizza sauce, divided by four
- 2 cups grated Italian cheese blend: ex. Mozzarella, Parmesan, Provolone, Asiago, and Romano
- Toppings such as sliced pepperoni, green bell peppers, onions, mushrooms, sliced tomatoes, diced ham, cooked and crumbled Italian sausage
- Optional garnish: chopped fresh basil, oregano, parsley, grated Parmesan cheese, or crushed red pepper flakes

Instructions:

- 1) Preheat the oven to 425°F and arrange the flat bread on the rimmed baking sheet.
- 2) Spread about ¼ cup of pizza sauce on each flat bread. Sprinkle the cheese on top, and finish with additional toppings.
- 3) Bake for 10 minutes.
- 3) Garnish with chopped fresh herbs, grated Parmesan cheese, or crushed red pepper flakes just before serving.



Poor Brothers Community Night



Environmental Learning Center

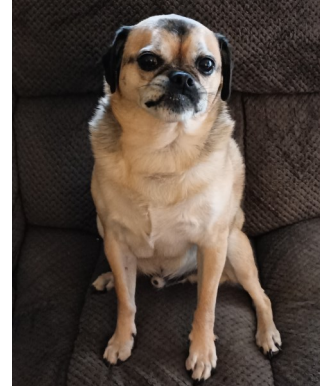


Pet Spotlight

By Schuyler B.

Charlie is an 11-year-old male Puggle (a cross between a pug and a beagle) owned by Clubhouse member Sherry S. He is a friendly dog who loves to play fetch with a ball and catch frisbees. Charlie also likes riding in cars and running in the dog park.

Petting, scratching, and cuddling a dog could be as soothing to the mind and heart as deep meditation and almost as good for the soul as prayer. — Dean Koontz, author



Check out the new Clubhouse Apparel!



Short and Long Sleeve T-shirts \$20

Dress Polo \$25

Trucker Hat \$15, Beanie \$10, Socks \$5

Purchase from snack bar

Cash, Check, & Credit Cards are accepted

Show off your Clubhouse pride!



Spirit Crossing Clubhouse



PhotoVoice Project

*An opportunity for people to
tell their stories using
photographs*

**Meeting Mondays and Fridays
at 2:30pm in the Garden Unit
conference room**



FOR MORE INFORMATION

CALL: EMILY THE OCCUPATIONAL THERAPIST (651) 206-0767

EMAIL: OCCUPATIONALTHERAPY@SUMMITSTONEHEALTH.ORG










July 2023



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	2:30pm Mondays PhotoVoice Meeting				2:30pm Fridays PhotoVoice Meeting	1
2		4 Clubhouse Bldg Closed. Pet Picnic at Landings Park Time TBD	5 2:30pm Standards Discussion	6	7 Lunch & Learn Impacts of Caffeine 2:30pm JEDI Benson Park Sculpture Gar- dens 4-7pm	8
9	10 12:15pm Scheduling	11 9:30am Social Planning Meeting 12pm Advisory Council	12 2:30pm Technology Workgroup	13 4-7pm Rock n' Roll Bingo 	14 1:30pm Supported Education Group 	15
16	17	18 9:30am House Meeting	19 2:30pm Orientation Workgroup	20	21 2:30pm JEDI	22 10am-3pm In-House Yard Sale 
23	24 12:15pm Scheduling	25 Clubhouse Campout	26 Clubhouse Campout	27 Clubhouse Campout 	28	29
30	31	9:30am House Meeting / Job Devilment	2:30pm Policy/ Safety Discussion			

*New Member Tours: Tuesdays at 2pm
Mondays, Wednesdays, Thursdays, and Fridays at 11am
New Member Orientations: Tuesdays and Wednesdays 9am-2pm*

Zoom Meeting ID: 915 7856 0906





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