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CLUBHOUSE CHRONICLE

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WORLD EDITION

A non-profit agency in partner with Valley Mental Health and United Way

Clubhouse Chronicle

TAKING A HEALTHY FOCUS: WELLNESS IN THE CLUBHOUSE

Alliance House is a member of the International Center for Clubhouse Development...

*...a global network creating opportunities for people living with mental illness to be respected members of society.*

Alliance House provides a guaranteed right to:

- a place to come
- meaningful relationships
- meaningful work
- a place to return

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A partner with Valley Mental Health

**By Ted Echols and Jessica Olson**

At Alliance House, we are now taking a more holistic approach to mental health and wellness. Research suggests those with mental illness are at a higher risk for developing physical illnesses such as diabetes and heart disease. These illnesses are also linked with obesity and diet.

The mental health field as a whole is beginning to recognize the importance of addressing physical health and wellness in conjunction with mental health care. At Alliance House, we agree that this is a vital connection. As such, Alliance House has developed a wellness program that is integrated into our Clubhouse and the work-ordered day.

Our wellness program has a variety of components. The newest addition is WOW (Wellness on Wednesdays). Following our work-ordered day, at 4:00

p.m. on Wednesdays, we have a wellness activity such as yoga, walking in the park, golfing, paddle

boats, or anything else that gets us out and moving about.

**We have some great WOW activities planned for August:**

- August 1<sup>st</sup>—Walk up Memory Grove
- August 8<sup>th</sup>—Basketball
- August 15<sup>th</sup>—Aerobics with Lynn
- August 22<sup>nd</sup>—No WOW (Lagoon Day)
- August 29<sup>th</sup>—Yoga

*We hope you will come and join us for these fun events!*

There are many other components of our wellness program. Duncan explains, "I feel it's fortunate that Alliance House is becoming more and more involved with wellness in general. Rather than just having the wellness walk, we now have some great healthy snacks and lunches coming from the Culinary Unit. I feel the Culinary Unit deserves a great big thank you for all of the hard work they've put into the wellness program."

In addition, at Alliance House, we also have healthy snack options available in the Snack Bar, a health bulletin board featuring health tips, and in-services on various health topics. Another exciting wellness program component that is slated to begin soon is a weight loss challenge. Members and staff from each unit



will compete to see who can lose the most weight in the weeks and months to follow. There will be weekly weigh-ins and lots of encouragement and support to go around. We look forward to this fun addition to our wellness program.

We are excited to hear about wellness activities other clubhouses are implementing. We'd love to hear from you. Email us at [alliance-houseslc@yahoo.com](mailto:alliance-houseslc@yahoo.com) with any ideas you have to share.

## EDUCATION CORNER

### By Shirley Pedler

Elizabeth Becar has been an Alliance House member for a number of years. Like many of us with mental illness, she formed her early life around dreams and aspirations about who and what she could become, and she walked toward an envisioned future. Elizabeth holds a Bachelor's Degree in Psychology with a minor in Elementary Education.

Elizabeth speaks a little and vaguely about the troubled time that derailed her pursuit of a career in teaching. She will say that her last independently obtained job was "way in the past," and that when she became unable to work, she "lost dignity, potential friends, self-respect."

Elizabeth finds little good to say about her protracted period of unemployment except that it gave her the freedom to come to Alliance House. She will tell you about what Alliance House has done to restore her hope for the future she was seeking before she became ill.

The thing Elizabeth most enjoys about coming to Alliance House is the work-ordered day: "It's real work at Alliance House. I feel I make a difference, and I have regained some dignity and self-respect." Elizabeth



has gained additional work experience through holding three "real-world" jobs (Transitional Employment positions) secured for her by Alliance House. Additional clubhouse support includes nutritious lunches and help securing professional clothes. With the training, Transitional Employment positions, and support Elizabeth has received from Alliance House, she is now prepared to look for work in the independent marketplace.

Even with support and work experience to back her, Elizabeth is finding her work search daunting. She remarks, in passing and without the least mark of self-pity, about a particularly bad week: "The voices were mean, and stated, 'why don't you try suicide? Make sure you're successful and then you won't have to worry about work.' But after several hours, I talked the voices out of it."

Does Elizabeth think her voices, or any other impediment, will derail her pursuit of a graduate degree and a professional job? She does not. She believes she will make it to what she terms her "end goal," and that there she will recover the rest of her dignity and self-respect, and find new friends.

We all believe you'll make it, Elizabeth.

### Did you know...

Over 5 million people are disabled by severe mental illness in the United States in any given year.

-NAMI "About Mental Illness"

In addition, mental disorders are the leading cause of disability in the U.S. and Canada for individuals ages 15-44.

-National Institute of Mental Health

**HEALTHY LIFESTYLES**

**By Brent Robinson**

Just a few reasons that we would like to see you get a little healthier. The way we eat and what we eat, is of vital importance to our state of health. The convenience and habitual nature of means that fast food consumption is so ingrained, that healthy eating is near impossible.

There are no easy ways to fix junk food habits and make them into healthy habits. But if we can get educated about the food we eat

and the consequences that it may have on health, we may just want to give it a shot.

Fact: Obesity accounts for over 300,000 death in the U.S. alone. Research on junk food as well as fast food restaurants has found that there is a direct relationship between the number of fast food restaurants located within your local area and obesity rates.

So you decide!



**To those celebrating Birthdays in August...**

- 1<sup>st</sup> Delores Dudley
- 1<sup>st</sup> Max Rowan
- 3<sup>rd</sup> Scott Pyke
- 5<sup>th</sup> Jeffery Call
- 5<sup>th</sup> Jeffery Hoven
- 5<sup>th</sup> John Schultz
- 7<sup>th</sup> Margaret M. Burke
- 7<sup>th</sup> Alexandra Ovard
- 11<sup>th</sup> Hyrum Ranson
- 11<sup>th</sup> Barbara Sanford
- 12<sup>th</sup> Victor Lee Gaisford
- 13<sup>th</sup> Sherrie Waller
- 14<sup>th</sup> Ryan Herron
- 21<sup>st</sup> Austin "AJ" Allen
- 21<sup>st</sup> Corina Billsie
- 25<sup>th</sup> Richard Davis
- 26<sup>th</sup> Connie Murphy
- 27<sup>th</sup> Miriam Hyde
- 30<sup>th</sup> Terry Bullock

**EMPLOYMENT SPOTLIGHT**

**By Collette Soffe**

Ted Echols has found a match in his current employment. With his tremendous talent for being patient and his listening ear; becoming a peer counselor with Valley Mental Health is a perfect fit.

Ted works closely with people from Valley Mental Health to get them connected into a wellness program. He especially likes that the focus of this wellness group takes into account all sides of wellness.

He feels the way to wellness is through focusing on the many facets of a person. Anyone working towards goals that will help with their mental, physical, spiritual, and intellectual well being, just to name a few, Ted is there to help. He is an amazing asset in his position.

**COX'S CORNER: MY THOUGHTS ON PANCAKES**



**By John Cox**

They (the pancakes) take the cake. This is because they are not cake and are not baked; they are fried.

First thing is the batter. What I have used is complete pancake mix.

You can make your own custom pancakes. It takes imagination,

time and practice. The thin batter is lighter while the thick batter is heavier.

You can also try adding fruit or maybe juice instead of water. As long as the batter texture remains the same it should work out.

As I said, you are only as good as your batter!



## BUSINESS UNIT



### By Betsy Maxwell

Welcome JoJo Emmett to the Business Unit; she loves variety and she helps out in all the units. She is helping with a Power Point presentation about job interviews. We also want to welcome Linda Baxter.

Collette is leaving us on August 15<sup>th</sup>. She is going back to school to study Gerontology. She will be taking her classes at the University of Utah. We will

miss you. We will not forget about you- so don't forget about us!

We have been working on the annual audit during the month of July. Thankfully, we are about done with that.

We have also been busy reorganizing around our unit with more still to come.

Oh how fun! ZING!

## CAREER DEVELOPMENT UNIT



### By Catherine Pond

We extend a welcome to seven new members of the CD Unit: Alex Peery, Arlene Kelly, Dora Majero, Jolene Emmett, Karen Sharp, Linda Baxter and Yolanda Jackson.

The Etc. program, Employment Training Course, is up and running. The first week, beginning July 10, was on the subject of job searching. The second week was how to appropriately fill out job applications for the best effect. Week three emphasizes resumes and cover letters. Later sessions will include grooming and hygiene, effective interviewing skills and how to keep the job once acquired. Seven clubhouse members are reaping great benefits from this course, which will be offered again in January of 2008.

We are also working on two new brochures in a way that has never been done before. The first is an employment brochure for both Supported Employment and Transitional Employment Placement. This is aimed at prospective employers for both SE and TEP. The Education Brochure is information for people taking tours and for new members interested in increasing their education. All of the work for both brochures will be done in-house using a desktop publisher program.

The Career Development Unit is also working on job development for a new group TE and for an individual TEP to replace the one lost recently with Cornerstone Counseling Center. Our unit would like to thank Cornerstone Counseling for three years of service to Alliance House with a great TEP as well as Nutty Guys for the group placement opportunities they have offered our members.

## CULINARY UNIT

### By Lynn, B, and all the Culinary Luminaries

Greetings allies! Hope you are enjoying your summer. We have been trying to have plenty of fresh meals to enjoy during the hot weather. We want to thank all the people who work in the kitchen. Your support is greatly appreciated from the bottom of our stomachs. If you have a favorite salad or sandwich recipe, please send it our way. You can put your ideas in the suggestion box located on the piano.

Those of you who we have **not** seen in a while, we hope you will come back and pick up a spoon, pot, pan or bowl and help out. If you "carrot" all, we would love to see you "turnip" in the kitchen, pretty "peas." "Orange" ja gonna come in? "Ice cream" with Joy if you do!

Just come on down to Alliance House Culinary Unit. Pull up a chair and roll some silverware. We can "ketchup" on how you are doing. So come in with all the enthusiasm you have "mustard."

**MEMBER SPOTLIGHT: STACIE SCHOFIELD**

**By Collette Soffe, Katie Corbaley, & Irene Leishman**

We are spotlighting Stacie S. this month. Stacie has been a member of Alliance House since July, 2003.

When asked about some of her favorite Clubhouse memories, Stacie talked about the good time she had at the Western Regional Conference in September, 2006. She enjoyed getting to know so many people. Stacie also enjoyed presenting at the UCN Conference on health that was held in St. George this past May.

Stacie has worked in the Alliance House Thrift Store in the past; now she feels she spends more time buying from there than working there. Stacie also has worked in the Snack Bar. She says she likes to play jokes and believes in doing a job right or it shouldn't be done at all.

Stacie hasn't been coming in often lately. When she does, she comes to the Business Unit. She likes to work on the daily newsletter and is interested in learning more about the Business Unit.



Her hobbies include walking, listening to all kinds of music, and writing poems. She has also been a volunteer at Cross Roads Urban Center since 1999.

Stacie's favorite snack is Reese's Peanut Butter Cups, washed down with a Dr Pepper.

When asked to share something interesting about herself, Stacie explained she has had more than one brain injury due to riding a bike without a helmets. So wear your helmets! Stacie, however, doesn't have a car and doesn't want one.

We're glad to have you as part of our Alliance House family, Stacie!

**STANDARD OF THE MONTH**

**By Joy Maxwell and Amber Weber**

**Standard #11**

A clubhouse without members is useless (or possibly a generalist's job utopia!)

However, since we as a Clubhouse exist to recover from mental illness, we need a highly functioning operation with a Director at the helm who bears the same qualities including talent, skill, education and brilliance.

If, as standard 11 indicates, "engagement is central," one could assume the work is secondary; this is not always the case. Engagement in work is key! This key responsibility ultimately lies with the Clubhouse Director.

A former politician believed in a "trickle down theory" and, with a stretch, maybe this applies to Clubhouse Standard 11. On a personal note, as a member I enjoy clubhouse because of the work I often find to do. Whether a staff member, member or director engages me, I feel productive, worthy, useful, accepted and valued, less "consumer-ish" and more contributive.



**August Activities**

- 1<sup>st</sup>**  
WOW - Walk Memory Grove
- 2<sup>nd</sup>**  
Dollar Movies
- 4<sup>th</sup>**  
Women's Conference
- 8<sup>th</sup>**  
WOW - Basketball
- 9<sup>th</sup>**  
Secret Lake Picnic
- 15<sup>th</sup>**  
WOW- Aerobics with Lynn
- 16<sup>th</sup>**  
Heart & Soul
- 22<sup>nd</sup>**  
Lagoon Day  
Sign-up at pay by the 10th.  
(Leaving Alliance House @ 3:00 p.m.)
- 23<sup>rd</sup>**  
No Activity due to Lagoon Day
- 25<sup>th</sup>**  
October-fest/Snowbird
- 29<sup>th</sup>**  
Yoga
- 30<sup>th</sup>**  
Hot dog roast at Millcreek

## ADVOCACY UPDATE

### By Brooke Baltazar

This month we had a great opportunity to have Frank Pignanelli join us for a great advocacy meeting. Frank attended a Clubhouse Close-up tour and was moved by what a wonderful place this is and wanted to get involved. Frank was a representative in the state legislature for ten years. He gave us advice about advocating and getting our message to those who represent us.

He spoke of lobbying. Lobbying is done by people who work or conduct a campaign to influence members of a legislature to vote according to the group or individual's special interest. He gave us the following ground rules for lobbying:

- Logic and reasoning has no role. Don't use graphs, pie charts, etc. Use personal stories to compel your law makers.
- There are 104 part-time law makers (they are not full time). Make sure you know when and how to contact them.
- Use emotional stories. Legislators will react.

One really strong point that he made was to sell our story as a self-sufficiency story and not as a place that is looking for hand-outs. The Clubhouse, as a whole, is working toward helping people better their lives and reach their potential. This is the story

we need to sell. Talk about how we help people achieve things they never thought possible. This can be more powerful than a pity story.

Next is how we present our argument to the legislators. We need to be willing to talk about the issue, build the emotional bond, discuss the effects and who is suffering. We need to make sure we have good contact with legislators. We need to be asking friends, board members, and other contacts if they have connections. We need to maintain these relationships year around and always stay in contact, not just when they are in session.

Frank Pignanelli also gave us some recommendation for how Alliance House can sell their story and needs to state legislators:

- Sell our story as self-sufficiency story. This could be a success story or a story of someone's life before Alliance House.
- Get employers to call or send letters on our behalf.
- Identify ourselves differently from other coalitions.
- Gather marketing facts and figures to go with our compelling stories

By following this advice, we can make our Advocacy Committee and Clubhouse more visual to our representatives. We need to all work together to get our stories told to the people we need to inform the most.

## CLUBHOUSE INSIDER

### By Chris Smith & Sue Hanson



WOW! We have really loved the turn-out for our WOW (Wellness on Wednesday). Check out the lead story and the exciting events we will be doing for August on our upcoming activity calendar.

Our new ETC (Employment Training Course) workshops have been a huge success. They are every Tuesday and Thursday, 1:30- 2:30 p.m. Members report they have learned a lot about getting and keeping a job. For more information, see the Career Unit and sign up for the next 6-week session.

We would like to thank all the board members that attended our Mingle with the Members lunch. Many members stated this was a wonderful opportunity to get to know the board members. Our next mingle will be a breakfast August 23<sup>rd</sup> at 8:00 a.m. Please join us and come meet our wonderful board members.



On July 4<sup>th</sup> Jessica and 17 members journeyed to cooler temperatures in Park City, Utah to watch the fireworks. They had a great picnic and enjoyed having some fun times together.

In House Meeting, it was discussed that we want to open Employment Dinner to all members that are involved in ETC, and actively seeking employ-

ment. This meeting is very informative and it is an opportunity to get support around your job.

We have a lot of fun events planned for all to enjoy. Please remember to get your name in the sign-up binder on the front desk so we can have a count of how many will be attending our activities.

We have had some dedicated members help out at the community garden weeding, watering and harvesting our vegetables. If you are inter-



ested in working in our garden, please see the Culinary Unit. They will be going every Friday morning at 10:00 a.m.

Next month's issue includes lots of dates for some big events coming up. Stay tuned for details!

We look forward to seeing you all at Alliance House.

## WHO DOES THE "TRAINING" DURING THREE-WEEK TRAINING?

### Duncan Macdonald & Carla Marjerison

My name is Carla Marjerison and as we prepare to start Clubhouse Training next year, I am fortunate and excited to be taking on the role of the Training Base Coordinator. So what does that mean, and who does the actual training of our friends who will be joining us from around the globe? In my opinion, and that of my colleague Duncan, it means that I will be coordinating, or organizing, Alliance House's efforts. Our visitors will learn and receive their actual training from our entire community of members, staff, volunteers and Board members.

Some of the most valuable philosophical concepts and skills that colleagues can learn from the Clubhouse Training are related to building relationships and accessing and organizing work within the Clubhouse. This learning happens while visiting members and staff engaged in a unit.

Duncan will share his ideas on the vital need for member participation in the training process:

I feel that the key to member involvement in Training is sharing their talents with our colleagues, but it's more than just working with them—it's sharing of ourselves and becoming friends with them.

This means that we have to let them share not only in the work-



ordered day but also making them feel welcome in our Evening & Weekend Program, during lunch and before Morning Meeting. One of the key subjects that we must convey is the equality between members and staff. For instance, I can run a meeting just as well as a staff member can. Also, as a member, I can come and leave the clubhouse as I please. Members choose both what project they want to do and what they want to learn. One of the most interesting things about Training is how what seems like little details can make big differences in how well a project is done.

A good example of this is something that Carla brought with her from Genesis Club in Worcester, Massachusetts. She showed us how we break up our Reach-out Book into days rather than doing the whole thing in one day. This has greatly simplified the reach-out process for our Career Development Unit.

So let's get all hands on deck for our first training in March 2008!

- The new snazzy brochures are being printed and will be mailed out soon.
- Several Clubhouses have contacted us to secure spaces for our sessions next year!
- We have created a draft of what will take place during the three-week session.
- Initial information has been added to the Alliance House website.
- A committee has started to brainstorm delivery of components during the Employment Week.

**Are you interested in  
learning more about Alliance House?**

- Check us out on the web at [www.alliancehouse.org](http://www.alliancehouse.org)
- Come in for a “Lunch on Us Tour”
- Email or call us for more information

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