

1987-2009

## CLUBHOUSE CHRONICLE

JUNE 2009

WORLD EDITION

A nonprofit agency in partnership with Valley Mental Health and United Way

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## ALLIANCE HOUSE HIGH SCHOOL GRADUATION BY: ASHLEY REMY & PHYLLIS SHARPLES



May 20, 2009 – what a day to remember! High School graduation day is a memorable day for all of us who have made it through those high school years. It is even more memo-



orable for those who have struggled through their high school years and did not finish in the expected way, but through perseverance, support, and belief achieved this milestone. That was the case for the seven graduates of the Alliance House/Horizonte program this year. Those who graduated this year are: Lonnie Atwater, Dameon Jackson, Rachael Shelton, Ashley Remy, Carolyn Clark, Daniel Maxfield, and Kalin Swartz.

The graduation event was made very special by all the extra effort put forth by the graduates themselves. During the initial meeting the decision was made to provide all of the catering by the members and staff of Alliance House. The members and staff, as well as helpful volunteers, prepared chicken salad sandwiches, vegetable and fruit trays, homemade punch, and other delicious things. Amber Mackay sang "What a Wonderful World" and "Ordinary Miracle", accompanied by our very own Jan Buck. It was a fantastic show. The school colors were black and green, picked out by the students themselves. Everyone looked fantastic.

The guest speakers at the graduation included Ken Verdoia, Jeremy Christensen, Phyllis Sharples, Lonnie Atwater, Dameon Jackson, and representatives from Horizonte. The theme of the evening was from John Dewey: "Education is not preparation for life; education is life itself." All of our amazing graduates have certainly proven this to be true. Special effort was made to invite members of the community and attendance was over one hundred fifty this year. That's a lot of guests! Thanks to all who helped in any way – from the parking attendants to those who helped prepare the food. We couldn't have done it without you. It was a wonderful night and everyone had a great time. We look forward to next year's graduation.

## Clubhouse Chronicle

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



## CLUBHOUSE CHRONICLE



## Youth Track Training at Genesis Clubhouse: By: Jolene Emmett & Petra Pallos

The morning of Sunday May 18<sup>th</sup> comes; it's time to meet at Alliance House to go to the airport for our exciting trip to Boston, Massachusetts. Eleisha, Jojo, and Petra arrived nervously waiting at the airport to meet Stacie Brubaker, a representative from Valley Mental Health to work with Reconnect, a young adult transitional program. Stacie might have been a bit more nervous stating, "I'm a clubhouse virgin". She warmed up very fast to her new colleagues and made us smile with her outgoing and inviting charisma.

We arrived in Boston in the middle of the night. After getting completely lost, we found the place. Luke, a young adult member of Genesis, greeted us. It was late but he was so dedicated that he waited until we settled in. There were also other colleagues visiting for the young adult training from Sweden; Linda and Therese.

In our first meeting with Genesis, we met Ruth and Evan the Young Adult Training Coordinators, along with Kitty and Luke, representing young adults. Young adults are members ranging in ages from 18 – 25. We

discussed young adult issues, such as the transitional process of living at home to living independently and other social issues. We talked about incorporating young adults into our existing clubhouse assisting and supporting them to meet their needs such as education, employment, housing, socialization, etc. Orientation was discussed about how it can be improved to make it young adult friendly. Community outreach to young adults was stressed, along with the need for young adults to be more involved in the growth of clubhouse.

In response to this, Alliance House developed an action plan to integrate young adults with existing members, instead of making a separate clubhouse for young adults. Our first priority is to form a young adult planning meeting that meets bi-weekly to generate interest in our new goals. Young adults would be involved in every aspect of the clubhouse including the first step of orientation to being involved in everyday tasks such as: tours, outreach, presentations, workday tasks, activities, education and employment support. This was all discussed while chewing on tootsie rolls.

To develop our action plan we traveled to Highpoint Farm in New Jersey for our inspiration and those yummy fresh farm omelets. Joe, other members, and staff greeted us from New York's Fountain House. During the stay we found a little picnic table where we were distracted by bugs. However, our helpful colleagues, Evan and Kitty, put us right back on track to develop our exciting action plan. Eleisha was busted when we found her making out with Al the Lama. Turns out "he made the first move".

Friday came and it was time to finalize our action plans, and prepare for our departure from our new friends from Sweden and Genesis. We would like to thank the Genesis training team for their wonderful hospitality and helping us open the door to a beginning of new changes and possibilities for young adult members in the clubhouse. Their enthusiasm and faith in our action plan is encouraging and we hope to reach the young adults struggling with mental illness in our community.

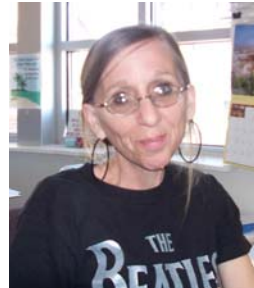


## New Member Spotlight on Ruthena Hensley

### By: Hollie Blank



Ruthena has been a member of Alliance House since October 2007. Ruthena works in the Business Unit. She picked this unit because of her background in accounting. Ruthena has a Bachelors degree from Westminister College in accounting



Ruthena says one of the things she enjoys about Alliance House is all the friendships

she has made, Ruthena's goal is to go back to work. Ruthena was born and raised in Salt Lake City and she has a identical twin sister who Ruthena is older then her by four minutes. She has three children two daughters and a son and six grandchildren. She enjoys camping, listening to music, and she is a avid reader having just finished the Harry Potter series she has started on the Twilight series. She has a dog named Kota and a cat named Nightmare. Ruthena has an infectious smile and a great work ethic She is always willing to volunteer for all kinds of work. She is always very enthusiastic and a joy to work with.

## HEALTHY CHANGES BY: TRAVIS WETERMAN AND LYNN SORENSON



A couple of weeks ago we had a lively discussion given by Travis at the House about trans fats. What we discovered about trans fats is that they are everywhere in processed foods. They are bad for you! We have often that saturated fats raise your LDL cholesterol in your blood and this increases your chances of getting

heart disease. Saturated fats are found in fatty meats, cheese, and butter.



Well, trans fats do the same thing. They raise your LDL. So really you shouldn't eat them. Both trans and saturated fats can lead to heart disease. Trans fats are also called trans fatty acids. They are a specific type of fat formed when liquid oils are made into solid fats like shortening and hard margarine. This is often done by hydrogenating the oil. When you are reading the label for ingredients in your food, and you see the word, "hydrogenated oil." That is a trans fat. They are commonly found in shortening, some margarines, crackers, cookies, snack foods and any other foods that may have been fried. If you have a recipe that asks for shortening, try using unsweetened applesauce or canola oil. Your recipe would even be better using real butter as opposed to trans fats as shortening. And by snacks that contain no hydrogenated oils. You will live a happier healthier life and spend lots of time at Alliance House.

## April Birthdays

Suzanne Hughes	6-1
Samuel Luke	6-1
Marci Logan-Feenstra	6-2
Bonnie Lindsey	6-3
Johnston Ponder	6-3
Bryan Wayne	6-5
Raymond Reitz	6-8
Marion Smith	6-8
William Hill	6-9
Madge Shell	6-9
Lori Stout	6-9
Christina Bassett	6-13
Cindy Carlson	6-13
Graydon Jordan	6-14
Robin Moore	6-14
Renee Amith	6-15
Brylyna Droegemeir	6-16
Lila Galvan	6-17
Stephanie Bowers	6-18
Robert Timothy	6-19
Vicki Coles	6-20
Mason Andrus	6-20
Jonathan Albresten	6-23
Bryson Beal	6-24
Jacob Bybee	6-24
Micheal Herbert	6-25
Tony Thomas	6-29
David Callistar	6-30
John Jennings	6-30



**CAREER DEVELOPMENT  
UPDATE: BY DUNC  
MACDONALD & AMBER**

Welcome to our new employment staff, Louisa Katoa. She is from Hawaii, but has been living in Utah for the last eight years. She has been working for Valley Mental Health for the last seven years. Her interests include running 5Ks, Karaoke, traveling, playing guitar and writing children's stories. We are so hyped to have her with us.



Congrats to Emily Hughes, Doug Henderson, Eric Nelson and Debbie Porter for recently obtaining employment.

We are pleased announce a very successful Yard Sale where we made \$368.84. This money will be used to contribute to sending a member to the 15<sup>th</sup> International Seminar in Florida this fall. Thanks everyone for their hard work and a special thanks to Lila's son, Ramon, for providing clothing racks for displays.

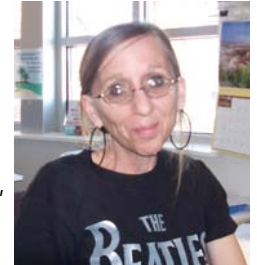
On June 22, we will be starting up our employment training course. This course covers all aspects of employment preparation and has been created by members and staff in the past few years.

On Wednesday, July 17<sup>th</sup> will be our Career Development Unit retreat. We will be discussing the employment training course, reach out and many other goals for the upcoming year.

**BUSINESS UNIT  
UPDATE BY: HOLLIE  
BLANK & BETSY  
MAXWELL**



We would like to welcome our newest members who are: Joel Frazier, Jeremy Guillory, Jon Beach, Ree Bedford, Ray Gray, Chelsea

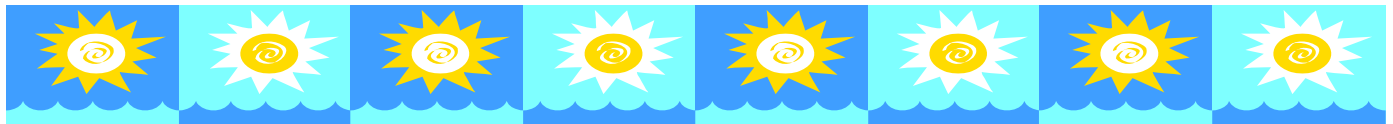


Racine, Shelly Brewer, and Violet Rubio. Thank you for making us stronger.

Everyone is busy doing jobs in our unit. For example, putting the data of new members in the database. Thank you Hollie and Simon. We also work on Case Responsibility which Ruthena and Peter were working on earlier.

We want to thank everyone who helps with orientation. The more members we get the stronger we are.

1805 just received a grant for \$33,000 to replace plumbing, including plumbing fixtures. We would like to thank Community Development Block Grant, Mayor Becker, and The Salt Lake City council. Alliance House and 1805 appreciate your assistance.



**COX CORNER: BY JOHN COX**



The Interpretations of Life

Life has its ups and downs.

Life has its good and bad times

Life has its people people have their life

Time is Life spend your time wisely and have a good time of it!!

Time has not passed me by- I am very glad to be paid to be alive!!!!

Thank You

J. Cox

## Jeremy's Sound



Jeremy speech from 2009 Graduation.

"Education is a social process; education is growth; education is not a preparation for life; education is life itself." So said John Dewey (October 20, 1859 – June 1, 1952), who was an American philoso-

pher, psychologist, and educational reformer whose thoughts and ideas have been highly influential in the United States and around the world.

Lonnie, Dameon, Ashley, Caroline, Daniel, Rachel and Kalin, I cannot think of better examples of this quote than you in this moment. This is your day, it is an honor to be here at your celebration. I agree with Dewey, this is not a new beginning, not the end of one life and the beginning of another, everyday of your lives have been a continuous process of lessons, problems solved and making grades. This day is a profound marker of a goal achieved, dreams reached and much more... bringing hope to all of us that we too can reach for more, that though some bumps and sometimes large gulfs separate us from our goal... if we can continue seeing life as one continual lesson, we can reach mile markers as important as today.

In terms of commencement, this day is a commencement of your next step in a long journey, a never ending journey... at least in my opinion. I believe if the day came that we had learned and experienced everything possible... that would be a tragic day indeed. It is certainly nice to complete something, but happiness comes from the process and then the anticipation of what comes next. Completion of anything of value, by nature, creates need for new and ever expanding opportunity. That is what I believe you have done with this mile marker today. In completion of your diploma you have expanded your opportunity for continued education... for continued life. Thank you for being that example, thank you for demonstrating the possibilities, thank you for being that hope fulfilled... and congratulations!

# As Summer has arrived remember your water and



# sun block.

## Trends in statistics

By Emily Hughes and Petra Pallos



Our average daily attendance is gradually increasing. The increase has been about 1 more person per month.

The CD unit TE averages have declined, which is not a surprise given the state of our current economy. Despite the decline, we are possibly gaining new TE's in the coming months. Cumulative wages earned on TE's decreased by a \$500. However, given the economy's influence on employment, it is no surprise that we are seeing decreased TE hours.

On a positive note in the CD unit, Thrift store profits have increased, largely due to our yard sale.

## Employment Spotlight

### By: Luisa Katoa



Andy Henderson completed his TE on April 30, 2009. He worked for 5 months due to the job ending at



SLCC South City Campus. Andy's duties were to make sandwiches, wash dishes, and other various kitchen duties. His work schedule was Monday thru Friday from 8:00 – 11:00 a.m. Andy said that what he liked most about this job was, "The job was convenient to where he lived, and if I had questions the supervisors were easy to talk to."

Andy discussed that he enjoyed the value of working hard and making his own money. He added, "I felt normal having to get up every morning and having a daily routine." There are always positives and negatives to a job. However Andy stated that there were more positives to this job. He said the only difficulty was trying to figure out how many sandwiches to make in a day. But overall, it was a great experience. He said that he would like to go back and work a permanent job at Salt Lake Community College.

## STANDARD OF THE MONTH NUMBER 25

### BY: WILL ROMERO



*Standard 25 The Clubhouse assists members to further their vocational and educational goals by helping them take advantage of adult education opportunities in the community. When the Clubhouse also provides an in-house educational program, it significantly utilizes the teaching and tutoring skills of members.*

*Well its graduation time once more, I selected this standard because the Clubhouse has helped me with getting my diploma last year. It was not easy to go back to school at my age and my mental illness made it difficult.*

*Although, with help and support from the clubhouse, I got my diploma. Furthermore, the clubhouse I helping me with rehabilitation services and tutorial help to achieve my educational goals. My next goal is to attend Salt Lake Community College.*

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## TRAINING BASE SCHEDULE 2009

If you haven't come to training yet, it's not too late to sign up for training in 2009, but hurry! We are filling up fast!

We still have a **three-week training September 14th to October 2nd, 2009**. Fall is such a fabulous time to hike through the hills and mountains and think about how you can build relationships at your clubhouse!

If you are really ahead of your game, schedule your Clubhouse to come visit us January 2010 and be the first to plan your winter trip to Salt Lake City.

Check out our website, give us a call or drop us an email, and schedule a training date now, before the spots are all filled!

We look forward to meeting you!



## Clubhouse Insider: Duncan Macdonald & Sue Han- son



If you haven't noticed later, we have many beautiful pots out on our patio with a variety of vegetables growing. We would like to thank Eric Brizzee for all his hard work and dedication with our herb garden. It will pay off in the

fall when we get to enjoy all the fresh vegetables from our garden.

Most recently, we had a group go to training at Genesis. In their action plan they brought back an action item to have more art displayed in our clubhouse. We are looking for members, staff, and board who would like to have their art displayed to come to our planning meetings. For more information, see Phyllis in the CD Unit.

We are ecstatic about our upcoming Founders' Day picnic to be held at Alliance House. This is a time to honor these incredible individuals who started our clubhouse. We hope have a enormous turnout. Thank you to Edna Elkins for your commitment in making this memorable event possible.

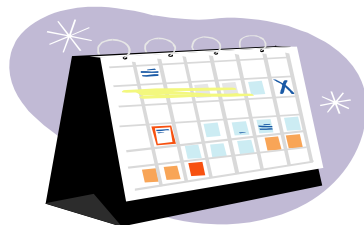
Petra Pallos, Jolene Emmett and Eliesha Hewes went to a Young Adult Track at Genesis and brought back a dynamic action plan. We are looking forward to putting this in action and bringing more young adults into our clubhouse.

## UCN CONFERENCE HELD MAY 6-8, 2009 PICS



## 2009 CLUBHOUSE CLOSE-UP TOURS

- July 15th
- July 29th
- August 12th
- August 26th



- September 9th
- October 14<sup>th</sup>
- October 28<sup>th</sup>
- November and December dates TBA due to holidays

Tours are regularly scheduled for the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month at 11:00 a.m. unless it falls on a holiday. We can add tours to accommodate schedules.

If you have questions about Clubhouse close-up tours please call Karen at 467-1262.

**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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