

HILSGROVE HAPPENINGS



HIGHLIGHTS

- Clubhouse News
- Upcoming Socials
- Unit Updates
- MLK Day

UPCOMING SOCIALS

February 4th - Logee's
Greenhouse

February 9th - Edible
Arrangements

February 20th - All Day social

February 22nd - Employment
Dinner

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Director's Corner

Every once in a while, often during or after one of our great Clubhouse events, I am asked if we would consider opening a catering business or starting our own (fill in the blank) service enterprise. We do such wonderful job with all of the work of the Clubhouse, it is very flattering to be approached about running a Clubhouse business. I am confident of two things; first is that we would be a very successful catering business or other service, with all of the strengths, talents, and abilities of our colleague team. Second is that this effort, although successful, would take away from our most important goal of helping members become fully engaged into their own recovery journey.

One of our Standards defines our workday as focused specifically on the work needed to run the Clubhouse. By design, the work done by members is voluntary, ensuring that members can choose how they utilize the Clubhouse and the work that they choose to do. Members are not employees, they are colleagues. The voluntary nature of the Clubhouse ensures that members have full decision making power regarding how and when they leave the Clubhouse to start school, a new job, or other endeavor. Because the work we do at the Clubhouse is for our own benefit, we are not beholden to anyone but ourselves. There is nothing keeping a member from taking that big leap into the community. Places that run social enterprises or in-house businesses become responsible for meeting the needs of their customers. Whether it is a service, like delivering packages or retail, like selling homemade soaps, there is a new dynamic created that replaces the very unique collegial relationship that is the centerpiece of the Clubhouse mental health recovery process.

This was an important lesson learned in the earliest days of Fountain House, described in the book titled *We are Not Alone*. Fountain House did try to run their own in-house business, but soon learned that once they became an employer of members, there was a profound change in the quality of the Clubhouse member and staff relationship. They soon stepped away from the idea. Even the best effort to create fully integrated social enterprise cannot replace the achievement of independent, competitive, and community-based employment that is a right of membership and the ethical high ground of evidenced-based Supported Employment. We uphold this value, not because we could not run our own business well, but because helping members find their own independent path is the right thing to do.

So come and join our many special events planned for the coming spring, from our anticipated Legislative Breakfast, to our Open Mic Night, Celebration of Life, and Clubhouse Giving Day Open House. We host wonderful events, all for the benefit of our members, staff, friends, family, allies, partners, our Clubhouse community. Support our work, no charge, to help us create meaningful work and meaningful relationships that lead to meaningful mental health recovery.

See you soon,
Mark

Clubhouse News

The New Year is well underway and we hope you've managed to stick to your New Year's Resolutions. If you haven't...well neither have some of us, so you're not alone!

We are sad to say farewell to our Staff Member Jack, who has taken another position within Thrive Behavioral Health (our umbrella agency). We wish him the best and hope to see him around!

This past months activities include Bowling, Pizza Making, and Watching Movies. Rumor has it that everyone had a great time!

Congratulations to Ralph on his new job! He is one of our newer members and we're confident he'll be awesome at his new position.

Don't forget, our Garden Unit meets on Mondays at 1PM, please join us along with URI Master Gardeners Suzanne and Lorraine.

Please join us for our weekly Standards Study, which takes place at 1:30 in the Conference Room.

Business Unit



Darlene, working in our Business Unit
Photo Credit: Rayna Q.

BUSINESS UNIT

Admin. Team: The team has had a very productive and busy month. Members and staff completed the whiteboard at the end of December and attached it to the wall in the Unit space early in January. The whiteboard has been very helpful as we transitioned from daily Community Meetings back to our twice a week schedule of Monday 9:00am and Friday 2:00pm meetings. It is nice to again get back to some of our pre-Covid daily routines especially the easing of mandatory mask wearing on Monday 1/23. Members of the team also contributed to gathering attendance data for the CCBHC grant that Thrive Behavioral Health is a participant. Hopefully this data contributes to the success of the grant and possibly increasing services to our members while also increasing revenue to both Thrive and Hillsgrove Clubhouse.

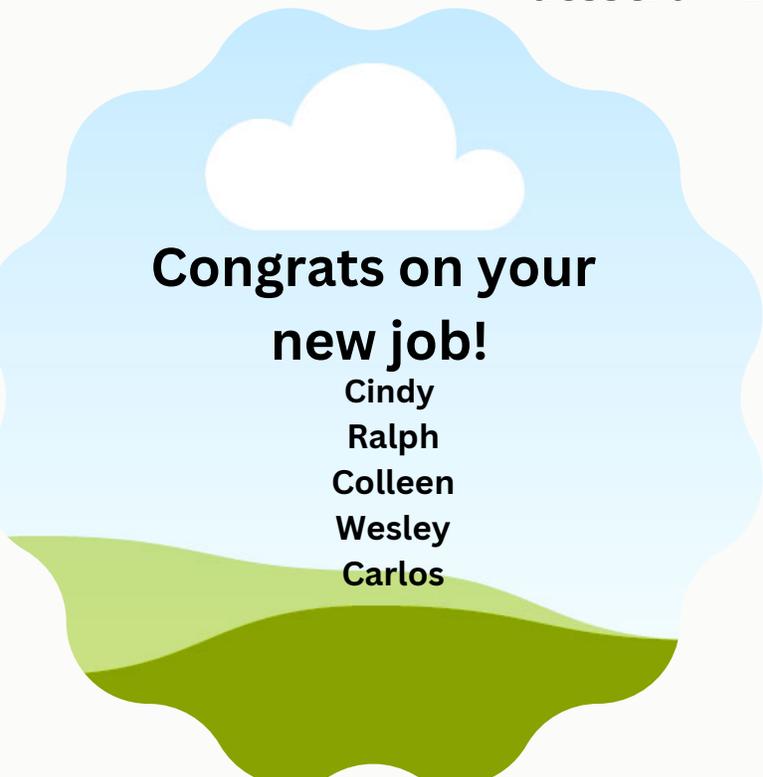
Membership Team: The membership team has had a great month. During January we had four returning members which is proof to the saying “once a member always a member”. Welcome back to: Doug, Neil, David, and Kevin. It is nice to have you back and we look forward to seeing you again at the clubhouse. On Monday January 23, we put together 30 packets for our visitors from Bryant University. The students and their mentors are in a course/program called IDEA. IDEA is the acronym which stands for Innovation and Design Experience for All. It is “a three-day design thinking tour de force” where student participants work on cohort projects. There was about 25 students that came and took a tour and listened to us talk about Hillsgrove, share our stories and then respond to their questions. The students and mentors asked good questions. Thanks to all members and staff who made the Bryant University visit a great learning experience for all.

Employment & Education Unit Updates

Congratulations are in order for Mike M., who will be finishing up his TEP at Old Navy. We received positive feedback from Old Navy on the wonderful job Mike did, and we will continue the placement with Rick and Wesley.

Also, best of luck to the following: Carlos, who is beginning his new job at Stop & Shop; Ralph, who is beginning his job with Pyramid Transportation; Cindy, who is beginning a job with Maturity Works.

The next Employment and Education dinner will be held Wednesday, February 22, from 4:00-6:30pm. Dinner and dessert will be provided.



**Congrats on your
new job!**

Cindy
Ralph
Colleen
Wesley
Carlos



**Good Luck
this semester!**

Jordan
Gabe



The Multimedia Unit has several areas for you to expand your creativity. If you enjoy posting and scrolling through social media, Why not post for our Instagram and Facebook pages? If it's Twitter that you like, come post your most unique Clubhouse tweets for us. If you are curious about statistics, take a behind the scenes look at our 'insights' section of our social media accounts. This gives information on how many followers, likes, demographics, and post interactions we receive. You can then update other members during our community meetings.

If you are an aspiring writer or photographer, check out our monthly newsletter, Hillsgrove Happenings. We would love you to take pictures during our social events, and also for our unit updates. Also, there is room for you to help with writing unit updates AND you can write your own Clubhouse related article if you would like. This could be on a mental health issue, a personal recovery story, what the Clubhouse means to you, etc.

Interested in broadcast journalism? Collect information for our daily News at Noon. We would love you to contribute a positive local news article, weather update, quote, joke, various fun facts (animal, science, strange law), and more. You could also add your own ideas to our news broadcast. If you would like to be on the air and help with broadcasting, we definitely have a place for you.

Stop by our meetings each morning at 9:45 AM and let us know which areas you could assist in. We would love to have you be a part of our Unit.

Kitchen Unit Updates



Two of our Kitchen Unit crew, Ralph and Greg
Photo Credit: Jay K.

This month, the kitchen worked hard on finalizing our inventory list, which we are still adding essential items to. The kitchen inventory has been an important component for our weekly shopping.

We would also like to welcome new members Myron and Phil. Shout out to Ralph B, who is back at work full time.

This month was also an important month for the Child Adult Care Food Program. We held a training for the Clubhouse Community which focused on food safety, meal benefit applications, and sanitation. The training emphasized the importance of having the knowledge and practicing food safety especially for members working in the kitchen unit. Please come join us in February for another Child Adult Care Food Program training.

As always, we celebrated January birthdays with a delicious hot chocolate cake.

Cafe Unit



Wes and Jen

Have a muffin and a cup of joe - and on your happy way you go! Jen L.

The cafe has been busy offering a variety of breakfast items, such as pancakes, egg sandwiches, and french toast. We will be trying more menu options in the near future including vegan, vegetarian, gluten free, sugar free, and kosher foods. As always, if there is an item you would like to see on the menu, please stop by and let us know. We will be compiling a binder of our favorite recipes, along with recipes we would like to try.

If you would like to give the unit a try during the work ordered day, we have many options available. We are the type of unit where you can spend many hours, or just a few minutes, depending on the tasks you choose to do. So stop by and meet our friendly members who will gladly show you all the happenings in the unit.



MLK Day
January 16th Social
by Scott A.

It was a Monday, and because it was a holiday, Hillsgrove Clubhouse was officially closed, but open for a social event. In this case, it was Martin Luther King, Jr. day. For such a gathering, to help celebrate the day, it was collaboratively agreed to watch a Black History film, this time the title was The Hate U Give. A story about a young black woman stuck between the worlds of the poor and the rich, that, after witnessing a shooting of a childhood friend by a cop, stood up to find her voice to do what was right.

It was a notable film that, by the end of the story, would put life into perspective.

During the social we all had 16 bean soup and for dessert we enjoyed fried dough with a choice topping of either powdered sugar or cinnamon sugar.

Garden Unit

URI Master Gardener Volunteers Contribute Their Expertise to Hillsgrove

by Bob W.

For those of you who have been to the back of Hillsgrove House recently—usually during Monday afternoons—there’s a lively group of members, along with Dawn, taking on a variety of subjects together under the volunteer Master Gardeners direction. We have been fortunate to have their expert horticulture help visiting Hillsgrove during one afternoon a week, usually on Mondays. Horticulture is just a fancy name for matters dealing with plants—whether we’re talking about growing food, or arranging dried flowers and more. The experts coming in have been helpful, patient with questions, and able to answer a lot of those questions. We welcome any and all members to join us. We will be having planning days, starting flower bulbs in soil to beautify our Clubhouse, as well as seed starting for vegetables and herbs to grow in our garden.





FEBRUARY SOCIALS

February 4th, Saturday, 10-2
Join us for lunch and a trip to Logee's
a world renown greenhouse

February 9th, Thursday, 4-6:30
Come have dinner and
make some fanciful
edible arrangements

February 20th, Monday, 8-4
An all-day social celebrating
everything Presidential

February 22nd, Wednesday, 4-6:30
Employment & Education Dinner

We hope our readers have enjoyed reading our February 2023 edition of our newsletter!



If you're interested in learning more about Hillsgrove Clubhouse or would like to get in touch with us to schedule a tour, please contact us at one of the links below:



401-732-0970



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www.hillsgroveclubhouse.org



www.facebook.com/hillsgroveclubhouse