

April 2023

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WVF House Talk

Happy April, Clubhouse Family!

This month we expect to see a whole lot of new life spring forward. We hope to be able to cultivate a piece of ground we have here on our clubhouse property. Our intention is to farm a 10x10 piece of land in our backyard. Ideas have been for a few years to grow tomatoes, cherry tomatoes, and potatoes. We also grew peppers I believe over the last few years. At our old property we had horse troths we planted in and this year I have felt very much compelled to loan my farming expertise to our program for the general good of all of us.

Our open house this March brought seemingly a hundred or two hundred people in our community together to

tour our new facility and share some cake, punch, and cookies with us. I was drawn away from the event for an hour or so due to one of our members uncles who was in hospice care. Mr. David passed away last week, but that day I got to visit him for about 45 minutes and let him know Jesus would receive him into heaven. It was a very emotional thing for me, because I had never made a hospital visit like that as a minister, but our member Derek was very thankful that I went up there with him to visit his uncle while he was sick.

We all have been able to welcome our two new employees, Ange and Erika who have started since this calendar year. We welcome

any new members who would like to join us, and we always welcome people from the community who are interested in our program to come view our building, take a tour, and eat a free lunch with us. We are helping each other, and we are all trying to be positive influences to those we interact with in the community. The Wabash Valley Friendship Clubhouse is now a bright shining light to anyone in the community who has or is still dealing with any form of mental illness. And as always, we are still a totally voluntary program. God bless you all as Spring continues. I hope to get some sleep out in the woods, and catch a few fish this spring. Hallelujah!

-Mitchell Nidey

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Clubhouse International Standard

#4

All members have equal access to every Clubhouse opportunity with no differentiation based on diagnosis or level of functioning.

National Stress Awareness Month

- Recognized ever since April of 1992
- Learning to cope with our stress and finding healthy ways to deal with these situations can go a long way in living a healthy and positive life.
- It's critical to recognize what stress and anxiety look like, take steps to build resilience, and know where to go for help.
- One of the most effective ways to deal with stress is to learn how to silence the mind. Meditation is one of the most popular methods of achieving this quiet.
- For some, this might mean putting themselves first for a change and focusing on bringing those stress levels down in whatever ways are possible.
- Another way to battle the debilitating effects of stress is to exercise. (running, biking, walking)
- **Laugh More , Breathing Exercises, and Reduce Stress Triggers**

The Carriage House

Last month our colleagues, Monica and Erika, went to visit the clubhouse in Fort Wayne, Indiana known as The Carriage House. The Carriage House is an old farmhouse that averages from 40—50 members a day. Our colleagues

learned a lot while at the Carriage House, including how to start a greenhouse, the importance of a Job Development Committee and working as a team, the impact of education on members, how to improve the Work Order Day and

so much more! They had a blast and would recommend every member going at least once. If any member is interested in going next month, please let a staff member know.

April Birthdays

Wendy– 9th

Brandy– 9th

Monica– 11th

Jessica– 12thw

Marsha– 15th

Rosetta– 20th

Ashlyn-25th

Taunja– 30th



Job/Education Development Luncheon

Hey Members! Come join us for our very first Education/Job Development Committee meeting, we want your perspective and input! At the meeting we will not only be discussing jobs/education, but we will also be discussing your SSI/Medicaid benefits, your perfect job, fears you may be having about getting a job or

going back to school, accommodations you may need, and your goals.

The meeting will be held on 04/18/2023 at 11:30 PM. We will be serving pizza and salad. So if you want to come hang out with the other members and eat good food then come join us at the clubhouse!

When: April 18th

Time: 11:30 AM

What: Pizza Party for Job Development Committee

Cost: \$2.00

New Committees

We just started these new committees and we would love for all members to join! We need and value your input! Here are the dates and times of the upcoming meetings and events:

- Events committee (1st & 3d Mondays) at 1:30 PM
- Job/education development committee (1st & 3rd Tuesday) at 1:30 PM
- Rec/socials committee (3rd Thursday) at 1:30 PM
- Daily wellness walks (Monday-Friday) at 12:30 PM
- YMCA trips (2nd & 4th Mondays) at 2:00 PM



Featured Member

We have been in the habit of showcasing a featured member each and every month.. This month we are displaying a picture drawn by one of our members, Violet Wining. This dog was handdrawn by her. Her drawing of Bon Jovi is also in the picture next to this section.



April 2023 Calendar

April 6th—Menu Building (1:30 PM)
April 7th—Sign Language Class (1:30 PM)
April 7th—Mobile Outreach (2:00 PM)
April 9th—Easter Sunday
April 10th—YMCA (2:00 PM)
April 11th—Movie Night with Snacks (5:00 PM–7:00 PM)
April 12th—Decision Making Meeting (2:00 PM)
April 13th—Menu Building (1:30 PM)
April 14th—Sign Language Class (1:30 PM)
April 17th—Events Committee (1:30 PM)
April 18th—Job/Education Development Luncheon (11:30 AM)
April 19th—Philosophy Meeting (2:00 PM)
April 20th—Menu Building (10:00 AM)
April 20th—REC Committee (1:30 PM)
April 21st—Sign Language Class (1:30 PM)
April 21st—Mobile Outreach (2:00 PM)
April 22nd—Cookout at Wabash Trails (10:00 AM—4:00 PM)
April 24th—YMCA (2:00 PM)
April 25th—Advisory Board Meeting (11:00 AM)
April 26th—Decision Making Meeting (2:00 PM)
April 27th—Radio Interview (11:00 AM)
April 27th—Menu Building (1:30 PM)
April 27th—Bingo Night with Prizes (5:00 PM—7:00 PM)
April 28th—Sign Language Class (1:30 PM)

New Staff Member— Ange Gnamkey

Everyone welcome our new staff member at the Clubhouse: Ange Gnamkey! He would love to meet each and every member, so come to the Clubhouse and say hi! Here is a little about him:

- Favorite Music: Country and rap
- How do you spend your free time: Playing basketball, Play-

ing video games, and sleeping

- Favorite color: Pink
- Favorite Movie: Bad Boys
- Favorite TV show: Friends
- What do you like about the clubhouse: The members were very welcoming and friendly, felt like family.

