



Pathway Clubhouse Newsletter: Issue 10



A Note from Pathway Clubhouse Manager Teresa Conley

Hello Pathway Members, family, staff, supporters and fans of the Clubhouse!

Hopefully this newsletter issue finds all of our members, staff and friends of Pathway doing well. We are so thankful to be open (even with limited capacity) so that we can support each other, share a laugh or work together on a project. The connections make this time less stressful and more enjoyable. We look to the coming months and know that we will get through the stress of the holidays, continued pandemic worries, and an election year together!



What do Clubhouse International Standards mean to you?

In each issue of our newsletter, we will list one of the Clubhouse International Standards and explore member and staff interpretations of the standard.



The principles expressed in the International Clubhouse Standards are at the heart of the success experienced by Clubhouses around the world



This Month We Explore Standard #26...



"The Clubhouse is located in an area where access to local transportation can be assured, both in terms of getting to and from the program and accessing TE opportunities. The Clubhouse provides or arranges for effective alternatives whenever access to public transportation is limited."

Kathleen S (Member) The bus is essential! I rely on the bus to get around. Most clubhouse members do. If couldn't take the bus, I wouldn't be able to attend Pathway or get to work - it's too far to walk. My insurance covers cab trips to medical appointments, but other than that I need the bus to get around.



Lexi S (Staff) Pathway Clubhouse's location, 1203 East Broad Street, is wonderful for members who rely on local transportation to get to and from the program. The COTA bus line has a stop located on the street next to Pathway Clubhouse, providing the members with easy access to transportation around the city. This provides members with the ability to travel to TE opportunities and attend the Clubhouse as they please. Many of our members use local transportation to get around Columbus and love the fact that a COTA bus stop is so close to our Clubhouse building!

How Has attending Pathway's Online Groups Helped You During the Shutdown?

Staff Member Bob T spoke with Member Donny S:

Donny first attended online groups at the end of March and early April. His first groups were the Program Meeting and Pet Care Group. He says he likes the Program Meeting because Teresa makes sure each member a chance to speak. In Pet Care Group he appreciates the variety of different topics that come up - his favorite was when the group discussed raccoons! Donny says staff member Tony helped him tune in to group and he has been a regular ever since. Donny uses his phone to call in and attend groups. "The online groups help me stay connected with my friends and they reduce my anxiety and stress," says Donny.



How Have you Been Staying Busy?



Tony J likes to go to the park early in the morning and watch the fog lift, and watch the deer and birds.



John S has been busy working at the PEER Center 12-16 hours a week. When he is not working, he spends his time keeping his apartment clean and riding his bike in Goodale Park. John has been staying in touch with Pathway members to stay social.



Malcolm M has been watching comedy movies, reading mystery novels he picked up at the thrift store, and listening to the 80s radio station.



Michael L spends his free time attending the PEER center and getting his exercise. He walks 4 miles a day and sometimes jogs as well. He enjoys listening to music as well - his favorites are The Bee Gees, Steve Miller Band, and Karen Carpenter.

What's New at Pathway & Concord?

Staff Member **Lexi S** has been working to apply for several grants which would enable Pathway to create a produce and pollinator garden as well helping us to acquire some patio furniture and make some updates to the Clubhouse's exterior. We should learn by January if we have been awarded the grant money. Work on the garden would start this April. Thank you, Lexi!



Meet Karly!

Interview by Member **Greg S**

Karly has been with Concord Counseling for just over seven years. She holds a Bachelor's degree in Psychology and a Master's Degree in Clinical Mental Health Counseling and has worked in the mental health field for over ten years. Her official title with Concord is Director of Vocational Services. She serves as liaison between Pathway Clubhouse and Concord Counseling as well as being the operations manager for the 1221 Art Space and overseeing Concord's vocational team that will be housed on the 2nd floor of 1221.

Prior to joining Concord, Karly had not heard of Pathway Clubhouse or the Clubhouse movement and model. "It is very different from clinical counseling but the two go hand in hand," she says. Since joining our team Karly has been immersing herself in all things Clubhouse and is on a mission to fully understand the meaning and purpose of the Clubhouse standards and the essence of the Clubhouse culture. Karly has been joining in our Thursday program meeting and other online groups as well as talking to staff, members, and other Clubhouses to learn deeply about Pathway and the Clubhouse Model. Recently Karly took part in a webinar hosted by Clubhouse International in the hopes of learning even more. In her new role it is Karly's plan to help grow Pathway Clubhouse and the Clubhouse model in the state of Ohio to in order to make a positive impact on as many lives as possible. "My goal is to help Pathway realize its full potential - current goals and aspirations and beyond. This really is a dream come true to have the opportunity to be part of something from the ground up at 1221 and to build, maintain, and grow alongside Pathway Clubhouse."

Something that not many know about Karly is that she is a softball umpire! She has umpired for several years, normal years this keeps her busy every weekend from March to November. "Sometimes I umpire ten to fifteen games a week!" she says. Karly is also a talented woodworker! "I find it fun and very satisfying," she says. Karly made her own kitchen table and inlaid headboard (see pictures on the following page!) She is currently working on a commissioned piece inspired by the headboard she made herself. When asked how she became interested in woodworking, she shares, "My father and Grandfather were both keen DIY enthusiasts and I learned a lot from them picking up woodworking skills along the way." Karly has two dogs—Gunner, a 6 year old Cocker Spaniel, who was found as a stray at one of Concord's supportive housing complexes—and Toby, a 13 ½ year old Cocker Spaniel Poodle mix.



This Moment in Pathway History

Do you remember this moment in Pathway History?

Write to us at pathwayclubhouse@gmail.com or call the clubhouse at 614-251-7820 between 10:00 AM and 2:00 PM Monday—Friday to speak with a staff member and share your memories!

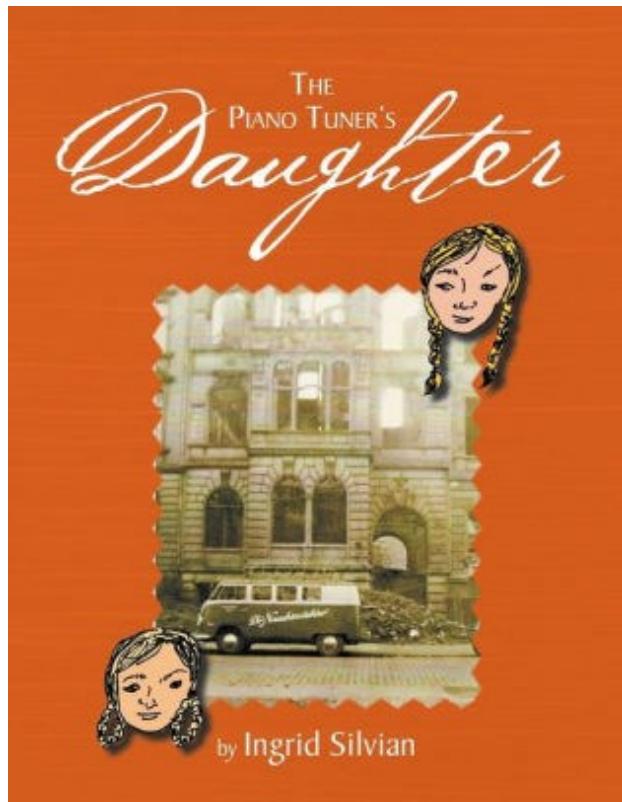


I Didn't Know That!

Did you know Pathway Advisory Board Member Ingrid is a published author? Ingrid has served on our Board since 2017. She is the mother of a Pathway member and a long-time advocate for mental health.

Ingrid hails from Germany having emigrated to the United States in 1955. Since leaving Germany she has lived in the Azores Islands, New Jersey, and Pennsylvania. She moved to Ohio in 1987. Ingrid has written and published throughout much her life. Most recently she was published in collection of stories by women writers entitled, "In My Shoes" (Kaleidoscope, 2020).

Her award-winning book "The Piano Tuner's Daughter" grew from a story which was published in German Life Magazine. The book is for ages 7 through 13 and is about growing up in during the Holocaust. The story is based on true events from Ingrid's life between 1935 to 1945. This story explains why we say, "Never again," says Ingrid. To learn more about her book visit www.thepianotunersdaughter.com.

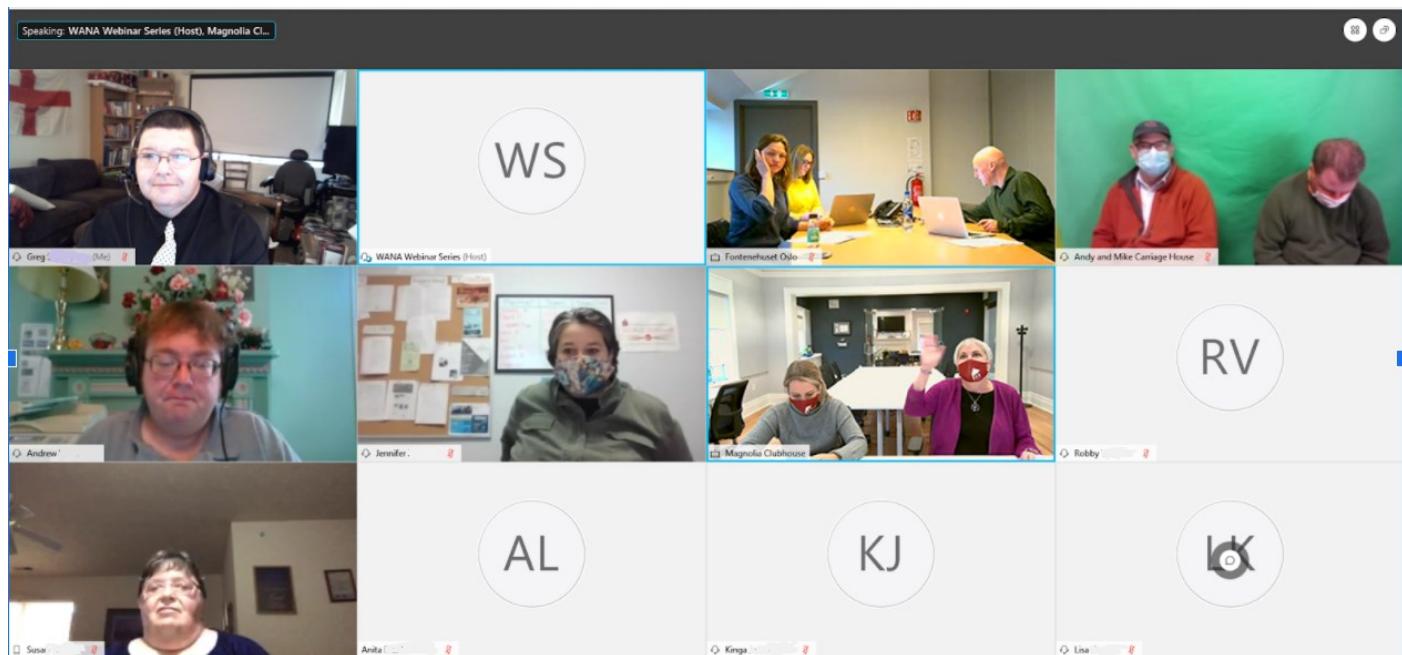


Feature: The Ohio Clubhouse Coalition

Beginning in March of this year Pathway Clubhouse began meeting with fellow Ohio Clubhouses Miracle Clubhouse (Dayton) and Magnolia Clubhouse (Cleveland) to form a coalition with the goal of growing awareness and support for the Clubhouse Model in the state. To guide the formation of the coalition the Clubhouses met with members of other state coalitions all across the country from Michigan all the way to Hawaii as well as international coalition members from Norway and Ireland. In these meetings the group sought guidance from established coalitions by learning about their by-laws, sourcing of funding, successes and setbacks. On July 13th the Ohio Coalition became officially registered with Clubhouse International!

The coalition continues to meet weekly to keep gathering information from other coalitions and plan for the future. One of the major goals of the coalition will be to bring greater awareness of the Cubhouse Model here in our own communities as well as state-wide. The coalition will seek to spread word about the benefits of clubhouses with the general public and with policy makers alike. The coalition will work collaboratively to raise funds, advocate for those with mental illness, and lobby to promote policies that benefit mental health treatment and recovery. It is the hope of the coalition to see more Clubhouses open throughout the state and to mentor these new Clubhouses through the start-up and accreditation process.

Another project of the coalition has been the construction of a coalition website. Pathway member Greg S has been an active participant in the formation of the coalition and has been leading the effort to build the coalition website. (See pictures below!) Greg says that it has been important to him throughout the design process to take into consideration making the website accessible for those with visual impairments by ensuring the color contrasts and fonts make the site easy to read, as well as adaptive for those using screen readers to successfully navigate the site.





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Contact Clubhouse Ohio

We are Happy to Help

GET IN TOUCH WITH CLUBHOUSE OHIO

**We are happy to talk to you!
Just complete the form.**

We can't wait to hear from you whoever you are. If you just want to know what this website is about, if you are interested in starting a Clubhouse in the state of Ohio. If you have observations or feedback you would like to share, we look forward to hearing from you!

MAGNOLIA CLUBHOUSE • MIRACLE CLUBHOUSE •
PATHWAY CLUBHOUSE

CALL US: (216) 721-3030

CONTACT FORM

MADE IN COLLABORATION

[Contact Form](#)
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This website was made in collaboration with members and staff.



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MAGNOLIA CLUBHOUSE • MIRACLE CLUBHOUSE • PATHWAY CLUBHOUSE



Magnolia Clubhouse

Magnolia Clubhouse is a unique community of growth, opportunity and hope. It is a community of people striving to overcome mental illness. Magnolia Clubhouse is operated by its members, in partnership with mental health professionals. The Clubhouse's comprehensive work includes achieving employment, education and advocacy to improve members quality of life.

You can find us at:

11101 Magnolia Drive, Cleveland, OH
Tel: (216) 721-3030

[Magnolia Clubhouse Website](#)
[Find us on Facebook](#)



Pathway Clubhouse

Pathway Clubhouse is a psycho-social rehabilitation clubhouse and vital part of the community. We offer day treatment services, integration opportunities, and employment readiness services to members whose lives have been seriously challenged by severe and persistent mental illness. We are run by members and staff, following standards set forth by Clubhouse International.

You can find us at:

1203 E. Broad Street, Columbus, OH
Tel: (614) 251-7820

[Pathway Clubhouse Website](#)
[Find us on Facebook](#)



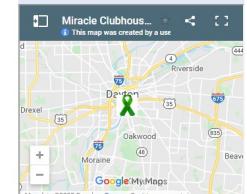
Miracle Clubhouse

Miracle Clubhouse is a vital community offering hope, growth, and opportunity for people recovering from mental illness in the Dayton area. Miracle Clubhouse believes that every member can recover from the effects of mental illness to lead a personally satisfying, productive life. We follow work ordered days in accordance to Clubhouse International guidelines.

You can find us at:

243 Warren St, Dayton, OH
Tel: (937) 262-7983

[Miracle Clubhouse Website](#)
[Find us on Facebook](#)



CALL US: (216) 721-3030

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This website was made in collaboration with members and staff.

Meet us in Virtual Clubhouse!

Check out our new group - Literate Club every Friday from 2:00 PM - 3:00 PM on Zoom! We will be reading and discussing short stories. Everyone is welcome and each story will be read in group, no preparation required! See you there!



Weekly Pathway Clubhouse Conference Calls

Join Us Online! (Visit Pathway's Facebook page for a clickable link!)
<https://zoom.us/j/6142517820?pwd=WEhFNWIwdFZZNXordWowVWhXYijNdz09>
Or By Phone: +1 301-715-8592 Meeting ID: 614-251-7820 Passcode: #

Members Only (Comm. Unit, Clubhouse, TEP, & Virtual Planning):
<https://www.gotomeet.me/ConcordCounseling/pathway-member-groups>
Phone: +1 (669) 224-3412 Access Code: 684-099-381



	11:00 AM–12:00 PM	1:00 PM–2:00 PM	2:00 PM–3:00 PM	3:00 PM–4:00 PM	4:00 PM–5:00 PM
Monday	Hip-Hop Dance	<u>Communication Unit Meeting (Members only)</u>	Poetry Discussion	Stress-Less Living	<u>Transitional Employment (Members only)</u>
Tuesday	11:00 AM–12:00 PM	1:00 PM–2:00 PM	2:00 PM–3:00 PM	3:00 PM–4:00 PM	4:00 PM–5:00 PM
		Movie Discussion	Tai Chi & Meditation	Voices Worth Hearing Support Group	
Wednesday	11:00 AM–12:00 PM	1:00 PM–2:00 PM	2:00 PM–3:00 PM	3:00 PM–4:00 PM	4:00 PM–5:00 PM
		Music Lab	<u>Virtual Clubhouse Planning Meeting</u>	Caring for Pets	Guided Journaling
Thursday	11:00 AM–12:00 PM	1:00 PM–2:00 PM	2:00 PM–3:00 PM	3:00 PM–4:00 PM	4:00 PM–5:00 PM
		<u>Clubhouse Meeting (Members only)</u>	Happy Social Hour	Gaming Group	
Friday	11:00 AM–12:00 PM	1:00 PM–2:00 PM	2:00 PM–3:00 PM	3:00 PM–4:00 PM	4:00 PM–5:00 PM
		Lyric Discussion	Literature Club	Food & Nutrition	

*Check out our the Pathway Clubhouse Facebook page for a PDF copy of this schedule which includes clickable links to take you right to the groups! Save a copy to your desktop for easy access!

Want to join in but you're not sure how to get started? Call the Clubhouse or a staff member directly during business hours and we will be happy to help you get connected!



Pathway Members: Are you interested in running a group in the Virtual Clubhouse?
Reach out to a staff member with your ideas!

Mental Health Awareness Corner! Spotlight On: Pets and Mental Health

"Living in today's fast-paced and interconnected world can be tough on our mental health. Technological advances like smartphones, high-speed internet and social media make it easier to connect from any distance at any time - this includes distressing news and tragedy in the world around us. But there's a way to fight against these daily stressors that has nothing to do with technology, social media or world events. You may be able to find help right at home in the form of a wet nose or a wagging tail. You can call it *the pet effect*.



The Pet Effect, also known as the human-animal bond, is the mutually beneficial relationship between people and animals that positively impacts the health and well-being of both. Any pet owner will tell you that living with a pet comes with benefits, including constant companionship, love and affection." [Learn more in this article from Mental Health America!](#)

Do you love pets and other animals? Join us Wednesdays from 3:00 to 4:00 PM in the Virtual Clubhouse for our Caring for Pet group led by member Josie T!

Pathway Picnics!

A big thank you to Brendan P and Josie T who organized several picnics over the last few months and all the other members and staff who helped to make them a great success! It was wonderful to be able to spend time together. At the final picnic in October we released balloons in honor of the birthday of long-time Pathway staff member Diana S who passed away last year.





Health Tips With Nurse Arlene!

Hi Pathway Members, Staff, and Friends! Happy Fall Season!

It was great to see all of you at Pathway's latest picnic looking happy and healthy. Fall is here and Nature is putting on her fashion show with the leaves turning beautiful colors. Soon Winter will be here and those beautiful autumn trees will become white with snow.

I want to give you a few ways to remain healthy in spite of COVID-19 and flu season:

- COVID-19 has changed the way we greet our friends and family. Instead of handshake or a hug, a fist bump or elbow bump is more common. Another way to replace the hug is to put both hands to your chest and make a short bow.
- Viruses can live on doorknobs or your phones for 2-8 hours. That is why it is so important to wash your hands. Use good handwashing by working up a lather for at least 20-30 seconds. Singing the "Happy Birthday" song 2 times through is a good way to remember. Wash under your fingernails where those nasty germs and viruses like to hide.
- If you do get a cold, or sore throat be sure to change your toothbrush when you are better. Those nasty germs will remain and can re-infect you.
- Keep hydrated. Water helps carry nutrients to your body cells and helps clean out the toxins.
- Use moisturizer to skin after shower or bath to keep skin from becoming dry and itchy from the winter cold.
- Keep fiber in your diet. Foods like oats, apples and nuts reduce inflammation and strengthen immune system.
- Stress can cause illness. Our immune system does not function well when we are stressed. When you find yourself getting worked up and stressing over everything, just put on the brakes and STOP! Chill. Sit quietly and breathe deeply while you count all the good things in your life. You would be surprised how much comfort you will get from doing this! Take time to relax by watching a good movie, playing a game, or reading a book.

If you do get sick stay away from family and friends until you are better. Communicate with them by phone, texting and internet. Wear your mask when anyone stops by to check on you or bring you needed items. Insist they also wear mask!

Remember to keep a positive attitude! I mentioned before this before - doing something for others can take your mind off yourself! Even a phone call to a friend can brighten their day and make your day appear not so bad after all. Get set for a beautiful fall and winter season and stay healthy!

Love you, Pathway! — Arlene Kimbrough,RN

Would You Like a Pen Pal? Light of Hope Clubhouse in Alpena, Michigan has started an inter-clubhouse pen pal program! This is an opportunity to grow our community and make connections during this difficult time. Spread the word so that we can come together with our clubhouse colleagues all across North America!

Ask a Pathway staff member about signing up today!

