



Pathway Clubhouse Newsletter: Issue 11



A Note from Pathway Clubhouse Manager Teresa Conley

Happy Spring! Hello to all reading this newsletter. That means you support Pathway in some fashion, whether it be as a member, staff member, volunteer, advisory board member, colleague or fan. I wish you a "Happy Spring!" and thank you so very much for your support.

Update on the clubhouse: Pathway is fully open!!! (with social distancing and CDC recommended safety precautions). Attendance is starting to come up as well as referrals! We recently did a 1 hour presentation for staff at our parent agency Concord Counseling which went very well!! Soon will be taking that show on the road to other agencies both in person and virtual in order to get our name out and grow our membership.



There are many great things to look forward to this year! We celebrated our first cook-out of the year at Wolfe Park, Saturday, May 22nd and plan to have more throughout the summer and fall. All are welcome to attend our cookouts—[keep an eye on our Facebook page for the next date!](#) Bring your a chair and a dish to share. Be ready to play some corn hole—the beautiful boards were built and painted by members & staff! Please take note of the wonderful tips that we came up with for mental health month. On the topic of mental health, this is a very promising time. More folks in general public are talking about mental health and the stigma around living with a mental illness seems to be decreasing. So keep talking, spread the word, have that conversation! Together we really can make a difference.



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 #15...

"The work-ordered day engages members and staff together, side-by-side, in the running of the Clubhouse. The Clubhouse focuses on strengths, talents and abilities; therefore, the work-ordered day must not include medication clinics, day treatment or therapy programs within the Clubhouse."



Trina C. "I like that members and staff at the Clubhouse work together to keep things running smoothly and efficiently. The staff and members respect each other and problem-solve well together. The morning meeting helps us to organize the day and split up tasks so that we can cooperate and get everything done. Usually by the time you get to the Clubhouse you have a good handle on taking care of your mental health and at the Clubhouse you can focus on making friendships and building skills."



Tony J. expressed he likes the group collaboration and how everyone learns from each other. "Our talents and strengths tend to rub off on each other," he said. He explained how in the Food Unit everything from menu planning, cooking, serving, and eating is done as a group. Tony says he'd rather work as part of a team any day before going it alone.



Linda D. To Linda, Standard 15 means that anybody can try out different tasks across the Clubhouse work units, find something they like doing, and then become good at doing it. When Linda first joined the Clubhouse she tried out folding silverware into napkins which is a daily task in the Food Unit, but she found the task wasn't suited to her. Linda then expressed interest in answering the phones but at first some doubted that Linda could do this task because she is legally blind. Linda says there is still sometimes a stigma or false belief that because a person is disabled, they can't do certain things. Linda credits Pathway Clubhouse staff member Allison for recognizing her talent and believing she could do it. This ties right into Standard 15 "focuses on strengths, talents and abilities." Linda does a superb job answering the phone at Pathway – [check her out in our virtual tour video!](#)

How Have You Been Supporting Your Mental Health?



John S. says, "Getting outdoors makes me feel good. Taking care of my physical health my with my mental health." John likes to exercise by riding his bicycle and using a stepping board.



Calvin C. said he believes the key to good mental health is taking time to relax and spend time on your favorite hobby. Now that it's spring, Calvin says his favorite things to do are yardwork and experimenting in the garden.



Traci H. says, "I like to watch comedy and laugh. Laughing is good for the soul and mental health. I also like to take long drives by myself and listen to music. Now that it's spring I can roll the windows down and let the air blow in!"

I Didn't Know That!

Member **Greg S.** was interview by Staff Member **Allison W.**

Recently member Greg S. sat down with the Communications Unit and shared some fascinating details about his young adult and boyhood life in England. We hope you enjoy the read and learning something new about your friend!

Greg was born in the port town of Barrow-in-Furness in northwestern England. Though the town began as small hamlet, it grew throughout the 19th century to become one of the largest iron and steel producers in the world and a major center for ship building. Greg himself witness the launch of the aircraft carrier the HMS Invincible (R05) in 1977. Growing up in a port town fishing was an important source of income and sustenance as well as favorite past time. As a youth Greg learned dozens of techniques for fishing from his elder brother Tony. A few Greg remembers with particular fondness are cockle-picking, flatty bashing (a technique for fishing sole), long-lining, and "spinning" for bass which he would sell in town. Another favorite past-time Greg enjoyed as a boy was playing "conkers"— [a traditional children's game played in Great Britain using horse chestnuts](#) (a cousin to buckeyes) threaded on strings. When Greg wasn't fishing or playing conkers he was searching for the legendary buried gold rumored to have been hidden in a secret tunnel by 16th century monks fleeing a raid on nearby Furness Abbey.

During Greg's teenage years he joined the army cadets where he learned wilderness survival and weapons skills and joined the marching band. Greg's musical talents shone in the band and he played many different instruments including side drum, snare, and bass drum (this drum sets the tempo for the whole band!) as well as the saxophone and clarinet. At 16 years old Greg was selected to represent England at a remembrance ceremony at the Menin Gate war memorial in Ypres, Belgium dedicated to the missing soldiers lost at this battle site in World War I. The band performed "[Evening Hymn and Last Post](#)" in which Greg performed a solo. Although he did not realize the gravity of the event initially, upon seeing the crowd which included surviving veterans and dignitaries moved to tears by the music Greg realized what an honor it was to take part in the concert. Greg looks back on this event as one of the proudest moments of his life.

Growing up Greg's father worked in a furniture factory to help support his family. He would also rescue furniture discarded in the town dump, carry it home on his back, and then refurbish it and sell it. Eventually he opened his own business focused on re-upholstering and restoring antique furniture. As a teenager Greg loved to spend time in his dad's workshop and found that he was something of a whiz with repairs. "I loved taking something that was in bad shape and making it look new again," Greg recalls. Eventually took over management of the shop, overseeing their handful of employees and negotiating material costs. Greg also worked with other local businesses to help establish a quality guild and ran for the office of city council member. After moving to the States Greg worked for nearly 17 years as a manager at Home Depot.

These days you can find Greg collaborating with Miracle Clubhouse of Dayton and Magnolia Clubhouse of Cleveland who have joined with Pathway Clubhouse to form a coalition with the aim of expanding the Clubhouse model throughout our state. Greg lent his talents to design the coalition's website – check it out at [clubhouseohio.org](#)! Greg also volunteers his time maintaining websites for other non-profits including an animal rescue and an orphanage. One day Greg hopes to create an easy-to-navigate website to collect and organize information for food pantries and other free resources available in Franklin County.



Greg's brother Tony, fishing by hover boat!

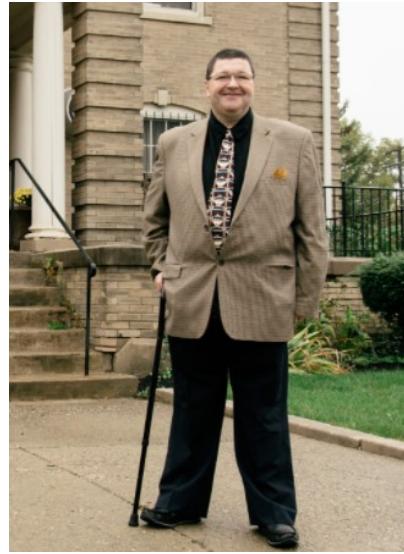


Greg on Pathway's 2019 trip to Indianapolis



The Menin Gate Memorial to the Missing in Ypres, Belgium.

Greg out front at Pathway Clubhouse.



This Moment in Pathway History

Do you remember this moment in Pathway History?

Write to us at pathwayclubhouse@gmail.com and share your memories!



Meet us in Virtual Clubhouse!

Member **Avery J.** says the online groups have given him an opportunity for socializing in a way that had been missing since the pandemic. Avery says the Guided Journaling group has been the most helpful for him. "It makes me think outside the box," he says. "I implemented the 'name one thing that makes you smile' from that group which made it into my daily bullet journal." Looking back on a former group Avery said, "the Gaming group was the most fun. I liked how relaxed it was. I was able to have a good time during the pandemic, even when it seemed like the world was falling apart."



Weekly Pathway Clubhouse Groups

Public Zoom Groups—Click on the group names below to join online!
By Phone: +1 301-715-8592 Meeting ID: 614-251-7820 Passcode: #

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



		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		Unit Meetings (in person only)	Newsletter Meeting (Members Only)	Transitional Employment (Members Only)	Poetry & Lyrics
Tuesday	10:00 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
	Ohio Clubhouse Coalition (in person only)	Unit Meetings (in person only)	Tai Chi & Meditation	Voices Worth Hearing Support Group	
Wednesday	10:00 AM–11:00 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
	Walking Group (in person only)	Unit Meetings (in person only)	Clubhouse Planning Meeting (Members Only)	Guided Journaling	Caring for Pets
Thursday		1:00 PM–2:00 PM	2:15 PM–3:00 PM	3:00 PM–4:00 PM	4:00 PM–5:00 PM
		Program Meeting (Members Only)	Peer Mentorship (Members Only)	Technology Skills (in person only)	
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
	Hip-Hop Dance (in person only)	Unit Meetings (in person only)	Reading Group	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 Pathway staff member with your ideas!

What's New at the Clubhouse?

Check out the New and Improved Library!

We've cleaned out and re-organized this space and added new member computers! The lending-library materials were move from the second floor with extra shelving added so that we can continue to expand. Be sure to check out the member artwork we've hung up as well! This area also serves as extra seating during lunch so that we can ensure everyone has plenty of space to eat safely.



Meet the New Guinea Pigs!

We recently adopted two new guinea pigs from the Columbus Human Society! Meet Mohan and Luna!

Member **Brendan P.** (below) at the Humane Society. Mohan is the background with the white face and Luna in the front.



A Big Thank You to Dr. Kurzer and Dr. Sue!

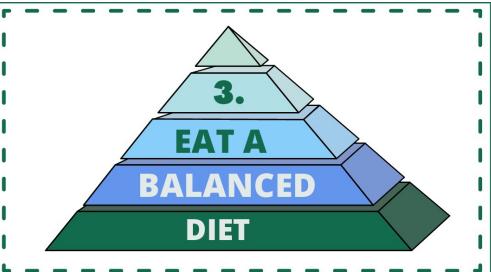
Dr. Kurzer and Dr. Sue have done countless things to support Pathway over the years, and we wanted to give them an extra big thank you for helping us to get new Pathway shirts for 2020 which we gifted our members for the holidays. They turned out awesome! Check out Staff Member **Michael P.** modeling the shirt:



7 SELF-CARE TIPS FOR MENTAL HEALTH AWARENESS MONTH

May is Mental Health Awareness month! The following tips were developed by members and staff of Pathway Clubhouse:





EXERCISE 15 MINUTES A DAY

Join us Wednesdays
10:00 – 11:00 AM for
walking group!



5. ENJOY PETS/ANIMALS

If you don't have your own pet,
visit Pathway Clubhouse to
spend time with our guinea pig
mascots: Charley, Luna, and
Mohan!

6. APPRECIATE NATURE AND PLANTS



7. TALK ABOUT MENTAL HEALTH!

Spreading the word
helps to
decrease
stigma!



Health Tips With Nurse Arlene!

Hello Pathway Members & Friends!

I hope spring finds you happy and ready for sunshine and good times ahead! I hope all of you by now have had at least your first shot for the COVID virus. I want all of you to be healthy and safe. I know you are happy to see the sunshine and warmer days. Are you taking your walks to the park now? I hope so. Get those muscles moving and get out the kinks from the winter blues. Exercise is good for your heart muscle also!



Make sure you are eating your vegetables and drinking your water also. Remember to watch your salt intake especially if you have high blood pressure or any heart problems. Read labels on everything to check the amount of sodium (salt) and fat and sugar in your food items! Keep a healthy heart by also watching your cholesterol and using olive oil when cooking. Also be careful of those fast foods we all love so much. They are high in sodium, fat and cholesterol! They should not be eaten regularly but as a treat.

Make sure to get your yearly check up with your doctor. That is so very important. Anything that has been on your mind about your health you should discuss with your Primary Care Physician. It will help ease your mind and help you take better care of yourself.

I look forward to seeing all of you again and hopefully giving you a hug!!

Stay Well,

Arlene Kimbrough, RN

Work Anniversaries: Congratulations to Our Members Working in the Community!



Priscilla R. 2 years is Popeye's Chicken in February!



Kathleen S. 2 years at Mother Angeline in March!



Brendan P. 4 years at The Awesome company in February!



Joel W. 17 years at Home Depot in March!! Outstanding!

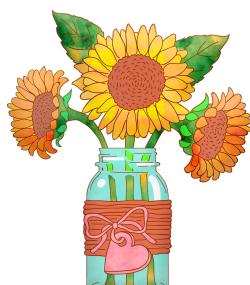
From the Gratitude Jar...

In the Virtual Clubhouse a discussion about gratitude lead to the creation of a "gratitude jar" at the front desk of Pathway. Feel free to add a gratitude when you visit in person or e-mail it to pathwayclubhouse@gmail.com.

Here's a few things we're grateful for...

"Morning walks in the park"

"Volunteer Opportunities at Pathway and beyond"



"Silence"



Robert's Words of Wisdom:

“Warm smiles, warm days.”

- Robert E

Brought to you by the Pathway Clubhouse Communications Unit!

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