“Appreciation Day”
By Stacy Zappala

At the end of last month we had a day of appreciation at The Haverhill Clubhouse. It was a day to honor all the members, staff, and community colleagues, including Vinfen, the Department of Mental Health, and Lahey Behavioral Health. We also invited our state representatives that help support mental health awareness and our rights.

Employers were invited as well. We recognized them for their support. To honor clubhouse staff, we gave Basillio Vargas and John Davies the MVP Awards.

We got Lucky’s Pizza to cater for us we had chicken wings, wraps, pizza and more!

We played games like corn hole, had raffles, and my mom actually won two tickets to the Peabody Essex Museum. It was a fun day and I think we are so lucky to have such wonderful staff colleagues and employers supporting us!

Marelin C. decorating the door for our “Appreciation Day,” featuring our new sign!

Birthdays
- George C. 08/4
- Arina M. 08/08
- Shane R. 08/10
- Toni W. 08/16
- Shawna G. 08/19
- James P. 08/26
- Don D. 08/26
- Patrick C. 08/30
- Matt C. 08/30
More pictures from Appreciation Day! Pictured left is member Deb M. making her recovery/appreciation speech. Above and counterclockwise left are MVP award recipients Basilio V. and John D. (respectively). Below is member Dianne P., staff Terri W. and member Lynn C with the cake. And our staff, members and guests having a great time together!
Pictured left, from left to right, is Haverhill Clubhouse Director Kerry Caraccio, speaking is Dennis Marcello, to the right his colleague Sean O’Brien, legislative aids from the office of senator Kathleen O’Connor Ives; Haverhill Clubhouse advisory board president Joanna Fortna and Dorothy Smith of the Department of Mental Health.

Dennis Marcello, District Director and Sean O’Brien legislative aids for Senator Kathleen O’Connor Ives office, Joe Bouchar, an employer of our members from CVS Newburyport, Reva Stein, president of the Massachusetts Clubhouse Coalition, Deidre Cotter from the Department of Mental Health, Kerry Caraccio, program director of the Haverhill Clubhouse, Dorothy Smith from the Department of Mental Health, Kristi Joyce, Director of Vinfen’s Day Services, Bruce Bird, Vinfen CEO, and Tatum Mortimer from Representative Brian Dempsey’s office.

Pictured here is Vinfen’s senior VP of Psychiatric Rehabilitation Services Susan Abbott honoring Deidre Cotter and Dorothy Smith, both retiring from their long term positions at the Department of Mental Health. We appreciate all the work they’ve done for our community through the years, and wish them the best for their retirement!
SAVE THE DATE
FOR OUR ANNUAL PICNIC AT WINNEKENNI CASTLE
DATE: WEDNESDAY AUGUST 19TH, 2015
TIME: 9AM-2PM
PLEASE JOIN US FOR
A CATERED MEAL
HAVE FUN AND PLAY GAMES

Calling All Sports Fans by Mike S.
Hello sports fans, let’s get right to it. First and foremost, let’s congratulate the women’s U.S.A. soccer team, who won the world cup against Japan. The team played above their usual weaknesses. Then let’s move onto the Bruins off season; Douggy Hamilton signed as a free agent, and Don Sweeny also made questionable moves in signing free and restricted agents. Hamilton said “I hate playing in Boston.” Thirdly, the Celtics made some awful plays but I believe they’ll make the eighth place in their conference; last team to make the playoffs. And don’t forget the Dead Sox; they need help everywhere. Watch them make several moves up to the trading deadline. Finally, we have the Patriots, who are about to lose Brady for four games. Brady went to the Commissioners’ office to tell his side of the story. If Brady gets a 4 game suspension, he’ll take it to court and get an injunction against the suspended games. Don’t forget the P.S.I of the football, what a joke. Well that’s all I can think of and I’ll see you next month.
Poetry Corner

A Four Year Dedication

By Stacy Zappala

I looked up to you and look at that,
Amazing, exciting, I still look up to you today,
You were my sunshine and now you’re my night light,
Living in a star at night Shining bright,
Helping me sleep at night,
I am not afraid that I feel we are in sync,
I feel that’s is a connection that is very unique.
I loved you then and I love you now,
I tend to get teary at times,
And it does make me weary,
But I know its not forever,
Someday we will be together,
And right now I know you are watching me grow,
I know It’ll all be okay,
Because your are there for me, watching me every single day.

“It’s one thing to know where loved ones go, but its another thing not to see them every-day”

Quote and picture by member
Gail Sauvan July 7, 2015
We Walked All Night To Fight Suicide

On June 27th Erin and I participated in the Overnight Walk in Boston for The American Foundation For Suicide Prevention. We had heard it advertised on the radio and wanted to do it. We signed up and each raised $1,000. To get that money we posted statistics, information and shared our stories on social media as well as handing out flyers.

Before the walk, we got our honor beads. Each color had a meaning (a personal struggle, friend or relative who died from suicide, loss of a sibling, loss of a child or parent, loss of a veteran or first responder and supporting the cause). J.C. Moinihan from Chronicle gave the opening remarks. She was followed by people’s stories related to each color honor bead. It was a tear jerker. As we were sitting with the other walkers, they told us why they were walking.

During the walk we talked to other walkers, received and gave support to each other. We also told many people about Clubhouse. When people stopped us and asked us what the walk was for we got conversations started and shed light on suicide.

Why We Walked

“Every year suicide claims more life than war, murder, and natural disasters combined, and yet suicide prevention doesn’t get anywhere near the funding given to other leading causes of death.” (American Foundation For Suicide Prevention)

Erin and I have had struggles with suicide, lost people to suicide, have friends who have struggled, and we both work in the mental health field. We hope to stomp out the stigma that is associated with suicide and mental illness by educating people and letting them know that there is help.

Overall the walk was emotional, powerful and inspiring. Despite the driving rain we walked through and the aches and pains, it was well worth it! —Lisa Monk (Education Coordinator staff)

(pictured below; staff Lisa and member Erin during their rainy but meaningful adventure in Boston)
Remembering Aida Santiago

“When Aida used to make meat pies, she made mine just cheese. She would sell the meat pies at the for like .50 or .25 cents. She would let me have mine for free. But I had to hide to eat mine in the kitchen. I miss her.”
—Little Jenn

“Aida, you were a great aspect in my life. You were caring, trustworthy and compassionate. I will miss you always, I will miss you always. Aida you were very hard working, and you were caring to a lot of members.”
—Michelle L.

“Aida was my ‘mom’ three years ago when I started at the club. She took me under her wing. Aida always made sure I stayed positive. She started teaching me the ropes of the kitchen. She was my mentor and I’m going to miss her very much.”
—Donna G.

Aida was always a ray of sunshine, full of hope and encouragement for all. We will miss her. And her beautiful smile. May she Rest in Peace.
—Kerry C.
Get Well Soon
By Gena L. Spero

“I miss not being able to attend The Haverhill Clubhouse due to having major surgery for the removal of cancer. I have valid sick notes. Although, once in a while I come anyway and it takes a lot out of me. Yet, It’s good to be here and see all the members, staff and the wonderful atmosphere. I will be back soon.”

(If you see Gena, be sure to wish her a speedy and full recovery!)

Congratulations to our member, Erin C. Upon successfully completion of the “GIFT” Training, she is now a Peer Mentor working for the Vinfen TIP Program. Great Job!
Local Farmers’ Markets

Here is a list of the Farmers’ markets in our area, and they accept Senior Coupons, WIC, and EBT-SNAP. Please see the information booth, or ask a vendor to point you in the right direction, at the market to use these forms of payment, and enjoy double the value of fresh produce for only half the price on your benefits card!!

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<th>Location Name</th>
<th>Address</th>
<th>City</th>
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<tr>
<td>Andover Farmers’ Market</td>
<td>97 Main St. Andover Historical Society</td>
<td>Andover</td>
<td>June 20-Oct. 31, Saturdays 10:00AM-2:00PM</td>
<td><a href="http://www.andoverhistorical.org/farmersmarket">www.andoverhistorical.org/farmersmarket</a></td>
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<td>Haverhill Farmers’ Market</td>
<td>40 Bailey Ave. Next to police stat.</td>
<td>Haverhill</td>
<td>June 27-Oct. 31, Saturdays 9:00AM-1:00PM</td>
<td><a href="http://www.haverhillfarmersmarket.org">www.haverhillfarmersmarket.org</a></td>
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<td>Lawrence Farmers’ Market</td>
<td>372 Essex St.</td>
<td>Lawrence</td>
<td>July 8-Oct. 21 Wednesdays 10:00AM-3PM</td>
<td><a href="http://www.groundworklawrence.org/farmersmarket">www.groundworklawrence.org/farmersmarket</a></td>
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<tr>
<td>Lawrence Saturday Farmers’ Market</td>
<td>Intersection of N. Parish Rd. and Winthrop Ave., Sullivan park off Rt. 114</td>
<td>Lawrence</td>
<td>July 11-Oct. 24 Saturdays 10:00AM-3:00PM</td>
<td><a href="http://www.groundworklawrence.org/farmersmarket">www.groundworklawrence.org/farmersmarket</a></td>
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<td>Methuen Farmer’s Market</td>
<td>70 East St. Holy Family Hospital</td>
<td>Methuen</td>
<td>July 10-Oct. 23 Fridays 10:00AM-3:00PM</td>
<td><a href="http://www.groundworklawrence.org/farmersmarket">www.groundworklawrence.org/farmersmarket</a></td>
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Summer Heat Emergency Alert

- Encourage persons served to:
  - Drink more fluids throughout the day
  - Wear cool, light clothing
  - Stay in cooler areas, preferably in air conditioned areas
  - Not to stay in the sun for long periods of time
  - Use light weight bedding
  - Remember to use sunscreen
  - Monitor persons served closely for changes in:
    - behavior
    - physical appearance (skin color)
    - level of consciousness, and
    - temperature
  - Monitor temperatures of living area

When in doubt, call for help. Call the On-Call Supervisor, Program Nurse, or PCP

Dual Recovery Anonymous

Calling all Clubhouse members who need sobriety/addiction support! The DRA meeting is held right here, for anyone that needs support through their mental health issues and substance abuse.....

Every Wednesday @ 12:30 PM
Upstairs in the Music OR Young Adult room (availability)
Happy, Joyous,
and Free-thinking
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<td>Crossroads Clubhouse Picnic</td>
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<td>Out to Breakfast and Yard Sale’s</td>
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<td>Grocery Shopping</td>
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<td>Mystery Ride with John</td>
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<td>Young Adult Hang out Night at Club 5 to 7</td>
<td>Den Rock Park and dinner after</td>
<td>Clubhouse Annual Picnic at Winnekenni</td>
<td>Salisbury and Hampton Beach</td>
<td>Free Fun Fri. Franklin Park Zoo</td>
<td>Kittery Outlets and Albacore Museum</td>
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<td>Kimball Farm Haverhill</td>
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<td>Tendercrop Farm, Newbury</td>
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Activities Update

This month, the Haverhill Clubhouse was lucky enough to go on several really fun and exciting outings. Pictured above, Members and staff Taylor met at Salem Willows Park for a day of fun, music and food! This was graciously provided by the Northeast Independent Living Program and our friend and member Mitch H. Member Toni W. scares member Deb M. with her vampire fangs she won at the arcade! We also took a trip to the Museum of Fine Arts in Boston. Finally, we had our usual bowling trip to Pilgrim Lanes in Haverhill, and we had a lot of fun and knocked down a lot of pins!
Top, bowling at Pilgrim.

Middle, right, a bowl of giant zucchini donated by member Demi C. from the farm she volunteers at.

Middle left, the ceiling at the Museum of Fine Arts.

Left, member Jonathan Y. teaches a jewelry class with members Stacy, Gail, Rebecca, and Liz (from left to right).
Activities Update, cont’d.

On Saturday, July 25th, the Clubhouse took a trip to the Peabody Essex Museum. Mr. Monk, staff Lisa's uncle, arranged for our group to go to the museum. We spent our time checking out all of the exhibits. Uncle Bob arranged for us to have lunch in the museum’s café. It was delicious! We can’t thank him enough for this experience. We felt like VIP! In the pictures are members Michelle L., Katie L., Dianne P., Russell J., Marc S., Brian R., Dan H., Michael P., Liza B., and Diana V., and staff Lisa M.
The Clubhouse Connection

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Fax: (978) 521-7028
Email: theclubhouseconnection@gmail.com
Haverhill Clubhouse
100 Locust Street
Haverhill, MA, 01830

Vinfen
transforming lives together

Vinfen Mission Statement
Vinfen transforms lives by building the capacity of individuals, families, organizations and communities to learn, thrive and achieve their goals. Our services promote the recovery, resiliency, habilitation and self-determination of the people we serve. As a human services leader, we strive to be the provider, employer and partner of choice.

Clubhouse Mission Statement
The Haverhill Clubhouse offers respect, hope, and unlimited opportunity for membership to access friendship, housing, education and employment in their community.