



# Visions Voice



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## Recovery Story: Colleen B.

### Contributors:

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- Michael C.
- Corina C.
- Julie E.
- Joe E.
- Christine F.
- Shanel L.
- Amy W.
- Veronica W.
- Trevor W.
- Ryan W.

On Christmas Eve in 1972, my Mom found out that I had a curved spine. In April, 1973, I went to Shriner's hospital in Chicago. In June of that year I had surgery, and was in a body cast for seven months. This was the first time that I was very depressed.

Buffalo Wild Wings for nine months, and then I started another TE at Panera Bread. I now work at the At Home Superstore which is much more interesting than working in a restaurant.

The nice thing about Visions is that I know if I have a problem I can talk to staff about it. I enjoy my life now, working hard, and living in a room and board with some of my clubhouse friends.

—Colleen B.

There were many years of depression. I quit school in 11th grade, and found out I was bipolar at age 33. In 2013, I tried to commit suicide.



Colleen & Christine

In 2014, I first came to *Visions Clubhouse*. With April's help I was able to get a Transitional Employment (TE) position at

### Inside this issue:

Black History Month: Whitney Young	2
2018 N. American International Auto Show	2
Gift of Life	2
A Valentine History	3
An Opinion: The Essence of Clubhouse	3
Inspirational Quotes	3
I Have A Dream Speech	4
Flea Market	4
Shorts...	4
Word Search	5
Happy New Year, 2018	5
Henry Ford Museum Outing	6

## Employment Is Empowerment

Wow... Has it been a year since I became a Visions member? Yes, it has, and what a great year! I started out slowly attending a couple of days a week. I enjoyed the members and overseers' company and support, and began attending five days a week. I liked the structure of the work ordered day (WOD), the outings, after hours activities, and the many groups offered. It totally brought me out of my comfort zone.

to me attaining a TE position. In September, I began working at the At Home Superstore in Bloomfield Township. I work now as a cashier, stock and customer service person. I enjoy helping my customers, and telling them my many stories. The At Home team associates

are great and fun to work with. I am truly blessed and grateful to have *Visions Clubhouse* in my life. After working a few months I was able to lease a new car. Yes, it's going to be a great new year!

—Michael C.

I liked being mentored on WOD projects, and eventually mentoring other members myself. All this hard work led up



## Black History Month: Whitney Young



For Black History Month it seemed like a good idea to remember one of Black History's unsung heroes, Whitney Young Jr. (July 31, 1921 – March 11, 1971). Although he marched in and took part in the rights movement, he was outside of its mainstream. Working tirelessly behind the scenes, he spent most of his career working to end employment

discrimination in the United States. He also succeeded in taking The National Urban League from a relatively passive civil rights organization into one that aggressively worked for equitable access to socioeconomic opportunity for the historically disenfranchised.

Mr. Young spent his tenure as President of the National Association of Social Workers--NASW ensuring that the profession kept pace with the troubling social and human challenges it was facing. NASW news articles document his call to action for social workers to address social welfare through poverty reduction, race reconciliation, and putting an end to the Vietnam War.

The list of his achievements is impressive and seemingly endless. For more information about this towering Civil Rights leader, please look him up on Wikipedia. You won't be disappointed.

While giving Whitney Young's eulogy President Richard Nixon commented "He knew how to accomplish what other people were merely for." Young's work was instrumental in breaking down the barriers of segregation and inequality that held back African Americans.

—Joe E.

*Primary sources Wikipedia and the PBS series American Masters.*

## 2018 N. American International Auto Show

Tuesday, January 23<sup>rd</sup>, 2018, the following *Visions Clubhouse* members Amy, Shanel, Corina, Joy, Mervia, Michael, Ryan W., Melvin, Chris G., Zachary, and Curtis, went to downtown Detroit for the 2018 North American International Auto Show. It draws in a large number of business exhibitors displaying a wide array of automotive vehicles, parts and accessories.

One of the first things we saw as we entered the Ford exhibit, Corina and Shanel had the opportunity to participate in a demonstration of virtual-reality, and we must say we were quite amazed.

More than 300 car models are showcased during the event, including vans, sedans, SUVs, sports vehicles and trucks. Garage equipment, car fuels, automotive lubricants, tires and commercial vehicles are also exhibited at the show. We had an awesome time!

Special thank you to Mr. & Mrs. VanHulle who donated the auto show tickets to us so we were able to learn just how the motor City made the world roll! Thank you!

—Queen Hyun (Shanel L.)



## Gift of Life

On Monday, Jan 22, I was sitting in the computer room at the computer I use. At the time I was chatting with my good friend who literally knows more about medicine than most doctors. I began to experience shortness of breath and a strange tingling from my heart that were new to me. Gil diagnosed it

cardiac ischemia.

He asked if I had a micro tab, which I did not. He asked if I had a baby aspirin. I didn't have that either. Then he said, "I'm on my way."

I was a little panicky. I asked Shawn if I could sit in her office until Gil ar-

rived. Shawn sat and babysat me until he did. When he arrived he administered the micro tab and the symptoms subsided. After all the gifts I have received from the clubhouse who would ever think it might have saved my life?

—Joe E.

## A Valentine History

Every February 14th across the United States, and in other places around the world, candy, flowers, chocolate and other gifts are exchanged between loved ones, all in the name of St. Valentine who is the patron saint of love, young people, and happy marriage. But who is this mysterious saint, and where did these traditions come from?

The story of Valentine's Day began in the third century with an oppressive Roman Emperor, Claudius II Gothicus, and Valentinus, a kind hearted Christian priest, who was imprisoned for helping others who were at the mercy of the Emperor's decree. Realizing the injustice of the decree, Valentinus defied Claudius, and performed marriages for young lovers in secret. Upon discovering this, Claudius sentenced him to death.

During the last weeks of Valentine's life a remarkable thing happened. He fell in love with a young blind girl who visited him during his confinement. Before his death it is alleged that he wrote her a letter signed "From your Valentine," an expression that is still used today. His sentence was carried out the next day, February 14th, 270 A.D., near a gate that was later named Porta Valentini in his memory.

When the jailer went home, he was greeted by his daughter. The girl opened the note and discovered a yellow crocus inside. As the girl looked down at the crocus, she saw brilliant colors for the first time in her life! The girl's eyesight was restored! A miracle had occurred.

Today, in the language of colors, the rose color, or red, says love, and red is traditionally reserved for lovers. Red enjoys an iconic status even

though other colors have their place on the holiday. The specific purpose of violet or purple is to signify that the giver has fallen in love with the recipient at first sight.

Oh! Dear Valentine, bring the match makers, make me a match!  
—Queen Hyun (Shanel Lee)



## An Opinion: The Essence of Clubhouse

As I reflect on my seven or so odd years at the *Visions Clubhouse*, and what it has done for me. I find myself asking what is the clubhouse? What lies at its core? In its purest sense the clubhouse is the wonderful people that comprise it.

Shawn is the strategic general. She leads the way. She is General Eisenhower. April is the tactical general. She is the General Patton. She motivates, cajoles, and inspires us to do our best. She demands our best and will settle for nothing less.

Amy is the joy of the Clubhouse. With her radiant smile, boundless

energy, endless hugs, and ability to connect with people she relates with us on a deeply personal level. She keeps our spirits up.

Trevor is my buddy. Maybe it's a guy thing. I turn to him for council and advice.

Veronica is my hand holder and comforter. She pulls me up when I am in a funk.

Keon was my guardian angel. She always sensed when I needed help and got it for me.

Sherri is my best friend. She was a wonderful case manager. With her

loving heart she was the perfect person to do this. She is everyone's friend. We have spent hours sharing our love for British history and culture.

The members are my brothers and sisters in arms. Together we follow our leaders down the road to recovery.

"It is not to late, my friends, to seek a newer world, to strive, to seek, to never yield."

~~Tennyson

—Joe E.

### Inspirational Quotes: Teamwork

"Great things in business are never done by one person. They're done by a team of people." --**Steve Jobs**

"It is amazing how much people can get done if they do not worry about who gets the credit." --**Sandra Swinney**

"The best teamwork comes from men who are working independently toward one goal in unison." --**James Cash**

"I've always found that the speed of the boss is the speed of the team." --**Lee Iacocca**

"None of us is as smart as all of us." --**Ken Blanchard**

## I Have A Dream Speech

Editors Note: An excerpt from Dr. Martin Luther King's *I Have A Dream* speech is included here for Black History month.

*I have a dream that one day this nation will rise up and live out the true meaning of its creed: "We hold these truths to be self-evident, that all men are created equal." Alabama, with its viscious racists.... one day right there in Alabama little black boys and black girls will be able to join hands with little white boys and white girls as sisters and brothers.*

*I have a dream today.*

*I have a dream that one day every valley shall be exalted, and every hill and mountain shall be made low; the rough places will be made plain, and the crooked places will be made straight; and the glory of the Lord shall be revealed, and all flesh shall see it together.*

*This is our hope. This is the faith that I go back to the South with. With this faith we will be able to hew out of the mountain of despair a stone of hope. With this faith we will be able to transform the jangling discords of our nation into a beautiful symphony of brother-*

*hood. With this faith we will be able to work together, to pray together, to struggle together, to go to jail together, to stand up for freedom together, knowing that we will be free one day. This will be the day, this will be the day when all of God's children will be able to sing with new meaning:*

*"My country 'tis of thee, sweet land of liberty, of thee I sing. Land where my fathers died, land of the pilgrim's pride, from every mountainside, let freedom ring!"*

*And if America is to be a great nation, this must become true.*

*And so let freedom ring from the prodigious hilltops of New Hampshire. Let freedom ring from the mighty mountains of New York.*

*Let freedom ring from the heightening Alleghenies of Pennsylvania.*

*Let freedom ring from the snow capped Rockies of Colorado.*

*Let freedom ring from the curvaceous slopes of California.*

*But not only that: Let freedom ring from Stone Mountain of Georgia.*

*Let freedom ring from Lookout Mountain*



**The Reverend Dr. Martin Luther King**

*of Tennessee.*

*Let freedom ring from every hill and molehill of Mississippi.*

*From every mountainside, let freedom ring.*

*And when this happens, when we allow freedom to ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual:*

*Free at last! Free at last! Thank God Almighty, we are free at last!*

## Flea Market

Saturday, January 20th, 2018, Visions crew went to the Dixieland Flea Market in Pontiac. Many questions came up about where the term flea market came from so we looked it up using Google. Flea market comes from the French, *marche aux puces*, a name originally given to a market in Paris which specialized in shabby second-hand goods of the kind that

might contain fleas. The earliest English use that the 20-volume *Oxford English Dictionary* has found dates from 1922.

When we arrived we decided to go off on our own, and meet in the lunch area at a certain time. We got our exercise for the day by just walking around, but it was worth it. As Julie

stated, "We had a blast!"

Jewelry was the hit of the day. Half of our small group of nine spent money on it.

Around noon we decided to have lunch at Burger King. We had a great time!

—Trevor & Julie E.

## Shorts...

- April is back, and we couldn't be happier! We all missed you, and your enchanting laugh, or is that a cackle?
- Michael C. is looking good in his new Chevy Malibu, but should the rest of us be staying off the road?
- Two reminders for everyone: Phone calls are to be no longer than five minutes, and if you decide not to go on an activity that you signed up for you must call the transportation line.
- Welcome new members, Mike S., Joy M., and Charles M. Help them get acquainted, and if they look lost, see if you can give them a hand.
- Two of our members, Kim T. and Chris G. have both quit smoking. Zondra quit 20 years ago, and is still going strong.

# Word Search



## US Presidents

Find all of the US President names. The names can be up, down, forward, backward, or diagonal.

Y	W	E	F	Z	J	W	S	E	Y	A	H	N	O	S	I	D	A	M
R	A	M	A	B	O	A	R	M	C	K	I	N	L	E	Y	B	H	D
O	H	N	D	Z	H	S	D	K	D	J	F	I	L	L	M	O	R	E
O	A	X	K	E	N	H	K	J	Y	V	E	T	N	A	R	G	N	H
S	R	P	N	O	S	I	R	R	A	H	X	F	T	A	Y	L	O	R
E	D	I	B	R	O	N	H	E	Y	G	A	R	F	I	E	L	D	E
V	I	E	Y	C	N	G	D	H	L	D	Y	X	I	E	M	U	V	T
E	N	R	V	Z	M	T	Z	L	R	Y	K	Y	Z	T	R	C	F	R
L	G	C	N	O	Z	O	P	O	L	K	T	C	R	U	E	S	K	A
T	H	E	N	A	Z	N	F	U	R	N	O	K	S	B	A	W	O	C
Y	A	R	N	L	N	N	L	W	T	O	O	W	F	E	G	D	W	N
D	O	R	J	N	T	A	F	T	L	R	T	T	H	D	A	C	I	V
E	J	E	T	R	L	V	H	I	Z	B	U	W	N	S	N	K	L	A
N	A	V	M	H	O	O	D	C	A	D	A	M	S	I	U	C	S	N
N	C	O	B	M	U	G	C	P	U	X	C	C	A	R	L	B	O	B
E	K	O	J	E	E	R	R	N	P	B	M	Y	T	N	P	C	N	U
K	S	H	N	N	A	A	G	E	I	S	E	N	H	O	W	E	R	R
U	O	Q	I	Z	G	E	L	K	C	L	E	V	E	L	A	N	D	E
K	N	H	T	Y	N	N	O	X	I	N	G	Y	X	N	S	Z	E	N



ADAMS  
ARTHUR  
BUCHANAN  
BUSH  
CARTER  
CLEVELAND  
CLINTON  
COOLIDGE  
EISENHOWER  
FILLMORE

FORD  
GARFIELD  
GRANT  
HARDING  
HARRISON  
HAYES  
HOOVER  
JACKSON  
JEFFERSON  
JOHNSON

KENNEDY  
LINCOLN  
MADISON  
MCKINLEY  
MONROE  
NIXON  
OBAMA  
PIERCE  
POLK  
REAGAN

ROOSEVELT  
TAFT  
TAYLOR  
TRUMAN  
TYLER  
VAN BUREN  
WASHINGTON  
WILSON

## Happy New Year, 2018

Greetings and Happy New Year Everybody! The year 2018 brings with it lots of hope and happiness for all zodiac signs. In the Chinese tradition every year is dedicated to a particular animal.

Chinese New Year's Day is on February 16th, 2018. According to Chinese astrology, 2018 is the year of the Earth Dog. It is an opportunity

for the dog to consolidate his achievements and to renew his motivation. In 2018, happiness is at the door of the dog, and he only needs to reach out to grasp it.

Wishing you the best that the year 2018 can offer.

—Queen Hyun (Shanel L.)



# Visions Clubhouse

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Visions Clubhouse empowers adults with mental health challenges by providing support to advance in the areas of socialization, education, employment and independence to a full and lasting recovery.



## Henry Ford Museum Outing

We, the *Visions Clubhouse* members, have the opportunity to go on many outings. One of them was our trip to the Henry Ford Museum. It was 1/15, Dr. Martin Luther King Jr. Day. Cheryl M., Shanel L., Derrick B., Michael C., Corina C., were picked up by April, and Howard picked up David L., Ryan W., Julie E., Darlene W., and Curtis M.

The museum was founded by automobile industrialist Henry Ford, and based on his efforts to preserve items of historical interest and portray the Industrial Revolution. It stretches over 523,000 square feet of hardwood floors. In the hallways the ceilings are decorated, and there are many beautiful chandeliers.

We split off into smaller groups to view the exhibits, and saw different kinds of machinery, steam engines, and equipment for generating power. There is a big collection of cars.

The agricultural exhibit illustrated how crops were grown and harvested at different times in history.

There were tractors, farm equipment, campers/RVs, computers, timelines, engines, trains, and oil equipment. We also saw furniture, and how kitchens changed over time.

The airplane artifacts offered us a journey through aviation's first decades. Among these was a replica of the world's very first airplane. It was invented, built, and flown by the Wright brothers. The airplane was not one invention, but many inventions that all needed to work in concert for the machine to be successful. The Wright flyer flew for the first time at Kitty Hawk, North Carolina, on December 17, 1903. We also saw the first airplane, the 1925 Fokker Trimotor, that was flown over the North Pole by Richard Byrd. We also learned about the wing walkers, acrobats that were moving on the wings of an airplane during flight in the 1920s.

After a good walk through the museum we all met up in one of the dining rooms for tasty treats and beverages. We went home with many good memories, having a good idea of how

people lived at the dawn of the automobile and plane era.  
—Corina C. & Ryan W.

