



# Visions Voice



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## Reach Out

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Hello, John Sim. here, writing about outreach, and how it has improved since the Gateway audit a few weeks back. When I started at the clubhouse years ago outreach was limited to making calls to people who had not been to the clubhouse lately. Our purpose was to see if they were alright, and if they needed anything. Also, it would encourage absent members to return when they were ready. This included members who had been in the hospital, sick at home, or missed due to important obligations at other places like DHS or Social Security

We also sent birthday cards, thinking of you cards, get well cards, and sympathy cards for members who had a family member pass away.

I feel like I am part of the clubhouse family. They have sent me many get well and sympathy cards in the past that have made me feel like I was welcome to come back as soon as I was able.

Recently, we have improved our outreach. We visit members who have been hospitalized, or at home if they are not up to par yet due to prolonged illness. We also call those to make sure they have what they need, and to encourage them to return when they are ready.

The outreach system also applies to the TE (transitional employment) employees who are not feeling well. When that happens, staff reports that day to cover their shift for the day, or howev-

er long they are not feeling well or in the hospital. This means, but is not limited to, visits at home, calls, and cards. That goes not only for TE employees, but for all the members of Visions Clubhouse.

So, in conclusion, we have a pretty good member driven clubhouse with staff supervision. We also have a really good outreach system, and are like an extended family to all members. We go to outings together as a clubhouse. We are getting ready for our accreditation, and we hope that we will be accredited internationally soon.

—John Sim.

## Zondra's Recovery Story

Hi, my name is Zondra H., and I am glad to be a member of Visions Clubhouse. Clubhouse has given me a plan to do my job, and whatever else needs to be done. It potentially allows me to go to school to complete my education. I have confidence in myself. Now that I have confidence, I can get along with my family better. I know how terrible it is to be self-destructive, and I know how important it is to make NA (Narcotics Anonymous) meetings. I want to make the best speech at my meetings.

I like the Clubhouse staff and members. I am able to get to work, and everybody treats me like family. Because of the Clubhouse I am still alive today. I've seen a lot of deaths in my life. I

have been in isolation for so many years, but the Clubhouse helps me to know what it's like on the outside because of its many social activities.

The Clubhouse helps me keep my thoughts positive. It provides me with wellness groups, advocacy awareness, independent living, and other things that would be helpful in my growth as a woman.  
—Zondra H.

As we all know Zondra and I have been working on her reading under the auspice of the Adult Literacy Council of Oakland County. I am pleased and proud to state that Zondra has progressed in her reading to the point that she will no longer need tutoring, presuming that her progress continues.



**Zondra H.**

She is showing progress on grammar, parts of speech, sentence structure, and punctuation. Her writing skills have also improved. We can all be proud of her. She has also received a certificate from her employer for doing an excellent job. You go girl!!

—Tutor Joe E.

## Dispatch From Frankenmuth

This past week I attended a three day CNS Board retreat held in Frankenmuth, MI. The first function was an update on the CNS Anti-Stigma Program by Malkia Newman and Andrew Parrish. The update ended with a tender, moving reading of Maya Angelou's poem *And Still I Rise* by Malkia.



Over the next two days we underwent mental health first aid training. We finished the training with a mental health first aid certificate. We finished the retreat with a routine CNS Board meeting.

There were also several social activities in the evening. On Wednesday evening we enjoyed a carriage ride through Frankenmuth, on Thursday we relaxed, and we went on a cruise of the Cass River on Friday. We also enjoyed some mighty fine dining. We fêted on a famous Bavarian Inn dinner, and four buffets in two days! (Watch out, Veronica, you've met your match! *Smile, wink*).

On a visceral level I consider serving on the CNS Board a great honor and privilege. It is very gratifying to me personally to represent Visions Clubhouse on the CNS Board. I consider this a quantum leap in my recovery considering that I started out as a CNS consumer and Clubhouse member. I owe this achievement, like all advances in my recovery, to the staff and members of the Clubhouse, past and present. I also owe it to the following two remarkable people--CNS Board Chairman Mr. Ben Anderson and Jenn Karew.

—Joe E.

## Shorts...

- Thanks to Veronica and the kitchen staff for another great meal at the Employment Dinner.
- The paintings have been up for a little while, but isn't it just wonderful that Eveline has shared her artistic talent with us? We appreciate it!
- Has everyone noticed the new activity calendar we have in the Dining Room? Veronica and Christine went shopping for it, and other little office goodies. Hope you like it!
- High fives to Clarence for spending the Dream Cruise working all day at *Buckner's Desert Café*. Way to go Clarence!
- Ashley Barber, CNS Customer Relations, was a big hit at the Advocacy Group on August 30th. We were glad for her visit and information.
- Michael C. and Darlene are applying for new supportive employment positions at *At Home*, a local retail store. April is very excited that we now have positions in food service, clerical and retail.

## Camping Trip in Holly

Oh, what fun! Everyone had a good time camping. Swimming and hiking were enjoyed by all.

We stayed in cabins for five that were air-conditioned, had ceiling fans, picnic tables, and chairs on the porch. The ladies had the most room with three to a cabin while all the guys had to fit into one cabin. The bathrooms were sorely missed, but not too far of a hike away.

We enjoyed a 24-hour campfire that was really nice to sit by. Trevor cooked for us. Pancakes and bacon sure tasted good! Plenty of pop and water were also consumed. There

was plenty to eat, and lots of relaxation for all of us.

Thanks to Veronica and Trevor for the wonderful time. It would be great if we could stay three nights next year.  
—Ann K.



Sue I. and Cheri



From left: Zachary, Shelley, Ann, Chris G., Tim, Diana, Cheri, and Veronica

## CNS Annual Picnic

With the burgers and hot dogs on the grill, the annual CNS Picnic got underway. And what a wonderful picnic it was, too!

Many from Visions attended including Dena, Joe, David L., Michael, Brenda, Darlene, and our wonderful drivers, Helen and Amy. I know I'm missing quite a few, but with so many attending, who can remember them all? Although some members, like Mer-via, Shanel, Corina, Eveline and Dave C., were memorable just for their dancing ability alone!

But who cares about the dance con-

tests when you've got food, and let's face it, Visions Clubhouse members just love to eat! Besides the burgers and dogs, we were treated to both hot and cold potato salads, four side salads, and both relish and fruit trays. Let's not forget those cookies, either!

The DJ kept the music going all during the picnic, and stopped only long enough for a CNS staffer to call out prize winning numbers, and many members did win prizes. That made the day for some, but you didn't need a prize to realize what a lot of fun everyone had.

—Christine



**Eveline and Angela J.  
busting a move**

## Graduation Day at the Farmer's Market

On Tuesday, August 8, 2017, Visions Director, Shawn B., gathered up Shanel L., Zac A., Ann K., Sue I., and Corina C., and they headed out to the Oakland County Farmer's Market.

It was Michael C. and Melvin B's graduation day. They had completed a 17-week course in Food Education "Intuitive Eating for Recovery."

The Visions Director and members

joined Michael and Melvin's food group, and did some intuitive shopping at the market.

After shopping we all joined together, and feasted on veggie pizza and bottled water.

Michael C., is very grateful for Visions Director and fellow members who were there to support him on his graduation day.

—Michael C.



**Michael C.**

## Labor Day: Celebrating the Worker

There is some dispute as to who actually first made the attempt at a yearly holiday for workers. Some assert that Peter Maguire, general secretary of the Brotherhood of Carpenters and co-founder of the American Federation of Labor, was the first to actually suggest a holiday for workers.

However, many others believe that Matthew Maguire, a machinist, not Peter Maguire, was the originator of the idea, and recent research seems to support this. Matthew Maguire proposed the creation of a Labor Day in 1882 while serving as secretary of the Central Labor Union

(CLU) in New York. The Union then adopted a Labor Day proposal, and created a committee to plan the event.

The first Labor Day was celebrated by the CLU in New York on September 5, 1882. The next celebration occurred exactly one year later.

In 1884 the first Monday in September became the date selected for the new holiday, and the idea was spread by the CLU to other organizations of workers. By 1885 Labor Day was celebrated in many industrial centers in the country.

Labor Day became an official legal holiday in the United States on June 28, 1894, after over 30 states had already celebrated it.

—Patrick C.





## Yoga and More

A lot of people believe that yoga is difficult, but actually, it can be quite simple. If you got out of bed this morning and stretched your arms up over your head, you've already done a yoga pose. What could be simpler? All you need is the desire to try.

This is where CNS comes in. They have contracted with *Healthy Minds*, a 10-week exercise and nutrition class. In this beginning yoga class, which meets twice a week, you enjoy an hour of specific yoga postures to help burn fat, cleanse the digestive system and calm the nervous system.

The main philosophy of yoga is that mind, body and spirit are all connected, and cannot be clearly separated. This is why this class has a nutritional segment. Members talk about what

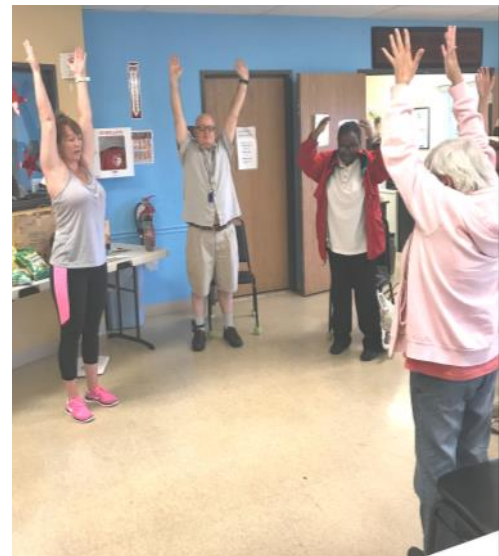
they've eaten, learn about nutritional information, and try new healthy snacks and meals. The food demos are a big hit.

Research has found that regular practice of yoga led to improved sleep quality, heart health, rheumatoid arthritis, type 2 diabetes, and over-all

quality of life. So what are you waiting for? Join a yoga class, and get on the road to a long and healthy life!

—Christine, Corina, Eveline, and Queen Hyun (Shanel L.)

**From left to right Marta, Michael, Angela W., and Angela J.**



**From left: Angela W., Carol, Zachary, Jerome, Angela J., Robert S., Ryan W., and Marta**



## Thoughts on 9-11

On September 11, we will mark the 16th anniversary of the darkest day in American history since Pearl Harbor.

There have been many memorials and tributes about the horrors of that day. We should never forget what happened 16 years ago. Nor should we forget the anguish those families who lost loved ones went through. We shouldn't forget the hundreds of first responders; the brave men and women we lost because they were "just doing their jobs."

—Corina C.



# Puzzle Page



## Constitutional Convention, 1787

### Word Search Puzzle



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

amendment  
 Anti-Federalists  
 Articles of Confederation  
 bicameral legislature  
 Bill of Rights  
 checks and balances  
 concurrent powers  
 Congress  
 Constitutional Convention

Electoral College  
 enumerated powers  
 federalism  
 Federalists  
 Great Compromise  
 James Madison  
 John Dickinson  
 New Jersey Plan  
 Northwest Ordinance

Philadelphia  
 ratification  
 representation  
 republic  
 Senate  
 Shays's Rebellion  
 Three-Fifths Compromise  
 Virginia Plan

## Visions Clubhouse

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Pontiac, Mi. 48341

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.

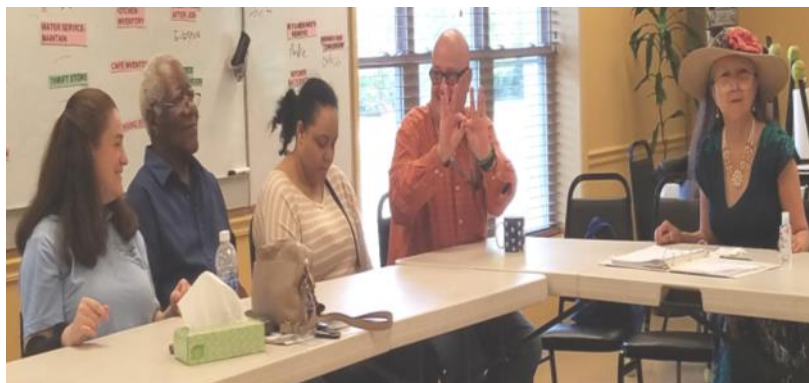


## Visions August Employment Dinner

For this month's employment dinner the Clubhouse morphed into Baba Veronica's Slavic Kitchen as Veronica and her kitchen staff served up two plump, stuffed cabbages (pigs wrapped in a blanket) topped with sour cream, with a side of real mashed potatoes. (Didn't the occasional lump make it more authentic?) It was like Sunday dinner at Grandma's.

This classic comfort meal created a more casual and laid back ambience. As per custom, many of our members shared their feelings and reflections about returning to work. We also shared clubhouse memories. It was a meal truly worth working for! Good job again, Veronica!! *Jenkuya* (thank you) Veronica!

—Joe E.



Cheryl M., Kelly's Dad, Kelly H., Michael C., and Shanel L.



Chef Veronica