

Our House Clubhouse

Our House News

May 2017

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Special points of interest:

- April is Autism Awareness Month
- Clubhouse Stories
- The Palace of Auburn Hills
- 7 Cups Support Site

Take Me Out To The Ball Game..

On Tuesday April 11th Debbie G. took five embers from the Clubhouse to the Tigers game: Yarnetta G. C.J. S., Ken K. Shawna A. and Jordan W. Everyone enjoyed themselves. The Tigers won 2-1. James McCann led the way for Detroit going 1 for 3 with a two run homer in the fifth inning to put Detroit on top 2-0 at that point. Minnesota closed the gap to 2-1 in the ninth after three straight singles. Francisco Rodriguez finally got Max Kepler to pop out to end the game.

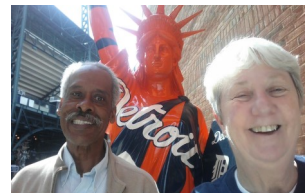
Matt Boyd didn't allow a hit until one out in the sixth inning. Matt Boyd's final was 6 innings, 1 hit 0 runs, 2 walks and 6 strikeouts. Hector Santiago was just as good going 1 1/3 innings giving up only 3 hits, 2 runs, walking 1 and

struck out 1. Before the game Michael Fulmer was presented the plaque for American League most outstanding rookie for 2016. Congratulations Michael Fulmer.

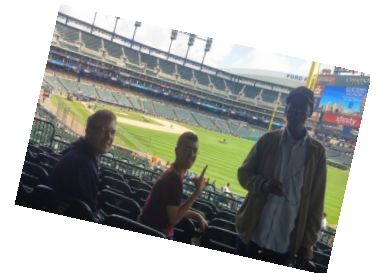
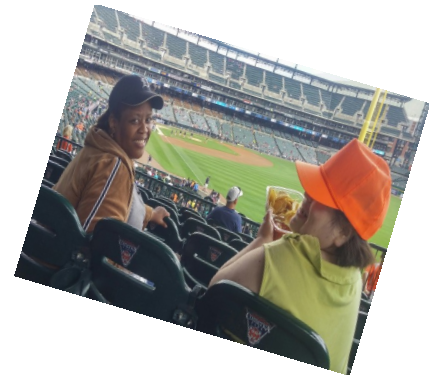
C.J. S. said I could carry on and on about how much the Twins really stink at baseball but since there

"It's hard to beat a person who never gives up"
Babe Ruth

are many people who do like the Twins I would rather not offend anyone in anyway at all. I will just end with the



this "It's hard to beat a person who never gives up"...Babe Ruth. So with that said I will say this...no matter what team you root for remember that it is just a game no matter who wins or loses.



MY STORY By Michael V.

My name is Michael Vader. I am an epileptic. I took a major fall in my apartment. I was going to check on the mail and I had a seizure when I took my fall. I was lucky enough that a guy who happens to be fire fighter who saw me rescued me. He asked me if I could stand up, I could not. So we ended up calling 911 and I

ended up at Beaumont Hospital. I was there for about ten days. I was then transported to Heartland East Nursing Home. I was put in a wheel chair, and I was there for about three to four months before they let me go



home. Once I got home I went to Henry Ford Hospital in West Bloomfield, MI where they fixed my broken left foot. I then was really happy and proud of my self. I was able to walk again. There are still many things I need to work on like my teeth for instance but, I'm on my way.

WALK A MILE

The 13th Annual Walk-A-Mile in my shoes will be on Wednesday May 10, 2017.

The State Capitol Building, Lansing;
Group Photo: 12:30-1:30 p.m. and
Presentations; 1-30-2:30 p.m.

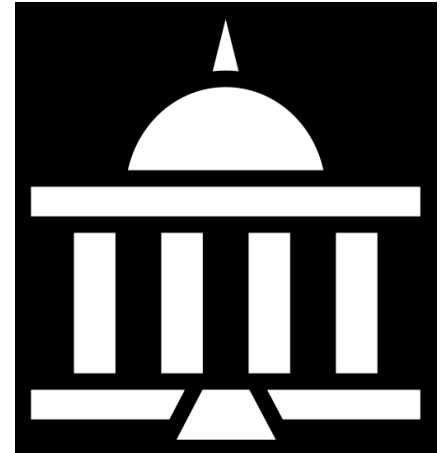
We walk because May is Mental Health Awareness Month and Michigan does not have parity between mental health and physical health care coverage. Legislators need to know Mental Health Matters

Our goal is to enhance public awareness and end mental illness, development disabilities, substance recovery stigma promote mental health and wellness; make a difference Oakland Coun-

ty pride! We will take a Oakland County group photo on the Capitol steps. Please be on the left side of the Capitol steps at 12:30 for the group photo



Walk A Mile in My Shoes



My Story By Jennie C.

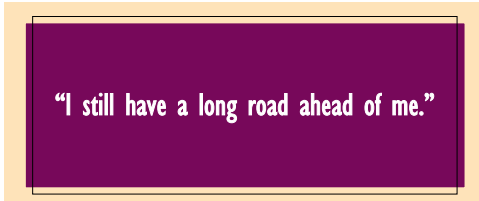
I was Isolating before I came to Clubhouse. My Mom was killed on September 11 2015 by a hit and run driver who was never caught. I became very depressed and couldn't sleep well. I ended up in the hospital on August, 2016. I am finally on the rights medication. I still have a long road ahead of me. I have accepted her

death and choose to remember the good times. I joined Facebook around Christmas time in 2015.

That was my only social outlet. I do have a supportive and caring boyfriend and his family. I

started going to CNS in January, 2017. The offered a lot more ser-

vices in Oakland County. That makes me happy. I came to Clubhouse to meet new people and get some structure in my life. I am learning computers here and enjoy working in the Snack Bar. I always come home with a smile on my face, which make my boyfriend and his brother happy. I'd like to mention Thaddeus my Staff Member who cares about us and shows me how do the computer and for that I am thankful.



SATIRDAY ART GROUP WITH CINDI By Lisa H.

Nicole G. worked on her new project purchased at Michael's supplied her with Lunch.

Chris S. came to group and worked on his latch hook project. He had 2 sausage, cheese McMuffins and hash browns.

I finished printing my



jewelry box gold, I plan to line it with felt. I had lunch at McDonald's and I purchased a few items

Elizabeth C. came to are group to keep us company and Bob M.

cam at lunch and started to draw a picture.

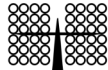
We would like to thank Cindi for her time and support of our art group.

PALACE OF AUBURN HILLS WILL BE SOLD, DEMOLISHED AFTER PISTONS MOVE **By Bill M.**

The Pistons are holding a press conference Tuesday, April 11th with Illitch Holdings to discuss the team moving to Downtown Detroit. Sources say unlike the Pontiac Silverdome, which decayed while sitting abandoned for years, the Palace site is much to valuable for it to remain undeveloped. The Pistons would share the new Little Caesars Arena with the Detroit Red Wings.

I used to work at The Palace of Auburn Hills. I worked as a Security Guard. One of my memorable days was being able to meet with Detroit

Kids grow up as that is very important to me.” He came back on tour in May 1996.



Auburn Hills Fast Facts:
Capacity Basketball– 22,076; Hockey— 20,804; Concert and Family Shows– 6,000 to 23,000

7 CUPS SUPPOT LINE **By Nicole Gittleman**

Have you ever needed some general support and you couldn't get ahead of your case manager because it was afterhours and not an emergency, gut you still needed someone to told to? Are you looking for a kind person who will unconditionally listen to you?



Maybe you want to be the person who compassionately listens to others? Welcome to 7 Cups, it is a website where individuals can both seek and receive help for any issue they choose. I have listened for about a week now and love it! I can take what I

learned in my mental illness journey and use it to support others and give back. In order to get on 7 Cups you need to go to the website and either choose to be a listener or a person needing someone to listen too. After that you can either chat or join live support groups related to your topic. I highly recommend 7 Cups.

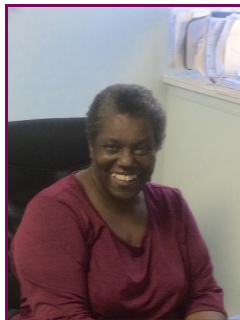
FAIRWELL TO OUR FRIEND...

Angie is leaving us until further notice however, we hope she finds her way back home to Clubhouse soon.

Angie is one of the hardest workers we have ever had at Clubhouse completing numerous tasks each and every day she graces us with her presence. Her initiative to perform various tasks each day will be sorely missed.

We do not know who is going to do all her work as she is a valuable part of our clubhouse family.

We at Clubhouse only wish her the very best of luck in the fu-



ture and hope that she finds her way back to us soon. Angie you will be missed by everyone here at Our House Clubhouse.



You will be missed!



2045 E. West Maple, suite 405-D
Walled Lake, MI 48390

Phone: 248-668-0922
E-mail: ourhouseclubhousecnsmi.org

OUR HOUSE CLUBHOUSE

Our House is Your House

We are on the Web!

MISSION STATEMENT

Our mission is to promote the mental and physical health of our members and our community through programs that promote structure, build confidence and encourage team building skills of all members.

Autism Awareness Month By Jordon Walters

April is Autism Awareness Month.

Autism spectrum disorder (ASD) is a complex developmental disability, signs typically appear early on in childhood and affect a person's ability to com-



municate, and interact with others. There is not known single cause for autism. However, access to appropriate services and supports lead to significantly improved outcomes. There are some noticeable behaviors associated with autism. Those signs include but are not limited to delayed learning or language; difficulty making eye contact or holding a conversation; difficulty executing certain functions, which relates to reasoning and planning; narrow, intense interests; poor motor skills' and sensory sensitives.

In 2016 the Center for Disease Control

and Prevention issued their ADDM autism prevalence report, which concluded that 1 in every 68 births in the United States, which is nearly 2 times higher than in 2014 which were 1 out of 125 babies. The annual cost for autism in America is estimated at almost 90 billion dollars.



How autism has affected me as a person. Since being diagnosed with high functioning

autism in 2011 I have learned that I had a hard time interacting with my peers which affected my social life. Since coming to Clubhouse I have learned how to interact with my peers in an appropriate manner and make new friends. I also have the confidence to interact with people and my self-esteem and self worth have also in-



creased over the last two years.