



# Clubhouse Connect

Volume 3, Issue 1

July 2014

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## CH Happenings:

- July 3rd
- 4th of July BBQ
- July 4th:  
**CLOSED**
- July 11:
- PAG Luncheon
- July 12th:  
**CLUBHOUSE OPEN**
- July 25:
- Above & Beyond Club

## July 4th

By Curt W. PSS

This is a Federal holiday in the USA commemorating the signing of the Declaration of Independence July 2,1776. –America’s freedom from Great Britain. The legal separation of the 13 colonies was voted by Second Continental Congress and came to be our freedom from Britain July 4,1776.



Some of the signers were John Adams and Thomas Jefferson who would turn into future President’s. Plus there are American songs from this date, “Star Spangled Banner,” “God Bless America,” and “America the Beautiful.” This will be a three day weekend for most and this will include parties— parades, sports events, picnics and family reunions. Have a safe celebration and the Escondido Clubhouse will be closed Friday, July 4. God Bless!

## Got Salsa?

By Michael M.



There’s a salsa sign up sheet at the clubhouse open for members and people alike. Looking to spice things up? Then sign up! We have scheduled a regular meeting time for Wednesday at 1:00. We will start by learning basic steps leading into turns and spins! For those of you who are unfamiliar, this is a dancing group, not a cooking group! Hope to see you with your dancing shoes on!!



# Fair Day!!!

By Patty C.

On June 19th Clubhouse members went to the fair. We enjoyed looking at the animals and watched goats getting milked. What is a day at the fair without trying fried food! We shared the fried artichoke hearts, which were different.

My personal favorite was going into The Beatles exhibit. The theme of the fair was the Fab Four. There we pretended to be on the cover of Abbey Road and took a photo of us "crossing the street." Later we attended a concert by Creedence Clearwater Revisited and rocked out to old familiar tunes. We ended the evening with a ride on a double decker bus!

The next night, some members went to the Smokey Robinson show and moved and grooved to the sounds of Motown. Come join the Clubhouse and experience the fun outings we go on!!

## Happy Birthday to our Members & Staff

- Julie O. 7-11
- John B. 7-14
- Patty C. 7-25
- Francisco V. 7-26
- Tom C. 7-28



## New At the Clubhouse...

Men's Sports Talk; Tuesdays @ 12:30

Smoking Cessation; Wednesday's @ 10:30

Salsa Dance Class; Wednesday's @ 10:30

NAMI Peer-to-Peer: Mondays/Wednesdays @ 1:30

TGIF Activity; Fridays @ 12:00

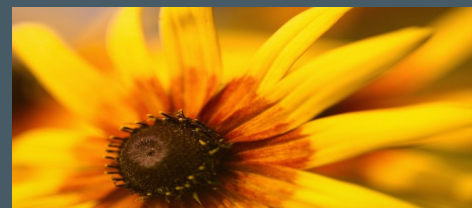






## Recovery Language to Live By

“Life is a garden, DIG IT!”  
-June K.



## Wellness Tip of the Month

“Thirty minutes of modest exercise (walking is okay) at least three to five days a week is recommended, but the greatest health benefits come from exercising most days of the week.”

-medicinenet.com



**mhs** MENTAL HEALTH SYSTEMS



# Recovery

By Nikki D.

Some people think that recovery is an easy thing to do. For some people it is, but there are a lot of us who still struggle every day with it. Whether its drugs, alcohol, or mental health, we are all in the battle with recovery and some of us need more help than others, while some of us can do it on our own. If you try hard and put your mind, heart, and soul into it, maybe even ask for help from time to time or slip up and relapse; we will slowly make the way to the goal of recovery. We all have obstacles and mountains to climb and hoops to jump through, but if we keep believing in our selves and trying our

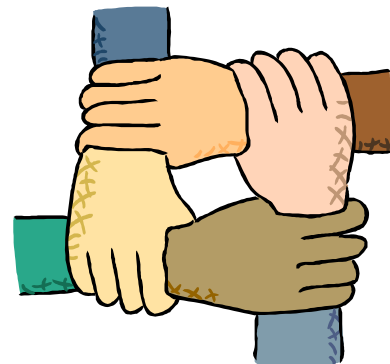


best, we can accomplish recovery. I chose to ask god for help with my life and recovery and I am now on the road to success. You too can have recovery and succeed just take a stand and make the choice . “ I WANT RECOVERY “

# Positive Response

By Michael M.

They say you get what you put in to life. The clubhouse is no exception for the rule. There’s been times when I’ve had no breakfast, but luckily there’s been cereal to eat at the clubhouse. I’ve needed help with books and the clubhouse has been there with help. I’ve wanted to go to the fair for years, and I finally got to go, thanks to the clubhouse. With anything though, there’s a give and take. If there’s watering to be done, I’m there. When the clubhouse gave me a book loan, I repaid it when I was able to. Dishes, no problem. Moping, why not. Newsletter articles, I’ll write two. The clubhouse is a voluntary basis establishment, I don’t have to do any of those things, but I choose to do them because that’s the type of person the clubhouse has helped me become. Positivity isn’t a copout. I truly believe it is key for human interaction and success in this community. In any way, shape, or form, I always seem to receive a positive response, and I will continue to stay positive to keep getting that response.





# Food For Thought

By Tim G.

Hi this month I think I'd like to talk about the therapeutic value of support groups and why they're important and maybe that they are.

Wikipedia Defines a support group as thus:

"In a **support group**, members provide each other with various types of help, usually nonprofessional and nonmaterial, for a particular shared, usually burdensome, characteristic. Members with the same issues can come together for sharing coping strategies, to feel more empowered and for a sense of community.

The help may take the form of providing and evaluating relevant information, relating personal experiences, listening to and accepting others' experiences, providing sympathetic understanding and establishing [social networks](#). A support group may also work to inform the public or engage in advocacy."

I think on the most basic level we connect with each other. What do I mean by that? We share, we interact and we bond; make friends and most importantly we help one another. (How wouldn't you want to be a part of that right?) One of the things that I have personally found difficult is "FEAR" of the unknown really. Here I am with a bunch of strangers, what am I to do, what am I to say, will they like me, me/ them etc. To be honest sometimes one has to work through these issues. What I can say from experience is the more you involve yourself, the easier this process becomes. Who knows you maybe even find yourself looking forward to a new support group you're thinking about attending. With a little effort this fears will fall by the wayside and you just might find yourself having fun and participating in something larger than the individual, for you're part of a group now.



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## In Loving Memory Of Lonnice L.

