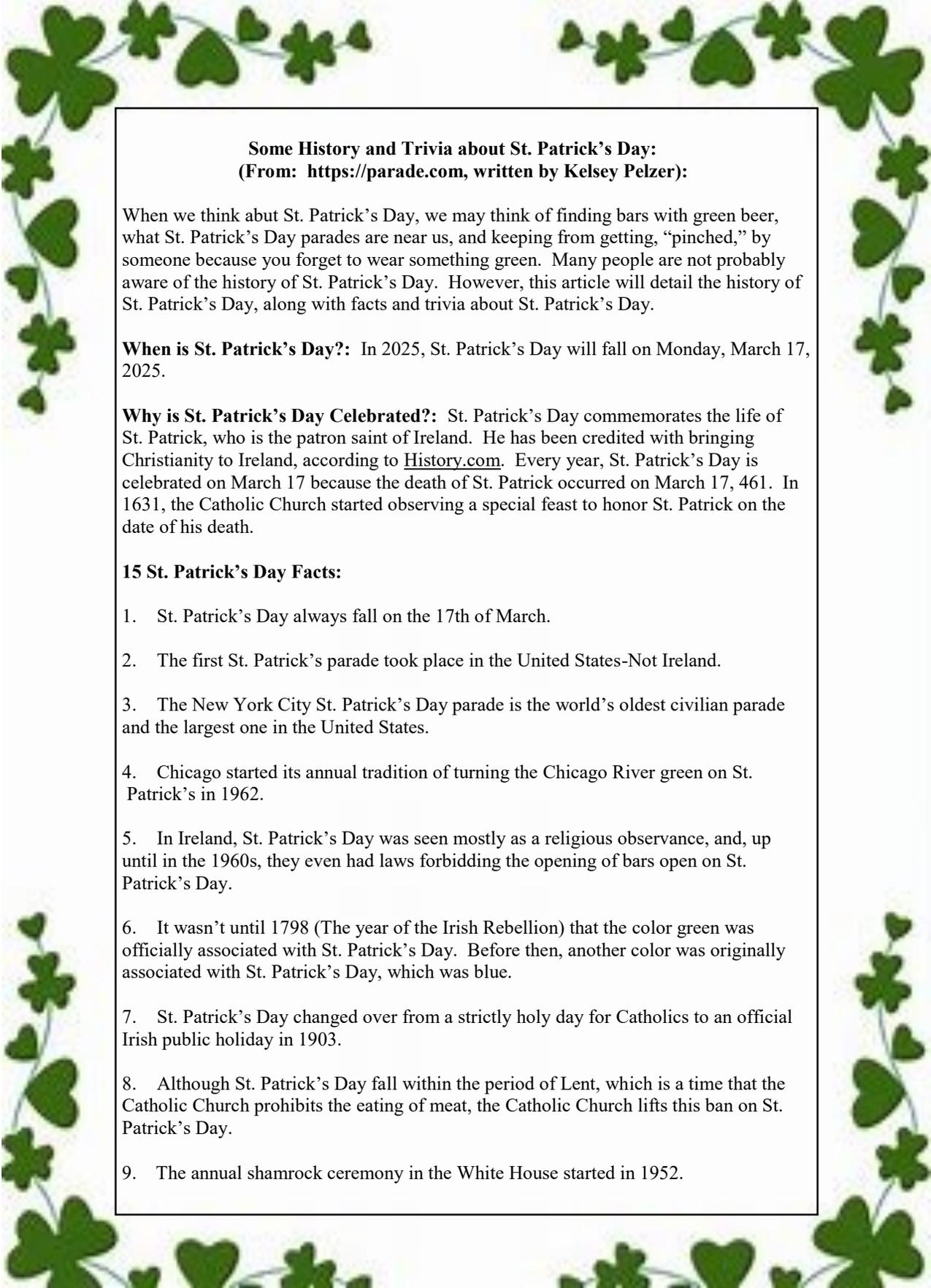


NEWS & KNOWLEDGE...  
NEWS YOU CAN USE....  
MARCH, 2025



**CONNECTIONS OUTINGS FOR MARCH, 2025:**

- Saturday, March 1, 2025-Wellness Day Fun at the Clubhouse.  
Monday, March 3, 2025-Trip to the Catawba County Library.  
Thursday, March 6, 2025-Bowling at the Pin Station.  
Friday, March 7, 2025-Unit Grocery/Supply Shopping at the Walmart Neighborhood Market (Subject to Change).  
Sunday, March 9, 2025-Daylight Saving Time (**Please** remember to set your clocks one hour ahead!).  
Monday, March 10, 2025-Trip to the Catawba County Library.  
Thursday, March 13, 2025-Trip to Riverbend Ice Cream.  
Friday, March 14, 2025-Unit Grocery/Supply Shopping at the Walmart Neighborhood Market (Subject to Change).  
Saturday, March 15, 2025-Trip to the Movies and Out to Eat (**Please** remember to bring Lunch Money!).  
Monday, March 17, 2025-Trip to the Catawba County Library/St. Patrick's Day.  
Thursday, March 20, 2025-Employment/Education Dinner.  
Friday, March 21, 2025-Unit Grocery/Supply Shopping at the Walmart Neighborhood Market (Subject to Change).  
Monday, March 24, 2025 -Trip to the Catawba County Library.  
Thursday, March 27, 2025-Bingo, Baby!, at the Clubhouse.  
Friday, March 28, 2025-Unit Grocery/Supply Shopping at the Walmart Neighborhood Market (Subject to Change).  
Monday, March 31, 2025-Trip to the Catawba County Library.



**Some History and Trivia about St. Patrick's Day:**  
(From: <https://parade.com>, written by Kelsey Pelzer):

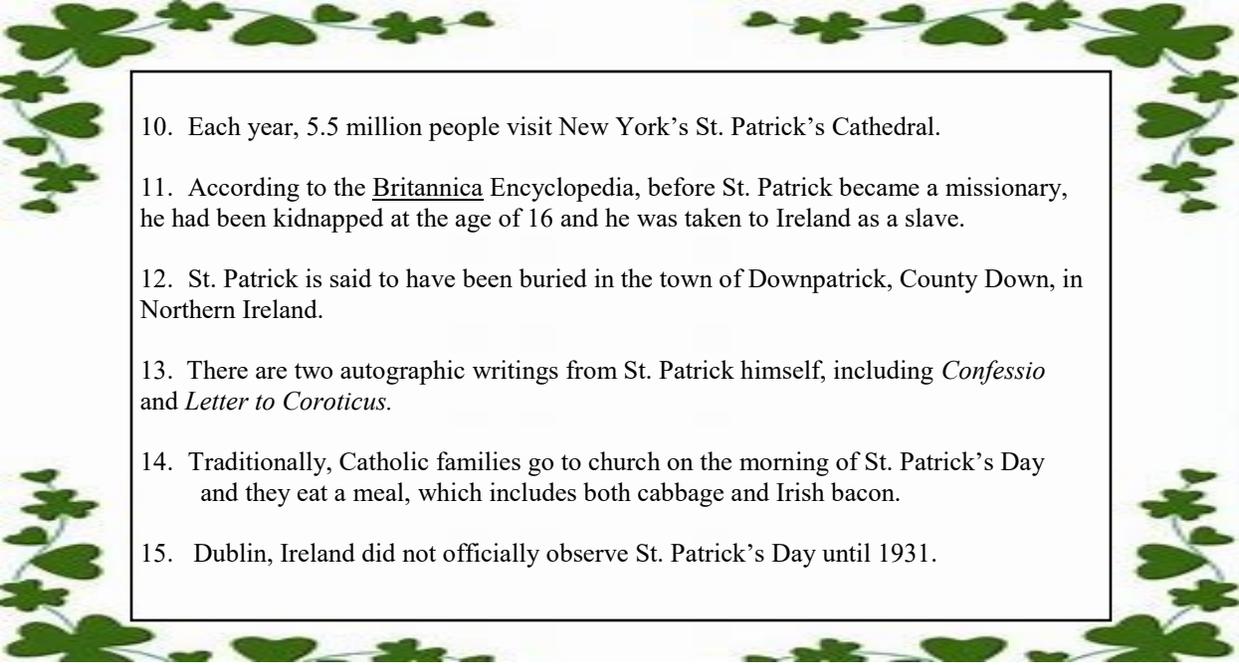
When we think about St. Patrick's Day, we may think of finding bars with green beer, what St. Patrick's Day parades are near us, and keeping from getting, "pinched," by someone because you forget to wear something green. Many people are not probably aware of the history of St. Patrick's Day. However, this article will detail the history of St. Patrick's Day, along with facts and trivia about St. Patrick's Day.

**When is St. Patrick's Day?:** In 2025, St. Patrick's Day will fall on Monday, March 17, 2025.

**Why is St. Patrick's Day Celebrated?:** St. Patrick's Day commemorates the life of St. Patrick, who is the patron saint of Ireland. He has been credited with bringing Christianity to Ireland, according to [History.com](https://www.history.com). Every year, St. Patrick's Day is celebrated on March 17 because the death of St. Patrick occurred on March 17, 461. In 1631, the Catholic Church started observing a special feast to honor St. Patrick on the date of his death.

**15 St. Patrick's Day Facts:**

1. St. Patrick's Day always fall on the 17th of March.
2. The first St. Patrick's parade took place in the United States-Not Ireland.
3. The New York City St. Patrick's Day parade is the world's oldest civilian parade and the largest one in the United States.
4. Chicago started its annual tradition of turning the Chicago River green on St. Patrick's in 1962.
5. In Ireland, St. Patrick's Day was seen mostly as a religious observance, and, up until in the 1960s, they even had laws forbidding the opening of bars open on St. Patrick's Day.
6. It wasn't until 1798 (The year of the Irish Rebellion) that the color green was officially associated with St. Patrick's Day. Before then, another color was originally associated with St. Patrick's Day, which was blue.
7. St. Patrick's Day changed over from a strictly holy day for Catholics to an official Irish public holiday in 1903.
8. Although St. Patrick's Day fall within the period of Lent, which is a time that the Catholic Church prohibits the eating of meat, the Catholic Church lifts this ban on St. Patrick's Day.
9. The annual shamrock ceremony in the White House started in 1952.

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10. Each year, 5.5 million people visit New York's St. Patrick's Cathedral.
  11. According to the Britannica Encyclopedia, before St. Patrick became a missionary, he had been kidnapped at the age of 16 and he was taken to Ireland as a slave.
  12. St. Patrick is said to have been buried in the town of Downpatrick, County Down, in Northern Ireland.
  13. There are two autographic writings from St. Patrick himself, including *Confessio* and *Letter to Coroticus*.
  14. Traditionally, Catholic families go to church on the morning of St. Patrick's Day and they eat a meal, which includes both cabbage and Irish bacon.
  15. Dublin, Ireland did not officially observe St. Patrick's Day until 1931.

**Unusual Holidays in March, 2025:**  
(From: <https://www.timeanddate.com>):

Saturday, March 1, 2025-World Compliment Day/Plan a Solo Vacation Day.  
 Sunday, March 2, 2025-Old Stuff Day.  
 Monday, March 3, 2025-I Want You to be Happy day.  
 Tuesday, March 4, 2025-March Forth and Do Something Day.  
 Wednesday, March 5, 2025-Leran What Your Name Means/Cinco de Marzo.  
 Thursday, March 7, 2025-Dentist's Day.  
 Friday, March 7, 2025-Alexander Graham Bell Day.  
 Saturday, March 8, 2025-Proofreading Day.  
 Sunday, March 9, 2025-Daylight Savings Day (**Please** remember to set your clocks one hour ahead!).  
 Monday, March 10, 2025-Napping Day/Mario Day.  
 Tuesday, March 11, 2025-Oatmeal Nut Waffled Day.  
 Wednesday, March 12, 2025-Alfred Hitchcock Day.  
 Thursday, March 13, 2025-Gem Day.  
 Friday, March 14, 2025-Pi Day.  
 Saturday, March 15, 2025-Everything You Think is Wrong Day.  
 Sunday, March 16, 2025-Everything You Do is Right Day.  
 Monday, March 17, 2025-Submarine Day.  
 Tuesday, March 18, 2025-Awkward Moments Day.  
 Wednesday, March 19, 2025-Let's Laugh day.  
 Thursday, March 20 2025-Absolutely Incredible Kid Day/World Storytelling Day/Proposal Day.  
 Friday, March 21, 2025-Common Courtesy Day.  
 Saturday, March 22, 2025-International Goof Off Day.  
 Sunday, March 23, 2025-Near Miss Day/Puppy Day.  
 Monday, March 24 2025-Chocolate Covered Raisins Day.  
 Tuesday, March 25, 2025-Waffle Day/Tolkien Reading Day.  
 Wednesday, March 26, 2020

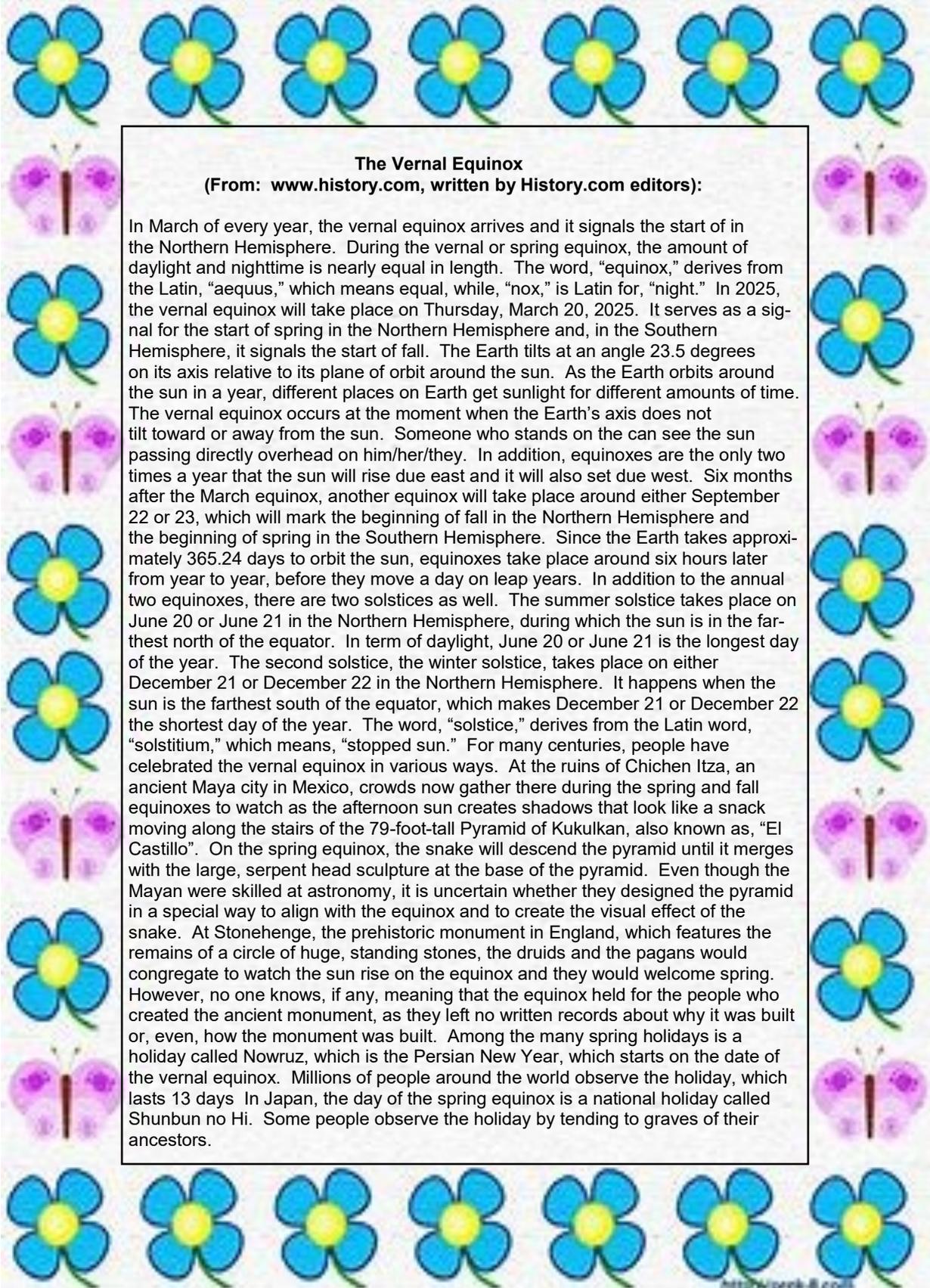
**Matthew's Bill Clubhouse Expansion Bill:  
(Bryan Smith provided this information.):**

Matthew's Bill (House Bill 629) is an act to promote greater access to Clubhouse Model Day Programs for individuals with brain health needs. Matthew's Bill is sponsored by Representatives White, Blackwell, Potts, and Crawford. This act would help to implement a state-wide reimbursement methodology for behavioral health services provided to adults. This bill will also provide education and training for LME/MCO (Local Management Entities/Management Care Organizations) staff and relevant staff in the Clubhouse Model, provide incentives for Clubhouses to be accredited by Clubhouse International. This is a bill that, should it pass, will provide opportunities for grants to directly benefit Clubhouses. Please contact your local state representatives to increase awareness of Matthew's Bill. These representatives, along with their phone numbers and email addresses listed, as follows: (1). Representative Jay Adams, phone number; (919) 733-5988, email address: JayAdams@ncleg.gov; (2). Representative Mitchell Setzer, phone number: (828) 241-3570, email address: MitchellSetzer@ncleg.gov; and (3). Senator Mark Hollis, phone number: (919) 733-5876, email address: MarkHollo@ncleg.gov.

**Clubhouse International Standards:  
(From: [www.clubhouse-intl.org](http://www.clubhouse-intl.org)):**

**FUNCTIONS OF THE HOUSE:**

26. The Clubhouse is located in an area where access to local transportation can be assured, both in terms of getting to and from the program and accessing TE opportunities. The Clubhouse provides or arranges for effective alternatives whenever access to transportation is limited.
27. Community support services are provided by members and staff of the Clubhouse. Community support activities are centered in the work unit structure of the Clubhouse. They include helping with entitlements, housing and advocacy, promoting healthy lifestyles, as well as in accessing quality medical, psychological, pharmacological and substance abuse services to the community.
28. The Clubhouse provides assistance, activities and opportunities designed to help members develop and maintain healthy lifestyles.
29. The Clubhouse is committed to securing a range of choices of safe, decent and affordable housing, including independent living opportunities for all members. The Clubhouse has access to opportunities that meet these criteria, or if unavailable, the Clubhouse develops its own housing program. Clubhouse housing programs meet the following basic criteria:
  - a. Members and staff manage the program together.
  - b. Members who live there do so by choice.
  - c. Members choose the location of their housing and their roommates.
  - d. Policies and procedures are developed in a manner consistent with the rest of the Clubhouse culture.
  - e. The level of support increases or decreases in response to the changing needs of the member.
  - f. Members and staff actively reach out to help members keep their housing, especially during periods of hospitalization.
30. On a regular basis, the Clubhouse conducts an objective evaluation of its effectiveness, including Clubhouse International Accreditation.
31. The Clubhouse Director, members, staff, and other appropriate persons participate in a comprehensive two-week or three-week training program in the Clubhouse Model at a certified training center.
32. The clubhouse has recreational and social programs during evenings and on weekends. Holidays are celebrated on the actual day they are observed.



**The Vernal Equinox**  
(From: [www.history.com](http://www.history.com), written by History.com editors):

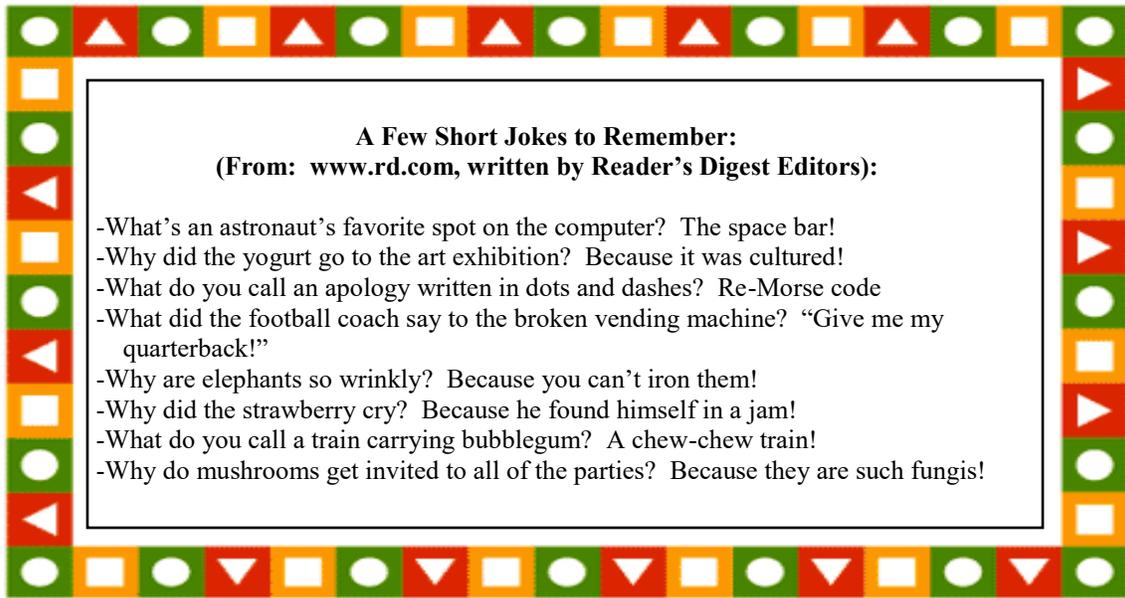
In March of every year, the vernal equinox arrives and it signals the start of in the Northern Hemisphere. During the vernal or spring equinox, the amount of daylight and nighttime is nearly equal in length. The word, "equinox," derives from the Latin, "aequus," which means equal, while, "nox," is Latin for, "night." In 2025, the vernal equinox will take place on Thursday, March 20, 2025. It serves as a signal for the start of spring in the Northern Hemisphere and, in the Southern Hemisphere, it signals the start of fall. The Earth tilts at an angle 23.5 degrees on its axis relative to its plane of orbit around the sun. As the Earth orbits around the sun in a year, different places on Earth get sunlight for different amounts of time. The vernal equinox occurs at the moment when the Earth's axis does not tilt toward or away from the sun. Someone who stands on the can see the sun passing directly overhead on him/her/they. In addition, equinoxes are the only two times a year that the sun will rise due east and it will also set due west. Six months after the March equinox, another equinox will take place around either September 22 or 23, which will mark the beginning of fall in the Northern Hemisphere and the beginning of spring in the Southern Hemisphere. Since the Earth takes approximately 365.24 days to orbit the sun, equinoxes take place around six hours later from year to year, before they move a day on leap years. In addition to the annual two equinoxes, there are two solstices as well. The summer solstice takes place on June 20 or June 21 in the Northern Hemisphere, during which the sun is in the farthest north of the equator. In term of daylight, June 20 or June 21 is the longest day of the year. The second solstice, the winter solstice, takes place on either December 21 or December 22 in the Northern Hemisphere. It happens when the sun is the farthest south of the equator, which makes December 21 or December 22 the shortest day of the year. The word, "solstice," derives from the Latin word, "solstitium," which means, "stopped sun." For many centuries, people have celebrated the vernal equinox in various ways. At the ruins of Chichen Itza, an ancient Maya city in Mexico, crowds now gather there during the spring and fall equinoxes to watch as the afternoon sun creates shadows that look like a snack moving along the stairs of the 79-foot-tall Pyramid of Kukulkan, also known as, "El Castillo". On the spring equinox, the snake will descend the pyramid until it merges with the large, serpent head sculpture at the base of the pyramid. Even though the Mayan were skilled at astronomy, it is uncertain whether they designed the pyramid in a special way to align with the equinox and to create the visual effect of the snake. At Stonehenge, the prehistoric monument in England, which features the remains of a circle of huge, standing stones, the druids and the pagans would congregate to watch the sun rise on the equinox and they would welcome spring. However, no one knows, if any, meaning that the equinox held for the people who created the ancient monument, as they left no written records about why it was built or, even, how the monument was built. Among the many spring holidays is a holiday called Nowruz, which is the Persian New Year, which starts on the date of the vernal equinox. Millions of people around the world observe the holiday, which lasts 13 days. In Japan, the day of the spring equinox is a national holiday called Shunbun no Hi. Some people observe the holiday by tending to graves of their ancestors.

**Patienthood to Personhood:**  
(From: [www.clubhouse-intl.org](http://www.clubhouse-intl.org)):

Before coming to Fountain House, I had a 21-year work history, with only a few jobs. Each lasted between 6 and 8 years. I always enjoyed working because it gave so much structure and meaning to each day. Weekends, holidays, and vacations were special, and I enjoyed my leisure time. My last job before coming to Fountain House was as a supervisor of what was called the order department. This was at a large company that manufactured jeans. This job entailed processing orders that were sent in by retail stores when they needed more jeans. I would figure out how many of each size were needed by looking at previous orders that we had filled for them. This would tell us how many jeans they had sold. I would use a comptometer. For people who were born in the olden days, like myself, this was a sort of computer that was used in those days. I also supervised six other people, people who did similar work. During this job, I became ill several times and needed to be hospitalized due to severe depression. I was able to return to work as soon as I was discharged from the hospital and it was good to know that they still needed and wanted me. I was very grateful, but I often wondered why they were so understanding. I found out when I came to Fountain House. We had a transitional employment slot at very this company. After working at this company for about four years, I had to be hospitalized once again. This time, things were different; I had lost all my confidence and I developed a terrible fear of working. For about a year, I was going in and out of the hospital, and, then, there were no more holidays, weekends, and vacations; every day was the same and no longer had any special meaning. At the end of the year, I was sent to a state hospital where I was told not only would I never work again, but that I would spend the rest of my life in a hospital. Well, that got real mad, and that was because I knew in spite of all the shock treatments and heavy medications I had taken, I still had a life to live and still needed out. In a relatively short time, I got better. But to be discharged, you needed a place to live, which I already had, and a discharge plan. I was sick and tired of making elephants out of clay. They said I had a real talent, but little did they know. I went to camp when I was 10 year old and that the only thing I could make. I had already made enough trivets, so that not only I, but both of my sisters could each serve ten hot dishes at a time and never have to worry about burning the table. I was sick of groups and, no, I'm not against therapy. I was just tired of having it every day. So, what was I going to do? As I pondered this, all of a sudden, I remembered that, during one of my hospitalizations, I had met a woman that shall never forget; who said she was a member at a place called Fountain House. I couldn't remember anything that she told me, except you could return to work if you went there. So, I told the doctor that I wanted to go to Fountain House. This was arranged, and I went to orientation while I was still in the hospital. When I first came to Fountain House, I was extremely quiet and withdrawn (This is where I usually get a laugh) and sat in a corner in the Clerical Unit for about 4 months. During this time, I was always looking around and noticed members and staff working on the switchboard, the newspaper, research projects, and attendance. Members and staff would try to encourage me to get involved, and though I did not at the time, something was going on because I came mostly every day, even though it took me an hour and a half to get there. One day, one of the staff members came over to me and asked me if I would like to go to a tour guide meeting. This was the last thing I wanted to do. But because she



had helped me to get financial assistance when I needed it, I said, "Okay." That was almost 14 years ago and I'm still a tour guide. Now, you know how long I've been a member, but don't worry, I'm not going to take you through all 14 years. I've done many different things at Fountain House during the years: Operated the switchboard, worked with my colleagues during their training, worked the copy machine. I could probably go on all day telling you all of the things I've done, but I won't. I also worked on several transitional employments (TE's) and did return to independent employment, but became ill again. At one time, I also went to typing school through VR (Vocational Rehabilitation) services. When I was on TE, most of the time I also came to Fountain House for the other half of the day. When I was not working full-time or going to school, I would come in as I still today, for 6 hours or longer. Now, I spend so much time at the clubhouse because I am doing real work, and know that I am expected and needed. To be needed, to me, means more to me than anything else in my life, and it also means that I am living a meaningful life. I share many responsibilities with others, and, when I don't come in, it's a nice to know I'm missed. Until 2 years ago, I still had a strong need to be patient, and did many things so that I could be hospitalized. I realize that I know that this was part of my illness, but I still have a hard time talking about it. I took overdoses and faked heart attacks and appendicitis; I would say I was hearing voices, although I no longer was, just so I could get the attention I thought I needed. All this did was confuse me because I was so convincing that the doctors believed me, and I myself no longer knew what was real and what wasn't. One evening when I was once more hospitalized and was lying in bed and feeling extremely, I decided I had to change my ways. The very next day, I told my doctor what I had been doing all of these years. That was the beginning of my emergence from patienthood to personhood. When I returned to Fountain House, I felt about what I had done, but was unable to share this with staff members I was close to. During the last year, I have been able to tell my family (Actually, it was 2 weeks ago that I told them) and some friends. And today, I chose to tell all of you because I know that you'll understand and I can finally let go. I am now doing more work at Fountain House than I have ever done before. I am a co-manager of a switchboard placement agency at the Village Voice, which is a really fun place to work. I still work with colleagues, and for the last year, I have on the faculty of the National Clubhouse Expansion Program. I have done many consultations at different clubhouses all around the country. For the last two months, I have worked very hard at helping to get the agenda together for the seminar. I also made phone calls to the clubhouses and worked on the computer so that presenters would know which workshop they were part of. I won't tell you how I pressed the wrong button one day and I wiped out the whole program. Now, you know why I had to make phone calls and you never got your printouts in advance. At the very moment I wrote this, a very special friend of mine was in the hospital. She was discharged, so she is home now, but this the fifth time in a year. I felt that part of the reason is that she had been going to day treatment programs for a long time, where they focus on your illness and not what you can do. They had all kinds of groups to keep you busy, but no real work so that you can feel needed. This is the first time in six years that I have been out of the hospital for more than a year. I am now getting a great deal of positive attention from other people. I'm the happiest I have ever been in my whole life, and I sincerely believe it's because of the work-ordered day and the opportunities offered to me at the clubhouse.



**A Few Short Jokes to Remember:**  
**(From: [www.rd.com](http://www.rd.com), written by Reader's Digest Editors):**

- What's an astronaut's favorite spot on the computer? The space bar!
- Why did the yogurt go to the art exhibition? Because it was cultured!
- What do you call an apology written in dots and dashes? Re-Morse code
- What did the football coach say to the broken vending machine? "Give me my quarterback!"
- Why are elephants so wrinkly? Because you can't iron them!
- Why did the strawberry cry? Because he found himself in a jam!
- What do you call a train carrying bubblegum? A chew-chew train!
- Why do mushrooms get invited to all of the parties? Because they are such fungus!

You can't change people  
but you can effect a change  
in them by your behavior.

Garrison Wynn



If you need help in stopping smoking, you can contact the Quitline NC Program (Website address: <https://quitlinenc.dhp.ncdhs.gov>). QuitlineNC helps smokers by providing free smoking cessation services to smokers from commercial tobacco use. The QuitlineNC website defines commercial tobacco use as any tobacco products offered for sale, excluding sacred and traditional ceremonies held by many American Indian tribes and communities. You can go to the website address as listed above to enroll online or text, "Ready," to 34191. You can also call 1-800-QUIT-NOW (1-800-784-8669). To help teenagers with vaping, you can text, VAPERFREENC," 877373. Support from QuitlineNC is available 24 hours a day, 7 days a week. The service is free and it is nonjudgmental.

**PARTNERS CRISIS LINE:** If you are experiencing a non-medical mental health emergency, you can call the Partners Crisis Line at 1-833-353-2093. They are available 7 days a week, 24 hours a day. If you are experiencing a medical emergency, please call 911 or go to your local emergency room. Also, Catawba Valley Healthcare has crisis support and mobile crisis response services available 24 hours, 7 days a week, The Catawba Valley Healthcare Crisis Support/Mobile Crisis Response Line Number is (828) 695-2511.



Connections Clubhouse will be hosting our annual, "Market on the Lawn," this year on Saturday, May 3rd, 2025. We are looking for shoppers, as well as arts and crafts vendors to come and participate. We hope that you will share this post and help us get the word out about our event! More information coming soon. Look for our vendor applications on our website at [www.connectionsclubhousecatawba.org](http://www.connectionsclubhousecatawba.org) and don't forget to follow us on Instagram at ConnectionsClubhouseNewton. The Market on the Lawn will be held at Connections Clubhouse at 1679 Southwest Blvd, Newton, NC, United States, North Carolina 28658 on Saturday, May 3, 2025 from 9:00 a.m. to 2:00 p.m. The phone number at Connections Clubhouse is (828) 466-0030.