

NEWS & KNOWLEDGE...
NEWS YOU CAN USE....
July, 2023

Happy 4th of July (Independence Day)!

Connections will be closed on Tuesday, July 4, 2023 for the 4th of July (Independence Day)! Have a Happy 4th of July!

This year, Connections will celebrate its 33th Birthday! Way to Go, Connections!

Connections Recreational Outings for July, 2023:

THURSDAY OUTINGS:

07/06-23-Walmart Shopping
07/13/23-Bowling at the Pin Station
07/20/23-Employment/
Education Dinner
07/27-23- Sun,"Sational
Wellness Fun at the
Clubhouse

SATURDAY OUTINGS:

07/08/23-Springs Road Flea
Market
07/29/23-Swimming and Out
to Eat

The History of Independence Day (Fourth of July):
(From: www.history.com):

The tradition of Independence Day/July 4th celebrations go back to the 18th Century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of gaining independence from Great Britain and, on July 4th, 1776, delegates from the 13 American colonies adopted the Declaration of Independence, a historic document that Thomas Jefferson drafted. From 1776 to the present day, Americans have celebrated Independence Day as the birth of American independence with celebrations including fireworks, parades and more casual gatherings. In 2023, the Fourth of July will fall on Tuesday, July 4, 2023. When the first battles of the American Revolutionary War started in April, 1775, few of the colonists wanted complete independence from Great Britain and those people who wanted independence from Great Britain were considered to be radical. By mid-1776, many more colonists favored independence due to increasing hostility against Great Britain and due to the spread of revolutionary ideas expressed in documents, such as the best selling pamphlet, *Common Sense*, published by Thomas Paine in early 1776. On June 7, 1776, the Continental Congress met at the Pennsylvania State House, which was later renamed Independence Hall, in Philadelphia. The Virginia delegate, Richard Henry Lee, introduced a motion for the independence of the American colonists. Congress postponed the vote on Lee's resolution after a heated debate. However, Congress appointed a five-man committee that included Thomas Jefferson of Virginia, John Adams of Massachusetts, Roger Sherman of Connecticut, Benjamin Franklin of Pennsylvania, and Robert R. Livingston of New York to draft a formal statement to justify breaking away from Great Britain. On July 2, 1776, the Continental Congress voted for Lee's proposal for independence by a near-unanimous vote (The New York delegation initially did not vote for the declaration, but later, they voted for independence). On July 4, 1776, the Continental Congress officially adopted the Declaration of Independence, which Thomas Jefferson largely wrote. Though the actual vote for actual independence was taken on July 2, 1776, July 4th became the date that Americans celebrated as Independence Day. During the summer of 1776, some colonists celebrated the start of independence by holding mock funerals for King George III of Great Britain to symbolize the end of British rule in America. The colonists also celebrated Independence Day with bonfires, parades, firing cannons and muskets with the first public readings of the Declaration of Independence after its adoption. Philadelphia held the first annual celebration of Independence Day on July 4, 1777. After the War of 1812, in which United States and Britain once again fought with each other, the tradition of patriotic celebrations became more widespread. In 1870, the United States Congress made July 4th a federal holiday. In 1941, a provision was expanded to give all federal employees a paid holiday on July 4th. Since the late 19th century, the Fourth of July has focused on leisure activities and a common occasion for family get-togethers that include fireworks and outdoor barbecues. The American flag is the most common symbol of the Fourth of July, along with the national anthem, "The Star Spangled Banner."



**SATURDAY,
July 22, 2023 11AM TO 1 PM
EXODUS MINISTRIES
EVERYTHING FREE DAY:**

**Location: Ridgeview Recreation
Center, 115 7th Ave SW, Hickory,
NC**

**Get there early, they are expecting a BIG
crowd.**

- 1. Free clothes and shoes**
- 2. Free hair cuts**
- 3. Free furniture**
- 4. Free hot dog lunch**
- 5. Free fun activities**



**Tips for a Healthy Summer:
(From: www.cdc.gov):**

1. Move more, sit less-Get at least 150 minutes of aerobic physical activity every week. Exercise can improve the quality of your sleep and can reduce anxiety.
2. Wear sunscreen and insect repellent: Use shade, wide-brimmed hats, clothing that covers you and broad-spectrum sunscreen with at least SPF15 for sun protection. Use insect repellent and long pants to prevent mosquito bites and ticks.
3. Keep cool in extreme heat. Extreme heat is dangerous for everyone, but it is especially dangerous for people with chronic health conditions.
4. Eat healthy food-Healthy eating supports muscles, strengthens the bones and boosts immunity.
5. Choose your drinks wisely-Drink water (Fluoridated tap or unsweetened bottled or sparkling water), instead of sugary or alcoholic drinks, to reduce calories and stay safe.
6. Don't use tobacco-You can quit tobacco by calling 1-800-QUIT-NOW, downloading the Quit-START app and/or accessing smoke-free tools and tips.



Education News:

In August, 2023, Appalachian State University will open its new Hickory campus in the former Corning Fiber Building on Highway 321 in Hickory. The first 500 students who enroll at the Hickory campus will receive a one-time \$2,000.00 scholarship, which can be used to cover tuition and fees. For more information, go to the Appalachian State University website at www.appstate.edu/hickory or call Appalachian State University at (828) 262-2000.



**Saturday Movie Screenings in Downtown Hickory:
(From: www.focusnewspaper.com):**

Enjoy free movies this summer in Downtown Hickory! Saturday Screenings will start on Saturday, July 8, 2023 with the movie, *The Sandlot*. The Saturday Screenings will take place at 8:30 p.m. on the second and fourth Saturdays in July and August, 2023. The rest of the movies are as follows: July 22, 2023-*Jumanji*, August 12, 2023-*The Karate Kid* and *Remember the Titans* on August 26, 2023. Weather permitting, the outside movies will take place at Union Square in Downtown Hickory, except for the August 26, 2023 movie, which will be shown at the Samuel Davis Multipurpose Field in Taft Broome Park in Hickory. All of these movies have PG ratings. Before each movie starts, games and concessions will be available. Audience members are encouraged to bring their blankets or lawn chairs. Jay Brown, Realtors, will present the movies and the City of Hickory Parks, Recreation and Tourism Department will host the movies. Other partners include Footcandle Film Society and Metronet. For more information about the Saturday Screenings, please call the Hickory Parks, Recreation and Sports Tourism Department at (828) 322-7046



Work News:

Recently, Mitzi started searching for Transitional Employment positions within a 4-mile radius of the Clubhouse. Let's wish Mitzi the best of luck in her search!

Some Clean Jokes:
(From: www.parade.com, written by Maryn Liles):

- Why did the bullet lose his job? He got fired!
- Why aren't koalas considered bears? They don't the right koala-fications!
- How did the hipster burn his mouth? He ate his pizza before it was cool!
- Can a kangaroo jump higher than the Empire State Building? Of course, the Empire State Building can't jump!
- What should you do in the room if you're feeling cold? Go to the corner-It's usually 90 degrees.
- What did the tie say to the hat? You go ahead. I'll hang around.
- Did you hear about the painter who was hospitalized? The doctors say it was due to too many strokes.

Weird Holidays for July, 2023:
(From: www.holidayinsights.com):

- July 1, 2023-National Joke Day.
- July 6, 2023-National Fried Chicken Day.
- July 8, 2023-National Blueberry Day.
- July 9, 2023-National Dimples Day.
- July 10, 2023-Teddy Bear Picnic Day.
- July 13, 2023-National French Fries Day.
- July 14, 2023-National Macaroni and Cheese Day.
- July 15, 2023-National Give Something Away Day.
- July 16, 2023-National Ice Cream Day.
- July 19, 2023-National Hot Dog Day.
- July 20, 2023-Moon Day.
- July 21, 2023-National Be Someone Day.
- July 24, 2023-Tell an Old Joke Day.
- July 26, 2023-All or Nothing Day.
- July 27, 2023-Take Your Pants for a Walk Day.
- July 29, 2023-International Tiger Day.
- July 30, 2023-National Cheesecake Day.
- July 31, 2023-National Watermelon Day.

**Staff and the Science of Clubhouse:
By: Andy Wilson, the Carriage House**

For me, Clubhouses are magical places-Intentional communities, full of hope and belief and encouragement and laughter. My old boss at Independence Center, Bob Harvey, would say, "Andy, farmers don't grow crops. They plow straight furrows, they throw down seeds, they make sure there is enough rain and enough sun and enough fertilizer...and crops grow. It's just the nature of crops-They grow." And, he would say, "This is what we're doing in the Clubhouse, we are making sure there is hope, there is need, there is meaning, there is opportunity and people get better. It's the nature of people to get better." The fact that this works seems to me to be magic. There is magic in the Clubhouse. However, as a colleague of mine is fond of saying, there is science behind this magic. Creating a culture of hope and meaning and opportunity takes a crazy amount of work, structure, patience, and experience. The magic of the Clubhouse does not happen in a vacuum. It seem to me that, at its core, Clubhouses are about community. Engaging each other in meaningful activity, building real relationships, and creating a space where we all get better. This meaningful activity-This real work-is, for me, the foundation that Robby talked about. Creating this kind of community is the responsibility of all of us, members and staff. However, for this presentation, Robby asked to speak particularly about the staff role in creating it. So, I'd like to briefly share a few thoughts on work. Let me start by saying I love the kitchen. The work in our kitchen at the Carriage House is hard, stressful, fast-paced, dirty-and the best work in the house. Immediate. Necessary. Consequential. If lunch doesn't come out of the kitchen by 12:00 noon, there is hell to pay. I think, in a nutshell, this is what makes work meaningful-When the need is real. This, I think, can be a counter-intuitive. When the need is so real that we forget that we are young or old, or black or white, or *members and staff*, this is when the magic happens. We could speak clinically about experience-based cognitive restructuring, but I think the essential truth is simply when we are truly needed and there is true meaning, we become community and transcend our limitations. Now, I feel like I have a pretty good grasp of this conceptually, And yet, at the Carriage House, we struggle every day to get to this place. And, frankly, most of the time, we don't get there. Our biggest challenge seems to be that we don't have enough meaningful work-Yes, the dreaded slow afternoon. get everything done that they are supposed to do. And, yet, many of our Clubhouses lack meaningful work. The Standards have helped me believe that every moment in a Clubhouse is full of possibility. Full of the promise that today, maybe for the first time in a long time, someone will make a choice or share a smile or be appreciated in a way that changes the rest of their lives. Because of this, I have also have come to believe that any and every activity in a clubhouse in which a member is not involved is a potentially wasted, a wasted possibility for relationships, a wasted chance for magic. Additionally, I'm afraid that having work done by staff and not done by members sends the pretty clear message that there is, in fact, meaningful work in the Clubhouse-We just think it is too difficult or too important for members to do. I think we *must* challenge this presumption wherever and whenever we find it. I don't think anyone would do this intentionally. At the Carriage House, the truth is usually much more mundane-It is harder, more time consuming, sometimes, more uncomfortable to share ALL of the work. So I the meaningful work we already have. The second thing we try to do is to dream big for the Clubhouse. We create meaning by becoming better than we are. We visit businesses to see what kind of cool stuff they do, and we try to replicate it in our snack bar, our kitchen, our bank, our clerical area. We visit other Clubhouses who we've heard do cool things with transportation or orientation or employment and we steal their ideas. We go to conferences and steal stuff. We go to training and steal stuff. We read newsletters and steal stuff. When we are really on our game at the Carriage House, we have a crazy, probably neurotic, need to be the best Clubhouse in the universe. This need is infectious. It leads to a ton of work. It leads us to meaning.

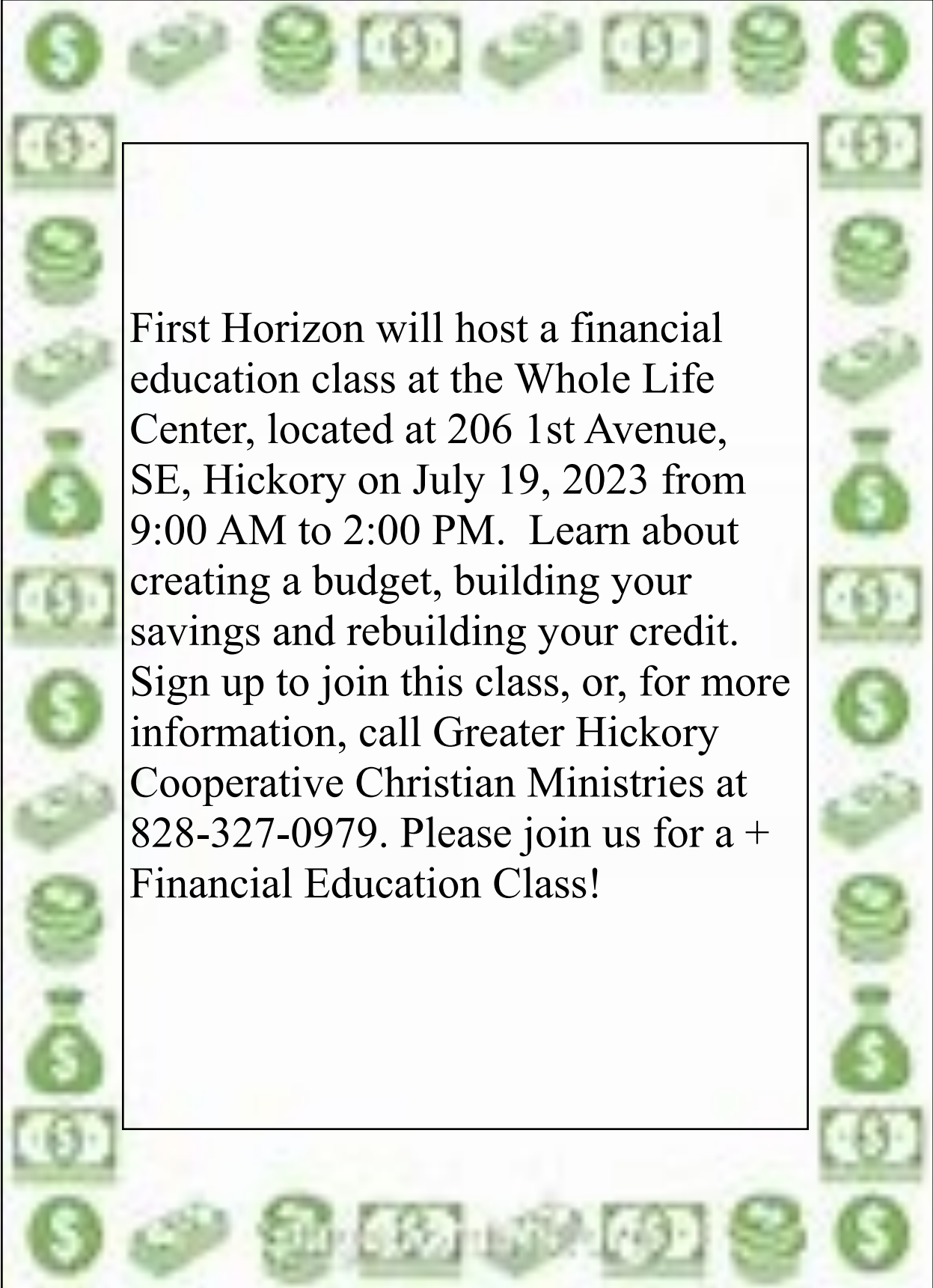


So, to avoid irrelevancy, here are a few practical things we have learned about the science behind the magic as follows: (1). As a matter of disciplined thinking, expect that everyone in your Clubhouse will get better. Objectively speaking, from a certain point of view, this may not be true. Objectively speaking, there are many things that we believe in the Clubhouse that may not be true-Things like: This person will be able to hold a full time job; this person will be able to live on their own; this person will be able to overcome their addiction; or *this person is really going to recover from their mental illness*. Frankly, there are times when all of my instincts, and my schooling, and my upbringing, tell me that these things may not be true for someone. And I, as a matter of disciplined thinking, I choose to believe it anyway. And, what's more, because the person may not believe these things themselves (Probably doesn't) I not only have to believe it, I have to believe it hard enough for both of us. While these words are easy for me to say, the belief is not so easy-It takes work, practice, emotional energy and vigilant discipline. Just because we believe it, it doesn't guarantee it will happen-But it never even have the chance to be true unless we believe it first. (2) Go over your list of unit responsibilities and dump everything that really doesn't matter. For many of us, this is a scary proposition. What will people do every day if we lose a bunch of stuff off of our unit list? If we are doing work just to keep busy, then, we might as well be shooting pool or making clay ashtrays. Taking a good, long look at the work we do has been a good starting point for making sure the work we do has meaning. To create opportunities in the clubhouse, we must have real meaning. (3). This is related to #2-Get more meaningful work. At the Clubhouses where I have worked, it hasn't seemed to matter how much work there is- We always need more. The day must be so overloaded with meaningful work that we are out on the smoking porch, begging each other for help. When an outreach call begins to sound like, "Man, we really need you, can you come in-*now*"?, then, I think we are creating the level of need in which the Clubhouse really works. (4). Clubhouse staff are often in a position of leadership, so learn to let it go. This is a particularly hard one for me. Anyone in our Clubhouse will tell you that I am a bit of a control freak. I remember when I did my three-week training a Fountain House, Tom Malamud was part of our training team. You may know about Tom Malamud-He has been around forever. I do not doubt that he has forgotten more than the Clubhouse Model than I will ever know. During my training, as you might imagine, all of us were a little intimidated. We don't want sound to like idiots and we were waiting for Tom to tell us, "How it is." He didn't. He paid attention, he was obviously interested, but he didn't take over. Some tricks I learned from him included: **Look down a lot**-If you are looking down, people will assume that you are not about to say something and will move on in the conversation without you. **When someone asks a question, look around at the other people in the room**. This will send the clear message that you are waiting for someone else to say something. And, usually, someone will. Ask, "**What do you think?**," often. And, mean it. When I am genuinely interested in what others thinks, it allows them to be the person, "in the know." (5). And this may be somewhat controversial: If you are a Clubhouse staff and you don't love your job-If you are not honored every day to go to work at your Clubhouse, then, you have my personal permission this morning to quit. That's pretty much all I have. I wish I had more-I wish the science of Clubhouse didn't always seem to hinge on vague, subjective things like, "Believing hard in people". There is just no book to teach us how to do that. But, in the end, I think that this is why many of us think that the Clubhouse is more about community than treatment: More about relationships than interventions; more about changing the world than fixing each other. With such bizarre intentions as these, who would have thought that we would be so effective? Meaning, need, opportunity, belief-And people get better. It's almost like magic.



**20 Summer Safety Tips from the America Red Cross:
(From: www.redcross.org):**

1. If you are taking a road trip this summer, make sure you are well-rested and alert. Also, wear your seat belts, observe speed limits and follow the rules of the road.
2. If you plan on drinking alcohol, designate a nondrinking driver.
3. Avoid distractions such as cell phones.
4. Be careful in work zones since there are a lot of construction projects underway.
5. As dusk approaches or if there is bad weather, turn on your head lights on, and don't overdrive your headlights.
6. Don't allow unsupervised access to water. Also, provide constant adult supervision for all swimmer and know/learn how to swim.
7. Swim in area with lifeguards.
8. Appoint a, "water watcher," to keep an eye on the water and to watch everyone in and around the water until another water watcher replaces the one on duty.
9. Always wear your lifejacket on a boat, especially if you are in a situation beyond your swimming skill level.
10. Reach or throw an object to someone in trouble and ask that person to grab the object. Don't go in the water yourself-You may become a victim.
11. Wash your hands, your utensils and your workstations before preparing food.
12. Separate uncooked meats, poultry and seafood from ready to eat foods such as salads, fruits, vegetables, cheeses and desserts. Use separate plates and utensils to avoid cross-contamination.
13. Always supervise a barbecue grill when in use. Never grill indoors. Keep the grill away from the house, the deck, tree branches or anything that could catch on fire.
14. Make sure everyone, including pets, stays away from the grill.
15. Don't leave food out in the hot sun. Keep perishable foods in a cooler with plenty of ice or freezer gel packs.
16. When camping, know the level of ability of everyone in your group. Be mindful of the environment around you and plan accordingly.
17. Take a first aid kit with you while camping to address insect stings, sprains, cuts, bruises and any other injuries that could occur.
18. Take a Red Cross first aid and CPR/AED course and download the free First Aid app, so you would know what to do in case help is delayed.
19. Share your travel plans and locations with family members, friends or neighbors.
20. Bring nutritious food items and lightweight clothing to wear and supplies for any pets.



First Horizon will host a financial education class at the Whole Life Center, located at 206 1st Avenue, SE, Hickory on July 19, 2023 from 9:00 AM to 2:00 PM. Learn about creating a budget, building your savings and rebuilding your credit. Sign up to join this class, or, for more information, call Greater Hickory Cooperative Christian Ministries at 828-327-0979. Please join us for a + Financial Education Class!



Clubhouse International Standards for Clubhouse Programs:

Relationships:

8. All Clubhouse meetings are open to both members and staff. There are no formal member-only or formal staff-only meetings, where programs decisions and member issues are discussed.
9. Clubhouse staff are sufficient to engage the membership, yet few enough to make carrying out their responsibilities impossible without member involvement.
10. Clubhouse staff have generalist roles. All staff share employment, housing, evening and weekend, holiday and unit responsibilities. Clubhouse staff do not divide time between Clubhouse and other major work responsibilities that conflict with the unique nature of member/staff relationships.
11. Responsibility for the operation of the Clubhouse lies with the members and staff and, ultimately, with the Clubhouse Director. Central to this responsibility is the engagement of members and staff in all aspects of Clubhouse operations.



Happy Anniversary, Connections!:

It was July 3rd, 1990 when Connections first opened its doors to members. We had 3 members on opening day and 3 staff — and Judy was among them! By the end of the month, we averaged 7.9 members a day for our first month.

Connections has had a total of 538 members over the past 33 years and Bryan is our happy third director.

We have had a lot of variety in our days over the years: The lawn crew had started up by 1991. It was 1994 that we started the Transitional Employment program, while continuing the Lawn Crew. Not long after, we added Supported Employment to the clubhouse. Over 85 members worked with the Lawn Crew. Over 150 members have worked a Transitional Employment job and numerous members have worked Supported Employment. Combined incomes are more than one and a half million dollars and that is not chump change!

Since the shutdown for COVID-19, we have been open again on a full time basis since mid-October, 2022. We have not had to close onsite services since August 2022. Attendance is growing, with an average attendance of 24.9. Before the pandemic, we were averaging 35.7 members a day. Our highest daily averages were back in 2008 with an average attendance of 46.9 per day for the month!

Today we have an active membership of 56 with an average length of stay of 10.3 years.

Go Connections!