

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

**IT'S BACK TO SCHOOL
TIME!!**

HAPPY SUMMER!

**CONNECTIONS OUTINGS FOR AUGUST AND
SEPTEMBER, 2023:**

THURSDAY OUTINGS:

08/03/2023-Bowling at the Pin
Station
08/10/2023-Walmart Shopping
08/17/2023-Employment/Education
Dinner
08/24/2023-Shopping at Banana
Box and Burton's Farms
08/31/2023-Bingo at the Clubhouse
09/07/2023-Walmart Shopping
09/14/2023-Bowling at the Pin Station
09/21/2023-Dollar Tree and McDonald's for
Milkshakes
09/28/2023-Bingo at the Clubhouse

SATURDAY OUTINGS:

08/05/2023-Shopping at Roses and
Big Lots and Out to Eat
08/19/2023-Hickory Farmer's
Market Shopping and Out
to Eat
09/05/2023-Catawba Valley Healthcare
5-K
09/23/2023-Tour Riverbend Creamery
and Ice Cream

Need assistance with job searching, resume preparation or interviewing skills? Let the Ridgeview Works Program be the solution! Community members can receive one-to-one assistance from an NCWorks Career Advisor at the Ridgeview Branch Library at 706 First Street, SW, Hickory, NC, 28602 every Wednesday from 1:00 p.m. to 4:30 p.m. Virtual meetings with a Career Advisor are also available upon request. For more information, please call the Ridgeview Branch Library at (828) 345-6037.



Clubhouse International Standards:

Work-Ordered Day:

15. The work-ordered day engages members and staff together, side-by-side, in the running of the Clubhouse. The Clubhouse focuses on strengths, talents, and abilities; therefore, the work-ordered day must not include medication clinics, day treatment or therapy programs within the Clubhouse.
16. The work done in the Clubhouse is exclusively the work generated by the Clubhouse in the operation and enhancement of the Clubhouse community. No work for outside individuals or agencies, whether for pay or not, is acceptable work in the Clubhouse. Members are not paid for any Clubhouse work, nor are there any artificial reward system.
17. The Clubhouse is open at least five days a week. The work-ordered day parallels typical working hours.
18. The Clubhouse is organized into one or more work units, each of which has sufficient staff, members and meaningful work to sustain a full and engaging work-ordered day. unit meeting are held to foster relationships, as well as to organize and plan the work of the day.
19. All work in the Clubhouse is designed to help members regain self-worth, purpose and confidence; it is not intended to be job-specific training.
20. Members have the opportunity to participate in all of the work of the Clubhouse, including administration, research, enrollment and orientation, reach out, hiring, training and evaluation of staff, public relations, advocacy and evaluation of Clubhouse effectiveness.

Enjoy the little things in life because one day you'll look back and realize they were the big things.



– Kurt Vonnegut

**Some Clean Jokes:
(From: www.rd.com):**

-Why did the employee get fired from the calendar? She took a day off.

-Worrying works! Case in point: 90% of the things I worry about never happen!

-Why do seagulls fly over the sea? If they flew over the bay, they would be called bagels!

-My wife told me to stop impersonating a flamingo. I had to put my foot down!

-The past, the present and the future walked into a bar. It was tense.

-What do you call a teddy bear with no teeth? A gummy bear!

Weird Holidays for August, 2023:

August 3-National Watermelon Day.

August 5-Work Like a Dog Day.

August 7-Lighthouse Day.

August 8-Happiness Happens Day.

August 9-Book Lovers' Day.

August 10-Lazy Day.

August 15-Relaxation Day.

August 16-Tell a Joke Day.

August 17-Thrift Store Day.

August 18-Mail Order Catalog Day.

August 20-Chocolate Pecan Pie Day.

August 22-Be an Angel Day.

August 28-Bowtie Day.

August 31-Eat Outside Day.

**15IS Plenary Presentation-Education:
By: Wuanette Exum, Grand Avenue Club, Wisconsin:**

In 1968, a young girl was born to a single mom in a place called Wauwatosa, Wisconsin, a town very close to Milwaukee. An only child, she had what would be considered, "a pretty normal childhood," and she attended local public schools. Because her mother worked full-time, she spent a great deal of time with her grandmother. Yes, "a pretty normal childhood." She graduated from Hamilton High School in 1986 and, in September of that year, she began her freshman year at the University of Wisconsin-Whitewater campus. She was planning to be an accountant; her mother had chosen that career goal for her. Her mother had said, "You're good at arithmetic, so being an accountant would be a good idea." It was during her third year at college, in 1989, that her troubles began. She found herself crying and crying for no reason at all. She began to have serious doubts about her goal and she found herself giving up easily. She could not remember very much from this time of her life, but she remembers a particular painful experience. She just couldn't do the work in her cost accounting class and, when she approached the teacher about this, he would not help her because it was too late in the semester. She was devastated by this. Defeated, depressed, and uncertain of her future, she officially withdrew from school. She came home to Milwaukee and worked at a series of jobs, including being a clerk at the Humane Society, a bus driver for a private business, and, for more than two years, she was an Accounts Payable Clerk at a non-profit organization. As the intense pressure of school was removed, she was coping reasonably well. Until the day her mother was diagnosed with breast cancer. She will never forget that day, nor will she forget that, in six months from the day of the diagnosis, her 42-year-old mother would die of this disease. That's when the bottom fell out of her already fragile world. She went to live with her grandmother, and, in 1994, she went back to school. But she only completed one semester. She just couldn't focus on her work. In 1995, she was so depressed that she was not taking her medications. Things got so bad that she tried to take her own life by taking an overdose of sleeping pills. From 1995 to 2006, there were several hospitalizations; every couple of years, she'd go out to the Milwaukee County Mental Health Complex for a stay of 30 days. During her last hospitalization in 2006, this woman, now 37 years old, was told about a place called Grand Avenue Club. She was told that this was a place where people with mental illness were encouraged to go to school or to go to work. These possibilities really piqued her interest. After an earlier hospital stay, she was referred to a place called Day One, a program that was nice enough, but didn't have enough to get her to stay long. Perhaps, Grand Avenue would be different. She'd check it out. As you have probably suspected by now, I, Wuanette Exum, am that woman and, so now, I'd like to switch to the first person to tell you about my journey at Grand Avenue Club. I remember the tour. I liked it from the beginning. The people were nice. A lot seemed to be going on. The unit I wanted to belong right away was, Education & Employment, or EEU, because I was immediately attracted to the appeal of jobs and school. Besides, there was a lot of data entry work in that unit and I wanted to do that. But I also remember that I made friends with people throughout Grand Avenue Club. I had a friend named, Tina, a member in Culinary. And, of course, there was Rhonda, a staff person, also in Culinary, and I just felt so comfortable in EEU. The atmosphere was nice and people were friendly. Pretty early on, in the spring of 2006, Linda Siker, the EEU staff person, who ran the Supported Education Program, said to me, "Are you interested in going to work or going to school?" Since I'd always had dreams of finishing school, I opted for school, hoping that, this time, things would work out. Linda helped me with everything. She helped me secure financial aid, gave me the confidence to handle the paperwork, helped me look into what classes I needed and how to register. I'd summarize by saying that Linda got me back into the swing of things and gave me the

confidence to consider this step in the first place. And, so in the fall of 2006, after not being in school for 11 years, I enrolled in two math classes at the University of Wisconsin-Milwaukee, a branch of the publicly funded University of Wisconsin system. But this time, it was going to be different. Why? Because, after talking to Linda, I'd decided that I really wanted was a bachelor's degree in education. Ever since I was a little girl, I'd wanted to be a teacher because like kids and I like helping them out. I felt really great about this direction. I couldn't believe that I was really continuing my education. I'd given up hope that this would ever happen. While I was taking these two courses, I relied on my unit, the Education and Employment Unit, for support and great advice. Since I was attending school, I didn't come to the Clubhouse as much as before. I came to the Grand Avenue Club for Grand Avenue Club members who are in school. It's called SWAP, an acronym for Students with a Purpose and its purpose is to help our students. Topics include, "How to get ready for an exam," "How to set up a good study space," and, "The importance of not waiting for the last minute to start a paper." However, I was struggling in my classes and Linda looked for a math tutor for me. I also came in sometimes during the day to continue doing a bit of data entry, just because I enjoyed it. I got a, "B," and a, "C," that semester. In the spring of 2007, I took another math class. I was doing a bit better, but I won't lie. I experienced stress and I had real problems with note taking. Linda advised me to go to the Disability Specialist at the school to request a note taker. Since then, I have solved this problem by buying a voice recorder to record my classes. I got a, "B+," that semester. I take two courses a semester. Mainly, I get, "Bs," a few, "Cs," and I once got a, "C-," which I found very devastating. Things haven't been easy for me. I took a summer school class that really stressed me out because I had to attend three hours a day from Monday to Thursday. That was just **TOO MUCH!** Because of that experience, I took off a semester, but Grand Avenue Club helped me to get re-enrolled by helping me with the re-enrollment form and the application for financial aid. In June, 2009, I was the first recipient of the Martin Siegel Memorial Scholarship from the Grand Avenue Club. Matty Siegel was a long-term Grand Avenue Club board member who died in November, 2008; his wife, Judy Gordon, a current board member, created a \$2,000.00 tuition scholarship in his memory and I was selected for this honor. The tuition covered the two classes I am now taking: Math and Political Science. I'm working hard and trying to get, "Bs," in both of them. In fact, the reason that I am at this Seminar for only 24 hours is that I have classes on Monday and Wednesdays and I don't want to miss any of them. The reason I'm so glad that I'm going to be a teacher is that many kids have difficulty learning math. I'm excited that I can impart to them a way of learning. Math is a foreign language to so many of them and feels so difficult, and a lot of kids get the short end of the stick as they go through life, but I can help translate because I am so eager to help them out. I don't think I'd be in school if it were not for the Grand Avenue Club. They got me started and they supported me all along the way, even when I wasn't doing so well. They helped me get back to school, even when I took a semester off. I'm just so appreciative. But my most important message is for all of the members here. If you want to go to school, **GO!** I was scared because I thought the depression would come back again, but I'm doing what I have to do to take care of myself. Sitting at home only made my depression worse, Grand Avenue Club gave me something to do, and a place to go. Grand Avenue Club really helped me out and they are still there for me. So, please, listen up, go, because learning is good. Even if you don't go for credits, you can audit or study something that you find interesting. But I have to admit that I'm very glad that my schooling will lead to a profession because I have always wanted to be a math teacher. Two years from now, I will be teaching math in the Milwaukee Public Schools, the largest public school system in Wisconsin. They really need math teachers there. Like I said, I could not have done it without the help of Grand Avenue Club and, now, I hope to help others be who they want to be, just as Grand Avenue Club has helped me.



Six Ways to Stay Cool in Extreme Heat:
(From: www.fema.gov):

With increasing temperatures, you need to pay attention to the effects of extreme heat on your body. In periods of extreme heat, which is defined as a prolonged period of high heat and high humidity, your body works extra hard to maintain a normal temperature. Yearly, extreme heat causes more deaths than any other weather-related hazards. Here are six ways to help you and your family stay cool during the summertime as follows

1. Drink water-Please keep yourself and your pets well hydrated. Please remember to drink more fluids in spite of your activity level. Do not wait until you are thirsty.
2. Find air conditioning-If your home does not have air conditioning, go to a shopping mall or a public library to help you keep cool. Also, check to see if your community has emergency cooling centers as well. A few hours spent in air conditioning can help your body stay cooler when you walk back into the heat. Fans can provide comfort during hot weather, but they cannot prevent heat-related illnesses when the temperatures reach the high 90s.
3. Insulate your home-You can keep your home cooler by insulating it and covering windows with drapes or shades. Use window reflectors such as aluminum foil-covered cardboard to reflect heat back outside.
4. Wear sunscreen-Sunburn affects your body's ability to cool down and it can lead to dehydration. If you need to go outside, protect yourself from the sun by wearing a wide-brimmed hat and sunglasses, and by putting on sunscreen with SPF-15 or higher 30 minutes before you go outside.
5. Never leave pets or people in a closed car-Cars can heat up quickly to dangerous temperatures, even if a window is left cracked open. While anyone staying in a parked car is at risk of a heat stroke or dying, children are especially vulnerable to developing heat stroke and/or dying inside a hot, parked car.
6. Avoid strenuous activities-Try to limit outdoor activities to the coolest parts of the day, which are mornings and evenings. Rest often in shady areas so that your body has a chance to recover from the heat.



13 Inexpensive Hobbies You Can Teach Yourself:
(From: www.lifehacker.com, Story by Jeff Somers):

Hobbies can be expensive, especially if they involve creating collections, involve the use of special equipment and/or involve making payments on a regular basis, which can add up quickly. But there are some inexpensive hobbies that you can teach yourself that involve little or no money. Sometimes, you can make money from your hobbies. There are 13 hobbies that cost little or no money as follows:

1. **Puzzles**-There are a variety of puzzles available such as jigsaw puzzles, cheese puzzles, word search puzzles and crossword puzzles. You can find physical and word puzzles at the local library, at thrift stores and used book stores. You will get hours of absorbing fun that will keep your mind sharp and give you a sense of accomplishment when you solve a difficult problem.
2. **Whittling**-For whittling, you basically need a sharp knife and a hunk of wood. You can find free online tutorials to help you get started and, when you need a more complex project, you can find affordable wood-working kits to help you advance your whittling/wood-working skills for less than \$30.00.
3. **Sewing**-Sewing can be a hobby that pays for itself. You don't need a sewing machine or a lot of specialized tools. You can start with a basic sewing kit for under \$10.00 and start with some basic sewing. You can use sewing for repairing your clothes, which saves money. Once you get the fundamental steps of sewing down pat, you can expand your skill set and get a collection of threads and tools that you can use for more complex projects.
4. **Photography**-You don't need to buy an expensive camera, have a lot of equipment or get a lot of education in order to take up photography. You can start with a basic Smartphone, along with learning the fundamentals of photography. You can also find free online tools to help you with editing and augmenting your photographs. Without spending any money, you can take some great pictures that you can post online or you can display them in a variety of creative ways.
5. **Geocaching**-Geocaching is a hobby for people who like to solve puzzles and who like to be outdoor. People hide small boxes or containers (Geocaches) and they list their coordinates at a central site. You can use your Smartphone to get the GPS coordinates of your geocaches and, then, go find them. Once you locate the hidden package, you can swap out what's inside or just put it back and log your find. It's a free way to get some exercise and to exercise your mind and puzzle solving skills.
6. **Walking/Hiking/Running/Yoga**-Hiking, walking and running are free ways to burn off excessive energy and, also, it helps you to improve your health and your fitness. You can start hiking/walking on trails near you and there are usually trails for all levels of fitness and difficulty. You don't have to buy new footwear or buy equipment to take up walking/hiking. Running is also a free hobby where you don't have to buy expensive shoes. You can also do yoga in your own home for free using various online resources or/and attending free classes near you that are organized by individuals or organizations.

- 
7. Dancing-You can learn how to dance for free by using the Internet to find dancing videos. If you do a Google search, you might find free dancing classes near you that are held in such places as libraries, community centers, or dancing studios. Dancing is great exercise and it also can help you in social situations where you can show off the moves you've learned on the dance floor!
 8. Cooking-Everybody needs to eat. The whole point of cooking is to make food more interesting, more tasteful and more enjoyable. You can cook meals in a microwave if you don't have a full kitchen. If you have a basic kitchen, you can go online to find free cooking courses where you can learn the fundamentals of cooking in order to help you to make your food into both a fun project and a delicious meal.
 9. Scrapbooking-Scrapbooking is a hobby, where you can create interesting collages using scrap materials. You can scrapbook about anything and you can also make your scrapbook as a means of artistic expression using materials such as paper, ribbons and other scrap materials lying around your home. The only expenses that you need for scrapbooking are glue and a scrapbook.
 10. Gardening-Gardening can be inexpensive, since seeds are relatively cheap and you can also harvest seeds from vegetables and fruits you buy from the grocery store. You don't need a lot of special tools and you can purchase plants at a clearance sale in a hardware store to take care of plants that just need attention and care in order to be vibrant and alive once again. If you can't garden outside, you can always have an indoor garden.
 11. Music-If you wish to learn how to play a musical instrument and learn about music theory, you don't need to spend a lot of money on music lessons. You can find free music lessons on the Internet for virtually any musical instrument. You can also find free or cheap musical instruments by looking around on places like Craigslist, Facebook Marketplace, yard sales and flea markets. Local libraries may also loan out musical instruments, so you can check with them as well.
 12. Magic-You don't need a stage, huge sets or complex tricks in order to perform magic. You can learn simple card trick and sleight-of-hand tricks to perform. With a deck of cards and some free time, you can learn some magic tricks that challenge your powers of concentration and hand-eye coordination and, also, you have a means to entertain yourself and/or others as needed.
 13. Reading-Reading is an old hobby that is still pertinent today. With a library card, a Kindle or any other eBook reader, you can read lots of books for free. You can also use books to learn about other hobbies. You also can join and/or create a book club in real life and/or online to read and to discuss books with other people.



It is hard to believe that Christmas is coming fast! Our annual pottery fundraiser is just around the corner on Saturday, December 9th. Come and visit with a special North Pole guest, Santa Claus! Get your photo made with Santa while picking up some holiday gifts for loved ones. We will also have Bam's Sandwich Bistro for your food needs!



<https://fb.me/e/2loRAEV8c>

Connections Clubhouse will have a booth at the Annual Vendor Fair being hosted on September 9th!