

**NEWS & KNOWLEDGE...
NEWS YOU CAN USE...
October, 2023**



CONNECTIONS OUTINGS FOR OCTOBER, 2023:

OCTOBER AND NOVEMBER, 2023 OUTINGS:

**Thursday, October 5, 2023-Bowling at the Pin Station.
Friday, October 6, 2023-Walmart Grocery Shopping.
Saturday, October 7, 2023-No Outing.
Thursday, October 12, 2023-Shopping at Walmart.
Friday, October 13, 2023-Walmart Grocery Shopping.
Saturday, October 14, 2023-OktoberFest in Hickory.
Thursday, October 19, 2023-Employment/Education Dinner
Friday, October 20, 2023-Walmart Grocery Shopping.
Saturday, October 21, 2023-No Outing.
Thursday, October 26, 2023-Dollar Tree Shopping.
Friday, October 27, 2023-Walmart Grocery Shopping.
Saturday, October 28, 2023-Thrift Store Shopping and Out to Eat.
Tuesday, October 31, 2023-Halloween Party and Talent Shop.
Thursday, November 2, 2023-Bowling at the Pin Station.
Saturday, November 4, 2023-Catawba College versus Lenoir Rhyne Football.
Thursday, November 9, 2023-Shopping at Big Lost and Beall's (Formerly Burke Outlet).**

Clubhouse International Standards for Clubhouse Programs:

EDUCATION:

25. The Clubhouse assists members to reach their vocational and educational goals by helping them take advantage of educational opportunities in the community. When the Clubhouse also provides an in-house education program, it significantly utilizes the teaching and tutoring skills of members.

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 public 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 assistance in accessing quality medical, psychological, pharmacological and substance abuse services in the community.
28. The Clubhouse provides assistance, activities and opportunities designed to help members develop and sustain a healthy lifestyle.
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 those 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 base.
32. The clubhouse has recreational and social programs during evenings and on weekends. Holidays are celebrated on the actual day they are observed.



The History of Halloween:
(From: www.history.com):

The holiday of Halloween is celebrated each year on October 31st. This year, Halloween will be on Tuesday, October 31, 2023. This holiday derives from an ancient Celtic festival named Samhain, when people lit bonfires and wore costumes to scare off ghosts. In the eighth century, Pope Gregory III designated November 1st as a day to honor all of the saints. All Saints Day took on some of the traditions of Samhain. The day before All Saints was known as All Hallows Eve. Later, it was renamed to Halloween. Over time, Halloween developed into a day where people engaged in such activities as trick-or-treating, carving jack-o-lanterns, festive parties, wearing costumes and eating sweet treats like candy. The Celts, who lived about 2,000 years in the areas now known as Ireland, the United Kingdom, and Northern France, celebrated their new year on November 1st. November 1st marked the end of summer and the harvest and the beginning of the cold, dark winter season, which reminded people of death. The Celts also believed that, on the night before their new year, the boundaries of the living and the dead would become blurred, and, they celebrated Samhain on October 31st when they believed that the ghosts of the dead returned to the Earth. The Celts also believed that the presence of ghosts made it easier for the Druids (Celtic priests) to make predictions about the future. The predictions of the Druids helped ease the minds of people, who were so dependent on the volatile natural world, and, also, gave people a source of comfort during the long, dark days of winter. The Celts also believed that the ghosts caused trouble and that they damaged their (the Celts') crops. The Druids built huge sacred bonfires to mark the event and people came together to burn crops and animals as sacrifices to the Celtic gods. During the celebration, the Celts wore costumes, which generally consisted of animal heads and skins, and they tried to tell each other's fortunes. After the celebration, they re-lit their hearth fires, which they had put out earlier in the evening, from the sacred bonfire to help protect them during the coming winter season. By A.D. 43, the Romans had conquered the majority of Celtic territory. In the 400 years that the Romans ruled the Celtic lands, they combined two festivals of Roman origin into the traditional Celtic celebration of Samhain. The first Roman festival called Feralia, which was a day that the Romans commemorated the passing of the dead. The second Roman festival was a day that honored Pomona, the Roman goddess of fruits and trees. The symbol for Pomona was the apple. The celebration of Pomona, which was incorporated into the Samhain holiday along with Feralia, may have led to the Halloween tradition for bobbing for apples, which is still done every Halloween.



The History of All Saints' Day:
(From: www.history.com):

On May 13, A.D. 609, Pope Boniface dedicated the Pantheon in Rome, Italy to honor all Christian martyrs. Then, the Catholic feast of All Martyrs' Day was started in the Western Church. Later, Pope Gregory III expanded the festival to include all saints, along with all martyrs, and he moved the date of the observance from May 13th to November 1st. By the 9th century, the influence of Christianity had expanded into the Celtic lands and All Saints' Day gradually blended into Celtic rites and it overtook the older rites in the Celtic areas. In A.D. 1000, the church made November 2nd All Soul's Day, a day to honor the dead. It is believed that the church attempted to replace the Celtic festival of the dead with a church-endorsed holiday that was similar to the Celtic holiday honoring the dead. All Souls' Day was celebrated in a manner similar to Samhain with bonfires, parades, and dressing up in costumes like saints, angels, and devils. The All Saints' Day celebration was also named All-hallows or All-Hallowmas (From the Middle English word, *Alholomesse*, meaning, "All Saints' Day). Eventually, the night before All Saints' Day, the traditional celebration of Samhain in the Celtic religion, was called All-Hallows Eve, which eventually became better known as Halloween.

Halloween in the United States:
(From: www.history.com):

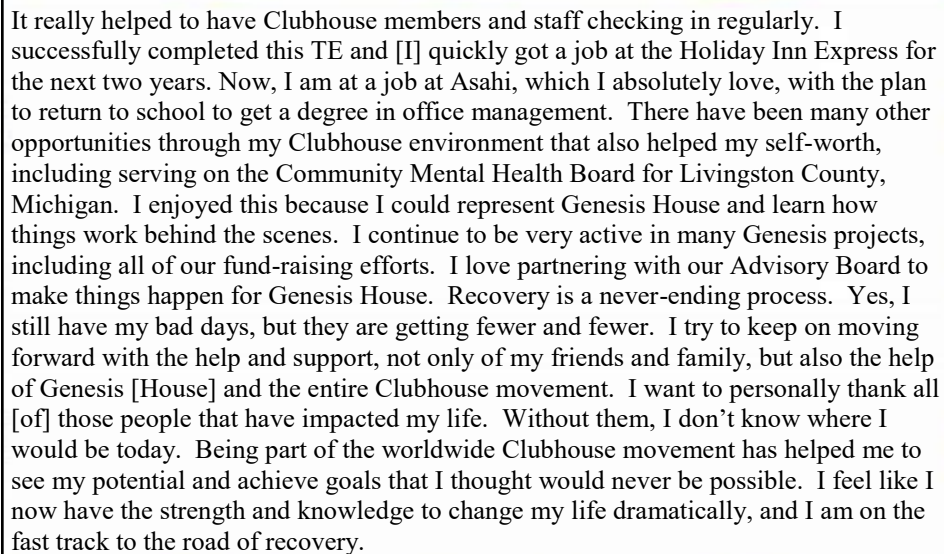
Due to the rigid Protestant beliefs in colonial New England, Halloween celebrations were very limited. However, Maryland and the southern colonies commonly celebrated Halloween. As the beliefs and customs of various European ethnic groups meshed with those of the American Indians, a distinctly American version of Halloween developed. The first celebrations consisted of, "play parties," which were public events to celebrate the harvest. Neighbors told stories about the dead, told other each other's fortune and engaged in dancing and singing. Colonial Halloween celebrations included the telling of ghost stories and mischief-making of various types. By the middle of the 19th century, people commonly celebrated annual autumn festivities, but Halloween was not celebrated everywhere in the United States. In the second half of the 19th century, new immigrants arrived in the United States. These new immigrants, especially millions of Irish people fleeing the Irish Potato Famine, helped to make the celebration of Halloween more popular in the United States.



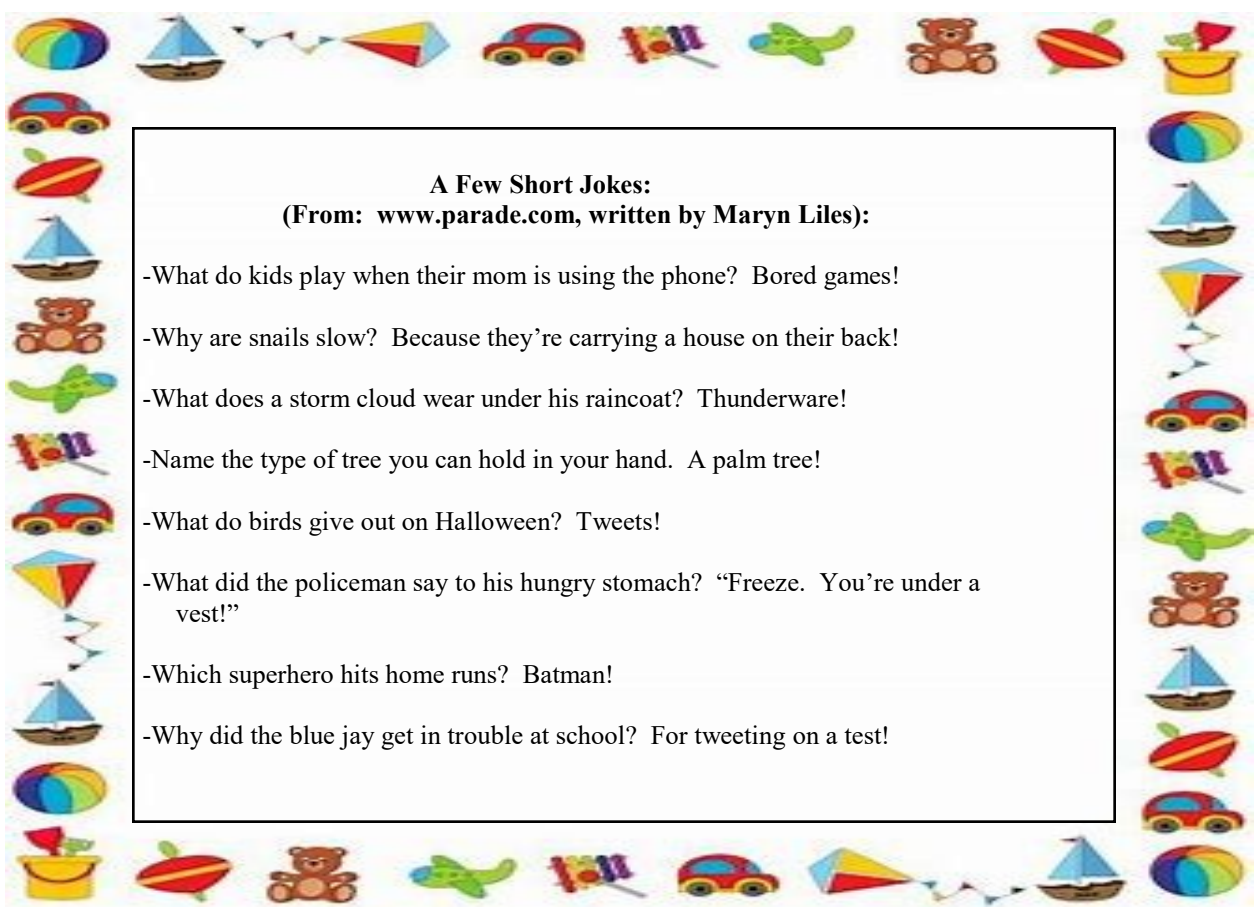


Michelle's Story:

Hi, my name is Michelle Kozak and I have been a member of Genesis House in Michigan since 2009. I am really happy to share that things are going very well for me today because this has not always been the case. When reflecting on my life, I think about the great job I have at Asahi, the fact that I bought a trailer with my boyfriend, that I am getting along very well with my family, and that Genesis House is still a central part of my life. There are many reasons why I think things are going so well, including all of the opportunities that I have taken advantage of since becoming a member of Genesis House. I have taken a leadership role and feel like I am wanted and needed like never before in my life. It gives me confidence to know that I can serve as a role model. When thinking about my life before I got involved with Clubhouse, I couldn't imagine a future that was filled with employment, friends, a boyfriend, living on my own, and being needed and wanted. My family has always been very important to me, but I used to feel like the black sheep of my family. I was a very emotional kid growing up, and I would do almost anything to fit in-None of which worked. After an extremely challenging adolescence, I was diagnosed with major depression. It was devastating, but at least, I knew that there was something behind all of my struggles. It took everything I had to go to a doctor's appointment and I found it impossible to hold down a job for any length of time. I spent most of my time just sitting in my room at my parents' house, watching TV. I felt my depressive symptoms increased dramatically and [I] had thoughts of suicide. It was during an especially low period that I heard about Genesis House. I took a chance and jumped into the unknown and [I] began attending Genesis House daily. The Clubhouse staff was asking me to help out with things that seemed very important to the running of the Clubhouse. Within four months of starting at Genesis House, I was asked to help with a presentation on the Work-Ordered Day at a Clubhouse Michigan meeting. It was overwhelming and exciting at the same time. I felt like I was worth something for the first time in many years, and it really helped me to get my self-confidence back. My family noticed this as well, and they were seeing [it] in me. The next opportunity that I was asked to participate in was a project called, "Clubhouse Peer Review," and I worked with our Genesis House Director and three other Clubhouses. I visited four or five Michigan Clubhouses during this time and [I] helped provide feedback on important Clubhouse areas like the Work-Ordered Day, Employment and Education. It was fun and helpful to see other Clubhouses in action, and it felt great to contribute to the larger Clubhouse community. It was also very cool to make friends from other Clubhouses and see them at meetings and conferences. Being on the Peer Review Team has also sparked my interest in investigating the possibility of joining the Accreditation Faculty for Clubhouse International. With my growing confidence and support from Genesis House, I decided to try to go to work. I started TE at Old Navy in Brighton, Michigan. This was my first job in three years and I was so nervous.



It really helped to have Clubhouse members and staff checking in regularly. I successfully completed this TE and [I] quickly got a job at the Holiday Inn Express for the next two years. Now, I am at a job at Asahi, which I absolutely love, with the plan to return to school to get a degree in office management. There have been many other opportunities through my Clubhouse environment that also helped my self-worth, including serving on the Community Mental Health Board for Livingston County, Michigan. I enjoyed this because I could represent Genesis House and learn how things work behind the scenes. I continue to be very active in many Genesis projects, including all of our fund-raising efforts. I love partnering with our Advisory Board to make things happen for Genesis House. Recovery is a never-ending process. Yes, I still have my bad days, but they are getting fewer and fewer. I try to keep on moving forward with the help and support, not only of my friends and family, but also the help of Genesis [House] and the entire Clubhouse movement. I want to personally thank all [of] those people that have impacted my life. Without them, I don't know where I would be today. Being part of the worldwide Clubhouse movement has helped me to see my potential and achieve goals that I thought would never be possible. I feel like I now have the strength and knowledge to change my life dramatically, and I am on the fast track to the road of recovery.



A Few Short Jokes:
(From: www.parade.com, written by Maryn Liles):

- What do kids play when their mom is using the phone? Bored games!
- Why are snails slow? Because they're carrying a house on their back!
- What does a storm cloud wear under his raincoat? Thunderware!
- Name the type of tree you can hold in your hand. A palm tree!
- What do birds give out on Halloween? Tweets!
- What did the policeman say to his hungry stomach? "Freeze. You're under a vest!"
- Which superhero hits home runs? Batman!
- Why did the blue jay get in trouble at school? For tweeting on a test!



Weird and Fun Holidays for October, 2023:
(From: www.timeanddate.com):

- *Sunday, October 1, 2023-International Coffee Day.
- *Wednesday, October 4, 2023-Taco Day.
- *Friday, October 6, 2023-World Smile Day.
- *Saturday, October 7, 2023-Card Making Day.
- *Monday, October 9, 2023-Curious Events Day.
- *Tuesday, October 10, 2023-Handbag Day.
- *Wednesday, October 11, 2023-It's My Party Day.
- *Friday, October 13, 2023-International Skeptics Day (Also, Friday the 13th-Oh No!).
- *Sunday, October 15, 2023-I Love Lucy Day.
- *Monday, October 16, 2023-Dictionary Day.
- *Tuesday, October 17, 2023-Wear Something Gaudy Day.
- *Wednesday, October 18, 2023-Chocolate Cupcake Day.
- *Saturday, October 21, 2023-Sweetest Day.
- *Sunday, October 21, 2023-Count Your Buttons Day.
- *Sunday, October 22, 2023-Caps Lock Day.
- *Tuesday, October 24, 2023-Bologna Day.
- *Wednesday, October 25, 2023-Sourest Day.
- *Thursday, October 26, 2023-Howl at the Moon, Day and Night.
- *Saturday, October 28, 2023-International Animation Day.
- *Sunday, October 29, 2023-Internet Day.
- *Monday, October 30, 2023-Candy Corn Day.
- *Tuesday, October 31, 2023-Magic Day and Halloween.



Save the Date!

Connections Clubhouse Annual Pottery Fundraiser

Date: Saturday, December 9th, 2023

Location: Connections Mud Shack

Time: 10:00am - 2:00pm

Get this wonderful winter event on your calendar now so you won't miss out! Take home beautiful pottery gifts for your family and friends!



OKTOBERFEST!:

Hickory will hold its annual Oktoberfest in Downtown Hickory, North Carolina from Friday, October 13, 2023 to Sunday, October 15, 2023. Hickory always holds its annual Oktoberfest in the second week of October. A German man named Adolphus, "Dolph," Shuford cofounded the Hickory Oktoberfest. Hickory has a long and proud German heritage. Hickory is home to the United States headquarters for several German companies and it shares a region-to-region partnership between Altenburger Land, Germany, and the four Greater Hickory Metro counties of Alexander, Burke, Caldwell, and Catawba still maintain their connections to Germany. The dates and the times for the Oktoberfest are as follows: Friday, October 13, 2023, from 5:00 p.m. to 11:00 p.m.; Saturday, October 14, 2023 from 10:00 a.m. to 11:00 p.m.; and Sunday, October 15, 2023 from Noon (12:00 p.m.) to 5:00 p.m. There will be live music stages, a Kidsfest, Beer Tents, and Food and Craft Vendors. In fact, Connections has an outing for the Oktoberfest scheduled for Saturday, October 14, 2023.

www.GoGranh.com

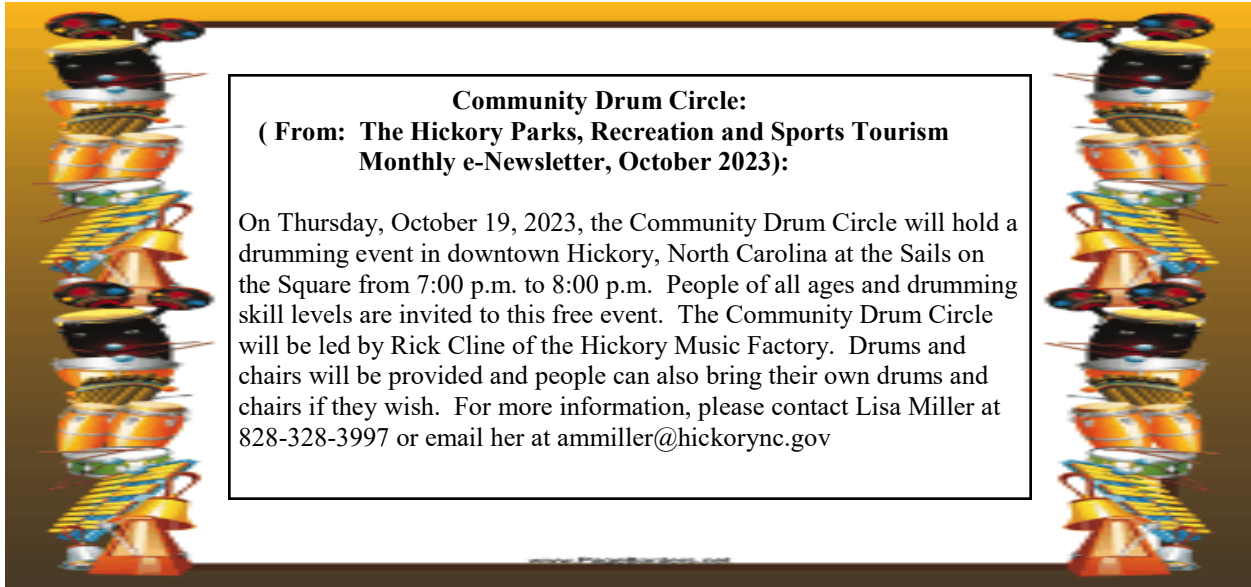


**Interview with Jason:
By Dawn:**

On September 29, 2023, I conducted an interview with Jason, one of the new staff members at Connections Clubhouse. Jason was born and raised in Massachusetts. He has a wife named Mary and he also has four children as follows: A daughter, Autumn, 22 years old, and three sons named Joseph, 20 years old, Noah, 16 years old and Sawyer, 9 years old. Jason and his family currently live in Lincolnton, North Carolina. His daughter, Autumn, and his son, Joseph, were born in Massachusetts and his sons, Noah and Sawyer, were born in Lake Norman, North Carolina. As far as education goes, Jason has a Bachelor of Science Degree in Philosophy. He also has an Associate's Degree in Human Services. Jason has worked as a residential manager and as a day program manager. He has also been self-employed in both home improvement and in E-commerce. Jason has also toured as a performance artist as well. His personal interests include fishing, going to yard sales, and doing a lot of theater. His daughter, Autumn, has performed in the Hickory Community Theater in the play, *Rock of Ages*. Jason and his family are quite involved in theater and they perform in such cities as Cherryville, North Carolina, and Gastonia, North Carolina. They also perform a little theater in Hickory, North Carolina. Jason has told me his ultimate goal is to get his Master's Degree in either Non Profit Management or Counseling. He also said he would like to be a professional poker player! Jason says of Connections that, "I like it," and, "I really do." Connections is fortunate to have a person like Jason, who has had worked in various fields and who really enjoys working at Connections!

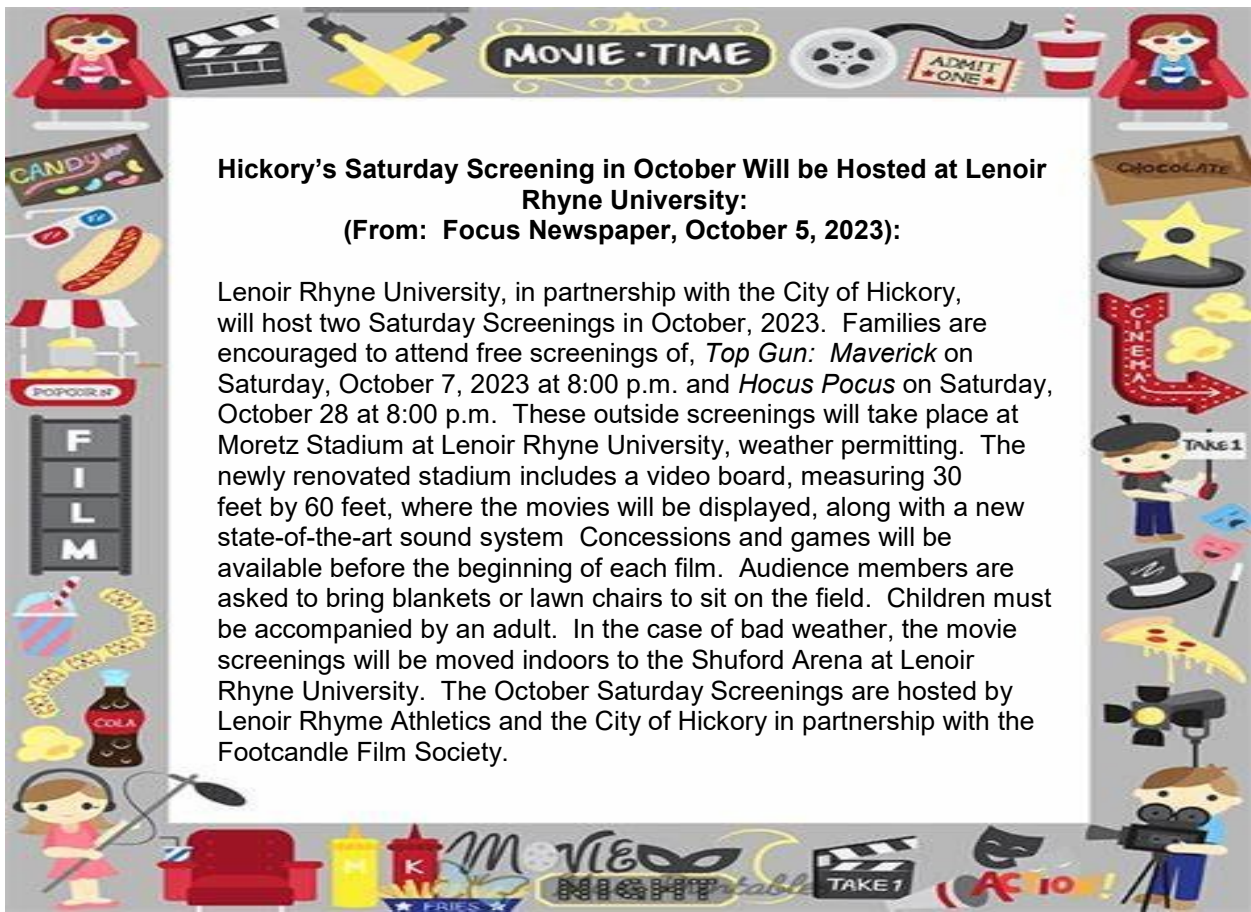
Interview with Charlotte:
By: Dawn & Jennifer
(Jennifer provided additional information for this interview).

On September 28, 2023, I conducted an interview with Charlotte, one of our new staff members. Charlotte hails from Canada and she lived in a city called Burlington, which is a city of Ontario, Canada. Charlotte likes the United States for having a variety in weather conditions and for having various locales where one can go to, such as the beaches and the mountains. She states that she took an opportunity to stay in the United States and she says that she can associate some of the states and areas with Canada. Charlotte also says that people in the United States act like people in Canada. She also states that Canada is a welcoming and safe, with a diversity of nationalities present there. Charlotte graduated from Lenoir Rhyne University in Hickory, North Carolina with a major in Exercise Science and with a minor in Psychology. She worked a lot in retail during high school and during times when she was home from college. Charlotte also volunteered with Big Brother while in high school, where she worked with a young boy. She interned last summer at a Physical Therapy and Occupational Therapy like clinic that treated children with autism, ADHD (Attention Deficit Hyperactivity Disorder) and aggressive behaviors. Charlotte's parents are alive and they live in Canada. She has an older sister, aged 26, who just graduated from college with a Master's degree in History. Her family also own a dog named Alfie, who is a rescue animal from Iran and the rest of Charlotte's family lives in England. When it comes to her approach with the mental health population, Charlotte says that her approach with that group would consist of a person-centered approach and being transparent about the resources that the mental health population needs and to engage in networking to address those needs. Some of her personal interests include baking, which she did a lot of while in high school for stress relief, arts and crafts for stress relief, making hats for premature babies, and embroidery. Charlotte also likes nature, particularly, oceans and lakes, and she also like experiencing new food. Charlotte says she would like to stay at Connections as long as she can and, perhaps, pursue a Master's degree in the future. She wants to be an Occupational Therapist for children with autism, but she needs to get a Master's degree first. Charlotte loves Connections and she also loves the people she as met so far. She has a passion for working in Connections and she's happy that she is in a job, which is more, "than a job." Charlotte loves the supportive and caring atmosphere at Connections. She wants to make a positive impact on other people's lives and helping them while working at Connections. We are fortunate to have a dedicated and enthusiastic person like Charlotte working here!



Community Drum Circle:
(From: The Hickory Parks, Recreation and Sports Tourism Monthly e-Newsletter, October 2023):

On Thursday, October 19, 2023, the Community Drum Circle will hold a drumming event in downtown Hickory, North Carolina at the Sails on the Square from 7:00 p.m. to 8:00 p.m. People of all ages and drumming skill levels are invited to this free event. The Community Drum Circle will be led by Rick Cline of the Hickory Music Factory. Drums and chairs will be provided and people can also bring their own drums and chairs if they wish. For more information, please contact Lisa Miller at 828-328-3997 or email her at ammiller@hickorync.gov



Hickory's Saturday Screening in October Will be Hosted at Lenoir Rhyne University:
(From: Focus Newspaper, October 5, 2023):

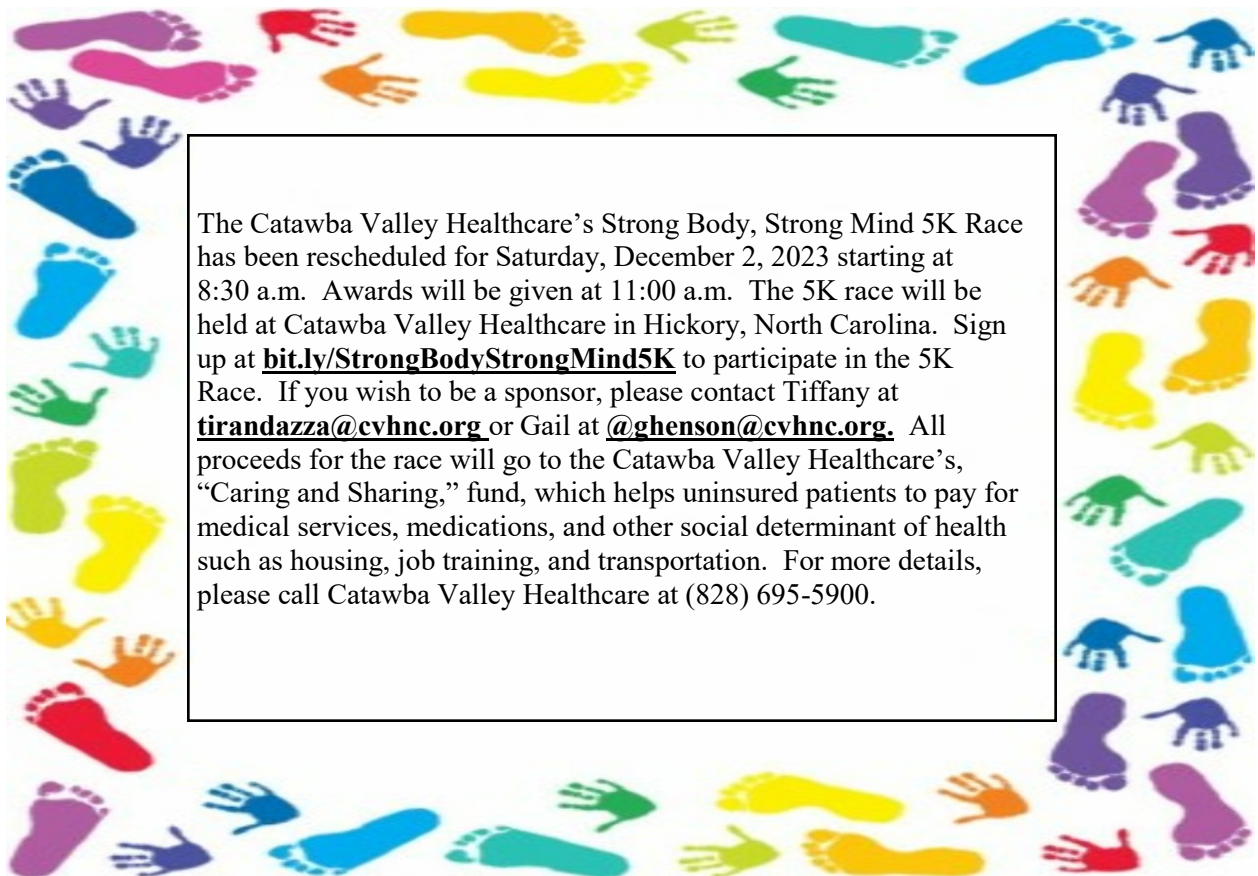
Lenoir Rhyne University, in partnership with the City of Hickory, will host two Saturday Screenings in October, 2023. Families are encouraged to attend free screenings of, *Top Gun: Maverick* on Saturday, October 7, 2023 at 8:00 p.m. and *Hocus Pocus* on Saturday, October 28 at 8:00 p.m. These outside screenings will take place at Moretz Stadium at Lenoir Rhyne University, weather permitting. The newly renovated stadium includes a video board, measuring 30 feet by 60 feet, where the movies will be displayed, along with a new state-of-the-art sound system. Concessions and games will be available before the beginning of each film. Audience members are asked to bring blankets or lawn chairs to sit on the field. Children must be accompanied by an adult. In the case of bad weather, the movie screenings will be moved indoors to the Shuford Arena at Lenoir Rhyne University. The October Saturday Screenings are hosted by Lenoir Rhyne Athletics and the City of Hickory in partnership with the Footcandle Film Society.



In Other News:

In the near future, colleagues from Gateway House in Greenville, South Carolina will visit Connections post-March, 2023 training. This visit is in compliance with Clubhouse International Accreditation Team expectations from June, 2021 on-site accreditation. Also, CARF (Commission on Accreditation Facilities) will visit Connections for re-accreditation. CARF may arrive in November and/or December, 2023 and/or January 2024.

Stephen Savarimuthu, the Executive Director of Brighter House in Morganton, North Carolina has come to visit Connections Clubhouse and he is looking forwards to building a working relationship with Connections, both as a colleague and as a member of the North Carolina Coalition of Clubhouses.



The Catawba Valley Healthcare's Strong Body, Strong Mind 5K Race has been rescheduled for Saturday, December 2, 2023 starting at 8:30 a.m. Awards will be given at 11:00 a.m. The 5K race will be held at Catawba Valley Healthcare in Hickory, North Carolina. Sign up at bit.ly/StrongBodyStrongMind5K to participate in the 5K Race. If you wish to be a sponsor, please contact Tiffany at tirandazza@cvhnc.org or Gail at @ghenson@cvhnc.org. All proceeds for the race will go to the Catawba Valley Healthcare's, "Caring and Sharing," fund, which helps uninsured patients to pay for medical services, medications, and other social determinant of health such as housing, job training, and transportation. For more details, please call Catawba Valley Healthcare at (828) 695-5900.