

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



*HAPPY THANKSGIVING!!*



**CONNECTIONS OUTINGS FOR NOVEMBER, 2023:**

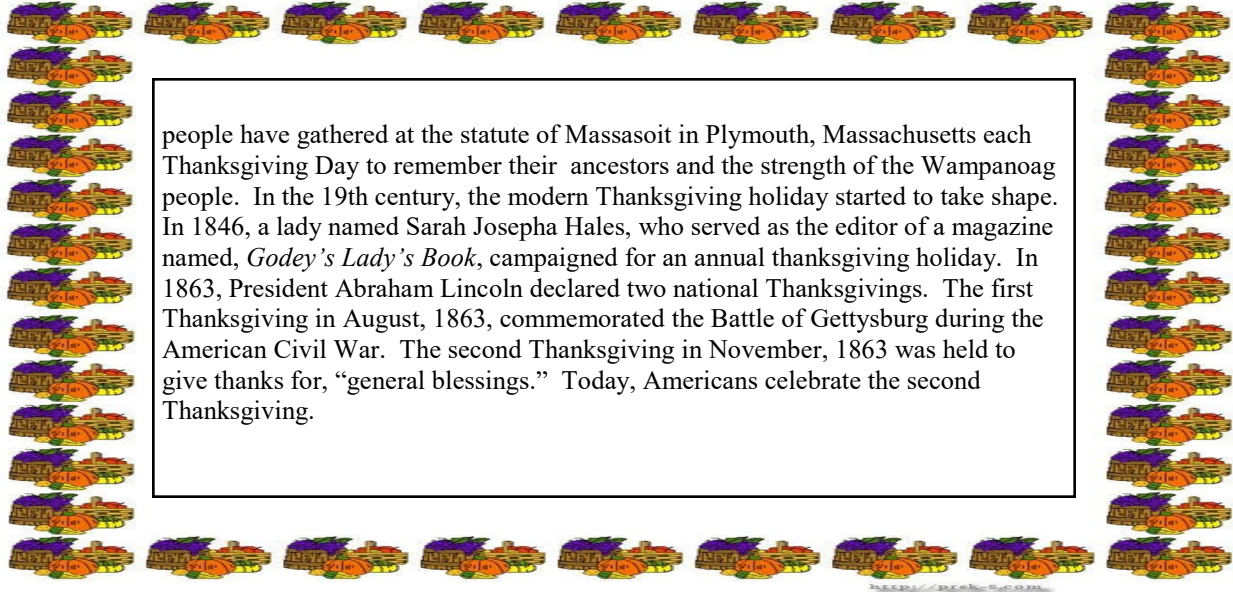
**Wednesday, November 1, 2023-Water Aerobics at the YMCA (\$5.00 per Class).**  
**Thursday, November 2, 2023-Bowling at the Pin Station.**  
**Friday, November 3, 2023-Grocery Shopping at Walmart.**  
**Saturday, November 4, 2023-Football Game at Lenoir Rhyne University.**  
**Wednesday, November 8, 2023-Water Aerobics at the YMCA (\$5.00 per Class).**  
**Thursday, November 9, 2023-Shopping at Big Lots.**  
**Friday, November 10, 2023-Grocery Shopping at Walmart.**  
**Wednesday, November 15, 2023-Water Aerobics at the YMCA (\$5.00 per Class).**  
**Thursday, November 16, 2023-Employment/Education Appreciation Dinner.**  
**Friday, November 17, 2023-Grocery Shopping at Walmart.**  
**Sunday, November 19, 2023-Elf-The Musical.**  
**Tuesday, November 21, 2023-Thanksgiving Dinner at the Clubhouse.**  
**Thursday, November 23, 2023-Thanksgiving Special Event.**  
**Wednesday, November 29, 2023-Water Aerobics at the YMCA (\$5.00 per Class).**  
**Thursday, November 30, 2023-Bingo, Baby!, at the Clubhouse.**



**The First Thanksgiving:**  
**(From: [www.kids.nationalgeographic.com](http://www.kids.nationalgeographic.com)):**

On the fourth Thursday of November, Americans celebrate Thanksgiving, a national holiday that honors early American settlers and Native Americans, who gathered together to hold a historical harvest feast. Before settlers sailed to the East Coast of the United States, many Native American tribes lived in that area. The Wampanoag people lived in the area surrounding the site of the first Thanksgiving, which is known as southeastern Massachusetts and Eastern Rhode Island, for over 12,000 years and they were visited by other settlers before the arrival of the *Mayflower* in 1620. The Wampanoag people knew the land well and had fished, hunted, and harvested there for thousands of generations. The members of the Plymouth Colony, called Puritans, were English Protestants who wished to break free from the Church of England. They initially moved to Holland. But after 12 years of financial problems, the Puritans received funding from English merchants to sail across the Atlantic Ocean to settle in a, "New World," in 1620. Their ship, the *Mayflower*, carried 120 men, women, and children. The *Mayflower* traveled the ocean for 66 days and was supposed to land at the current location of New York City. But windy conditions forced the group to make their trip short and settle at the current location of Cape Cod, Massachusetts. As the Puritans prepared for winter, they gathered everything they could, including Wampanoag supplies. One day, Samoset, a leader of the Abenaki people, and Tisquantum (Better known as Squanto) visited the settlers. Squanto was a Wampanoag who had experience with other settlers and could also speak English. He helped the settlers to grow corn and to use fish for fertilizer. After several meetings, the settlers and the native people made a formal agreement and, in March, 1621, they joined together to protect each other from other tribes. One day in the Fall of 1621, four settlers went out to hunt food for a harvest celebration. The Wampanoag heard the gunshots and they told their leader, Massasoit, who thought the English settlers were preparing to wage war. Massasoit visited the English settlement with 90 of his men to see if the rumors of war was true. Soon after their visit, the Native Americans realized that the English were only hunting for the harvest celebration. Massasoit sent some of his men to help hunt deer for the feast. For three days, the English and the Native Americans ate together. The meal consisted of deer, corn, shellfish, and roasted beef. Their menu was different from today's traditional Thanksgiving feast. They also played ball games, sang songs, and danced. Although the English settlers and the Native Americans may offered prayers and thanks at the 1621 harvest gathering, the first recorded religious Thanksgiving Day in Plymouth happened two years later in 1623. On this occasion, the colonists gave thanks to God for rain after a two-month drought. Puritans are often thought of having silver buckles on their shoes and wearing somber, black clothing. Actually, they wore bright and cheerful colors with no shoe buckles! The Native Americans did not wear woven blankets on their shoulders and large, feathered headdresses, even though some artworks portray them as wearing this attire. Today, we refer to the Puritans as, "Pilgrims," even they did not call themselves that. The peace achieved between the Native Americans and the English settlers lasted only for a generation. The Wampanoag people do not share the popular reverence for the traditional New England Thanksgiving. To them, Thanksgiving serves as a reminder of betrayal and bloodshed. Since 1970, many native





people have gathered at the statute of Massasoit in Plymouth, Massachusetts each Thanksgiving Day to remember their ancestors and the strength of the Wampanoag people. In the 19th century, the modern Thanksgiving holiday started to take shape. In 1846, a lady named Sarah Josepha Hales, who served as the editor of a magazine named, *Godey's Lady's Book*, campaigned for an annual thanksgiving holiday. In 1863, President Abraham Lincoln declared two national Thanksgivings. The first Thanksgiving in August, 1863, commemorated the Battle of Gettysburg during the American Civil War. The second Thanksgiving in November, 1863 was held to give thanks for, "general blessings." Today, Americans celebrate the second Thanksgiving.

### **International Standards for Clubhouse Programs:**

#### **FUNDING, GOVERNANCE AND ADMINISTRATION:**

33. The Clubhouse has an independent board of directors, or if it is affiliated with a sponsoring agency, has a separate advisory board comprised of individuals uniquely positioned to provide financial, legal, legislative, employment development, consumer and community support and advocacy for the Clubhouse.
34. The Clubhouse develops and maintains its own budget, approved by the board or supported by an advisory board, which provides input and recommendations prior to the beginning of the fiscal year and routinely monitors during the year.
35. Staff salaries are competitive with comparable positions in the mental health field.
36. The Clubhouse has the support of appropriate mental health authorities and all necessary licenses and accreditations. The Clubhouse collaborates with people and organizations that can increase its effectiveness in the broader community.
37. The Clubhouse holds open forums and has procedures, which enables members and staff to actively participate in decision making, generally by consensus, regarding governance, policy making, and the future direction and development of the Clubhouse.

### **Clubhouse International Standards for Clubhouse Programs:**

#### **MEMBERSHIP:**

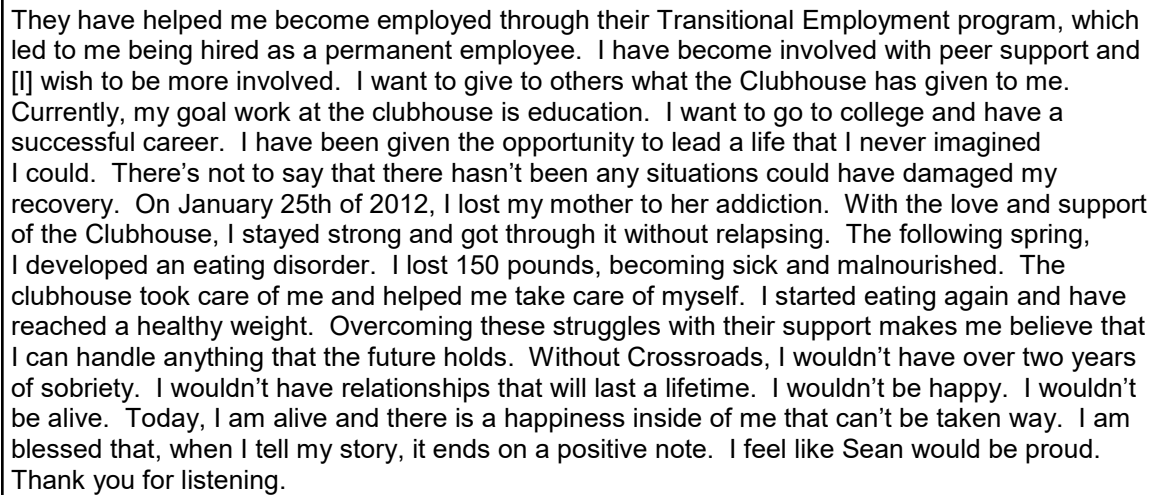
1. Membership is voluntary and without time limits.
2. The Clubhouse has control over its acceptance of new members. Membership is open to anyone with a history of mental illness, unless that person poses a significant and current threat to the general safety of the Clubhouse community.
3. Members choose the way they utilize the clubhouse, and the staff with whom they work. There are no agreements, contracts, schedules, or rules intended to enforce participation of members.
4. All members have equal access to every Clubhouse opportunity with no differentiation based on diagnosis or level of functioning.
5. Members, at their choice, are involve in the writing of all records, reflecting their participation in the Clubhouse.
6. Members have a right to immediate re-entry into the Clubhouse community after any length of absence, unless their return poses a significant and current threat to the Clubhouse community.
7. The clubhouse provides an effective reach out system to members who are not attending, becoming isolated in the community or hospitalized.



*Imagination*  
RULES THE WORLD...

**17IS Plenary Presentation:  
Community: The Clubhouse Answer to Isolation and Despair:  
Patrick Whalen, Crossroads Clubhouse, Massachusetts:**

Hi, my name is Patrick. I am twenty-two years and I am in recovery from bipolar disorder, post-traumatic stress disorder, an eating disorder and substance abuse. I wanted to talk about how my illnesses have plagued me with great isolation and how I recovered with the help of Crossroads Clubhouse. I will start with this. I had been lonely, even in my earlier memories. As a child, I felt the need to keep away from my parents. They were abusive toward my brother, Sean, and me. At times, they were arrested for using and dealing drugs. More often than not, we were either yelling or crying. My brother and I felt neglected. All we had was each other. As a result of my suffering, I would become frustrated, uncooperative and withdrawn. This affected my schooling. I couldn't focus or make friends. I was always in trouble for acting out in anger. I knew why I'd behave this way, but I afraid to tell anyone the reason why. I continued to suffer in silence for the rest of my schooling and my performance never improved. When I was sixteen, I dropped out of high school because of social anxiety. I began drinking alone in my bedroom and, at times, with Sean and his friends. We were both self-medicating, while we struggled with the difficulty we had with our mother. She was in poor health because of her addiction and, though we tried to help her, she had kept us at a distance with verbal abuse. At this time, I became very suicidal. Drinking wasn't enough for me and I started getting high. Sean and I argued because he didn't like the choices I had been making. On one particular night, we had one of our worst fights. It ended with him storming out of the house, I, then, ran up the stairs and [I] went to bed. At 3 a.m., the next morning, I woke up to the phone ringing. It was my aunt calling to tell me that Sean was in the hospital, but she didn't know what for. I quickly ran downstairs to find my father passed out from a long night of heavy drinking. After having to shake him awake, he drove us to the hospital while he was intoxicated. When we arrived, we were informed that Sean had been killed in a drunk driving accident. April 9th, 2009, was the day I lost my brother. My last interaction with Sean was our argument over my drug use. This was one of the most difficult parts of his passing. I just wanted to tell him that I was sorry. A year later, the anniversary of Sean's death was approaching. I began to experience my first manic episode. I noticed a surge in my mood and [my] energy levels. I became euphoric and my thoughts were too fast for my mouth to keep up. It didn't take long for the euphoria to turn into irritability and rage. I was completely delusional. I immediately ended up in a psychiatric ward, where I was diagnosed with bipolar disorder. I began to take medication and go to therapy, but my drug use went on for another year. Sean's second anniversary triggered another manic episode that required psychiatric care. I was told that I would never recover if I kept using. When I left the hospital, I made the choice to be sober. The isolation became so much more overwhelming when I had to cut ties with the people who I used with. Others would avoid talking to me when they learned that I have bipolar disorder. I thought that I didn't belong anywhere or with anyone. I spent all my waking hours alone, being unproductive, and feeling like I had no purpose. I wanted so badly to start using again or kill myself. My therapist was doing her absolute best to help me with the isolation. She mentioned Crossroads Clubhouse to me, describing it as a place where I could go and surround myself with people I could relate to. I took the opportunity and became a member at the Clubhouse. Everything she said was true. Crossroads helped me develop my very first healthy relationships. The welcoming membership brought me out of my shell and supported my sobriety. The more I attended Clubhouse, the less I felt the desire to isolate. Becoming involved with the Clubhouse movement gave me a new sense of purpose. They have helped me acquire a G.E.D. They found me a place to live when I was about to become homeless.



They have helped me become employed through their Transitional Employment program, which led to me being hired as a permanent employee. I have become involved with peer support and [!] wish to be more involved. I want to give to others what the Clubhouse has given to me. Currently, my goal work at the clubhouse is education. I want to go to college and have a successful career. I have been given the opportunity to lead a life that I never imagined I could. There's not to say that there hasn't been any situations could have damaged my recovery. On January 25th of 2012, I lost my mother to her addiction. With the love and support of the Clubhouse, I stayed strong and got through it without relapsing. The following spring, I developed an eating disorder. I lost 150 pounds, becoming sick and malnourished. The clubhouse took care of me and helped me take care of myself. I started eating again and have reached a healthy weight. Overcoming these struggles with their support makes me believe that I can handle anything that the future holds. Without Crossroads, I wouldn't have over two years of sobriety. I wouldn't have relationships that will last a lifetime. I wouldn't be happy. I wouldn't be alive. Today, I am alive and there is a happiness inside of me that can't be taken way. I am blessed that, when I tell my story, it ends on a positive note. I feel like Sean would be proud. Thank you for listening.

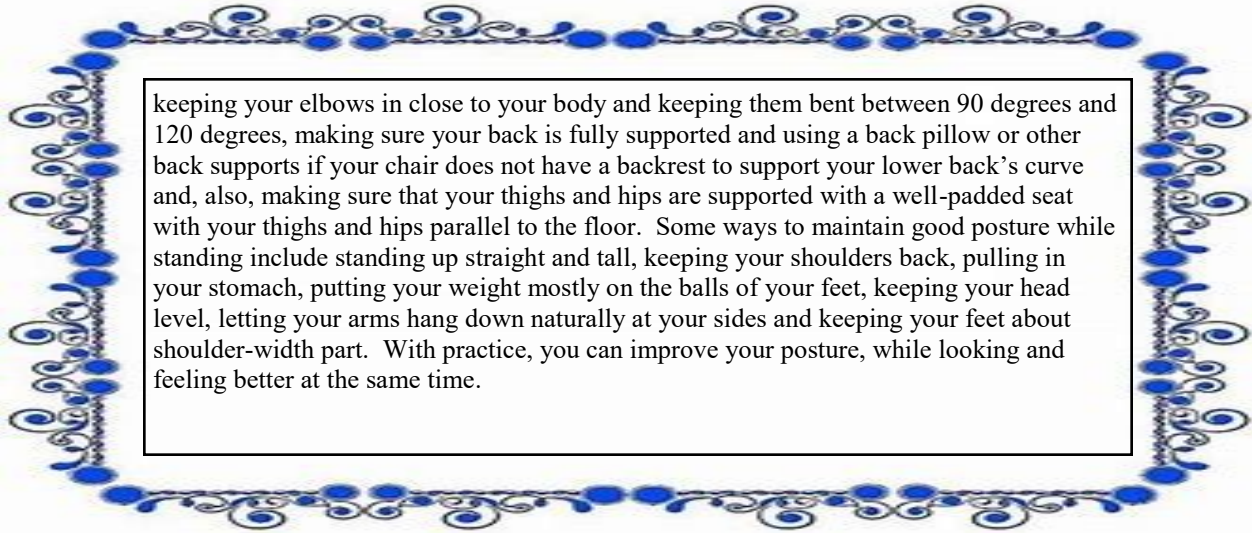


**A Few Clean Jokes:**  
**(From: [www.greetingcardpoet.com](http://www.greetingcardpoet.com)):**

- Why do fish live in seawater? Because pepper makes them sneeze!
- Why did the gymnast put extra salt on her food? So, she could do summer salts!
- What's purple and 5,000 miles long? The Grape Wall of China!
- Where did Noah keep his bees? In the Ark hives!
- Will a glass coffin be a success? Remains to be seen!
- I can hear music coming out of my printer. I think the paper's jammin' again!
- Where do polar bears vote? The North Pole!
- What do you get if you cross a centipede and a parrot? A walkie-talkie!
- What do you get when you cross Sonic The Hedgehog with Curious George? 2 Fast, 2 Curious!
- My friend's bakery burned down last night. Now, his business is toast!

**Information on Good Posture:  
(From: [www.medlineplus.gov](http://www.medlineplus.gov)):**


Having good posture consists of more than standing up straight so you can look your best. Holding your body in the right way, whether you are moving or standing, can help prevent pain, injuries, and other health problems. The definition of posture is how you hold your body. There are two different types of posture. The first type is called dynamic posture, which describes how you hold yourself as you move, like in walking, running, or bending over to pick up an object. The second type of posture is called static posture, which describes how you hold yourself when you are not moving, as in sitting, standing or sleep. It is important to make sure that you have both good dynamic and static posture. The position of your spine is the key to good posture. There are three natural curves that make up your spine and they are in your neck, your mid-back, and your lower back. In good posture, you need to maintain these three curves without increasing them. Your head should be above your shoulders and the top of your shoulders should be over your hips. Poor posture can lead to various health problems. Slouching or slumping over can result in the following problems: (1). Misaligning your musculoskeletal system, (2). Wearing away at your spine, making it more fragile and more injury-prone, (3). Causing neck, shoulder, and back pain, (4). Decreasing your flexibility, (5). Affecting how well your joints move, (6). Adversely affecting your balance, (7). Making it harder to digest your food, and (8). Making harder to breathe. One way to improve your general posture includes being mindful of your posture while engaged in everyday activities, such as watching television, washing dishes, or walking. Make sure you make an effort to keep your spine in the proper position. Also, staying active helps your posture. Any kind of exercise can improve your posture, but there are some exercises that can be especially helpful, such as tai chi, yoga, and any other exercise classes, which focuses on bodily awareness. Also, concentrate on any exercises that strengthen your core, which consists of the muscles around your back, abdomen, and pelvis. Maintaining a healthy weight helps with your posture, as extra body weight can weaken your abdominal muscles, causing problems for both the pelvis and the spine. Being overweight can also contribute to low back pain. All of these factors can hurt your spine. Wearing comfortable, low-heeled shoes can help with good posture as well. Wearing high-heeled shoes can throw off your balance and force you to walk in a different way, which puts more stress on your muscles and harms your posture. Making sure that your work surfaces are at a comfortable height for you can help you maintain good posture, whenever you are working in front of a computer, making dinner or eating a meal. Some ways to improve your posture while sitting, include switching sitting positions often, taking brief walks around your home or office, gently stretching your muscles every so often to relieve muscle tension, keeping your feet on the floor with your ankles in front of your knees, while keeping your legs uncrossed, making sure your feet touch the floor and using a footrest as needed, relaxing your shoulders and making sure that they are not rounded and/or pulled backwards, r el-



keeping your elbows in close to your body and keeping them bent between 90 degrees and 120 degrees, making sure your back is fully supported and using a back pillow or other back supports if your chair does not have a backrest to support your lower back's curve and, also, making sure that your thighs and hips are supported with a well-padded seat with your thighs and hips parallel to the floor. Some ways to maintain good posture while standing include standing up straight and tall, keeping your shoulders back, pulling in your stomach, putting your weight mostly on the balls of your feet, keeping your head level, letting your arms hang down naturally at your sides and keeping your feet about shoulder-width apart. With practice, you can improve your posture, while looking and feeling better at the same time.

**END OF DAYLIGHT SAVINGS TIME:!**

Daytime Savings Time will end on Sunday, November 5, 2023 at 2:00 a.m. **Please** remember to set your clocks **back one hour!** Also, you will also get an extra hour of sleep that you lost back in March, 2023 with the start of Daylight Savings Time!



**Transitional Employment Update:**

Recently, two Connections members, Chelsea and Doug, started TE positions at the Four Peas in a Pod Restaurant in Conover, North Carolina. These placements are working out very well. Chelsea and Doug are doing a great job and they are very happy with their jobs! Way to go, Chelsea and Doug! Our other TE workers are doing very well with their jobs and they are also happy with their jobs as well! We are very proud of our TE workers! Way to go, everybody!



**Be Thankful Every Day-Not Just on Thanksgiving Day!!**





**Unusual and Fun Holidays in November:  
(From: [www.timeanddate.com](http://www.timeanddate.com)):**

Wednesday, November 1-Author's Day.  
Thursday, November 2, 2023-Develed Eggs Day.  
Thursday, November 2, 2023-Men Make Dinner Day.  
Thursday, November 2, 2023-International Stout Day.  
Friday, November 3, 2023-Sandwich Day.  
Saturday, November 4, 2023-Common Sense Day.  
Sunday, November 5, 2023-Zero Tasking Day.  
Monday, November 6, 2023-Saxophone Day.  
Tuesday, November 7, 2023-Bittersweet Chocolate with Almonds Day.  
Wednesday, November 8, 2023-Tongue Twister Day.  
Thursday, November 9, 2023-Chaos Never Dies Day.  
Friday, November 10, 2023-Forget Me Not Day.  
Friday, November 10, 2023-Vanilla Cupcake Day.  
Saturday, November 11, 2023-Origami Day.  
Sunday, November 12, 2023-Happy Hour Day.  
Monday, November 13, 2023-World Kindness Day.  
Monday, November 13, 2023-Sadie Hawkins Day.  
Tuesday, November 14, 2023-Spicy Guacamole Day.  
Tuesday, November 14, 2023-Pickle Day.  
Wednesday, November 15, 2023-Clean Out Your Refrigerator Day.  
Thursday, November 16, 2023-Fast Food Day.  
Thursday, November 16, 2023-Use Less Stuff Day,  
Friday, November 17, 2023-Take a Hike Day.  
Saturday, November 18, 2023-Push Button Phone Day.  
Monday, November 20, 2023-National Absurdity Day.  
Tuesday, November 21, 2023-World Hello Day.  
Wednesday, November 22, 2023-Go For a Ride Day.  
Thursday, November 23, 2023-Fibonacci Day. (Also, Thanksgiving Day!).  
Friday, November 24, 2023-Celebrate Your Unique Talent Day.  
Friday, November 24, 2023-Buy Nothing Day.  
Saturday, November 25, 2023-Shopping Reminder Day.  
Sunday, November 26, 2023-Cake Day.  
Tuesday, November 28, 2023-Red Planet Day.  
Wednesday, November 29, 2023-Electronic Greeting Card Day.  
Thursday, November 30, 2023-Computer Security Day.



# 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!

