

NEWS & KNOWLEDGE...
NEWS YOU CAN USE....
February, 2024

*HAPPY
VALENTINE'S
DAY!*

UPCOMING CONNECTIONS OUTINGS-FEBRUARY, 2024:

- Thursday, February 1, 2024-Bingo, Baby!, at the Clubhouse.
Friday, February 2, 2024-Unit Shopping/Supply Shopping at the Walmart Neighborhood Market.
Saturday, February 3, 2024-No Outing.
Thursday, February 8, 2024-Board Games at the Clubhouse.
Friday, February 9, 2024-Unit Shopping/Supply Shopping at the Walmart Neighborhood Market.
Saturday, February 10, 2024-Valentine Party/Dance/Games/Healthy Lunch at the Clubhouse.
Wednesday, February 14, 2024-Valentine's Day.
Thursday, February 15, 2024-Employment/Education Dinner.
Friday, February 16, 2024-Unit Shopping/Supply Shopping at the Walmart Neighborhood Market.
Saturday, February 17, 2024-No Outing.
Wednesday, February, 21, 2024-Water Aerobics at the YMCA (\$5.00 per Class).
Thursday, February 22, 2024-Shopping at the Walmart Supercenter.
Friday, February 23, 2024-Unit Shopping/Supply Shopping at the Walmart Neighborhood Market.
Saturday, February 24, 2024-Shopping at Target Store Area/Dollar Tree/Out to Eat.
Wednesday, February 28, 2024-Water Aerobics at the YMCA (\$5.00 per Class).
Thursday, February 29, 2024-Bowling at the Pin Station.

**Black History Month:
(From: www.history.com):**

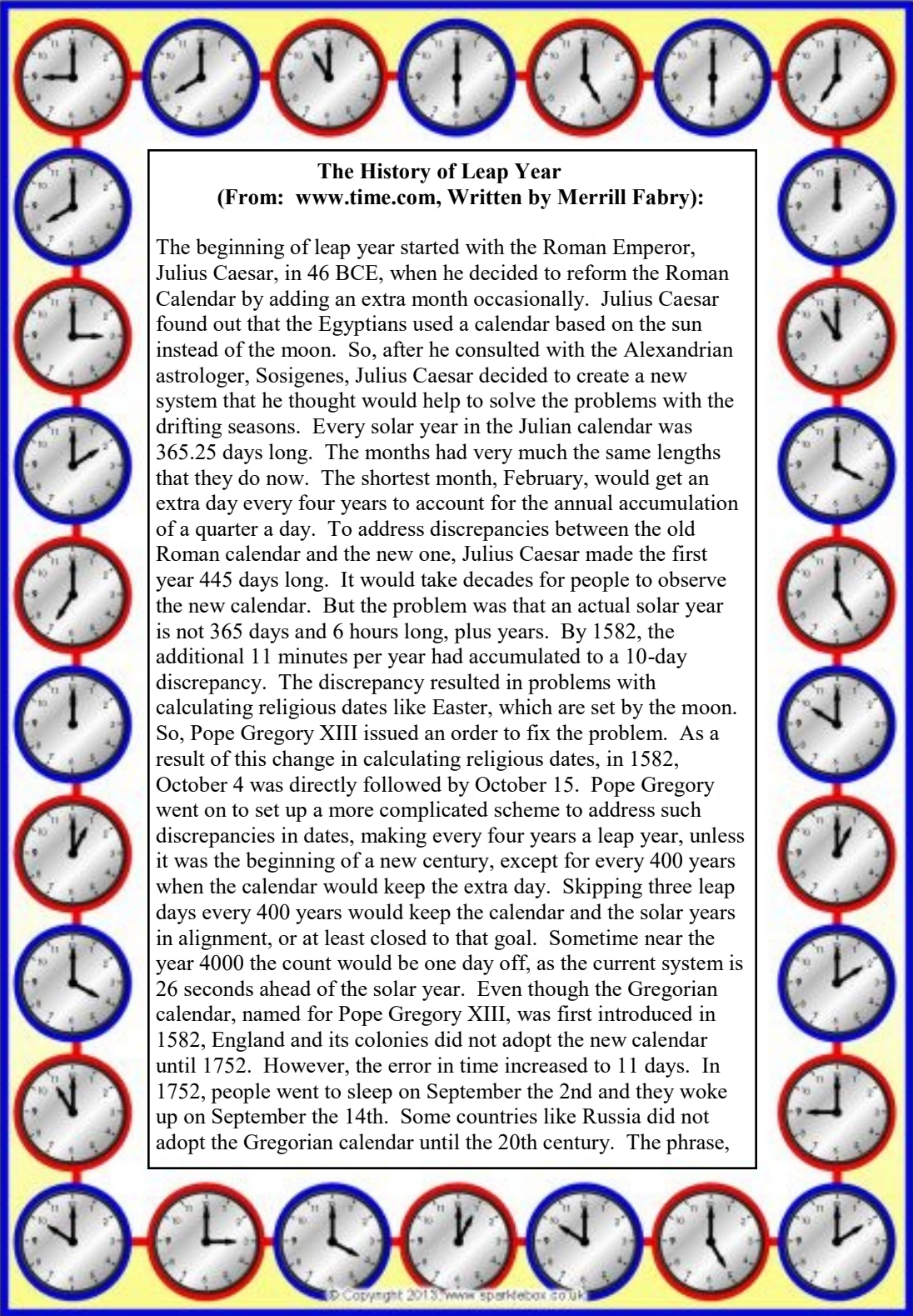
Black History Month celebrates the achievements of African Americans and it also serves as a time to recognize their central role in the history of the United States. It is also known as African American History Month. This event evolved from, "Negro History Week," which was the idea of historian, Carter G. Woodson, and other prominent African Americans. Since 1976, every American President has designated the month of February as Black History Month. Other countries such as Canada and the United Kingdom also devote a month to celebrate Black history as well. In September, 1915, after a half-century after the Thirteenth Amendment of the United States Constitution abolished slavery, the Harvard-trained historian, Carter G. Woodson, along with the prominent minister, Jesse E. Moorland, founded the Association for the Study of Negro Life and History (ASNLH). The ASNLH organization was dedicated to researching and promoting the achievements of Black Americans and other peoples of African descent. In 1926, the Association for the Study of Negro Life and History sponsored a national Negro History Week, selecting the second week of February for the celebration to coincide with the birthdays of Abraham Lincoln and Frederick Douglass. This event inspired schools and communities across the United States to organize local celebrations, to set up history clubs and host performances and lectures. In the following decades, mayors of cities across the United States started to issue yearly proclamations recognizing, "Negro History Week." By the late 1960s, due to the civil rights movement and a growing awareness of Black identity, "Negro History Month," became better known as Black History Month on many college campuses. In 1976, President Gerald Ford officially recognized Black History Month, asking the public to, "Seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history." Today, Black History Month is a time to honor the contributions and legacy of African Americans across American history and society such as Harriet Tubman, Rosa Parks, Malcolm X and Dr. Martin Luther King, Jr. Since 1976, every American President has designated February as Black History Month, along with a designated specific theme. The 2024 Black History Month theme is, "African Americans and the Arts," which will explore the influence of African Americans in the visual and performing arts, literature, fashion, folklore, language, film, music, architecture, culinary and other forms of cultural expression.

Happy Valentine's Day!

**What's Valentine's Day and How Did It Start?:
(From: www.bbc.co.uk):**

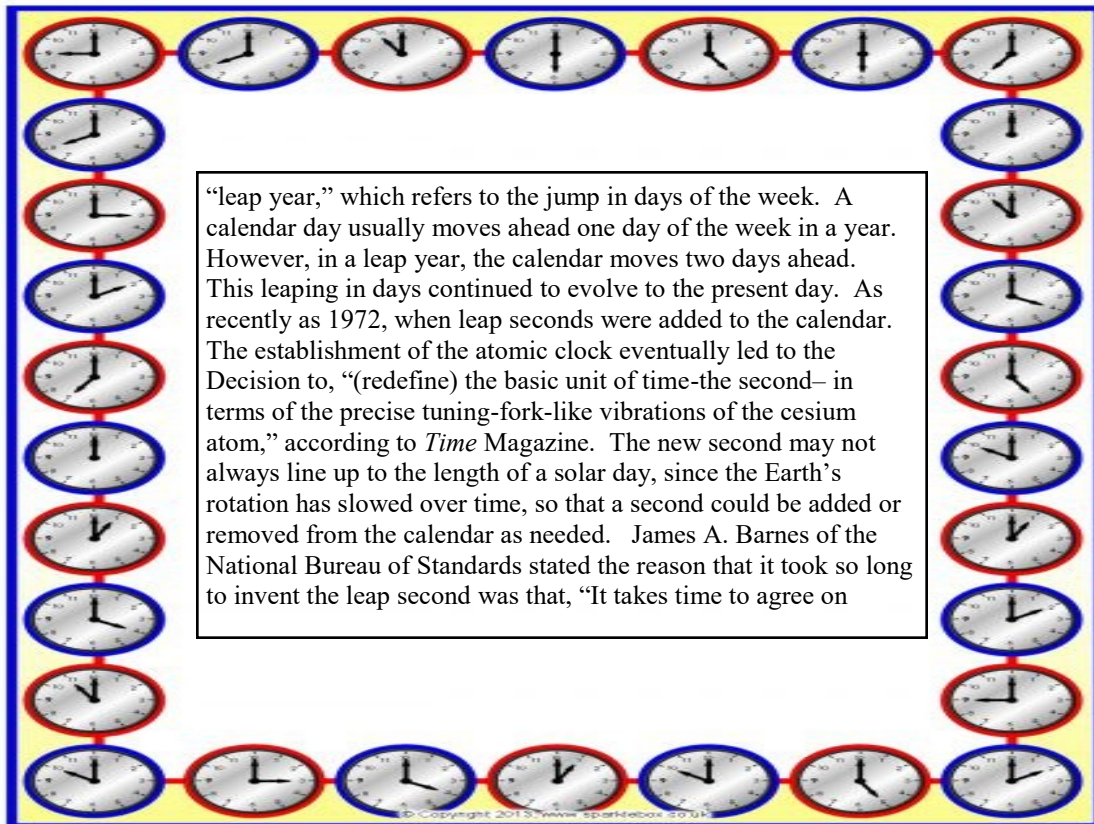
Every year, people celebrate Valentine's Day on February the 14th. On this day, people show affection for each other by sending cards, and/or giving flowers and/or chocolate, along with messages of love. Valentine's Day gets its name from a famous saint named Saint Valentine. Supposedly, Saint Valentine served as a priest in Rome in the third century A.D. The Roman Emperor, Claudius II, had his soldiers engaged in many battles. He believed that married men did not make good soldiers, so Claudius II banned marriage. However, Saint Valentine did not agree with this rule. So, he arranged marriages secretly, breaking the rule against marriage. When Claudius II found that Saint Valentine broke the rule against marriage, he threw Saint Valentine in jail and he sentenced him (Saint Valentine) to death. Legend states that Saint Valentine fell in love with his jailer's daughter. So, when he faced execution on February the 14th, Saint Valentine sent a love letter to the jailer's daughter signed, "From Your Valentine." Other stories suggest that Saint Valentine was executed because he helped persecuted Christians escape from prison because the Romans treated the Christians poorly in prison. Valentine's Day supposedly also derived from a Roman festival called Lupercalia, which was celebrated in the middle of February. This festival marked the official start of spring for the Romans and it was celebrated with different rituals. As a part of the Lupercalia, boys drew the names of girls from a box. The couple would be boyfriend and girlfriend during the festival and, sometimes, they would go on to marry each other. But nobody knows if this story is true or not. Over time, Saint Valentine's name started to be used by people to express their loving feelings to loved ones.

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The History of Leap Year
(From: www.time.com, Written by Merrill Fabry):

The beginning of leap year started with the Roman Emperor, Julius Caesar, in 46 BCE, when he decided to reform the Roman Calendar by adding an extra month occasionally. Julius Caesar found out that the Egyptians used a calendar based on the sun instead of the moon. So, after he consulted with the Alexandrian astrologer, Sosigenes, Julius Caesar decided to create a new system that he thought would help to solve the problems with the drifting seasons. Every solar year in the Julian calendar was 365.25 days long. The months had very much the same lengths that they do now. The shortest month, February, would get an extra day every four years to account for the annual accumulation of a quarter a day. To address discrepancies between the old Roman calendar and the new one, Julius Caesar made the first year 445 days long. It would take decades for people to observe the new calendar. But the problem was that an actual solar year is not 365 days and 6 hours long, plus years. By 1582, the additional 11 minutes per year had accumulated to a 10-day discrepancy. The discrepancy resulted in problems with calculating religious dates like Easter, which are set by the moon. So, Pope Gregory XIII issued an order to fix the problem. As a result of this change in calculating religious dates, in 1582, October 4 was directly followed by October 15. Pope Gregory went on to set up a more complicated scheme to address such discrepancies in dates, making every four years a leap year, unless it was the beginning of a new century, except for every 400 years when the calendar would keep the extra day. Skipping three leap days every 400 years would keep the calendar and the solar years in alignment, or at least closed to that goal. Sometime near the year 4000 the count would be one day off, as the current system is 26 seconds ahead of the solar year. Even though the Gregorian calendar, named for Pope Gregory XIII, was first introduced in 1582, England and its colonies did not adopt the new calendar until 1752. However, the error in time increased to 11 days. In 1752, people went to sleep on September the 2nd and they woke up on September the 14th. Some countries like Russia did not adopt the Gregorian calendar until the 20th century. The phrase,



CLUBHOUSE NEWS:

- From Monday, January 28, 2024 to Friday, February 9, 2024, staff members, Jason and Charlotte attended Clubhouse International Training in Greenville, South Carolina, along with a Clubhouse member, Jennifer. They learned a lot, while having fun. They also worked on updating the Action Plan for Connections Clubhouse.
- On Monday, February 26, 2024, a team from CARF, (Commission for the Accreditation of Rehabilitation Facilities), will visit Connections Clubhouse to make sure that the Clubhouse is serving its client and that the Clubhouse meets CARF Standards.
- Currently, the Clubhouse has four people working at TE (Transitional Employment) jobs. Two people are working at Catawba Valley Healthcare in Hickory, North Carolina, and the other people are working at the Four Peas in a Pod Restaurant in Conover, North Carolina. Everybody working is doing well and Connections Clubhouse is seeking TE positions in places like McDonald’s.

Happy Valentine's Day!

**Unusual Holidays in February, 2024:
(From: www.timeanddate.com):**

Friday, February 2, 2024-Work Naked Day, Day of the Crepe and Play Your Ukulele Day.
Saturday, February 3, 2024-Eat Ice Cream for Breakfast Day and Carrot Cake Day.
Sunday, February 4, 2024-Thank Your Mailman/Mailwoman Day, Create a Vacuum Day, and Stuffed Mushroom Day.
Monday, February 5, 2024-National Weatherperson's Day and Chocolate Fondue Day.
Tuesday, February 6, 2024-Lame Duck Day.
Wednesday, February 7, 2024-e-Day and Send a Card to a Friend Day.
Thursday, February 8, 2024-Laugh and Get Rich Day.
Friday, February 9, 2024-Toothache Day and Bagel and Lox Day.
Saturday, February 10, 2024-Umbrella Day.
Sunday, February 11, 2024-Make a Friend Day and Don't Cry Over Spilled Milk Day.
Monday, February 12, 2024-Clean Out Your Computer Day and Charles Darwin Day.
Tuesday, February 13, 2024-World Radio Day.
Wednesday, February 14, 2024-Ferris Wheel Day, Library Lovers' Day, and Valentine's Day.
Thursday, February 15, 2024-Gumdrop Day.
Friday, February 16, 2024-Do a Grouch a Favor Day.
Saturday, February 17, 2024-Random Act of Kindness Day.
Sunday, February 18, 2024-Battery Day.
Monday, February 19, 2024-Chocolate Mint Day.
Thursday, February 22, 2024-Single Tasking Day and Be Humble Day.
Friday, February 23, 2024-International Dog Biscuit Appreciation Day.
Saturday, February 24, 2024-Tortilla Chip Day and World Sword Swallowers' Day.
Monday, February 26, 2024-Pistachio Day and Tell a Fairy Tale Day.
Tuesday, February 27, 2024-International Polar Bear Day and No Brainer Day.
Wednesday, February 28, 2024-Public Sleeping Day.
Thursday, February 29, 2024-Leap Day/Leap Year (This holiday occurs every four years. The last Leap Day/Leap Year was on Saturday, February 29, 2020).

February 2024



**A Few Clean Jokes for Valentine's Day:
(From: www.womansday.com, Written by Olivia Muentert):**

- Why would Forrest Gump be a good Valentine? He'd probably gift a box of chocolates!
- Who always has a date on Valentine's Day? The calendar!
- Forget Valentine's Day! I'm just waiting for the discounted chocolate!
- How can you save money on Valentine's Day? Become single!
- What do you call a romance in a fish tank? Guppy love!
- Why do skunks celebrate Valentine's Day? Because they're very scent-imental!
- Why is lettuce the most loving vegetable? Because it's all heart!
- What kind of dinner does Cupid eat? A heart-y one!
- What do you call two birds in love? Tweethearts
- What did the stamp say to the envelope on Valentine's Day? I'm stuck on you!



All you
need is love.
But a little
chocolate
now and then
doesn't hurt.

CHARLES M. SCHULZ

BH&G

**Connections
Clubhouse**

Market On The Lawn

Vendors Wanted!

Our 2024 annual event is scheduled for **Saturday, May 4th** rain or shine! Located at Connections, **1679 SW Blvd., Newton, NC.**

\$40 per booth.

Must provide your own tent and tables.

Please see Application for further details and vendor limitations.

Applications are due by April 16th, 2024



This is **NOT** a yard sale/tag sale!
We are looking for vendors of various
crafts, pottery, antiques and collectables.

For more information please
contact us at 1-(828)-466-0030



**Come visit and like
us on Facebook!**



CONNECTIONS Market on the Lawn May 4, 2024 9am -2pm



Applications are due by April 16th, 2024

What is CONNECTIONS: Connections is a private non-profit clubhouse operated by Catawba Valley Healthcare. We are located at 1679 Southwest Blvd in Newton (beside Southside Park). Our mailing address is PO Box 1256, Newton, NC 28658. We have been in operation since 1990, serving community adults who live with symptoms associated with severe and persistent mental illness.

Who is eligible to participate? Our vision is to attract **area artist, craftsman and antique vendors**. *This is NOT a yard sale/tag sale.* Connections' festive community event will offer DJ music, Bam's Sandwich Bistro Food Truck will be available for food and drinks. Only one Multi Level Marketing (MLM) vender of each product type will be accepted (examples: one MLM selling candles, one MLM selling Jewelry). Artist and crafters will not be limited by this regulation.

Booth Space: Booth rental for Market on the Lawn is \$40.00 for a 10'x10' space. Vendors will need to provide their own fire retardant canopy, tables/shelving, chairs and the like. All booths must be sturdy and prepared for weather conditions. *Sites do not have access to electricity. This will be a rain or shine event.* Booths will be pre-assigned.

Set Up Time: Setup time will be between 8 am and 10 am *(all set up must be complete by 10 am. Late arriving vendors will not be able to participate. The event is scheduled from 10 am to 2 pm.)* **Vehicles need to be unloaded as quickly as possible and then parked in a designated parking area.** *(All vendors will be directed to park in designated parking. Please see map attached. Future maps will be provided with acceptance package.)* **After parking, the booth can be set up thus enabling other vendors access to unload their equipment/merchandise.**

Tear down time is between 2 pm and 3pm *(tear down should not start until 2 pm and be completed by 3pm)*. Vehicle access to tear down is on a first-come, first-serve basis. All items need to be packed and ready to load in the vehicle before moving the vehicle to the booth site, thus enabling access for all vendors to pack up as timely as possible.

Entry Checklist:

1. Fill out the attached application form completely.
 2. Attach 2 photos of products.
 3. Include website or other social media sites to share your booth profile.
 4. Submit payment of \$40.00 Checks payable to: Connections Clubhouse.
- (All accepted vendors, booth payment are nonrefundable. If not selected for the event, your check will be returned.)*

Or email forms/photos to vhurley@cvhnc.org and pay thought square.

International Standards for Clubhouse Programs
(From: www.clubhouse-intl.org):

EMPLOYMENT:

21. The Clubhouse enables its members to return to paid work through Transitional Employment, Supported Employment and Independent Employment; therefore, the Clubhouse does not provide employment to members through in-house businesses, segregated Clubhouse enterprises or sheltered workshops.

Transitional Employment:

22. The Clubhouse offers its own Transitional Employment program, which provides as a right of membership, opportunities for members to work on job placements in the labor market. As a defining characteristic of a Clubhouse Transitional Employment program, the Clubhouse guarantees coverage on all placements during member absences. In addition, the Transitional Employment program meets the following basic criteria:
- A. The desire to work is the single most important factor determining placement opportunity.
 - B. Placement opportunities will continue to be available, regardless of the level of success in previous placements.
 - C. Members work at the employer's place of business.
 - D. Members are paid the prevailing wage rate, but at least minimum wage, directly by the employer.
 - E. Transitional Employment placements are drawn from a wide variety of job opportunities.
 - F. Transitional Employment placements are part-time and time-limited, generally 12 to 20 hours per week, and from six to nine months in duration.
 - G. Selection and training of members on Transitional Employment is the responsibility of the Clubhouse, not the employer.
 - H. Clubhouse members and staff prepare reports on TE placements for all appropriate agencies dealing with members' benefits.
 - I. Transitional Employment placements are managed by Clubhouse staff and members and not by TE specialists.
 - J. There are no TE placements within the Clubhouse. Transitional Employment placements at an auspice agency must be off-site from the Clubhouse and meet all of the above criteria.

Supported and Independent Employment:

23. The Clubhouse offers its own Supported and Independent Programs to assist members to secure, sustain, and better their employment. As a defining characteristic of Clubhouse Supported Employment, the Clubhouse maintains a relationship with the working member and the employer. Members and staff in partnership determine the type, frequency and location of desired supports.
24. Members who are working independently continue to have all Clubhouse supports and opportunities, as well as participation in evening and weekend programs.