The Sally and Howard Levin Clubhouse
A Program of Jewish Residential Services

Newsletter Staff:
Joe Herbick
Mike Hogan
Delaine Swearman
Mike Hodes
Sarah R

Bargain Bin Records 2
Zoom 3
April Events & Menu 4
Clubhouse International Standard #1 5
Poem 6
Why I Love Spring 7
Announcements 8
Health and Wellness Committee 9
Word Search 10
Therapy Dog Visits the Clubhouse 11

SALLY AND HOWARD LEVIN CLUBHOUSE
A program of Jewish Residential Services
BARGAIN BIN RECORD REVIEWS

BY: Mike Hogan

One of my obsessions is debunking the myth that the 1950’s were a pleasant contrast to today. Many tumultuous events were occurring—the Cold War, the Civil Rights movement, and the space race. The music world was in turmoil as well. Rock and Roll had upended the music business. It was a time of great upheaval.

The world of rock and roll was not sui generis. It had precursors, and founding fathers, like all other art forms. Here are several, who made a big difference in the founding of r’n’r.

The first is Big Joe Turner. He was a transitional figure from the big band singing of the 1930’s to the Rhythm and Blues of the 1940’s and 50’s. In the late forties and early 1950’s, Turner had a couple of hits, notably “Corina, Corina.” Turner sang the blues, primarily, and helped turn r’n’b into rock and roll.

The second influencer is a world notable. He was Buddy Holly. He is best known for his work with the Crickets in the late 1950’s. But he had a career before that. On Nashville, volume one, Holly showed that he was a master of rockabilly genre. Even “That Will Be the Day” was given a rockabilly treatment, which makes it significantly different than the familiar single version. This makes Holly a bridge figure, as well.

Finally, there is Chuck Berry. He took the blues, and then remade it for a crossover audience. This allowed him to communicate with both black and white youth. Berry made the blues acceptable to mainstream radio, and he reaped the appropriate rewards. Berry’s songs are accessible and funny to this day.

So, there you have it. Rock and Roll didn’t start with Bill Halley or the Crew Cuts. It had founding fathers like all other music. I say, get tuned into rock’s founding fathers today.

AS ALWAYS:
KEEP ON ROCKIN’
ATTENTION COLLEAGUES:

Want to stay connected?!

Want to feel like you are still part of the Clubhouse but stuck in your house?!

TRY ZOOM!

By typing the following information in to your computer or calling the listed phone number you can actually get in touch with us on an auditory and visual platform!

Need help? Call 412-422-1850 and ask a colleague for further instruction to help connect!

Link:

https://us02web.zoom.us/j/956983055

Meeting ID: 956 983 055

One tap mobile

+13017158592,,956983055# US (Germantown)
+13126266799,,956983055# US (Chicago)

Dial by your location

+1 301 715 8592 US (Germantown)
+1 312 626 6799 US (Chicago)
+1 346 248 7799 US (Houston)
+1 646 558 8656 US (New York)
+1 669 900 9128 US (San Jose)
+1 253 215 8782 US (Tacoma)

Meeting ID: 956 983 055

Find your local number: https://us02web.zoom.us/u/kggIq5F3k
# April 2022

## Clubhouse Lunch Menu
*Created by SHLC Colleagues*

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Roasted cherry tomato Capellini w/ Salad (veg)</td>
<td>Veggie Calzones w/ salad (veg)</td>
<td>French Toast Casserole (veg) w/ fruit</td>
<td>Moroccan Lentil Stew (GF, V) and Bread</td>
</tr>
<tr>
<td></td>
<td>Food &amp; Horticulture Meeting 1:00</td>
<td>Gardening Day</td>
<td>Yoga 3:4</td>
<td>Community Forum 11-12</td>
</tr>
<tr>
<td></td>
<td>Accreditation Meeting 3:00</td>
<td>Journalism 1:30-2 Pitt Interns</td>
<td>CCAC Intern</td>
<td>Member Service Area Meeting 1:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>CCAC Intern</td>
</tr>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td>Roasted cherry tomato Capellini w/ Salad (veg)</td>
<td>Veggie Calzones w/ salad (veg)</td>
<td>French Toast Casserole (veg) w/ fruit</td>
<td>Cob Salad w/ (GF) Cornbread</td>
</tr>
<tr>
<td></td>
<td>Food &amp; Horticulture Meeting 1:00</td>
<td>Gardening Day</td>
<td>Yoga 3:4</td>
<td>Community Forum 11-12</td>
</tr>
<tr>
<td></td>
<td>Accreditation Meeting 3:00</td>
<td>Journalism 1:30-2 Pitt Interns</td>
<td>CCAC Intern</td>
<td>Member Service Area Meeting 1:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>CCAC Intern</td>
</tr>
<tr>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td>Tuna Casserole (GF) w/ salad</td>
<td>Potato Soup (veg, GF) w/ fruit</td>
<td>Chicken and Dumplings w/ brown sugar carrots</td>
<td>Matzo Ball Soup (Model Seder meal)</td>
<td>Passover</td>
</tr>
<tr>
<td>Food &amp; Horticulture Meeting 1:00</td>
<td>Gardening Day</td>
<td></td>
<td>Business, Employment, &amp; Education Meeting 1:00</td>
<td>Egg Salad on lettuce w/ fruit</td>
</tr>
<tr>
<td>Accreditation Meeting 3:00</td>
<td>Therapy Dog 1:00</td>
<td>Yoga 3:4</td>
<td>Philosophy 2:30</td>
<td>Clubhouse Hours</td>
</tr>
<tr>
<td></td>
<td>Journalism 1:30-2 Pitt Interns</td>
<td></td>
<td></td>
<td>10-2</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td>Caesar Salad w/ fruit (veg)</td>
<td>Roasted Chicken and vegetables (GF)</td>
<td>Potato Pancakes (GF, veg) w/ fruit</td>
<td>Matza Lasagna (veg.) w/ salad</td>
<td>Matza Pizza (veg.) w/ salad</td>
</tr>
<tr>
<td>Food &amp; Horticulture Meeting 1:00</td>
<td>Gardening Day</td>
<td>Yoga 3:4</td>
<td>Business, Employment, &amp; Education Meeting 1:00</td>
<td>Community Forum 11-12</td>
</tr>
<tr>
<td>Accreditation Meeting 3:00</td>
<td>Journalism 1:30-2 Pitt Interns</td>
<td>CCAC Intern</td>
<td>Philosophy 2:30</td>
<td>Member Service Area Meeting 1:00</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>CCAC Intern</td>
</tr>
<tr>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
</tr>
<tr>
<td>Beef Stew w/ salad</td>
<td>Baked Potato (GF) W/ salad</td>
<td>Cajun Gumbo (V, GF) w/ Cornbread</td>
<td>Meatloaf w/ fruit</td>
<td>Egg Salad (veg.) w/ fruit</td>
</tr>
<tr>
<td>Food &amp; Horticulture Meeting 1:00</td>
<td>Gardening Day</td>
<td>Yoga 3:4</td>
<td>Business, Employment, &amp; Education Meeting 1:00</td>
<td>Community Forum 11-12</td>
</tr>
<tr>
<td>Accreditation Meeting 3:00</td>
<td>Therapy Dog 1:00</td>
<td>CCAC Intern</td>
<td>Philosophy 2:30</td>
<td>SPRING FASHION SHOW!</td>
</tr>
<tr>
<td></td>
<td>Journalism 1:30-2 Pitt Interns</td>
<td></td>
<td></td>
<td>2:30 PM</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>CCAC Intern</td>
</tr>
</tbody>
</table>
Clubhouse International Standard #1

By Delaine Swearman

The Clubhouse International Standards consist of 37 principles that define the Clubhouse model for all Clubhouses around the world. They are the basis for how Clubhouse programs are assessed and serve as a “bill of rights” for members and a guidebook for how a Clubhouse is to operate.

The first Standard: Membership is voluntary and without time limits.

The Clubhouse model is unique in that it offers its members lifelong acceptance and belonging. For individuals who have experienced mental illness, the pain of rejection, isolation, failure, and loss is all too familiar. The security of being offered a time-unlimited membership and unconditional acceptance is priceless. The Clubhouse, for many, becomes family.

Greg, a longtime member, who came and then left and came back again, says that knowing the Clubhouse is always here for him provides a sense of stability. He trusts that the Clubhouse, unlike many other businesses and organizations that close overnight, will still be here for him long into the future.

Tina Cross, a new member, who has only been here a month, has already started to experience the Clubhouse as her family. It makes her happy that she can be accepted here forever.

Joe Herbick, the SHLC director, says that having a place to go is critical to recovery because rejection is all too common for people with mental illness. It’s important to have a place like the Clubhouse where there is hope, a place where the door is always open.

As a 12 year member of the Sally and Howard Levin Clubhouse, I can attest that everything Greg, Tina, and Joe have to say is absolutely true. A Clubhouse wouldn’t be a Clubhouse without Standard #1.
“Don’t look under the lid”
By: Anonymous

I can just put the lid over myself and no one will see the tiny bubbles, the soup of life simmering inside. Add heat and the soup begins to boil. No one takes notice until the dramatic moment when the boiling soup overflows, the lid no longer able to contain all the chaos inside.
Why I Love Spring

By: Joe

Spring is my favorite season for several reasons. To me it has always meant “I will be able to get outside and do more things”. As a younger child/teen it always signified the start of baseball season, the coming of summer, fishing, and just getting out more! Growing up these events were particularly important in our social circle. We would usually head down to Chartiers Park in Bridgeville, and on some days do all three. Subliminally, I think it made us all excited for the coming summer and having time off, but much like the eve of a special holiday or event, the anticipation period had just as much satisfaction as the actual one.

We loved riding our bikes down to the park. It was hard to ignore the smell of the earth thawing out as we rode down the hills, crossed the streets, and felt the sun warming us again. Once we got to the park, we would either take a trail back to a pond or hit baseballs. We usually decided what to do based on the condition of the infield at the baseball fields. If it was too muddy, wet, or rain from the night before pooled up around the bases, we would fish. I would like to say we adhered to our “guidelines” on a regular basis but that was not always the case. For instance, if we were talking about “who could strike out who” or “who could hit the ball the furthest” during school, it had to be settled and had to be settled that day. The hubris of young pride made for many memorable and dirty afternoons.

As we got older spring would be indicative of Kennywood day. For us this was the event of the year. You would usually go out to the mall and buy a “Kennywood Outfit”. For some reason, our parents also endorsed the “Kennywood Outfit” ideal and made sure to make suggestions and support our apparel decisions. This was a chance for a young male to look “stylish”, “cool”, and ultimately “impress his crush”. In hindsight it really sounds like a male bird trying to attract a mate, but hey we were young and having fun.

A few more years passed, and it was Prom Time. Prom was a chance for all of us to get together, have a great time, and live our lives to the fullest. It was a magical age that signifies bowing out of the adolescent years and entering into young adulthood. I’m still very close with my friends that I went to prom with, and I hold those memories very close to my heart. We really made sure we had the best possible time we could.

Of course, for the next few years after that it signified summer break for college, fun summer jobs with friends, and “trying to navigate life” conversations on back patios because the weather was just warm enough to sit outside. Eventually people found their own unique paths, but scent produces the strongest form of nostalgia. No matter what I do in the spring now, I still smile because it takes me back, and makes me look forward to new spring adventures. Maybe I will get to relieve some of these to an extent with my daughter. Maybe my friends and our kids will get to relive these events to an extent together. Whatever the case may be spring has the most unique smells, pleasant weather (my opinion), and signals time for getting up and getting outside!
ANNOUNCEMENTS!

Phola’s Journalism Class
Tuesdays at 1:30 PM

The Watercolor Class
With Cheryl will resume
Tuesday, April 26th at 12:45 PM

Spring Fashion Show!
Friday, April 29th at 2:30 PM

Spring is here!
Come on in and help with our garden!
Health and Wellness Committee  
Mike Hodes

Hi, Mike Hodes here! I’m on the SHLC Advisory Board and I’m the chairperson of the Health and Wellness committee. This committee has been charged with working with the Clubhouse in developing Health and Wellness activities and programs.

Taking care of our health and wellness is very important to our mental health and overall health. To help in the development of activities and programming the committee is in the process of designing a survey so that you can let us know your interests. Once the survey is completed, we will ask each of you to complete the survey. Let’s work together in developing fun and helpful activities!
Colleagues, if you complete your word search and bring it in, you will be able to redeem it for free items at the snack bar!
Therapy Dog Visits the Clubhouse

By: Dean Damick

Laney the service dog came to clubhouse on March 23, 2022.

Named for comedian Mulaney.

Owned by Judy

She can crawl, speak, and give a high five.

She is so friendly and came up to everyone and me…

She is 4 years..

If you came to the clubhouse seeing Laney the dog you are among the special ones.

Lucky Deano the clubhouse official writer.

Other members are good writers too.

Besides the dog visit the Sally and Howard Levin Clubhouse got a plaque saying they were an accredited clubhouse.

Dean Damick
Spring is here!
Time to start my garden!