



**A Publication of the Sally and Howard Levin Clubhouse**

# The Clubhouse Star May 2022

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



**Newsletter Staff:**

Joe Herbick  
 Mike Hogan  
 Jan Harris  
 Mike Hodes  
 Sarah R

Bargain Bin Records	2
Zoom	3
May Events & Menu	4
Thank You	5
Fashion Show	6
Standards	7
Announcements	8
Menu	9
Word Search	10
Garden Time	11

**SALLY AND HOWARD LEVIN CLUBHOUSE**  
*A program of Jewish Residential Services*



## BARGAIN BIN RECORD REVIEWS

BY: Mike Hogan

One of my objectives for this column is to update my record collection to reflect the newest trends in music. This means going out to find artists who are not on the charts, and don't get radio airplay. Here are several that you may be interested in.

The first, that I highly recommend, is Lord Huron. On *Strange Trails*, they explore love and death. It is a good rocking album that leans heavily on the Rolling Stones and the Kinks. It is a good acquisition to my rock collection, even though it was a little bit pricy at \$10.00.

Harder rock is represented by the Cold War Kids. On *Loyalty to Loyalty*, they take on their namesake. They explore the cold war and its aftermath. It is good hard rock at only \$5.00 for the CD.

On the more Beatlesque side is Guster. Acoustic influences and lilting melodies make this album stand out from the Boston rock pack. It falls into the more mellow category.

Finally, there is Cage the Elephant. They had a hit with "No Rest for the Wicked." It is good mainstream rock, like the rest of the album. It provides good listening and a good rock stance.

So, there you have it. These artists are a good start to updating your rock and roll collection. So, give them or similar artists a listen. I think that you will enjoy them.

AS ALWAYS:

KEEP ON ROCKING!

## **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/j/956983055>

# May: Menu and Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Goulash, Salad Food &amp; Horticulture Meeting 1:00 Accreditation Meeting 3:00</p>	<p>3 Chicken Salad Wrap, Fruit Gardening Day Watercolor Painting 12:45 Therapy Dog 1:00 Journalism 1:30-2</p>	<p>4 Omelets/Baked Eggs  Yoga 3-4</p>	<p>5 Spaghetti and Meatballs, Salad BEE Meeting 1:00 Philosophy 2:30</p>	<p>6 Salmon Burgers, Sweet Potato Fries Community Forum 11-12 Member Services Meeting 1:00</p>
<p>9 Chicken (Diary free) Tetrazzini, Salad Food &amp; Horticulture Meeting 1:00 Accreditation Meeting 3:00</p>	<p>10 Strawberry Salad, Cornbread Gardening Day Watercolor Painting 12:45 Therapy Dog 1:00 Journalism 1:30-2</p>	<p>11 French Toast Casserole, Fruit  Yoga 3-4</p>	<p>12 Matza Lasagna BEE Meeting 1:00 Philosophy 2:30</p>	<p>13 Egg Salad Sandwiches, Fruit Community Forum 11-12 Member Services Meeting 1:00</p>
<p>16 Veggie Quesadilla Food &amp; Horticulture Meeting 1:00 Accreditation Meeting 3:00</p>	<p>17 Fish n Chips Gardening Day Watercolor Painting 12:45 Therapy Dog 1:00 Journalism 1:30-2</p>	<p>18 Pasta Primavera, Salad  Yoga 3-4</p>	<p>19 Fajitas, Chips n Salsa BEE Meeting 1:00 Philosophy 2:30</p>	<p>20 Spinach and Cheese Strata, Fruit Community Forum 11-12 Member Services Meeting 1:00</p>
<p>23 Chicken &amp; Dumplings, brown sugar carrots Food &amp; Horticulture Meeting 1:00 Accreditation Meeting 3:00</p>	<p>24 Tuna Salad Wraps, Fruit Gardening Day Watercolor Painting 12:45 Therapy Dog 1:00 Journalism 1:30-2</p>	<p>25 Thai style lettuce wraps  Yoga 3-4</p>	<p>26 Roasted Red Pepper Hummus Veggie Wraps BEE Meeting 1:00 Philosophy 2:30</p>	<p>27 Potato Pancakes, Fruit Community Forum 11-12 Member Services Meeting 1:00</p>
<p>30 Memorial Day SHLC Hours 10-2 Burgers and Hot Dog, RWB Fruit Salad Vegan Jello, Chips n Dips</p>	<p>31 Grilled Veg. Sandwich Gardening Day Watercolor Painting 12:45 Therapy Dog 1:00 Journalism 1:30-2</p>			

## Thank You

The spring of 2019 was an interesting time in my life. I had just lost my mother to a three-year battle with cancer, my professional career was on the rise, and I felt like I needed a change of environment. On a whim, I began looking for jobs and saw a posting for a director position at the Sally and Howard Levin Clubhouse. I had been to the Clubhouse on visits, and it just so happened I had my CPRP, a requirement for the job. I thought to myself, "hey this might be a great fit and the change I need" so I applied.

I received the call for an interview shortly after and was excited to present myself for an interview. Upon entering the building, I was met with some awkward looks, smiles, and a gentleman named Jim McKenna. Since I was early, I spent about 20 minutes talking to Jim about the Clubhouse and traded war stories. Jim has since passed away, but I will always remember that conversation and how he made me feel welcomed. He was the first member I spoke to and the first that made me feel welcomed. I then went to my interview and met Nancy P and Nancy G. "Fancy Nancy" made sure to ask me all the questions to ensure I would be a good fit. If you know her, you know she is caring and protective, but I think I passed her test.

After accepting the position, I got to know the staff, the colleagues, and really embraced my role. I attended Colleague's training in St. Louis and spent many hours with Kadidja and "Fancy Nancy" trolling the streets of St. Louis for BBQ, hot spots, and a much-needed Bloody Mary. You see St. Louis was experiencing a monumental heat wave and after a few hours in the sun, you just needed to relax.

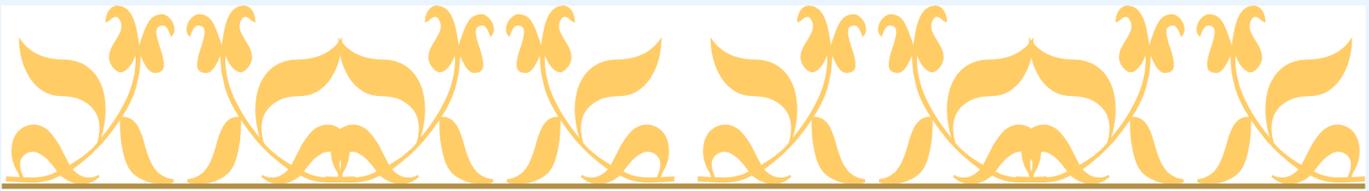
I came back refreshed and ready to take on anything. We went back to basics, calling people, going out in the community, and just getting to know each other better. This led to the "Breaking Down the Walls" fundraiser. Oh, what an event that was. It was powerful, though provoking, and connected everyone in attendance. That was in February of 2020 and the following month things changed "just a little bit".

In what can only be described as a "Sci-Fi" movie we were thrown into the pandemic. We were all unsure, scared, but knew we still had a purpose. We all learned zoom, we all tried new ideas, and we all did what we could to keep our doors open. We went through it together as a Clubhouse and for that we became stronger. Like most of you I'm sure you all felt an uneasy and uncertain vibe during that time. I genuinely thank the Clubhouse colleagues for being there for each other and for me. We made it to the other side! (Knock on wood)

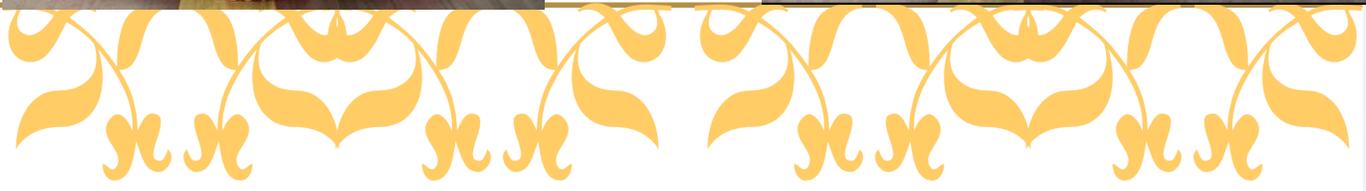
I grew a lot here at the Clubhouse. I became a better professional, worked on more skills, and even navigated the first few months of parenthood here. These are memories you cannot replace and cannot forget. I guess you can say I needed the Clubhouse as much as it needed me. To all my friends, colleagues, and staff, I want nothing but the best for all of you. You have all grown so much and are inspirations to learn from. As I step into the next role in my life, I just wanted to make sure you all know how grateful I am to have been here and get to know you. I will still be around and still be an advocate. Thank you SHLC and JRS.

Sincerely,

Joe



# Fashion Show Highlights



## Clubhouse International Standard #2

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 second Standard: 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.

The intent of this Standard is to assure prospective members that they do not have to "qualify" or "prove themselves" in any way, other than having a mental illness and not being a threat to others.

People who have experienced mental illness have too often been excluded, restricted, and left out of life, but in a Clubhouse, everyone is welcome as an equal. People can become members, and start participating in the work of the Clubhouse on their first day, regardless of whether they are experiencing significant challenges or have their lives in good order.

In our Clubhouse, we simply require a completed referral form as documentation of a person's mental illness, and as long as a member follows our code of conduct, they are not considered a threat.

Standard #2 as well as Standard #1 (Membership is voluntary and without time limits) work in conjunction to ensure that the Clubhouse community is open to anyone with a history of mental illness, assuming they are not a threat, and if a person voluntarily chooses to be a part of that community, they may come for as long as they wish.

I will always remember my first day at the Clubhouse, over 12 years ago. I had recently lost my job as a Physician Assistant and I was hospitalized at WPIC. I had recently finished a DBT group, and then everything was shut down by the "Snowmageddon of 2010." I was totally isolated and alone.

When I walked in the door for my orientation, no one knew me, but I was warmly welcomed anyway. I was immediately accepted as a Clubhouse member. Adam, the member services coordinator at the time, and Catherine, another member who I happened to already know from a previous program at WPIC, teamed up to give me my initial tour.

I knew after just a few hours on February 25, 2010, that the Clubhouse was special. On February 26, I came back, and I came back again and again and again.

# ANNOUNCEMENTS!

POHLA'S JOURNALISM CLASS  
TUESDAYS AT 1:30 PM



LANEY THE DOG EVERY TUESDAY

WATER COLOR CLASS EVERY TUESDAY

YOGA WENDNESDAYS

GARDEN DAYS (TUESDAYS OR AFTERNOONS AS  
SCHEDULED)

# MAY MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Goulash with salad	Chicken salad wrap with	Omelets/ baked eggs	Spaghetti meatballs	Salmon burgers	
8	9	10	11	12	13	14
	Tuna tetrazzini	Strawberry salad	French toast casserole	Matza lasagna	Egg salad sandwich	
15	16	17	18	19	20	21
	Veggie quesadilla	Fish and chips	Pasta primavera	Fajitas chips and salsa	Spinach and	
22	23	24	25	26	27	28
	Chicken and dumplings	Tuna salad wraps and	Thai salad lettuce wrap	Roasted red pepper humus	Potato pancake	
29	30	31				
	Memorial day Holi-	Grilled veggie sandwich				

J M S Z S V F M H N L C I W S T O Z M E P Z I C U  
 B F E P E L P K J B E C N V B E U W O O S S B C K  
 I Q M T O D U G Y F P D R J M S T T U M S B L O T  
 K J I W V E G J Z L Y A R I K V D O N V T G M X G  
 M H E C A R C D A L X O R A H I O Z F S E U W O O  
 W R S D L X Y N I T Y D H I G Z O C J G E A P S U  
 S U C F N U T B M F C N I A B Q R X J L B E Z B U  
 W J P S N I B B F H N P N N N L S U W J S U D Z N  
 O Q L T N T Q H Z X A U R O S B K A E F W F I P P  
 J W S G T A O U O K P N D T G E L C X K W L G P E  
 O P O F J Y G B N U X N O I K K E I I O W A N N G  
 E I U J Q M Q F T E S R H Y I W S S M N O G I Y N  
 Z U B A B M Y J L Y R E S N X M Q U V Q C S T N I  
 E T A R B E L E C A N A G H U M Y X N F M I Y A M  
 E C U T T E L H C P V P Z Z R V P F I S D J P G O  
 I Y W C C S F A I F I S H T B P M O T L H V V R O  
 C F Y C N H G T W A M O A I W U L J L N O I S G L  
 Z A I Z T M M F M L B N P E H I N A V O E Q N G B  
 I Z J W M T E A S I Y I S V P Z P C N K K W Z E S  
 O J O Z W O P B G R A T I T U D E Z X T N F H D O  
 K R C A B B A G E Y V S T N Y A B L U E I O G K I  
 G S N O I T A R B E L E C N E G I Y O C N N R B H  
 C T H V P T U O K O O C W X J M O D K O C W G M H  
 L Q D U W I F M H J A S H K R H S C R G X K F R S  
 A C L Z T P T H D O O D N V T E B F A J Q U E L T

BEETS

CABBAGE

CELEBRATIONS

DIGNITY

GARDEN

HONOR

PEAS

RED

BLOOMING

CARROTS

CLUBHOUSE

FLAGS

GRATITUDE

LETTUCE

PICNIC

WHITE

BLUE

CELEBRATE

COOKOUT

FLOWERS

GROWTH

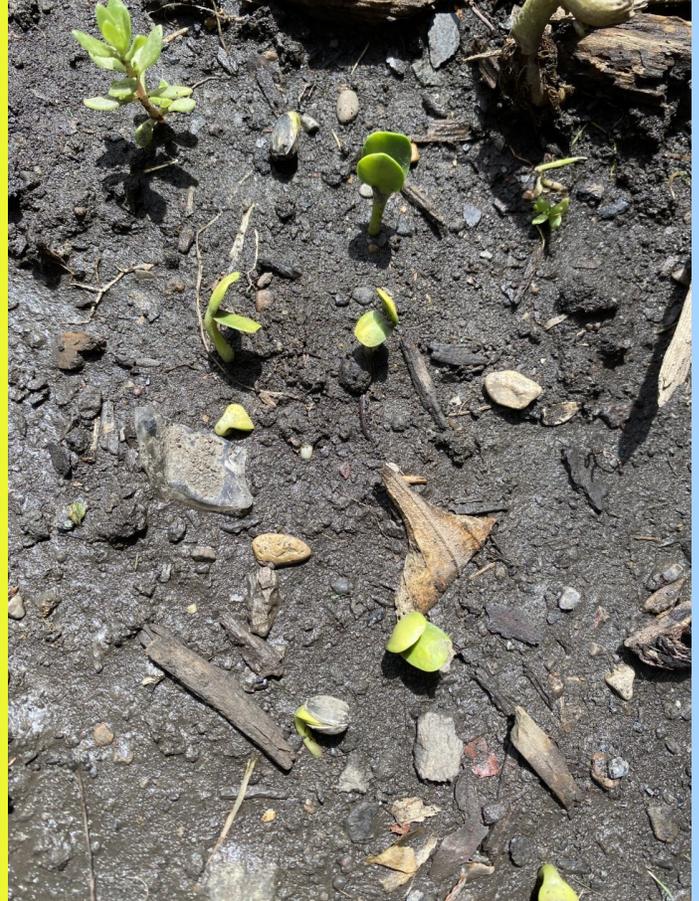
OUTDOORS

PLANTING

SUNSHINE

If you complete your word search and bring it in, you will be able to redeem it for a free item at the snack bar!

# Garden Time!



SALLY AND HOWARD LEVIN CLUBHOUSE  
JEWISH RESIDENTIAL SERVICES INC.  
2609 MURRAY AVENUE SUITE #101  
PITTSBURGH, PA 15217

NON-PROFIT ORG.  
US POSTAGE  
PAID  
PITTSBURGH PA

