

CENTER CLUB

PULSEBEAT

VOLUME 12 ISSUE NO 4 | SPRING-SUMMER 2019

News from the heart of the club



A Great Partnership Comes To An End

Since 2012, Center Club has been a recipient of the Sidney R. Baer Jr. Foundation grant, which generously funded the Professional Employment Initiative. The Initiative significantly broadened the opportunities for Center Club members to further their education and integrate meaningful employment into their lives.

The grant helped us to strengthen our peer tutoring program, establish a scholarship fund, created internship opportunities with local businesses, funded our English Skill class through the Boston Language Institute, and hire Robin Chase, the Club's Education Coordinator

Through the Sidney R. Baer Jr. Grant members have been able to continue their education such as to obtain Associate Degrees and obtain professional licenses. We asked members and Robin Chase to share their thoughts of the Education Unit. **Continues on page 2.**

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In the spotlight, the Center Club Acting Workshop takes Center Stage! See page 8 for more pictures



Robin Chase: I have been the education coordinator at Center Club for about five years. Almost every day, the education room is a whirlwind of activity; books to read, classes to study for, creative writing, short stories and poetry readings, current events discussion, tutor training, computers in use and just time for members to gather and talk together.

It is a real joy to hear about member's successes. One such success is about a member in his late sixties, out of school for over 40 years, who took two courses at Suffolk University in Boston. He completed the courses and felt absolutely elated. Another moving story is about a member who has been struggling for several years to earn a high school diploma, also known as a HiSet diploma. She enrolled in a school for adults pursuing a high school diploma and took the exam three times. She failed each time. She took a break for several months and enrolled in another school where she currently is a student. A Center Club tutor is tutoring her in science. In a few months she will once again take the exam. She is an amazing example of motivation and persistence. These are only a few examples of the courageous and inspiring members I have met at the Club. Just this morning I met with a new member who is looking into taking a class at Harvard Extension School. She wants to earn a BA degree and get a job in a public relations firm.

Whether it's an education that leads to employment or education to explore a subject, it's all about creating opportunities. I have seen only positive outcomes for those taking a step towards expanding their world.

Scott: Tutoring is an important part of education, especially for the mentally disabled. Working with the disabled takes patience and basic tutorial skills. The tutorial skills come from a visiting teacher, Pat. She goes over these skills with some of the tutors that volunteer at Center Club.

Tutoring is not the only help the disabled get from the Club. They can get help with getting enrolled in school and sometimes help with funding. The idea to further education is that they can add to their recovery and with this education they can move up in the work force and have a more stable life.

Lee Guerrero: Regaining the confidence to go back to school takes practice. Here at the Center Club's Education Program building my study skills while engaging in contemporary articles / literature / media has helped me to become upbeat and

lively. Center Club has taken me to Harvard Extension, NITEO a Psychiatric Rehabilitation Program at Boston University & has equipped me to attend courses back at school.

Paul Lee: As an mentally disabled person, education means a great deal for my career and employment. Without it, it is not possible to accomplish my goal in career and employment, which add another level of meaning in my life. Education is also very empowering to my life, because I can gain knowledge and skill not only for my job, but also to my life in general.

In Center Club, particular in the education unit at Center Club, we get so much help for our education: not only we have regular staff facilitated classes, like reading and write, current event discussion, computer skills, soft skill, math skill and many, many others like creative writing. Center Club also give the members the grants to go to community college for education to further their career goal and strengthening their knowledge and skill to deal with their mental challenges. I feel so benefited, their support in education is really badly needed. I feel so grateful for their help!

Sabrina: I Sabrina Davis, am a member at The Center Club, and a student. I have found the club very helpful for my education as an extra place to go and do my school homework an extra support, and great resources. I am a student at Bunker Hill for, Nursing and Psychology. I am still taking some preliminary courses, and I am really enjoying being a student. I go to The Center Club whenever I can and sit at the table and read and write, and I use the computer for hours. I think it is great that there are tutors for Math and English. I found that there is a color printer when I could not find it anywhere else. I found this very good. The staff and members are great and very helpful. The education room is very quiet and comfortable. Anytime I come, I always feel welcome!

Interested in going back to school?
Want to improve your reading or math skills? Speak with Education Coordinator, Robin Chase, about the education opportunities offered at Center Club!

FINDING MY PURPOSE IN THE WORLD

By John Gardner

I recently was the recipient of a gift of camera equipment from the Sidney Baer grant, and it has changed my life immensely. Photography has provided new profound meaning and purpose to my world, and can't wait to get out in the community each Morning to see what I can capture. With my photography, whether shooting pictures of people, or of scenery, I attempt to tell stories that elicit positive, joyful, and inspiring feelings for those viewing my work.

I love shooting event photography, and recently photographed The Massachusetts Psychiatric Association Collaborative Conference Marlborough, MA. In front of 400



people, (without my crutches) I took images of the Keynote Speaker, the Commissioner of MA Rehab, and of various other speakers and audience members speaking and listening intently. I also captured pictures in small ballrooms when folks broke-off to participate in workshops.

Other events that I have captured on "film" this Spring were of members and staff at our annual Flag Planting Project at New Cavalry Cemetery in Mattapan, of the Club's Musical: "Vaudeville Tonight", and of 17 Visitors from the Netherlands who came to speak and participate in an event about clubhouses at Center Club.

I am enormously grateful to Mary, and Bay Cove Human Services, for helping to facilitate the process of obtaining the funds for the new camera equipment. It was greatly appreciated: I look forward to hopefully providing happiness for people with my art work for years to come.



Left image: Marina in Cape Cod

Top image: Eduardo and Sean work on planting American flags in rememberance to the fallen United States Servicemen

Photos by John Gardner

SLOW, REPETITIVE EXERCISES

By Jay Hoffman

My name is Jay Hoffman and I am a math tutor at Center Club as well as a member of Center Club.

One of my advisors in college said that mathematical competence is like a muscle, best reconstructed through slow, repetitive exercises. I personally have, in the past, lost my mathematical competence due to a mental illness, and have had to reconstruct it. This is also true for many of the people I tutor. There are also some who are encountering mathematical concepts for the first time. I have studied and helped people with everything from elementary arithmetic to ordinary differential equations. Pat Nemec, a psychologist and former BU professor, who offers the tutors training, has been a tremendous help. She taught us to focus on strengths rather than weaknesses and to praise our tutees twice for each time we correct them. At Center Club, most of my tutoring has been in arithmetic skills. Some tutees are working towards a high school equivalency. Being clear on why they want to learn math helps them to better learn it. It is important to set goals and to clarify expectations. I often

find it helpful to work through some specific math problems with the tutee, trying to guide them as they think through the method to solve the problem. Feedback from the tutee is important, as they evaluate their own performance and set the agenda.

There is a Center Club tutoring manual available to all tutors from which come many of the ideas I will be discussing.

I experience benefits from tutoring as well as the person I am helping. I get the reward of helping others succeed and acquire the great skill of learning how to teach. Tutoring keeps my own thinking skills sharp and I often learn something new along the way. I try to offer practical help to the tutee as well as emotional support. Being useful in this way helps with my self-esteem. Tutoring helps me develop patience. I often have to go over the material more than once, and give the tutee time to think through questions and problems before I give them the correct answer. I try to make learning interesting and to make the material relevant to the tutee's life.

In greeting the tutee, it is helpful to warm up and not launch right into the lesson. I would take a minute to talk about myself and ask the tutee polite questions to get settled. I try to get to know the tutee and try to establish a friendly, comfortable environment while remaining professional. I try to use the person's name, to find out what the person prefers to be called, and use their name often enough to be friendly. I try to be warm and friendly, making the tutee feel comfortable enough to try things out and not be afraid to make mistakes with me.

After the greeting, I try to set the agenda. We both set the time frame, we decide how much time we want to work together and whether we will be taking any breaks.

I try to set objectives with the tutee; we negotiate a particular topic and goal to work on, what we will focus on, and what we hope to accomplish. We will decide if there is a particular task we will be working on, such as completing a practice exercise at the end of a textbook chapter.

In the orientation phase, I let the tutee know what is going to happen, which is closely related to setting the agenda. I would describe to the tutee what will be happening in today's session, so they know what to expect. I also try to clarify the reasons that the tutee is coming to me for help, such as for help in a particular kind or math problem to prepare for an upcoming exam or to get a high school equivalency. I also

tell the tutee a bit about the methods I will use to accomplish the objectives. I also try to clarify the roles of the tutor and the tutee, what expectations we have for each other. There may be things that the tutee expects me to do. My expectations of the tutee might include task specific things, like working through each problem on a worksheet. I might also include things related to how the tasks get done. I might say to the tutee, "Be sure to let me know when you are stumped on a certain problem, so we can talk about that one."

In the teach/re-teach stage, as I teach about the content, I try to use examples, trying to make connections to what the tutee already knows or to things that are interesting or relevant to the tutee. For example, if a tutee is interested in baseball, then math tutoring might use many baseball examples, such as how to calculate a batting average. I periodically try to check the tutee's understanding. I may ask a combination of questions that the tutee can answer easily, as well as harder ones that create more of a challenge. I also try to explore the person's thought process and problem solving strategies. When the tutee asks questions, it is often helpful to turn the question back by asking, "Well, what do you think about that?" or "How could you find the answer?"

The tutoring session, to be more useful, and more interesting, should include practice. I try to plan out these practices in advance. There are many resource materials in the Center Club Education Room that can be useful, including workbooks that can be photocopied for use in a practice.

Then I use the feedback loop to explore how a practice went. I start by asking, "How do you think you did?" A person's self-assessment can indicate whether he really knows the material and how confident he feels. I try to ask for details: what went well (things that were easy, places where the tutee feels confident and knowledgeable), as well as what didn't go well (areas where the tutee may need re-teaching or other guidance). I also explore the strategies used. Finding out how the person solved the problem is a way of "making learning visible." This flow of feedback helps you build in twice as much positive praise as constructive criticism (areas to polish up). I try to link my points to the person's self-assessment, being specific when describing what they did well and not so well.

At the end of each session, it is helpful to ask, "It would help me to know what we did today that was useful to you?" I might also add, "What things should we be doing differently in future tutoring sessions?" It's not necessary to wait until

the very end of a session to ask about what was helpful. I may ask for feedback whenever it's necessary. For example, I might ask something like, "How do you think you learn best - by hearing, seeing, or doing?" Most people like a blend of teaching styles, but it can be useful, as a tutor, to know what the tutee prefers.

Then we set the date and time for the next meeting.

How I Attended Cambridge College By Robert Sollenberger

In the spring of this year I decided to take more courses toward my bachelors' degree at Cambridge College to work in the area of Mental Health, in the Boston Area, once I graduate. I was ready with the selection of both courses that I needed to take for the semester when I found that there wasn't enough Pell grant to cover tuition. I let Mary the Director Center Club know of my plan and she said that the Bear Grant could be used to pay for the courses. I was given the check and presented it to the financial aid representative at school courses.

Throughout the semester I went through many changes while preparing my essays for class and while participating in the discussions in class. The school is a good place to express interest in psychiatric and human service issues in the mental health area. All the activities were fun and provided a chance for improvement as a student.

When it came time for finals, I didn't have the slightest idea what my grades would be like. I was hoping that I passed though, the semester was quit challenging at the school that I was new.

We would like to congratulate the following members on their new jobs

Linda Carroll - Franklin Park Zoo

Dave Hogan - Recovery Learning Center

Arianna Talbert - Snapchef

John - TABLE

Mae Sampson - Event Temps

Jocelyn Valentin - Dollar General

Nancy Berger - MIT

Thomas Sheehan - Insomnia Cookies

I achieved a C grade for Principles and Processes of Adult education and a B- in Using Dialogue to Transform Communities an organization. Good things do come out in the end.

LIONS AND BEARS, OH MY

By: John Gardner

Linda Caroll recently began working at Zoo New England/Franklin Park. She completed an Orientation in early May which now qualifies her to work in several capacities: Helping care for animals, overseeing a Carousel, and performing Customer Service duties. She expects to primarily be doing the latter. Linda previously worked at Stop and Shop in sales. She especially likes watching and helping kids at Franklin Park, and is excited about that side of her position. She will be working 20 hours a Week, depending on the weather, yet expects to work more hours as we transition into Summer. Linda's favorite person at the Zoo is her Supervisor, Britanny. Her favorite animals, by the way, are Tigers and bears. She is big Cat lover, and plays with her own small felines first thing of every Morning. Linda grew up in Winthrop, now lives within walking distance to the Zoo, and likes to sing and dance in her spare time.



Linda Caroll is all smiles at her new job.
Photo by John Gardner

Why I'm looking for a Job?

Written by Robert Sollenberger

I would like to go back to paid work for the purpose of graduating in a year from Cambridge College of Boston with a bachelor's Degree in Human Services. Since I didn't have enough funding from grants until the fall to qualify for tuition, I've been job hunting so far this summer. This is difficult to do with a disability and being in my mid-sixties. I do have two associate degrees and I have been highlighting the mental health area my education on interviews to find a Mental Health Counseling job.

So far I've had two job interviews where they asked me to come back at a later time to try again for an interview. The places are McLean Hospital and the Bournewood Health Center. Jane especially, Rina, Robin, and Caesar have been of great help as staff for my purpose of finding employment. Thank you.

My dream job is to be a case manager. I've also visited I've visited Mass Rehab and updated my resume with ABCD, completely on my own. It's amassing what can be done with other's support. Thank you. :-)

Work Ethic

By Keith Johns

Center Club is supporting me in trying to get a part time job, to keep me occupied and out of trouble. I feel like it's a help to work with the employment department at Center Club. It is a good opportunity to have support in being provided with employment.

I want to work to make my own money, have a bank account, be able to have investments and purchase my own things from stores and my own food, to support myself. I also want to have a job to keep me busy and so I can provide for myself and become more independent.

To me, having a work ethic means showing up on time and have responsibility and conducting myself maturely. Having responsibilities is good for me and is healthy. I believe I have a good work ethic.

I advise other members to work with the employment department and supports to find employment! It is a good program.

On May 14 and 15, the Massachusetts Psychiatric Rehabilitation Collaborative (formerly known as the Massachusetts Psychiatric Rehabilitation Association) held its annual conference. Many Center Club members and staff members attended a series of powerful workshops and presentations. Mary G. and Alison D. coordinated the conference, Nancy B. and Rina W. gave presentations, several anonymous members gave Rina valuable information in the interviews she used to prepare for her CORI presentation, John G. took photographs, and numerous members and staff members volunteered to create conference materials such as folders and handouts. The conference was a great success, as usual!



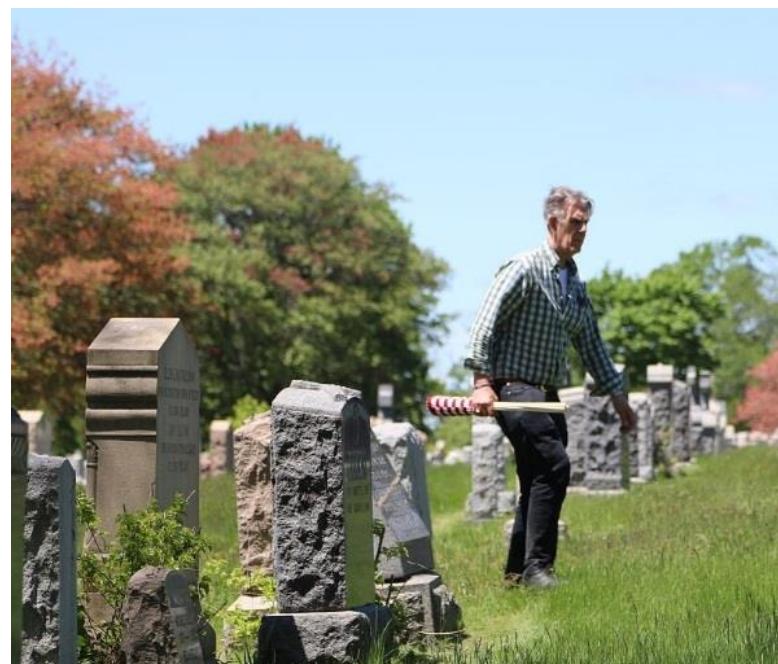
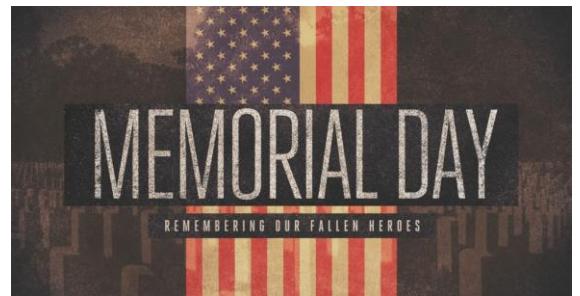
Kok Win and Nancy chat during a seminar break; Rina during her CORI presentation

Interested in finding a job or work on your job skills, speak with someone in the Employment Unit.

Remembering our Veterans

By John Gardner

Beginning on May 20th and running thru May 24th, Sean Coppinger led teams of members out to New Calvary Cemetery in Mattapan, and to St. Theresas, and St. Joseph's Cemetery, in West Roxbury to plant American Flags in front of the graves of U.S. Servicemen and Woman. This year, roughly 5,000 Flags were planted in the Cemeteries. I drove out to Calvary Cemetery on Tuesday the 21st to photograph and help out. One of the Members planting Flags that day was Bill Walker, whose father was a pilot in the Korean War and subsequently was shot down and killed by North Korean enemy forces. My Grandfather, a pilot in World War I served in the same Aerial-squadron as Fiorello LaGuardia and Eddie Rickenbacker. Fortunately, he made it out of the war alive, and returned to Delaware to become Attorney General. He also served as a State Delagate in several Presidential elections. The weather cooperated and was just beautiful for this year's project. Thank you to everyone who took part in the Week's worth of planting. We greatly appreciate it! We look forward to seeing everyone in the Cemeteries next Year.



Here's your totally useless fact of the day:
A 'contronym' is a word that can mean one thing or the exact opposite.
Ex: "Dust" can mean 'to remove dust' or 'to cover with dust.'

Or "Do whatever you want!"

Arts & Leisure

ACTING WORKSHOP WRAPS UP SPRING SHOW AND STARTS NEW ACTIVITIES

“VAUDEVILLE TONIGHT” A HIT

On two consecutive Fridays, May 10th and 17th, members of the Center Club’s Acting Workshop presented “Vaudeville Tonight,” a musical revue. According to director Alan Baptista, program director Mary Gregorio and cast and crew, feedback has been positive.

With a book by Joseph George Caruso and music by Paul Curnow, “Vaudeville Tonight” is a revue where a troupe of actors, singers and dancers take you on a journey back to the gay 1890s and early twentieth century. The audience relived the days when America’s musical theatre was beginning to come into its own with a variety of entertainment called ’Vaudeville.

The four leads were played by: Sean Coppinger (Ted, the leader of the troupe); Heather Lesson (Sally, Ted’s girlfriend); Alan Baptista (John); and Andrew Paliotto (Jim). The chorus members were: Gabi Aguilar; Barbara Brown; Kok Win Chu; and Rose DiPiro. Younggyo Lee, a doctorate student at Boston University, serves as musical director and pianist. Younggyo is very accomplished, winning many awards, including: 1st Place Winner, Golden Classical International Music Award (Chamber Music), New York, 2017.



Clockwise: Andrew and Sean sing about being “On the Wabash”. The ensemble take a musically stroll in the “Shade of the Apple Tree.” Music Director, Younggyo Lee, waits along with Heather and Gabi for the show to begin.



For those of you who missed the show, take a look at these great photos taken by Club members, Michael Barker and John Gardner.



Clockwise: The leads take center stage to sing an Irish medley. Maryane O'Keefe, concession volunteer, brings flowers out to the director, Alan Baptista. The cast do a Cakewalk to "Farewell My Ladylove." Below: Mary Gregorio praises the cast after an amazing performance. From left to right: Andrew, Sean, Kok Win, Gabi, Alan, Rose, Barbara, Heather, and Mary.

**All Black and White photos by John Gardner
Color photos by Michael Barker**



ACTING WORKSHOP IS IN SESSION

By Alan Baptista

Acting Workshop is held every Monday and Wednesday from 4:00 PM to 5:30 PM on the 5th Floor. Anyone may join. Workshop members are not required to participate in a show. In addition, nobody involved in the workshop are forced to do anything that they are uncomfortable doing.

In the workshop, we study the following: the Alexander Technique; Method Acting; proper breathing technique; movement; scene work; relaxation techniques; and auditioning. Activities include: pantomimes; improvisations; skits; scenes; monologues; dance; and singing.

The workshop provides an opportunity to work on: building self-esteem; improving communication skills; helping with (job) interviewing; and socializing. There are many more benefits to this workshop than just learning for the sake of acting on a stage.



GET INTO THE ACT!



SCENE NIGHT

**Come to the 5th Floor
Monday's and Wednesdays
4:00 PM to 5:30 PM**

**Everyone is welcome to participate
Scene Night is scheduled for
Wednesday, September 18 at 5:00 PM**

AUDITIONS FOR THE DIAMOND ANNIVERSARY

By Alan Baptista

On Wednesday, October 23rd Center Club will celebrate its 60th Anniversary. As part of the celebration, the Acting Workshop will present a mini-revue of songs from the decades from the Club's inception until the present. Auditions will be held on July and August during the Acting Workshop. Everyone is welcome to this



¡ENTRA EN EL ACTO!

Ser parte de

Noche de escena



Ven al quinto piso

**Los lunes y miércoles
4:00 p.m. a 5:30 p.m.**

Todos son bienvenidos a participar

**La noche de la escena está programada para
Miércoles 18 de septiembre
a las 5:00 pm**

open audition. Prepared songs are option. If you wish to sing a prepared song, you must bring a cd or use your phone with accompaniment without vocals, or sing acapella. Songs from the mini-revue will be available to sing at the audition.

HOLIDAY SHOW

By Alan Baptista

This December, the Center Club Acting Workshop will present a reader's theatre version of "A Christmas Carol," adapted and directed by Alan Baptista. Before that one act play, there will be a 40 minute musical revue named "December 'Round the World," which celebrates many different holidays. Audition notices will be announced in the future.

Back by popular demand...Center Club will be hosting a Karaoke night on August 7th. Karaoke night will take place the first Wednesday of every month, prizes will be given to the singers selected by the crowd. Come join the fun!

El 7 de agosto, el Club organizará una noche de karaoke. Noche de Karaoke se llevará a cabo el primer miércoles de cada noche, se les dará premios a los cantantes seleccionados por los otros miembros. Ven a divertirte!

LITERARY CORNER

Black Woman

By Allison Bell

Hey Black Woman did you know I was here, did you stand there,
 Hey Black Woman I am talking to you, I want to be a friend
 Hey Black Woman, you are not alone, you don't need that crack, I could be your ear.
 Hey Black Woman, don't you hear me, leave that stuff alone.
 Hey Black Woman, I will be right here till you see me.

THE CAT THAT CAME ON CALLIN'

By Dorisa Gethers

The Cat came strolling down the hall.
 I wanted to roll past him but that wasn't happening right away.

He got down on all four paws.
 As if he were waiting for me.

As I came closer
 He started to hiss.
 I screamed out loud
 and put up a fist.

He went to one side and I to the other.
 I rolled past in a panic but made it through without a lick or scratch.
 What was I to do?



The rains of spring.

By John Gardner

On baseball, do we have a say in the matter? No!
 Get up to the plate Batter-on the green fields of our youth...
 Will color shine in the form of a flower? Yes, a visual, sensual display of power...
 Will picnics begin in our City Parks?
 Yes, with larks, and barks, and plenty of sparks- with the 4th of July not too far off.

Be it wet or dry, let's simply enjoy spring for now

FELICIDAD

Por Adan Palacios

Ella y yo estábamos aburridos. La invite a caminar y ella acepto. Caminamos un largo trecho y llegamos a unos matorrales detrás de ellos encontramos la arena. En la orilla del mar, ella corrió sobre la arena que gusto medio cuando ella empezó a correr y a jugar con unos cangrejos. Uno de ellos la mordió y ella siguió riendo. Caminamos y llegamos a un pequeño desierto de arena. El cual hizo viento y nos bañó de arena, salimos de ahí y nos encontramos con una zona arbolada en la cual algunos tenían fruta y ella cortó algunas frutas seguimos caminando a una montaña la cual trepados y llegamos a la punta, nos sentamos empezamos a comer la fruta, ese lugar podíamos disfrutar toda la ciudad, ella miro a un punto fijo y ella me dice ¿ves esas personas que se ven ahí? Le dije que era Jesús con sus apóstoles. Yo quiero conocer a Jesús, ella me comentó. Bajamos rápidamente pero los apóstoles ya avían partido y solamente quedaba Jesús, volteo a vernos y dije que pasa. Ella dijo, Señor Jesús yo firme unos papeles y recibe la bendición. Jesús contesto y tú laquieres él dijo si mi padre Dios. Les dio libre averío y los creo con amor y por amor... Tómense de la mano y disfruten su amor sin reservas. En la otra vida, los hare quererse sin compromisos y lo habrán siendo jóvenes con el permiso de mi padre Dios.



TERCER CIELO

Por Adan Palacios

Siempre por las tardes nos gustaba corre por la zona arbolada a coger aire.

Tu cabeza volaba, tu hermoso pelo al cual la contagiabas con una bella sonrisa y que también a mí me contagiaba.

Más tarde me invitabas a la playa, te ponías tu traje de baño

Y como siempre, tu pelo volaba y tú no dejabas de reír.

Y ya muy tarde, saliendo del cine se pusieron unos nubarrones negros y empezó a llover. Tú no te moviste del lugar y los dos nos mojamos,

Yo te dije, "Te quiero" y tú riendo me dijiste "Te amo vida."

De pronto despareciste,

Tú y tu sonrisa la busqué por largo tiempo me sentí más triste que en el fondo del mar.

Señor tu que vives en el tercer cielo por favor ayúdame...ayúdame olvidarla tu que tienes boca y tienes oído, escucha, te pido otra vez, ayúdame a olvidarla por favor

Es tan corto el amor y es tan largo el olvido



Untitled by John Gardner

Call for submissions for the Literary Review!
Looking for poetry, stories, artwork, or photos, if you would like to share, please get in touch with Gabi

The words Tire

By Allison Bell

The word tire is so powerfull

Tire can many things but also so sad.

Tire for people mean to sleep or they work so hard.

Pay attention to word so powerfull.

Tire it can mean it time to say good-bye

Tire

Powerful

FRIENDSHIP

A Poem by Alan R. Baptista

It has been said in days of old
 A family's worth its weight in gold.
 Yet I would like to make amend:
 There's none more worthy than a friend.

Friendship is a matter of choice.
 In family we're given no voice.
 Kin are bound by blood, you see.
 And some do harbor enmity.

Oh! Could there be a better end
 Than making all our kinfolk friends?
 Perhaps than all familial strife
 Would be gone from this mortal life.

And of those who are not our kin
 New family members we do win.
 For what in truth is a family
 Than those who love us so dearly?

I urge you seek out new friends to choose
 For what in the world is there to lose?
 And keep close those friends from days of old
 For they, too, are worth their weight in gold.

SOCIAL LIFE

Review of Brown Sugar Thai Restaurant, a Cuisine Tasters Outing by Christine McGrory

On Saturday, June 8, several members of Center Club lunched at Brown Sugar Thai Restaurant, near the Boston University campus. We were intrepid souls: the members were delayed by a prior accident on another branch of the Green Line and Gabi Aguilar, our accompanying staff member, was held up in excessive automobile traffic.

We entered a virtual oasis at Brown Sugar; there were fish tanks and elegant décor. We were able to sit at the same table. Service was prompt.

I enjoyed my meal: it was similar to pad thai. Scott McConnell had a meal of roasted chicken with sticky rice and was happy with that. Gabi reported that her curry, without coconut milk, was really spicy. I didn't hear any club member complain about what she ordered.

Afterward, some club members went across the street to LimeRed Tea House where people had smoothies and Gabi had a fresh waffle with ice cream infused with cappuccino. Some members left for various other activities and I would say the outing was a success.

WHALE WATCHING

By Michael Barker

Whale watching was an experience that I would never forget. We from Center Club went whale watching. What a beautiful time we had!?! After going out to sea, I saw a whale named Diablo. What a name, huh?



After we arrived at the location where the whale was located I went out on the top level of the ferry. This is where I had a better view. We started to see the whale every so often. The day was so beautiful, what a spectacular sight!



Top photo: Every one tries to capture Diablo as he emerges from the sea. **Bottom left member from left to right:** Paul L, Rose D, Lynn C, Pierre L, Michael B, and Scott M await to get on the boat. Both photos by Michael Barker

Welkom Bij Centrumclub By John Gardner

On May 22nd, a group of mental health practitioners from the Netherlands visited Center Club to hear about what goes on in the day and life of a Clubhouse. Members spoke about the different units and what they do, and I spoke about the Recovery movement with the emphasis being on getting folks out to exercise. The visitors were very inquisitive, kind and respectful, and by their presence alone infused great energy into the Club. They came before our annual Memorial Service which seemed to be a great time to visit. For those of us fortunate enough to be here that day, I feel confident by saying that we were all blessed to be in their company.



Fourth of July at Hampton Beach

Written by Robert Sollenberger

All photos by Michael Barker

As I was approaching the subway on the morning of July 4th of this year, I was greeted by a nearby neighbor in Everett, MA where I live. When he wished me a happy Fourth of July, I looked at him cheerfully, and replied back the same way. On the bus, I noticed that this holiday had some impact on the passengers, as I did.



While traveling to Hampton beach on a yellow school bus, later, the passengers were handed a printout of the directions for the day. Turkey and ham sandwiches were given out as we boarded the bus. There was an anticipation in the air that something great was going to happen. It took about two hours to travel from the Center Club in Boston to Hampton beach where we would celebrate this national holiday, in leisure. The interesting conversations at the beach shared the thoughts of the day concerning members of the clubhouse.



A plain glider swept across the sky near the beach shore line. Members from our group eat lunch together a a nearby restaurant near Hampton Beach. Some of the members and a staff played the arcade games in one of the buildings on the strip near the beach.



Motor cycles gather across the street, with a suspicious yellow Harley Davidson seemed to be spying on the vacationers. There were many, many people walking by. I noticed that there was enough chip cookies and water and sweet and salty chips for every



participant. The feeling was so good that you could think back to when you were a kid an when roller coast riding at the fairgrounds. There were no accidents or emergencies on this fine day. When leaving it became important to fix a collapsible beach chair that was quite a problem. It was decided that later after the trip that this would be a job of WD-40 lubrication, since the frame of the chair had been stuck in the wrong fashion, hardly by someone. We had a great day at Hampton Beach. The Spirit of the July Fourth of Club was feeling with us on the outings.



We've been so busy the last four months, here are some pictures of some of our social events and trips. First up, our Mother's Day Tea party:



Michael Barker

Red Sox game, Photo taken by Michael Barker



Michael Barker

End of the Fiscal Year Celebration,
Photo by Michael Barker

Father's Day Barbecue



Michael Barker



Coffeehouse at Point After Club, Left to right: Pierre L, Rose D., and Sean C.



Red Sox game, Photo taken by Michael Barker

NEW FACES

...LET'S WELCOME

In the last couple of months, Center Club welcomed three new staff members. Clubhouse members, Pam B. and Melinda B. interviewed our new staff members.

Introducing Steve Spaulding, new Membership Unit Program Coordinator:

Q: Why did you apply to Center Club?

A. Worked at the Cleveland, Ohio Magnolia Clubhouse 20 years ago, I worked in employment unit there.

Q. What did you like about clubhouses?

A. Clubhouses are such unique places where people can get support for a lot of life goals and contribute their talents. I remember many members in Cleveland had lots of growth in their lives because of the clubhouse.

Q. What is your background before Center Club?

A. Bachelor's Degree in journalism and public relations. Worked for a long time in communication at an organization that ran affordable housing for older adults. From that experience there and in the clubhouse, I decided to change careers.



Q. What are you looking for from Center Club?

A. I hope that all members share their special abilities to help the clubhouse.

Q. What are your weaknesses?

A. Being able to talk about sports

Q. What are your strengths?

A. Establishing rapport with people quickly.

Up next, Amy Gusefski, Clubhouse worker in the Food and Social Activities Unit. Melinda Brown sat down with Amy to get to know our newest staff.

Melinda: What do you like best about working at Center Club?
Amy: I like that there's always something to do, I'm always busy.

M: Do you like to cook?

Amy: Yes, I like to cook. My favorite thing to cook is chilli and potato soup.

M: What is your favorite activity at the club?

A: I like the writing group.

M: What is one thing you enjoy doing at the club?

A: I enjoy working with members in taking care of the guinea pigs.

M: Where Are you from?

A: I'm from North Carolina.

M: Which is your favorite sport team?

A: Caroling Tarheels.

M. What's the next activity you're looking forward to?

A: I'm looking forward to going to the Rodeo with members. It will be the first trip I facilitate.



Pam also sat down with Dominique Thompson, Program Coordinator of Food Services and Social Activities Unit, to find out about what lead her to apply to Center Club.

Q. Why did you decide to work at Center Club?

A. I like how everyone works together, there's a sense of community here.

Q. What did you do before Center Club?

A. I worked at a restaurant called Loyal Nine and had several internships while I was in college. My internships were very varied, from working with young adults who were homeless to helping post-incarceration adults find housing and employment. I also interned at a detox.

Q. What are you looking to get out of Center Club?

A. Good question, I'm looking to build relationships with members and learn about Boston from members. I just moved to Boston in September

Q. What's your education background?

A. I have a bachelor's degree from the University of Oregon.

Q. What has been your favorite activity or trip at Center Club?

A. I loved going Whale watching. It was really fun to go with a big group of people, and it was my first time ever seeing a whale.



Health and Wellness



On July 13, Center Club hosted, Kendra McDonald, from The Samaritans. During the presentation, risks factors and warning signs for suicide were discussed, self-care for those who are helping individuals, and how to help someone experiencing a crisis. The presenter used plastic cups to represent stressors and how trying to juggle all of them can become overwhelming.

Every year, Center Club attends Dual Recovery Anonymous Retreat in Holyoke, Ma. This year four club members and one staff member attended. Two members, Kok Win and Haidi, wrote about their experiences and thoughts regarding the retreat.

My first time at the DRA retreat, I thought it was very informative, eventful, and awe-inspiring. I met many interesting and inspired people. Everyone was very nice. They have a story to tell about themselves and other people. The members were very encouraging to one another. The staff was very friendly. Dominique, Center Club staff, was very helpful. She and I tried to find the ladies room for 20 minutes. She went with me to the dance and we danced almost with stopping. I won a prize for



Students from BU Dental Henry F. Goldman School providing free dental screenings for members

musical chair. Center Club members Haidi, David, and Darlene were really friendly too. We ate breakfast lunch and dinner together with Dominique. The food was not bad. It was very tasty. I watched the final Bruins game with the other members and the staff gave us snacks. Overall, I enjoyed myself. Dominique drove us to Dunkin Donuts. The stories and games were inspiring and interesting. People talked about their life stories to inspire other people that they can do it too and that it's okay to have a relapse, but that you must keep going. I would recommend other people to attend. – Kok Win



The DRA retreat was fabulous. It was nice to get away from the city and the meals were delicious. We all supported each other in the scheduled groups and were very gratified for each other's personal stories.- Haidi

Center Club's furry members



CENTER CLUB TURNS 60!

CENTER CLUB IS THROWING A GRAND PARTY FOR OUR 60TH ANNIVERSARY. WE WILL BE HOSTING DINNER DANCE ON OCTOBER 23RD. THE PARTY WILL FEATURE

Featuring:

A performance by the Center Club Acting Workshop

A DJ and dancing to music from the past 60 years

Cost: Members: \$20.00 Guests: \$35.00

Tickets may be purchased until October 15, 2019

For more information, please feel free to speak to Alison at 617-788-1005

Two of our Center Club Community Ambassadors, Kok Win and Blanca attended community fairs with our Intake Coordinator, Florence Mugenyi. Kok Win attended the Boston Public Library Health Fair and Blanca attended the Harvard Family Van Health Fair. Both did an amazing job of informing the public of Center Club's services.

