

Hillsgrove Happenings



Upcoming Social Activities

- August 2, Hiking at RW Park
- August 11, Victory Day
- August 14, Washington County Fair
- August 23, Movie and Games
- August 27, Employment Dinner

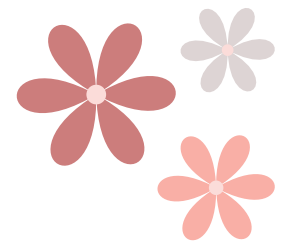


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Director's Corner

OUR SUCCESS AT HILLSGROVE CLUBHOUSE IS LINKED TO OUR BELIEF IN THE POWER OF HIGH EXPECTATIONS. EACH PERSON THAT WALKS THROUGH OUR FRONT DOOR IS A COLLEAGUE, SOMEONE WHO HAS STRENGTHS, TALENTS, AND ABILITIES THAT ARE NEEDED TO HELP US ACCOMPLISH OUR DAILY GOALS. MEMBERS AND STAFF STEP INTO MANY DIFFERENT ROLES IN THE CLUBHOUSE, INCLUDING COLLEAGUE, CO-WORKER, FRIEND, PEER, EVALUATOR, DECISION MAKER, GUIDE, INSTRUCTOR, AND LEADER. THERE IS A PALPABLE ENERGY THAT COMES FROM ENGAGING EACH OTHER TO TRY SOMETHING NEW, CHALLENGING, NEEDED.

I DEPEND ON MY COLLEAGUES FOR HELP IN COUNTLESS WAYS AND AM GRATEFUL FOR THIS SUPPORT. I THINK PEOPLE HAVE HIGH EXPECTATIONS OF ME AND IT GIVES ME THE CONFIDENCE I NEED TO GET THROUGH A TOUGH ASSIGNMENT OR DIFFICULT DAY. WHEN I FALL SHORT, I APPRECIATE THE ENCOURAGEMENT AND SUPPORT I RECEIVE TO GET RIGHT BACK AT IT. I AM FORTUNATE TO BE A PART OF A COMMUNITY THAT HAS NUMEROUS DAILY EXAMPLES OF PEOPLE ACHIEVING AND SURPASSING OUR HIGHEST EXPECTATIONS. WE ARE CONSTANTLY REINFORCED IN OUR CONVICTION THAT EVERYONE BENEFITS FROM SHARED HOPE AND OPTIMISM.

IF YOU EVER NEED A BOOST, COME ON BY AND GET READY TO JUMP IN. THERE IS A LOT OF SUPPORT TO GET YOU INTO THE SWING OF THINGS, AND LOTS OF APPRECIATION FOR THE HELP.

SEE YOU SOON,
MARK

FRONT OF THE HOUSE UPDATE



Azalea - Helping with News at Noon

ADMIN. TEAM: July was another jam-packed month of member participation at Hills Grove Clubhouse social activities. Members were well represented at the July 4th cookout and games hosted by front-of-the-staff Dawn and Pauline. Member turnout was planned to be great but an unforeseen power outage meant the cancellation of the festivities and Dawn and Pauline cleaning out the HC freezer and refrigerator. Turnout for the Karaoke and Doughboys Thursday social on the 10th rebounded well with a total of ten members attending the evening. Members had the opportunity to make their own doughboys which was a nice treat. Watch out Iggy's! While members and staff play hard together, they also work hard together in completing the tasks of the work-ordered-day (WOD). Members have been picking up the "slack" during the staff summer vacation season. Some of this slack has been picked up by integrating new members into the Units WOD tasks, training and supporting new members in the tasks while developing relationships with the members. Just as members and staff build relationships so too do new members with other members. This is the life giving cycle which gives birth to an active, supportive, and working clubhouse community. Member and staff; member and member relationships are the leaven to a growing healthy clubhouse community. Team members continue to work in a variety of Transitional, Supported, and Independent employment positions. Kevin S. was recently recognized as "Partner of the Month" at the Boot Barn in Warwick. Who he is and the skill set he brings with him to his work are obviously appreciated by Boot Barn team members. Something the HC community has appreciated and recognized for a long time. John F. continues to do an outstanding job in the TBH Copy/Data Entry Clerk TEP and will be helping to assist in transitioning a member into the position. Recently John reported: "I'm back at the top of my game which is a great feeling. Working has been a huge part of where I'm at and how I'm feeling." What a profound testament to the value of work in the members recovery and Psycho-Social Rehabilitation process. July has been a fast-paced month filled with many member accomplishments, too numerous to state here but acknowledged with enormous happiness, joy, and excitement. Congratulations to all our members and staff who are so committed to their recovery and making HC a welcoming supportive community for that recovery to take place.

CAFE UNIT



We have been very busy in the café lately! We've been putting out all kinds of delicious treats—cookies, muffins, egg sandwiches, chocolate-covered pretzels, yogurt parfaits, and plenty of other baked goods to brighten your day.

We've also had some wonderful new members joining us behind the counter. If anyone is curious about how the café runs or would like to learn more, we'd love to have you stop by! We're running rotating shifts now, so there's always a way to get involved.

For those who love baking or have a favorite recipe they'd like to share, the café is the perfect place to bring your ideas to life. Come bake with us and see your creations enjoyed by our community!

This past week, I even had the chance to bake a birthday cake with Azalea's help—it was such a fun and rewarding project.

I'm truly grateful for the kindness and patience of everyone who supports the café. There is nothing better than the simple joy of kindness, whether it's in the form of a smile, a "thank you," or someone taking a moment to appreciate what we do.

Working in the café alongside fellow members has been such a rewarding experience, and I look forward to seeing even more of you stop by—whether it's to enjoy a treat, lend a hand, or just share in the good vibes we're building together.

- Melissa M. & Beth B.

Kitchen Unit Updates



Cream of Spinach Kale Soup

The month of July for the kitchen unit focused on healthy side dishes. Due to excessive heat waves this month, the kitchen focused on providing healthy cold dishes loaded with vegetables.

Welcome new member Stefanie M. & Beth B. Welcome back Ralph B. & Nancy C. Thank you Beth B. for providing the kitchen with new recipes. The kitchen is taking suggestions for more healthy summer dishes.

In the garden the blueberries are growing. Also there was two UFO squash that were harvested. The snap peas are great on the salads and came right from the raised garden bed. I wonder if the Cafe will build yogurt parfaits with the fresh blueberries by the end of this summer?

Shout out to Tom I. who continues to do well at his TEP & volunteer in the kitchen unit.

As always, we celebrated July birthdays with a fabulous Berry Chantilly cake, made by Melissa M. & Azalea Z.

Employment & Education

Employment and Education Dinner: There was no dinner this past month. All enjoyed a nice summer break. Dinners will resume in August.

Next Dinner: The next dinner will be Wednesday August 27th from 4pm-6:30pm. Please reach out to Jeff or Pauline with questions or if you plan to join us.

Employment: We Make RI continues to host a monthly job fairs. Please visit their website for dates and times, or stop by the unit to see the posting. Congrats to Alex T on his new position at Advanced Auto.

TEP: We have a is a brand new TE for the club. Its a janitorial position at the Garden City Old Navy and we are very excited to have this new opportunity.

We have the janitorial position at Warwick Old Navy coming up, Please see Rosaria or Pauline for more details.

Education: This month our students at Crossroads went back to class after a 3 week break. Most of our students are enjoying their last month off on summer break before the Fall semester starts.

SHOUTOUTS: Ethan hit 1,000 days on Duolingo this past month, Way to go!!

Congrats to Kevin on being awarded "Partner of the Month" for June at the Boot Barn!!

Azalea has been sharing her sign language knowledge with the club daily by leading us in "Sign of the Day".

Rayna recently received her drivers permit and Derick B passed his drivers test! We are so happy for you both!!

HILLSGROVE GARDEN REPORT

BY BOB W.

EVERY YEAR WE TRY TO ADD ANOTHER NEW TYPE OF VEGETABLE OR TYPE OF TOMATO, OR PEPPER, OR WHATEVER TO SHAKE THINGS UP A BIT SO WE CAN FIND WHAT WORKS BEST IN OUR LITTLE GARDEN HERE AT HILLSGROVE. THIS YEAR WE'RE TRYING KALETTES, MALIBAR SPINACH, AND GOING "ALL IN" ON THE SMALLER SIZED TOMATOES LIKE CHERRY AND PLUM TOMATOES. OUR GARDEN IS ALWAYS A WORK IN PROGRESS. WE TRY ONE THING, IF IT WORKS, OR IF IT'S POPULAR WE KEEP GOING. AN ITEM THAT HAS BEEN ALWAYS APPRECIATED IN THE KITCHEN IS GARLIC. WE'VE JUST HARVESTED CLOSE TO 100 HEADS OF GARLIC. I'M ALWAYS AMAZED HOW QUICKLY WE CAN GO THROUGH THAT MUCH HERE AT HILLSGROVE! FRESH GARLIC ALWAYS LENDS A REAL NICE FLAVOR TO WHAT'S COOKING. ONE OTHER THING THAT WAS ADDED THIS YEAR REALLY SHOOK THINGS UP. HIS NAME IS MR. WOODCHUCK. LIKE THE SONG, CHUCKY'S IN LOVE (WITH OUR GARDEN). HE SIMPLY CAN'T GET ENOUGH. I DO BELIEVE IT MIGHT BE A GUILTY PLEASURE ON HIS PART BECAUSE IF HE SEES ANY OF US HUMANS COMING HE RUNS AWAY AND HIDES UNDERNEATH THE SHED.

WOODCHUCKS, ALSO CALLED GROUNDHOGS OR WHISTLE PIGS ARE BASICALLY SQUIRRELS ON STEROIDS. THEY WEIGH ABOUT AS MUCH AS A CAT AND CAN CLIMB. IT'LL TAKE AN ELECTRIC FENCE OR VERY LARGE FENCE TO KEEP ONE OUT. BY THE WAY, THOSE FENCES ARE NOT IN OUR BUDGET, SO NOPE. R.I. LAWS ARE STRICT IN THAT WE CANNOT LIVE TRAP WOODCHUCKS, WE CANNOT SNAP TRAP HIM AND WE CAN'T POISON HIM. APPARENTLY LICENSED OPERATORS CAN TAKE CARE OF THEM.. SO MR. CHUCK HAS "ONLY" DESTROYED THE SNOW PEAS AND THE BEANS AS THEY COME UP SO FAR... IF ANYONE HAS A HANKERING FOR WOODCHUCK STEW...I'LL PROVIDE THE HERBS IF YOU WANT!! FOR FREE!! THOSE OF YOU GENTLE READERS WHO FOLLOW THIS REPORT, YOU'LL REMEMBER THAT WE HAD FOR THREE LONG YEARS OPTED TO NOT HAVE CUCURBITS IN THE GARDEN. CUCU-WHAT YOU ASK?? CUCURBITS, THAT'S ALL SQUASH, AND ALL MELONS, ADD IN CUCUMBERS TOO THEY'RE THE SAME PLANT-TYPE-FAMILY. IT'S BECAUSE A FUNGUS ATTACKED THE LEAVES ON THE CUCURBITS IN 2021. AFTER 3 YEARS, THE "FUNGUS IS NO LONGER AMONG US." SO WE ARE DOING PRETTY WELL THIS YEAR WITH OUR CUCURBITS! WE'VE HAD "PATTY PAN" SQUASH, TWO TYPES OF ZUCCHINI, AND WE ARE CAUTIOUSLY OPTIMISTIC FOR SOME FRENCH MELONS WILL MAKE AN APPEARANCE. FRENCH MELONS ARE SIMILAR TO CANTALOUPE, BUT FROM WHAT I'VE READ ARE TASTIER. WE'LL SEE! A SHOUT OUT TO ALL OF OUR MEMBERS WHO HAVE STEPPED UP TO HELP IN THE GARDEN!! KNOW THAT WE APPRECIATE YOU!!



ANNOUNCEMENTS

THE INTERNS FROM NEW ENGLAND TECH WILL BE HERE THE FOLLOWING
FRIDAYS FROM 8:30-12:00: AUGUST 1st,
AUGUST 15th, SEPTEMBER 1st, and SEPTEMBER 12th.

PLEASE JOIN US ON FRIDAY, AUGUST 8TH AT 10 AM AS MOLLY THE
MASTER GARDENER WILL BE HERE TO HELP WITH GARDENING AND/OR
CENTERPIECES.

ON MONDAY AUGUST 11TH WE ARE ONLY OPEN 10-2 FOR
A SOCIAL EVENT.

IN CASE OF INCLEMENT WEATHER, CALL THE
CLUBHOUSE AT 401-732-0970 TO SEE IF WE'RE OPEN.
WE WILL LEAVE A MESSAGE. IF NO ONE ANSWERS THE
PHONE, DO NOT COME IN. WE WILL ALSO UPDATE OUR
SOCIAL MEDIA PAGES TO GIVE YOU MUCH NEEDED
INFO. IF WE ARE HAVING BAD WEATHER, THINK ABOUT
YOUR COMFORT LEVEL WHILE MAKING YOUR DECISION.
IT IS BEST TO STAY HOME AND BE SAFE.



August Social Events

TYPED BY HAYLEE

August 2, 2025

Hiking at RW Park + Lunch

10-2

August 11, 2025

Victory Day BBQ

10-2

August 14, 2025

Washington County Fair

2-6:30

August 23, 2025

Movie and Games

4-6:30

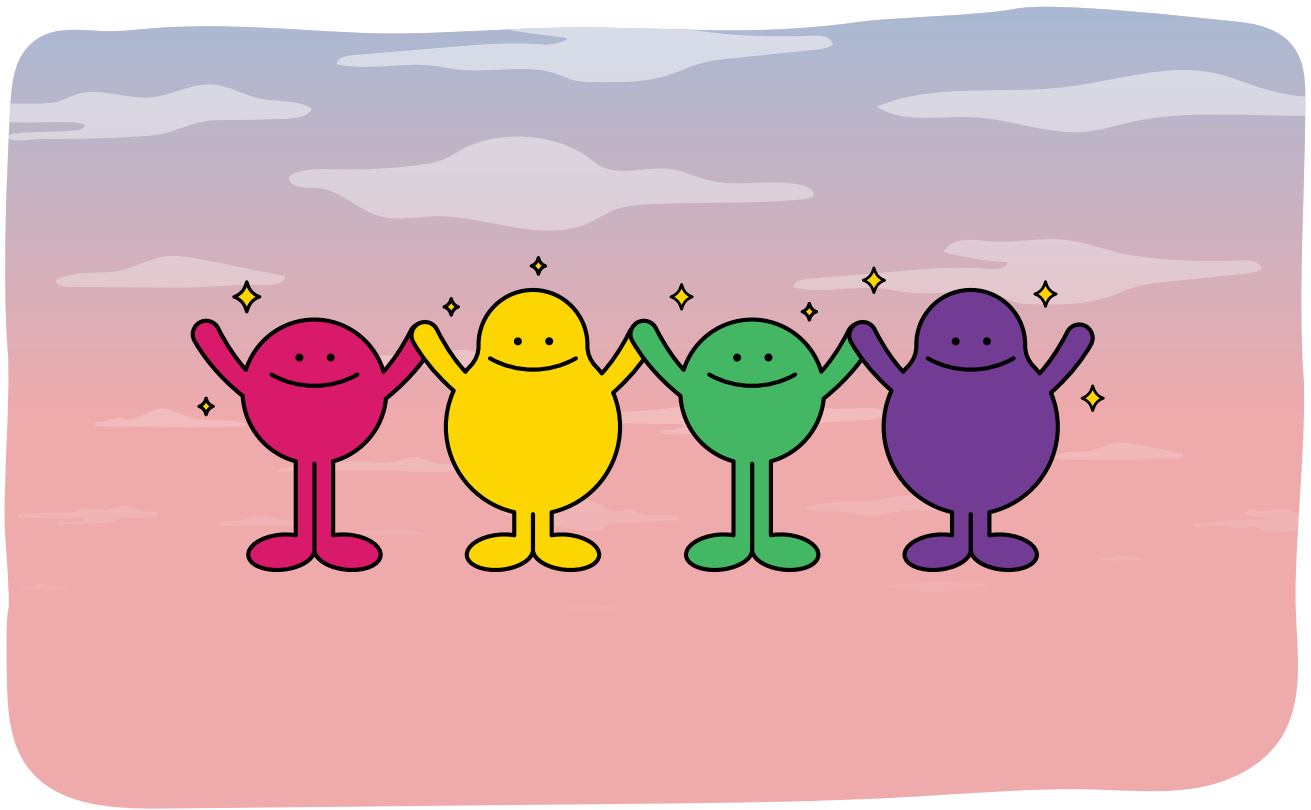
August 27, 2025

Employment Dinner

4-6:30



**We hope our readers have enjoyed reading our
August, 2025 edition of our newsletter!**



**If you're interested in learning more about Hillsgrove
Clubhouse or would like to get in touch with us to schedule
a tour, please contact us at one of the links below:**



401-732-0970



hillsgroveclubhouse@gmail.com



www.hillsgroveclubhouseri.org



www.facebook.com/hillsgroveclubhouse