

# HILLSGROVE HAPPENINGS



Our 2025 NAMI Walks Team

## November Socials

- Nov 8<sup>th</sup> - Pinball Museum
- Nov 11<sup>th</sup> - Closed/Veteran's Day
- Nov 13<sup>th</sup> - Ramen Night
- Nov 20<sup>th</sup> - Harvest Dinner
- Nov 27<sup>th</sup> - Thanksgiving Day

## Table of Contents

- Director's Corner: Page 2
- Employment Unit: Page 3
- Business Unit - Page 4
- Cafe Unit: Page 5
- Kitchen & Garden: Page 6
- Social Events : Page 7
- Announcements: Page 8



# DIRECTORS CORNER

THIS NOVEMBER WE WILL HAVE OUR FIRST MEETING OF OUR CLUBHOUSE DEVELOPMENT WORK GROUP. A SUBCOMMITTEE OF OUR ADVISORY BOARD AND OPEN TO OTHERS, THIS GROUP WILL SHIFT GEARS A BIT. OUR ADVISORY BOARD HAS EXCLUSIVELY FOCUSED ON THE DEVELOPMENT OF HILLSGROVE CLUBHOUSE AND THIS NEW WORK GROUP WILL FOCUS ON THE DEVELOPMENT OF ADDITIONAL CLUBHOUSES IN RHODE ISLAND. THIS HAS BEEN A STRONG INTEREST OF MULTIPLE ADVISORY BOARD MEMBERS AND STARTED TO GARNER INTEREST AND SUPPORT FROM STAKEHOLDERS.

I AM EXCITED ABOUT THE PROSPECT OF MORE CLUBHOUSES IN RHODE ISLAND. AS MANY OF OUR READERS KNOW, MOST OF MY CAREER WAS SPENT IN MASSACHUSETTS WHICH HAS OVER 32 ACCREDITED CLUBHOUSES AND MORE THAT ARE PURSUING ACCREDITATION. WITH CLUBHOUSES ALL OVER THE STATE, MOST PROSPECTIVE MEMBERS HAVE AT LEAST ONE CLOSE BY. ACCESS TO A CLUBHOUSE IS CRITICALLY IMPORTANT AND A SAFETY NET FOR MANY INDIVIDUALS LOOKING FOR COMMUNITY ORIENTED MENTAL HEALTH RECOVERY SUPPORT. THERE IS TREMENDOUS COLLABORATION BETWEEN THE MASSACHUSETTS CLUBHOUSES AND A STRONG COALITION. THIS HAS HELPED TO CREATE STATEWIDE LEADERSHIP OPPORTUNITIES FOR CLUBHOUSE MEMBERS. HILLSGROVE CLUBHOUSE IS FORTUNATE TO BE ABLE TO SERVE ALL OF RHODE ISLAND AND I HAVE GREAT RESPECT FOR THE THOSE MEMBERS THAT TRAVEL MORE THAN AN HOUR TO GET HERE FROM ALL CORNERS OF THE STATE. IT IS AN HONOR TO BE THE PROGRAM OF CHOICE FOR SO MANY, NOW OVER 175 ACTIVE MEMBERS AND HUNDREDS OF ALUMNI MEMBERS. I ALSO KNOW THAT HAVING A CLUBHOUSE IN YOUR LOCAL COMMUNITY IS IDEAL. FOR MANY PEOPLE, THE COMMUTE TO WARWICK IS TOO LONG, TOO FAR AWAY, TOO UNFAMILIAR. THERE ARE THOSE IN NEED THAT CANNOT OVERCOME THIS BARRIER. A CLUBHOUSE CLOSE BY IS THE ANSWER.

OUR FIRST MEETING WILL BEGIN TO FORMALIZE A CONVERSATION THE ADVISORY BOARD HAS BEEN DISCUSSING FOR SEVERAL MONTHS. AS WE GET STARTED, WE WILL BE DRAFTING A PLAN, SEEKING SUPPORTERS, IDENTIFYING CHALLENGES AND OPPORTUNITIES. WE DO NOT KNOW WHERE THIS EFFORT WILL TAKE US, BUT I AM EXCITED TO BE A PART OF THE DISCUSSION, HOLDING HOPE FOR THE POSSIBILITY OF MULTIPLE COLLABORATING CLUBHOUSES IN RHODE ISLAND.

SEE YOU SOON,  
MARK

# EMPLOYMENT UNIT

**Employment and Education Dinner:** This month we enjoyed a lovely creamy tortellini soup with garlic bread. This month our dinner featured a workshop style presentation on creating your “Elevator speech”/ “Tell me about you”. Members shared information and offered suggestions to each other.

## **Take Aways:**

**Ethan:** Tonight we discussed key points in 60 second elevator speech. These key points were in short telling the employer about yourself, what your experience was, or what skills you have.

**Val:** I learned that my acquired skills will be good for an interview. Making my elevator speech and practicing the pitch will be great for getting the job within 30-60 seconds of introduction with possible employer.

**Next Dinner:** The next dinner is **Wednesday December 10<sup>th</sup> from 4-6:30pm.** Josh from the Sherlock Center will be presenting at 5pm. He will be doing a presentation on Working and Benefits (SSI, SSDI). This presentation will be open to case managers, so that they may learn more about how working affects benefits.

**Employment:** We make RI continues to have monthly job fairs, the next one is November 13<sup>th</sup> (<https://wemakeri.com/job-fair/>) Paul finished up at the Warwick Old Navy janitorial TE this month, congrats on a job well done. Can't wait to see what is next for you. Josh M started a billing position at Thrive

**Education:** Many of our members were busy this month with various GED programs. We continue to be proud of all of their hard work.

**Special Shout outs:** Derick B has been with the YMCA for just about a year now, he has added on duties and trainings. Ethan P celebrated his 3 year anniversary at Ritual Cafe.

# Business Unit

By Admin Team

Unfortunately, as we end the month of October and head into November, the federal government shutdown continues. One of the consequences of the continued shutdown is the SNAP (Supplemental Nutritional Assistance Program; aka food stamps) benefits for November have been canceled. This negatively impacts the vast majority of members who depend upon these SNAP benefits to meet their food needs for the month. The loss in benefits worsens the food insecurity that members experience already, forcing them to make difficult decisions between paying rent, utility, or medical bills, etc. A reminder to all Hillsgrove Clubhouse members that we have free lunch Monday thru Friday while also serving dinner a few evenings monthly at social events. Additionally, Hillsgrove Clubhouse will be a collection location for Thrive's New Food & Home Supply. If members need support locating community food programs, do not hesitate to contact the clubhouse. In spite of the previous struggles, members continue to show relevancy by continuing attending the clubhouse, going to classes, working, and socializing. New member Kimberly is an example of the previous. She brings a long employment and education experience to HC. She earned two college degrees from local colleges while working in retail for 13 years. Kimberly has used her educational and work experience by learning and working in a variety of work-ordered-day (WOD) tasks. These tasks include doing reception, billing, monthly/daily attendance and co-facilitating Community and Unit Meetings. Kimberly has been very consistent in her HC attendance quickly becoming an integral member of the Admin. Team. Adam and George continue to make daily contributions to the front-of-the-house (FOH). George has contributed to the FOH WOD learning to answer phones, circulate birthday, get well, and miss you cards. He enjoys participating in social activities most recently going to Mystic Village where he purchased some postcards, coffee, and a donut. George has a marvelous sense of humor and a quick wit. He keeps HC laughing on most days. Adam continues to attend daily while working part-time and coordinating his busy schedule. He has been a mainstay answering phones and covering the reception desk. He is recognized by his leather satchel, x-large Mountain Dew and long beard. Adam's presence is missed at HC when he does not attend. Darlene and Val served as tour guides to Warwick Beacon Reporter Greta Shuster, who visited on Wednesday, 10/22. Both members gave a marvelous tour and the HC community is looking forward to reading the article. A huge thank you to all who made October another successful month of vocational recovery.

# CAFE UNIT



Photo Credit: Haylee

For the Halloween party this month, we were brainstorming spooky ideas. we came up with a grave yard cake as well as dirt cups. the dirt cups had chocolate pudding, crushed Oreos and a gummy worm on top! Everyone enjoyed our lovely desserts and had a good time! We can't wait to share next months creations with you!

- The Cafe Team

# KITCHEN & GARDEN UPDATE



THIS MONTH THE KITCHEN CELEBRATED OUR YEARLY HALLOWEEN SOCIAL. OUR OCTOBER BIRTHDAY CAKE WAS A RED VELVET, HALLOWEEN THEMED CAKE WHICH EVERYONE ENJOYED. WE WOULD LIKE TO WELCOME BACK DERICK B. TO THE UNIT & CONGRATS TO MICHEAL Q. WHO WILL BE STARTING TEP AT OLD NAVY . THIS MONTH'S NEW SALAD DRESSING IS MUSTARD VINAGARETTE, MADE BY OUR OWN VINNY C. THE KITCHEN HAS ALSO DECIDED TO MAKE HOMEMADE CROUTONS & INTRODUCED A NEW HEALTHY DISH, HOMEMADE QUINIOA BURGERS, WHICH WAS WELL RECEIVED BY MEMBERS & STAFF. AS ALWAYS, THE KITCHEN PROVIDED A CACFP TRAINING FOCUSING ON CACFP MEAL PATTERNS & MEAL BENEFIT APPLICATION.

OUR GARDEN HAD BEEN PRODUCING INTO OCTOBER. FOR THE FIRST YEAR WE HAVE A SUCCESSFUL WINTER SQUASH HARVEST AND SO FAR WE'VE HAD THAT ON OUR MENU TWICE. WE STILL HAVE A LITTLE MORE SQUASH THAT WE'LL USE LATER. IN THE MEANTIME, WE ARE HAVING SUNCHOKES, A NATIVE AMERICAN PLANT THAT HAS BEEN EATEN IN NORTH AMERICA FOR THOUSANDS OF YEARS. WE ARE PLANTING GARLIC FOR NEXT YEAR'S HARVEST AND THE KITCHEN IS UTILIZING THE GARLIC WE HARVESTED THIS SUMMER. AS ALWAYS THANK YOU TO EVERYONE HELPING OUT IN THE GARDEN.

# NOVEMBER SOCIALS

November 8<sup>th</sup>, Saturday, 10-2  
Pinball Museum

November 11<sup>th</sup>, Tuesday, Veteran's Day  
WE ARE CLOSED

November 13<sup>th</sup>, Thursday, 4:00-6:30  
Ramen Night and Crafts

November 20<sup>th</sup>, Thursday, 4:00-7:00  
Harvest Dinner

November 27<sup>th</sup>, Thursday, 10:00-2:00  
Thanksgiving Day



# Announcements

We will be closed on Tuesday, November 11<sup>th</sup> as we recognize Veteran's Day.

---

Our annual Harvest Dinner will be held Thursday, November 20<sup>th</sup> from 4:30-7:00. Please feel free to bring a guest.

---

We will be also be open Thanksgiving Day, Thursday, November 27<sup>th</sup> from 10-2. Please join us to celebrate all we have to be thankful for!

---

If you will be joining us for a social activity, please don't forget to get in touch with staff that are working the social so we can order enough food.

---

## **Dual Recovery Anonymous Group (DRA)**

Anyone with dual diagnoses, including addiction and mental health, are welcome to join our DRA meeting on Mondays from 12:30-1:00 PM in the front conference room.

---

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.

**We hope our readers have enjoyed reading our  
November 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](mailto:hillsgroveclubhouse@gmail.com)



[www.hillsgroveclubhouser.org](http://www.hillsgroveclubhouser.org)



[www.facebook.com/hillsgroveclubhouse](https://www.facebook.com/hillsgroveclubhouse)