

HILLSGROVE HAPPENINGS



HIGHLIGHTS

- Unit Updates
- Upcoming Socials
- Director's Corner

UPCOMING SOCIALS

September 4, BBQ & Pickleball

September 8, Company Picnic

September 14, RISD Museum

September 23, Apple Picking

September 27, Employment Dinner



A Program of Thrive Behavioral Health

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DIRECTOR'S CORNER

ONE OF THE FOUR RIGHTS OF MEMBERSHIP, WHICH IS ALSO ONE OF THE 36 STANDARDS FOR CLUBHOUSE PROGRAMS, IS THE RIGHT TO RETURN. ANY MEMBER IN GOOD STANDING THAT BECOMES INACTIVE CAN IMMEDIATELY RETURN AFTER ANY LENGTH OF ABSENCE. THIS MEANS THAT EVERY DAY, WE MAY SEE A MEMBER WALK INTO THE CLUBHOUSE THAT WE HAVEN'T SEEN FOR A FEW MONTHS OR EVEN A FEW YEARS. IT IS COMMON TO HAVE A COMMOTION AT OUR FRONT DESK WHEN WE SEE A MEMBER RETURN TO THE CLUBHOUSE.

WE KNOW THAT HAVING AN OPEN DOOR FOR MEMBERS TO RETURN IS AN IMPORTANT PART OF BUILDING COMMUNITY. IT ENCOURAGES PEOPLE TO TAKE THAT BIG LEAP INTO THEIR NEW JOB, SCHOOL, OR OTHER ENDEAVOR WITHOUT FEAR OF LOSING THE SUPPORT OF THE CLUBHOUSE. MEMBERS CAN CONTINUE IN THEIR MENTAL HEALTH RECOVERY JOURNEY AND KEEP IN TOUCH, MAYBE FOLLOW US ON FACEBOOK, READ OUR ONLINE NEWSLETTER, OR GIVE US A PHONE CALL TO CHECK IN AS WAYS TO STAY CONNECTED WHILE BEING INACTIVE. THERE ARE MANY REASONS A MEMBER MAY RETURN AFTER A LONG ABSENCE. OFTEN, IT IS TO JUST RECONNECT WITH FRIENDS AND CHECK OUT WHAT IS HAPPENING AT THE CLUBHOUSE. SOMETIMES IT IS TO GET SUPPORT FOR WORK OR SCHOOL, IT CAN ALSO BE TO RESTART THEIR OWN MENTAL HEALTH RECOVERY.

REGARDLESS OF THE REASON, THE CLUBHOUSE REMAINS READY AND EAGER TO WELCOME PEOPLE BACK AND THERE IS ALWAYS PLENTY THAT NEEDS TO BE DONE.

IT IS VERY COMMON FOR US TO SEE RETURNING MEMBERS THROUGHOUT THE AUTUMN MONTHS. I THINK WE ARE ALL CONDITIONED TO RETURN TO SOMETHING AS THE WEATHER BEGINS TO CHANGE. WE ALSO SERVE GREAT PUMPKIN SPICED COFFEE DRINKS. THIS YEAR IT STARTED EARLY, WITH MANY RETURNING MEMBERS IN AUGUST. WE ANTICIPATE SEEING MANY MORE AS WE GEAR UP FOR SOME OF OUR FAVORITE EVENTS OF THE YEAR, INCLUDING OUR HILLSGROVE CLUBHOUSE COMPANY PICNIC SEPTEMBER 8TH AND OUR HARVEST DINNER NOVEMBER 16TH. IF YOU HAVEN'T BEEN AROUND LATELY, COME ON IN.

SEE YOU SOON,
MARK

Employment & Education Unit



THE TEAM HAS HAD A BUSY MONTH REORGANIZING THE TEAM SPACE. MEMBERS AND STAFF MOVED THE TWO SMALL WHITEBOARDS TOGETHER ON THE LEFT WALL OF THE TEAM SPACE. THESE BOARDS WILL BE USED FOR EDUCATION PURPOSES. WE ARE PURCHASING A NEW LARGE WHITEBOARD FOR RIGHT WALL OF THE SPACE THAT WILL BE USED FOR EMPLOYMENT PURPOSES. DARLENE, DOROTHY, GABE, LIZ, AND JEFF MET TO DISCUSS/PLAN THE ORGANIZATION OF THE BOARDS. THE CONTRIBUTIONS EACH MEMBER MADE DURING THIS MEETING WERE GREATLY APPRECIATED, AND REFLECT THE MANY YEARS OF EDUCATIONAL EXPERIENCE MEMBERS BRING TO THE PROCESS. MEMBERS CONTINUE TO PURSUE THEIR EMPLOYMENT GOALS BY SETTING UP INDEED ACCOUNTS, REVISING THEIR RESUMES, OBTAINING/RENEWING NECESSARY DOCUMENTS FOR APPLYING FOR WORK WHILE DOING ONLINE AND IN PERSON JOB SEARCHES. THE TEAM CONTINUED TO REGULARLY MEET WITH THEIR OFFICE OF REHABILITATION SERVICES(ORS) REPRESENTATIVE TO SUPPORT MEMBERS IN PURSUING THEIR EMPLOYMENT GOALS.

Multimedia Updates

Are you interested in helping out with News at Noon? Give it a try! Help us collect information for our daily news. We always need help with local news stories, weather updates, Science headlines, fun facts, strange laws, and more. If there is an aspiring writer in you, give our News at Noon a try and be part of a team bringing information to the clubhouse masses.



Kitchen Unit Updates



AUGUST WAS A PRETTY EXCITING MONTH FOR THE KITCHEN UNIT. THE KITCHEN RECEIVED AN ANUAL VISIT FROM THE HEALTH DEPARTMENT AND RECEIVED GOOD FEEDBACK/RECOMMENDATIONS,THE KITCHEN EARNED A HIGH OVERALL RATING FOR OUR FOOD WORK AREA.. THE KITCHEN CONTINUES TO ADD MORE WORK TASKS TO OUR WHITE BOARD, INCLUDING HAVING OUR OWN WASHER/DRYER UNIT.

MEMBERS WILL TAKE THE LEAD IN WASHING OUR APRONS/LINENS FOR OUR DAILY LUNCHESES.MEMBERS ARE WORKING HARD AS THE WORK DEMANDS OF THE KITCHEN CONTINUE TO GROW ALONG WITH THE MEMBERSHIP. THE UNIT HAS ALSO WORKED ON PURCHASING INVENTORY FROM DIFFERENT VENDORS TO HELP BUDGET OUR WEEKLY SHOPPING.

AS ALWAYS, WE CELEBRATED THE MONTH OF AUGUST BIRTHDAYS WITH A FABULOUS BERRY CHANTILLY CAKE. CHECK OUT OUR SEPT. CAKE POSTING ON FACEBOOK

Cafe' Unit Updates



This month, the Café has been busy making good use of our new oven! We have baking some new creations, like our Coconut Poke Cake, as well as some tried and true recipes, like our Peanut Butter Cookie Brownies. The Café Unit has also been fortunate enough to have received tons of help from both new and returning members! A couple of new members have made quite a home out of the Café, jumping into unit work and becoming familiar with our routine. As always, feel free to stop by and lend a hand, share some recipe ideas, or just chat with us!

Business Unit Update

ADMIN. TEAM: MEMBERS HAVE BEEN TAKING THE LEAD IN A VARIETY OF WAYS DURING AUGUST. DENNIS, ETHAN, AND STAFF HAVE CONTINUED TO TRAIN MEMBERS ON THE NEW AVAYA PHONE SYSTEM. LIZ, MELISSA AND TOM HAVE ALL PARTICIPATED IN LEARNING THE PHONE SYSTEM. WE CAN NEVER HAVE TOO MANY PEOPLE TO ANSWER THE PHONE AT THE CLUBHOUSE, ESPECIALLY WHEN MEMBERS AND STAFF ARE OUT OF THE CLUB. AMONG OTHER MEMBERS INVOLVED IN THE TEAM'S WORK-ORDERED-DAY (WOD) ARE JAY AND ELVIS. JAY HAS BEEN COVERING THE RECEPTION DESK ON A REGULAR BASIS IN THE AFTERNOON WHILE ELVIS COVERS THE DESK WHEN HE IS NOT WORKING IN THE COMMUNITY. OTHER MEMBER CONTRIBUTIONS INCLUDED: BRAINSTORMING WOD AFTERNOON TASKS (KAREN); RETURNING CANS FOR THE DEPOSIT AND CREATING SPACE IN THE SHED! (THANKS MIKE AND SCOTT); AND RESEARCHING INFORMATION ON THE WASHINGTON COUNTY FAIR (PETER).

MEMBERSHIP TEAM: THE MEMBRESHIP TEAM HAS BEEN BUSY IN AUGUST WITH SEVERAL TOURS AND ORIENTATIONS. MANY NEW MEMBERS, SUCH AS DREW, DERICK, AND VIVIENNE, HAVE JUMPED IN AND PARTICIPATED IN OUR WORK ORDERED DAY. IN ADDITION TO WORK, ONE OF OUR NEW MEMBERS, DERICK, SHARED WHAT HE ENJOYS MOST ABOUT THE CLUBHOUSE. "THE FREEDOM, HOSPITALITY, THE FOOD IS GOOD, THE PEOPLE." THIS IS A TRUE TESTAMENT TO THE POSITIVE COMMUNITY WE ALL PROVIDE FOR EACH OTHER. AS MEMBERSHIP CONTINUES TO GROW, WE LOOK FORWARD TO MORE MEMBERS BECOMING INVOLVED IN THE UNIT TO ASSIST WITH TOURS, ORIENTATION, AND OUTREACH. PLEASE STOP BY THE UNIT IF YOU WOULD LIKE TO CONTRIBUTE.



Washington County Fair

August 19, 2023

Saturday morning, and many of us are still not fully awake for the 30ish minute, 28 mile drive that is the WCF. Half our group met up at Hillsgrove House to be driven there, while the other half was picked up, to be driven there. After meeting up and getting there by about 10am, we made a meet back up spot and went off in different directions. Some went off on their own, while still others stuck with our staff leads.

The WCF had many attractions from Tractor Pulls, Food stands, Live music all through out, to places of interest. There was a minor down side though. Unfortunately I found out early that they weren't going to open up the rides until Noon and we were leaving the WCF at 2, which only left time for 2 rides, the Roller Coaster and the Giant Ferris Wheel. Luckily, Mark and I were able to nudge Samira to go on the Ferris Wheel with me and get some good aerial photos while up there. I think a good time was had by all.

--Scott A.



SEPTEMBER 2023



Garden Unit

Written by Bob W.

WELL, HOW DO YOU LIKE THEM TOMATOES? THIS YEAR WE HAVE A BUMPER CROP. AT THE TIME OF WRITING THIS ARTICLE, WE HAVE 20+ POUNDS OF TOMATOES SITTING IN THE FRIDGE, (AND SEVERAL POUNDS INTRODUCED INTO OUR SPECIALTY SALADS.) THIS IS A NICE PROBLEM TO HAVE! LET ME BACK UP A BIT AND GIVE CREDIT WHERE IT'S DUE. FOR THE LAST COUPLE OF YEARS, WE'VE HAD PROBLEMS WITH OUR GARDEN TOMATOES. EITHER A POOR YIELD, OR "BLOSSOM END ROT," IN WHICH THE BOTTOM OF OUR TOMATOES HAD SOFT, BROWN SPOILED SPOTS—RUINING OUR TOMATOES! ONE OF OUR VISITING URI MASTER GARDENERS, SUZANNE, THOUGHT WE WOULD DO WELL TO HAVE A SOIL TEST DONE. THANK YOU SUZANNE! WHAT WE FOUND WAS THAT OUR SOIL WAS DEFICIENT IN CALCIUM. EASILY REMEDIED WITH A SOIL AMENDMENT, WHICH WE ADDED. THE RESULTS HAVE BEEN WONDERFUL. THE GENEROUS AMOUNT OF RAIN THIS SUMMER HAS HELPED WITH WHAT IS TYPICALLY A THIRSTY CROP. THE "BLOSSOM END ROT" HAS DIMINISHED TO JUST ABOUT NAUGHT AND WE HAVE A NICE CROP OF DELICIOUS GARDEN FRESH TOMATOES! SO, AGAIN, HOW DO YOU LIKE THEM TOMATOES? NOW IF WE COULD FIGURE OUT HOW TO INCREASE OUR PEPPER YIELDS...HMMM



SEPTEMBER SOCIALS

September 4, Monday, 10-2, BBQ and Pickleball

September 8, Friday, 8-4, Company Picnic

September 14, Thursday, 4-6:30, RISD Museum

September 23, Saturday, 10-2, Apple Picking

September 27, Wednesday, 4-6:30, Employment Dinner



**We hope our readers have enjoyed reading our
September 2023 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.hillsgroveclubhouse.org



www.facebook.com/hillsgroveclubhouse