

# HILLSGROVE HAPPENINGS



## September Socials

September 7, Labor Day  
September 10, Wellness Night  
September 16, Company Picnic  
September 24, Candy Apples  
September 26, Artisan Fair  
September 30, Employment Dinner



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# DIRECTORS CORNER

For all our faithful readers that have been checking in to our Hillsgrove Happenings Newsletter for the past few years, you may know that starting three years ago, my September articles have focused on the four Rights of Clubhouse Membership. These rights are the bedrock of our model and have been around longer than the International Standards for Clubhouse Development, published in 1989. I have already written about the Right to a Place to Belong, the Right to Meaningful Work, the Right to a Place to Return, which leaves us with the Right to Meaningful Relationships.

At Hillsgrove Clubhouse and the other 360+ Clubhouses around the world, we understand the devastating effects of social isolation and loneliness. Having even just one person that you can depend on to give you real feedback, help, or just lend an ear can be a life saver. Meaningful relationships as a right of membership ensures that the Clubhouse is more than just an effective psychiatric rehabilitation program. The Clubhouse is intentionally designed to create space for members and staff to develop real collegial relationships through shared responsibilities and experiences. We genuinely depend on each other to successfully run the Clubhouse. Everything that we accomplish is done in partnership, members helping members, staff helping staff, and of course, members and staff helping each other. We spend a lot of time together. Our connection is supported by our social program, sharing evenings, weekends and holidays in celebration helps to bring it all together.

To see our four rights of membership in action, come by anytime. I am grateful that I have a year to figure out what write about next September.

See you soon,

Mark

# EMPLOYMENT UNIT

**Next Month's Dinner:** The next dinner is **Wednesday September 30th 4-6:30pm.** Dinner and catch-up/sharing will be from 4-5pm and then we will start the workshop at 5pm.

**Employment:** We make RI continues to have monthly job fairs. (<https://wemakeri.com/job-fair/>).

This past month Kristal transitioned from working on an as needed basis at Sarcastic Sweets to having regular weekly shifts.

**Education:** Several of our members had a summer break from their GED program and college courses. We want to wish them best of luck as the Fall term started back up late August.

**TEP:** Mike B started a brand new position at the Garden City Old Navy. We are so fortunate to have such a great partnership with them. We now have 2 positions with them, M,W,F and T,Th both are janitorial with varying tasks.

**PAID:** For the past several weeks we have been meeting on Wednesdays to work on our PAID program. This program is a guide to employment development. Our goal is to develop new transitional employment positions and create new employer relationships. Please feel free to join us on any future meetings, the more the merrier.

**Shout outs:** To Sandy S for spearheading the Study Buddy group and working with Pauline to set-up the mobile library visits at the club.

# P.A.I.D.

## Our Employment Development Journey

**Present Situation:** We assessed what our current TE's look like, what we think we are missing, and how many do we feel we need to develop. By the end of the meeting we developed our goal: We want to develop 3 new TE's, 1 of which is clerical, at least 2 should have 12+ hours a week.

**Available Resources:** We brainstormed questions like, "Who do we know?" "What community resources do we have?" "How can we connect?"

**Initiatives:** We looked at our developed list of available resources and discussed our plan of action on how we are going to connect with them.

**Dream Jobs:** We brainstormed about dream jobs, employers, and positions of interest. We then brought it up in policy to allow for the rest of the members to add to our list.

Update by Pauline and Joe S

# BUSINESS UNIT



Pauline and members at a TEP meeting

ADMIN. TEAM: Mark in his article discussed the Right of Meaningful Relationships among members and staff and the clubhouse space is intentionally designed to create the space for that collegial relationship to develop and grow. Thus it takes the consistent and deliberate choice on the parts of both members and staff to engage together in the daily operation of Hillsgrove Clubhouse (HC). When a member is absent for any period time, for a wide variety of reasons (good & bad), that member is missed and thus was the case with Linda. Linda was out recuperating and rehabbing from a physical injury for a little over a month. Her absence was greatly missed as Linda is one of the clubhouse's biggest cheerleaders, contributors and supporters of staff and members. On Linda's return she proclaimed: "I've missed this place and everyone so much. I love everyone, members and staff and have been thinking of and praying three times a day for all my friends here." Linda's positive emotional energy and love for all people she meets is infectious. She puts a capital W in welcoming guests, new members and interns to HC. How many times have we heard her proclaim: "This place saved my life!" Followed by her sharing of her recovery story with those present. Linda's charm and love can turn a difficult day into one filled with joy and happiness and a good day into a great day. This is the team's way of saying you were enormously missed during your absence and how grateful we are to have you back planting all your loving seeds for meaningful relationships in the soil of Hillsgrove Clubhouse. A huge thank you to all the members and staff who have contributed to the smooth operation of the front-of-the house(FOH) during staff and member vacations. Special thanks to Sandy for sharing her many gifts, talents and insights with the FOH team especially her creative expertise and computer skills. Flyers, cards and forms never looked so good.

# CAFE UNIT



Selfie taken by Adam C.

## Q & A with Adam

**How long have you worked in the cafe?** Over 6 months.

**What do you like best about it?** The people, interaction.

**What do you do in there?** Make coffee, stock shelves, wait on people.

**What are your favorite cafe items?** Diet Pepsi and Canada Dry Zero Sugar Ginger Ale.

**What do you do when you aren't in the cafe?** Talk to my friends here.

# KITCHEN UNIT



The Kitchen is happy to announce that we have a new dishwasher on site. The Installation of our dishwasher will include new counter tops. The kitchen crew will continue to prepare lunch during the installation process, moving our food prep area into our kitchen admin. area to ensure food safety. We ask that everyone be patient during our kitchen renovations.

. The kitchen continues to revise our lunch recipes to a higher standard, incorporating our garden vegetables & herbs with every meal. The kitchen & cafe unit has collaborated to restart our weekly wellness meetings. During ther lunch hour , the wellness committee has initiated a wellness walk as part of our physical wellness goals. Please join us in our wellness meetings. The kitchen is always looking for more members to come & join the unit & learn new skills!

As always we celebrated our August Birthdays with a fabulous Nutella chocolate peanut butter cake!!

Rosaria, Beth, Kristal, Melissa, Laurie

# Member Spotlight

## Michael and Darlene

**Michael:** So what brings you to the Clubhouse?

**Darlene:** I like to come because I made friends, and I like doing the phones and shredding.

**Michael:** What do you like to do for fun?

**Darlene:** I like to color. I like to cook.

**Michael:** What goals would you like to accomplish?

**Darlene:** I made it to Warwick and that was a big one. Having my nerves ease up.

**Michael:** What's your favorite meal from the kitchen?

**Darlene:** I like it when she makes macaroni & meatballs. Or fish dinner!



# SOCIAL *update*

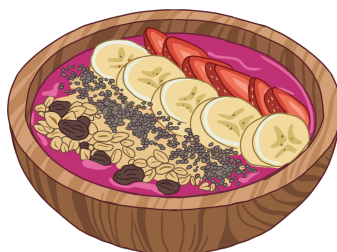


On August 6<sup>th</sup>, the clubhouse hosted a vibrant Wellness Night & Dinner Social activity. The evening was expertly run by staff members Dawn and Rosaria, who put together a fantastic lineup of healthy food and good energy activities.

While the event had a smaller turn out than usual, everyone had a blast. The energy was charged as members and staff hit the dance floor together, burning calories and laughing through crowd favorites like Shakira's "Waka Waka" song, the Cha Cha Slide, and the Macarena.

To refuel after all that exercise, attendees enjoyed a delicious, nutrient-packed dinner. The menu featured refreshing acai bowls loaded with crunchy granola, sliced almonds, and frozen fruit. It truly was a perfect night filled with great movement, wonderful company, and great food.

Article by: Sandy S.



# WELLNESS AT THE CLUBHOUSE

OUR WELLNESS PROGRAM IS GROWING, AND WE ARE EXCITED TO BRING NEW IDEAS AND ACTIVITIES TO THE CLUBHOUSE! STARTING THIS MONTH, WELLNESS MOVEMENT WILL BE HELD FROM 12:30–1:00 PM, WITH OUR WELLNESS MEETING FROM 1:15–2:15 PM ON TUESDAYS. WHEN WEATHER PERMITS, WE MAY TAKE OUR MOVEMENT ACTIVITIES OUTSIDE FOR SOME FRESH AIR AND SUNSHINE. WE WILL ALSO EXPLORE DIFFERENT TIMES AND ACTIVITIES SO MORE MEMBERS HAVE AN OPPORTUNITY TO PARTICIPATE.

OUR WELLNESS MEETINGS WILL FOCUS ON HEALTHY LIFESTYLES, MOVEMENT, NUTRITION, AND MEMBER IDEAS. WE'LL ALSO HAVE SIMPLE CHECK-INS, SUCH AS SHARING YOUR NAME AND ONE GOOD THING ABOUT YOUR DAY.

WE ARE RESEARCHING HEALTHY, AFFORDABLE RECIPES FOR THE CAFÉ, INCLUDING POPSICLES, BAKED OATMEAL BARS, SMOOTHIES, YOGURT PARFAITS, HOMEMADE GRANOLA, TRAIL MIX, FRUIT SNACKS, AND HEALTHY ENERGY BITES. A SPECIAL THANK-YOU TO AZALEA FOR THE POPSICLE IDEA!

WELLNESS IS ABOUT TAKING SMALL STEPS—NOT BEING PERFECT. WE'LL KEEP TRYING NEW THINGS, LISTENING TO MEMBERS, AND FINDING WAYS TO MAKE HEALTHY CHOICES FUN AND ACCESSIBLE. HAVE A WELLNESS IDEA OR HEALTHY RECIPE? SHARE IT WITH US! YOUR IDEAS MATTER.

MELISSA CAFE/WELLNESS.



# Wellness

## AT THE CLUBHOUSE

*Small Steps. Big Changes. Together.*



### WELLNESS WALK

*Move. Breathe. Connect.*

12:30 – 1:00 PM

TUESDAYS

Join us for a 30-minute walk outside (weather permitting) to enjoy fresh air, movement, and good company!



If it rains, we will move inside for an activity.



### WELLNESS MEETING

*Share. Learn. Grow.*

1:15 – 2:15 PM

TUESDAYS

Join us for great conversations about wellness, healthy recipes, and ideas for what's next!



#### CHECK-IN:

Share your name and one good thing about your day.



### HEALTHY RECIPES FOR OUR CAFÉ

- ✓ Popsicles (thank you Azela!)
- ✓ Baked Oatmeal Bars
- ✓ Smoothies • Yogurt Parfaits
- ✓ Homemade Granola
- ✓ Trail Mix • Fruit & Yogurt Bowls
- ✓ Peanut Butter Energy Bites
- ✓ Healthy Key Lime Treats & More!



We are researching healthy, affordable recipes for the café. *Your ideas matter!*

*Your ideas matter!*

### TOPICS WE'RE EXPLORING

- ✓ Healthy snacks & lifestyles
- ✓ Healthier oils in the kitchen
- ✓ Are potatoes healthy?
- ✓ Sweet potato chips, veggie straws
- ✓ Healthy baking & lower sugar options
- ✓ Hydration & healthy drinks
- ✓ Hand washing
- ✓ No smoking
- ✓ And more!

Keep trying new things. Small steps make a big difference!



#### DID YOU KNOW?

Short videos & fun facts to help us learn something new each day!



#### HELPING OUR COMMUNITY



- No Smoking Flyers
- Hand Washing Flyers



#### DAILY CHECK-IN

We check in on quiet members and invite everyone to be part of the conversation.

Thank you for showing up.  
Thank you for caring.  
Thank you for being you!



*Small steps today. Stronger us tomorrow.*

# JOIN US!



Front Row, Left to Right: Ramandeep, Larissa, Tasha, MJ, Sue.  
Back row: Mahmoud

Meet us in the cafe on Friday, September 11<sup>th</sup>  
and Friday, September 18<sup>th</sup> and bake some  
delicacies with our fabulous friends from the  
New England Institute of Technology.



# SEPTEMBER SOCIALS

September 7, Monday, 10-2  
Games, Water Balloon Toss, Lunch

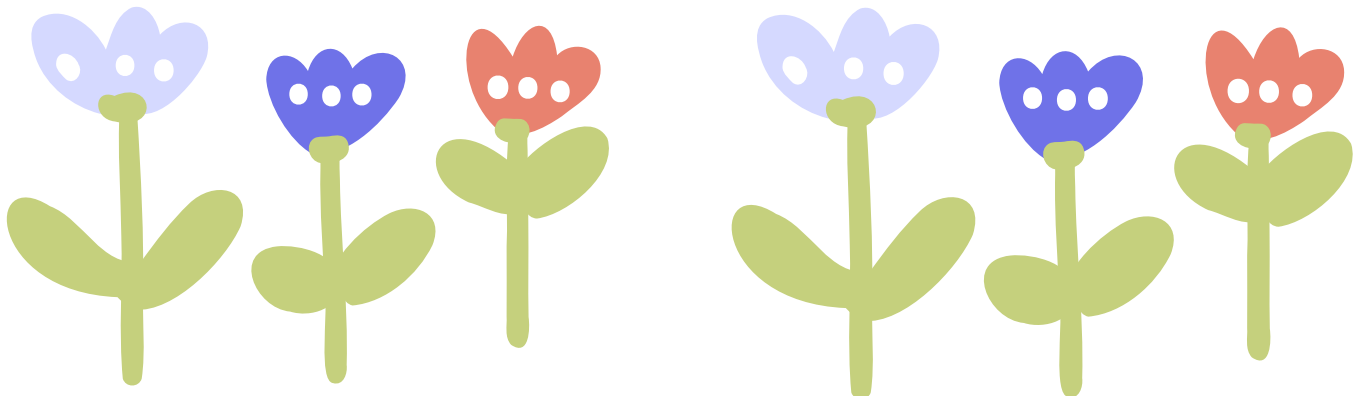
September 10, Thursday, 4-6:30  
Wellness Night

September 16, Wednesday, 8-4  
Hillsgrove Company Picnic

September 24, Thursday, 4-6:30  
Candy Apple Making

September 26, Saturday, 10-2  
Fall Artisan Fair at the Beef Barn

September 30, Wednesday, 4-6:30  
Employment & Education Dinner



# **STUDY BUDDY**

**NEW!**

Would you like to study for your GED, brush up on your skills, or learn something new? We are starting a new tutoring program to help aid members who would like help on their educational path. Whether its one-on-one tutoring, a study buddy, or help in finding online or in person resources, we can help!

Also, If you have a certain skill(s) and would like to share that with a fellow member, we can match you with someone that would like a study buddy in that area. You don't have to be an expert, just willing to help!

There will be sign up sheets in the BUSINESS UNIT for both those in need of a study buddy and those that can help tutor members in need.

All sessions will be in clubhouse during normal business hours.

Article by: Sandy S.

**Please see Dawn or Pauline if you have any questions**

# Free or Low Cost Activities in Rhode Island

The 'Museums for All' is a great program for those with SNAP/EBT benefits. It allows free admission or discounts on memberships. Here are just a few participating attractions:

- Mystic Aquarium: Free general admission for the EBT cardholder and up to three guests (advance online reservation required).
- Mystic Seaport: SNAP/EBT recipients receive free admission for up to 2 adults and 4 children/youth per SNAP/EBT card. Please present the SNAP/EBT card plus a matching ID at the gates to receive this offer.
- Roger Williams Park Zoo: Offers a heavily discounted annual Family Membership (\$45 instead of \$169) for RI EBT participants.
- Audubon Society of Rhode Island Nature Center and Aquarium (Bristol): Offers reduced \$3 admission for up to four people.

You can also check your local libraries. They often have free or discounted passes to local museums and attractions.

## OTHER ACTIVITIES:

### **RIMRA STEM Rocket Launch Experience at URI Peckham Farm**

Dates: 9/19/2026, 10/17/2026,  
11/7/2026

Address: 3119 Ministerial Road, West  
Kingstown, RI 02892

Phone: (401) 374-1914

Time: 8:30 AM to 3:00 PM

Price: Free for spectators; Small fee for  
flyers

### **Nha Tera Nha Kretcheu Festival**

Date: September 6, 2026

Address: Festival Pier, 21 Tim Healey Way ,  
Pawtucket, RI 02860

Time: 10:00 AM to 10:00 PM

Price: Free

### **Waterfire Providence - Full Lighting**

Date: September 6, 2026

Address: 4 North Main Street, Providence, RI  
02903

Time: 7:10 PM to 12:00 AM

Price: Free

### **General Stanton Sunday Market**

Dates: June 28, 2026 - September 20, 2026

Recurrence: Recurring weekly on Sunday

Address: 4115 Old Post Road, Charlestown, RI 02813

Time: 9:00 AM to 2:00 PM

Article by: Sandy S.



# American Chop Suey

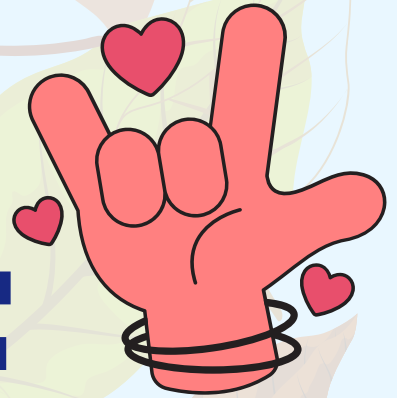
## Ingredients

1 LB. GROUND BEEF  
1 GREEN BELL PEPPER CHOPPED  
1 MEDIUM ONION CHOPPED  
1 GARLIC CLOVES CHOPPED  
1 TSP OF DRIED OREGANO  
1 TSP DRIED BASIL  
16 OZ. MACARONI  
1 JAR TOMATO SAUCE

COOK PASTA ACCORDING TO PACKAGE DIRECTIONS. HEAT SAUCE ON STOVE. SAUTE PEPPERS AND ONIONS TILL SOFT. ADD GROUND BEEF AND COOK UNTIL BROWN. ADD OREGANO & BASIL. DRAIN GROUND BEEF MIXTURE. COMBINE WITH PASTA AND SAUCE.



# September **DEAF** *Awareness Month*



**The 2026 theme for International Week of Deaf People is “Declaring Deaf People’s Human Rights.”  
September 21-27**

Interested in learning  
American Sign Language  
(ASL)? Please see Dawn!

You can also find free  
ASL classes on  
**[www.lifeprint.com](http://www.lifeprint.com)**



# Announcements

Monday, September 7<sup>th</sup>, we will be open for a social from 10-2. Sign up sheet is posted, please join us!

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Our New England Tech Interns will be with us 8:45 - 12PM on the remaining Fridays: September 11<sup>th</sup>, September 18<sup>th</sup>. Please join them for some baking in the Cafe!

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Don't forget our Annual Company Picnic is Wednesday, September 16 from 8-4. Please join us for a day of fun, festivities, and friendship.

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Please join us at the following meetings:

Mondays @ 11 - Newsletter Meeting

Mondays @ 12:30 - Dual Recovery Anonymous

Tuesdays @ 1 - Wellness Meeting

Wednesday @ 11 - Job Development

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If you are interested in taking your GED, we have study materials available for your convenience.

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COMING SOON! Warwick Public Pop-Up Library will be visiting the clubhouse! You can checkout books and get a library card regardless of your location. Check the clubhouse socials or ask Pauline for details.

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*Happy Birthday!*

**To all the members and staff  
born  
in September!**



## HILLSGROVE CLUBHOUSE MEANS...

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

**BELONG**

**CLUBHOUSE**

**FRIENDS**

**FUN**

**HEALTH**

**SUPPORT**

**VALUED**

**WORK**

**We hope our readers have enjoyed reading our  
September, 2026 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.hillsgroveclubhouseri.org](http://www.hillsgroveclubhouseri.org)



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