



### Director's Thoughts

by Renee Schell

Clubhouse International



ACCREDITED

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I have many things for which I am grateful, including the many kind and generous people who support our Clubhouse. The outpouring of support for our **Holiday Food Drive** was immense and heartwarming! The holidays can be a difficult time for anyone, but it is especially hard when someone is experiencing loneliness and resources are limited. Clubhouses are open during the holidays as a place where members can participate in the festivities, eat a good meal, and enjoy **comradery** with fellow colleagues. I have heard our members express how much they appreciate having a place to go during the holidays. This annual food drive supports the holiday season at Frontier House so that our members can enjoy the full festivities of the season without worrying about how to pay for a good meal or where to go. We owe **many thanks** to so many people—family, friends, community partners—who have shown tremendous generosity through food and monetary donations. With the amount of donations received, we provided over 200 meals during the Thanksgiving holiday. We also gave away Thanksgiving food boxes to members, and delivered prepared meals for those who were not able to make it to the Clubhouse. In addition, we gathered enough food for our holiday party on **December 20th**. We want to give a special thank you to the District Attorney's Office, Cache Bank and Trust, Chalice Springfield/Sears Real Estate, Fox Creek Dental, Roche Constructors, Beacon Health Options, and Monfort School as well as many individual donors. Also, thanks to Rudy's BBQ for smoking several turkeys for our dinner.

We are now in full swing planning the **December festivities**. I hope that many of our members will join us for our

Clubhouse Holiday party on Friday, December 20th. The festivities will take place all day with a homecooked meal for lunch, a white elephant gift exchange, caroling, ugly sweater contest, and crafts. The Clubhouse will also be open on New Year's Day from 9am to 12pm for brunch and fellowship.

As evidenced by the **generosity** inspired by the holiday food drive, this is the time of giving! It's the 10th anniversary of Colorado Gives Day and it falls on December 10th this year. This 24-hour movement is a chance to increase the value of your donation, thanks to the \$1 Million Incentive Fund. Each December, Coloradans come together with the common goal to strengthen the community by helping to power nonprofits. Community First Foundation and FirstBank partner to make this day rewarding for givers, nonprofits and the community as a whole. This **Colorado Gives Day**, please consider donating to Frontier House. The funds will be used for Employment, Education, Emergency and Housing needs to help remove barriers for our members. If you miss the 10th, you are welcome to send a donation directly to the Clubhouse at anytime.

By now, I hope that many of you have heard of the **Frontier House App** and are taking advantage of it. The App comes to you packed with helpful information about the happenings at the Clubhouse. **Get connected** through this App and have helpful information at your fingertips! We are more than happy to assist with this. If you need help downloading the free App, please let us know!

**GET CLUBHOUSE AND HAPPY HOLIDAYS!**



*"The holidays can be a lonely time. It's nice to be around other people. My family isn't around, and before I joined the Clubhouse I spent the holidays by myself. It's important for the Clubhouse to be open on holidays in order to give members a place to go if they don't have other options."*

—Clubhouse Member

Thank you to the Weld County District Attorney's Office for their continued support of our annual Holiday Food Drive. They brought us 23 turkeys and loads of canned goods this year!! We are truly blessed. Pictured on left with Clubhouse colleagues are DA Michael Rourke delivering the goods!



# December 2019



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2 3pm Standards Discussion	3 10am-3pm <b>New Member Orientation</b> TBA Nurses @ UNC 1:30pm Menu Planning 3pm Vocational Mtg. 4pm NAMI	4 <b>Clubhouse Express</b> 2pm Clubhouse Mtg.	5 7:30 FH Advisory Board Meeting  1:30pm Grocery Shopping	6 <b>Clubhouse Express</b> 2pm Drivers Ed. Prep  3pm Total Wellness Group <b>4-6pm FAC: December Birthdays &amp; Bingo</b>	7
8	9 3pm Standards Discussion 3:30pm Pioneer House meeting at Frontier House	10 3pm Vocational Mtg. 4pm NAMI Connections	11 <b>Clubhouse Express</b> 12pm - Intern Party 12 pm MT—Western State Coalition call 2pm Clubhouse Mtg.	12 1:30 pm Vending and Food Bank	13 <b>Clubhouse Express</b> 2pm Drivers Ed. Prep  <b>4-7pm FAC: Frames &amp; Crafts</b>	14 <b>Christmas films, gift wrapping 10-3</b>
15	16 2pm Jan. Calendar Planning  3pm Standards Discussion	17 10am-3pm <b>New Member Orientation</b> 10:30 Clubhouse Colorado in Ft. Collins 1:30pm Menu Planning 3pm Vocational Mtg. 4pm NAMI Connections	18 <b>Clubhouse Express</b> 2pm Clubhouse Mtg. Special Guest—Mike McCormick  Guadalupe Shelter (MA)	19 1:30pm Grocery Shopping	20  <b>Clubhouse Express Clubhouse Holiday Party</b> Lunch served at 11:30 <b>4-8pm FAC: HOLIDAY LIGHTS</b>	21 <b>Night Trains Museum 4-7 p.m.</b>
<b>Baking cookies all week long! Baking cookies all week long! Baking cookies all week</b>						
22	23 3pm Standards Discussion  3:30pm Pioneer House meeting at Pioneer House	24 <b>Christmas Eve 8-3 Clubhouse open</b>	25 <b>Clubhouse Express</b> <b>Christmas Day Clubhouse open 8-1</b> <b>Lunch Service Provided</b>	26 1:30 pm Vending and Food Bank	27 <b>Clubhouse Express</b> 2pm Drivers Ed. Prep  <b>4-6 pm FAC: Bowling</b>	28
29	30 3pm Standards Discussion	31 Clubhouse open regular hours 8-5  1:30pm Menu Planning  3pm Vocational Mtg.  4pm NAMI Connections	1 <b>Clubhouse Express</b>  <b>New Year's Day Clubhouse open 9-12 noon</b>  Brunch followed by resolutions	2 1:30pm Grocery Shopping	3 <b>Clubhouse Express</b> 2pm Drivers Ed. Prep  <b>4-6pm FAC: January Birthdays &amp; Bingo</b>	4



In addition to the above scheduled activities for the month, there are also very important standing **daily meetings**. A great way to get involved in the Work Ordered Day of the Clubhouse is to attend these meetings. Every morning at **9:00 am** all Clubhouse Colleagues meet in the dining room for a **morning meeting**. This meeting is a great opportunity for all Colleagues to greet one another before going to unit meetings at 9:15. **Unit meetings** are held both at **9:15 am** and **1:00 pm** each day to organize the day and get everyone involved!

## SEEK: Supported Employment and Education Korner

Feliz Navidad from the SEEK! We have been very busy with obtaining job leads for our Clubhouse! We have been in contact with Candlewood Suites and Hampton Inn located in Greeley and we are currently discussing employment openings at their business. We have also been working with Golden Corral and Westridge Animal Hospital to continue our relationship with the owners of those establishments. We are hopeful in creating a new Transitional Employment opportunity soon. Be on the lookout next month for any updates!

### Job Starts

**Uriel S:** Andrae Michaels Portrait

**Diane D:** Golden Corral

**Gloria B:** Butters Café

**Ashlyn M:** Roscoe Wallach Inc

### 1 year Anniversary

**Vincent R:** North Range Behavioral Health

**James M:** Rio Grande

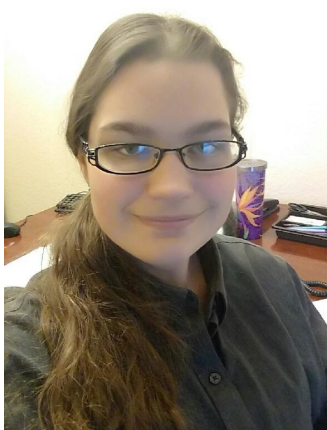


### **Wanting to get your GED?!**

Reach out to Jauniece or Alex for more details about the Aims GED program!



*Congratulations*



Ashlyn- Roscoe Wallach Inc



Diane: Golden Corral



Uriel: A&M Portrait

### ***By the Numbers*** ***November 2019***

# of job starts Year to Date: 44

# currently in IPS (Supported Employment): 18

# currently in Independent Employment: 31

# of Transitional Employment Placements Year to Date: 22

# currently enrolled in school: 9

### **IPS Through a Members Eyes: Danielle B**

"Working with Alex and IPS, I have built not only trust but a new relationship with staff that I haven't really had before. IPS along with Alex; has taught me how to work with my mental illness and with others. I also learned how to put my personal feelings aside; it is not about me it is about my employer and how to do my job correctly. I also understand that with IPS, it is there to teach me the tools and educate me to better myself so that I can succeed also with having my mental illness. Working with IPS has helped me learn how to work effectively and has shown me to positively work with other colleagues in the work environment."



*Danielle and Alex talking about her new job and the tasks involved.*

### **27TH EMPLOYMENT AND EDUCATION BANQUET**

Every year, we hold a banquet to recognize members who have worked or went to school anytime during the year, and the employers who are involved. This banquet is scheduled and the units are already working on the planning and preparation of this big event.

### **Reaching for the Stars Through Employment and Education**

**Thursday, January 30th**  
**5:30-7:00pm**

**Attention members: Please contact the Clubhouse to verify updates to employment and education to ensure that each member who has worked and/or gone to school will be recognized.**



## December Birthdays

12/2 Victor S.	12/21 Ray M.
12/4 Mark P.	12/24 Aron L.
12/9 Nick H.	12/27 Krystle N.
12/12 Aaron J.	12/27 John WD
12/14 Jackie L.	
12/14 Sheerah S.	12/31 Alejandro H
12/17 Crystal D.	

*This is a list of birthdays for active members. Happy Birthday to all those with December Birthdays!!!*

## Clerical Unit News

By Clark Bacco

Happy Holidays ! Clerical unit has been formatting the invitations for the Employment Banquet next year, shout out to our intern, Madi (we will miss you) and all others involved. Please check with Clerical Unit to update your employment records so you can be properly recognized at this event.

As the seasonal decorations go up we are excited for the Clubhouse Christmas party on December 20, 2019. Check the calendar for the full schedule of events. We have some very creative members in our unit who are showing off their talents. My favorite event of the party is the caroling at community offices in the morning. We enjoy singing and visiting with our neighbors!

The Clerical Unit attendance and participation is improving in the unit. Having the big screen connected to the computer seems to draw colleagues together in a motivating and productive way.

**Season's Greetings**

## Community News

In loving memory of our cherished member

**Virginia Winters**  
9/11/1949-  
11/4/2019

We will remember you always.



Bill showing off the day's catch from the November fishing trip

This is an ornament that Clark gifted to his sister 22 years ago and it is back on the tree this year. Please share photos of your favorite ornament on our Facebook page.



### By the Numbers—Nov2019

Average Daily Attendance: 41	Number of New Members : 8
Number of Referrals: 9	Number of Active Members: 161
Number starting Orientation: 8	

## HOLIDAY PARTY FRIDAY, DECEMBER 20TH

### SCHEDULE OF EVENTS

9am: North Pole Beverage Stop and Clubhouse Morning Meeting  
10am: Caroling around the community

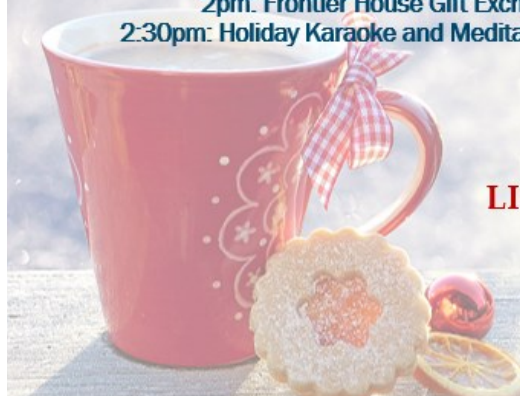
### 11:30: COMPLIMENTARY HOLIDAY MEAL

Ham, Turkey, Potatoes Au Gratin, Green Beans, Corn, Rolls, Watgate Salad, Assorted Desserts

### AFTERNOON FESTIVITIES

1:30pm: Ugly Sweater Contest  
1:45pm: Donut Eating Contest  
2pm: Frontier House Gift Exchange  
2:30pm: Holiday Karaoke and Meditative Coloring

**4PM FAC:  
HOLIDAY  
LIGHTS TOUR**



## KITCHEN UNIT MONTHLY REPORTING: October 2019

Food boxes to members: 3  
 Meals served: 483  
 Avg. # Served per day: 22  
 Avg. cost per lunch: \$4.10  
 Paid IOU'S: 22  
 Number of FACs: 4  
 Number of Weekend Outings: 1  
 Number of Holidays: 1  
 Avg. Mtg. Attendance: 12  
 Type of Social:  
     In house: 2  
     Out of Town: 1  
     In town: 2

## Goodbye Madi!

As Madi's internship comes to a close, we wanted to ask Madi a few questions about herself :

**Q: Where are you from?**

A: San Marcos, CA

**Q: What is your major?**

A: Human Services

**Q: What would you like to do in 5 years?**

A: I would love to work at the harm reduction center in Denver.

**Q: What is one thing you will miss about Frontier House?**

A: Making member connections!

Thank you Madi for helping us get started on planning our employment and education banquet!



*Madi enjoying a Clubhouse social with her colleagues*

## Kitchen Unit Update

Happy Holidays from the Kitchen Unit!!! It's been a busy holiday season thus far. Our annual Thanksgiving meal was a huge success. We appreciate all our colleagues and community partners who helped to make this event possible. We are looking forward to cooking up another delicious meal for the Holidays. During the week of December 16th, we will be baking cookies to share with our colleagues and our community partners. Please join our Baking Party on Monday, Dec. 16th and Tuesday, Dec. 17th at 2pm. If you have a favorite cookie recipe you would like to share, please bring it to the Kitchen Unit.

### Expense Report– Oct. 2019

	<u>Income</u>	<u>Expenses</u>	<u>Profit/Loss</u>
<b>Lunch</b>	\$786.82	\$1978.82	-\$1192.00
<b>Snack Bar</b>	\$624.19	\$353.63	+\$270.56
<b>Vending</b>	\$66.85	\$59.36	+\$7.49

## My Experience in Norway by Juanita Rubal

My trip to Norway was an adventure. I had an amazing time and I learned a lot. I made some wonderful friends and I was very happy and kind of scared at first to present at the conference, But I did it! I am proud to represent Frontier House; I have a lot to bring to the Clubhouse. I learned about working together with staff members better. I also learned about how other Clubhouses do their New Member Orientation. I learned so much and I am excited to bring the new information to our Clubhouse. We went walking around town on our time off and it was very enjoyable. We did A LOT of walking. They eat a lot of fish there too. A LOT of fish. I am very thankful for the opportunity to be able to go on the trip. I want to thank Frontier House for that Chance.



*Juanita and Nick enjoying the Clubhouse World Seminar in Norway.*

## THANK YOU!!!

Thank you to all our Community Partners for your generous contribution to making our Holiday Food Drive a success!

### Amazing Food Donations

- Monfort Elementary: 822 nonperishable food items
- District Attorneys office: 23 turkeys and many food items
- Roche Constructors
- Bravo Carpet Care
- BASIC Team
- Amie Boyd, Jauniece Armstrong, Ray Lordemann, Eve Armstrong, Pam E., Amanda K. Kay A.
- Jennifer Euler
- Laura Chance
- Laurie Gilroy
- Beacon Health Options
- Christina Edwards
- Joye Thorpe
- Mark Bradley
- Gayann Brandenburg
- Fox Creek Family Dental
- Cache Bank and Trust & Jason Appelhans
- Sears Real Estate & Chalice Springfield
- Knoph Family Foundation





## Pet Spot



Kabuki is Christine's rescue kitty, he is 5 years old. Kabuki was a feral kitty that Christine took in when he was 1 years old. She charmed him with food and lots of patience and he is now a neutered, microchipped and FIV positive. According to the Cat Doctor, Christine is doing a great job caring for Kabuki. He has a healthy weight, coat, teeth, eyes and ears. And best of all a great home.

***Your pets are important to us too!***

*Mental health professionals and researchers are confirming what pet owners have always known: Relationships with animals have many mental health and psychosocial benefits. These benefits are increasingly being harnessed by animal-assisted therapy (AAT) programs, particularly in mental health*



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*Frontier House is a program of North Range Behavioral Health and is proudly accredited with Clubhouse International and a member of Clubhouse Colorado.*

## Look to Your Clubhouse Community for Support During the Holiday Season

'Tis the Season for giving and holiday cheer, right? Well, for some of our Clubhouse members, holidays can be a lonely and depressing time. This is the reason for Clubhouse Standard #31, which states, **the Clubhouse has recreational and social programs during evenings and on weekends. Holidays are celebrated on the actual day they are observed.**

A Clubhouse creates a community that is more than just a workplace; its a place where colleagues come together for friendships and socialization. While the Work-Ordered Day remains one of the hallmarks of Clubhouse communities, so is the insistence that members have an opportunity to socialize with each other outside of work.

All holidays are celebrated at the Clubhouse through programming that is consistent with the national culture. Frontier House is open for 3-4 hours on the holidays and a meal is provided for those who attend. We are open on Christmas Day and New Year's Day. Both holidays will include brunch

and fellowship.

This year, we have several activities planned for the holiday season. Take a look at the December calendar on page 2 for all festivities. Please join us for our annual Holiday party on December 20th. This will be an all-day event spending time with each other and celebrating the season. The Kitchen Unit has planned a holiday meal with all the fixing's. The day also will include caroling, ugly sweater contest, crafts, gift exchange, and touring the holiday light displays around the city.



***Come join your Clubhouse family this holiday season!***