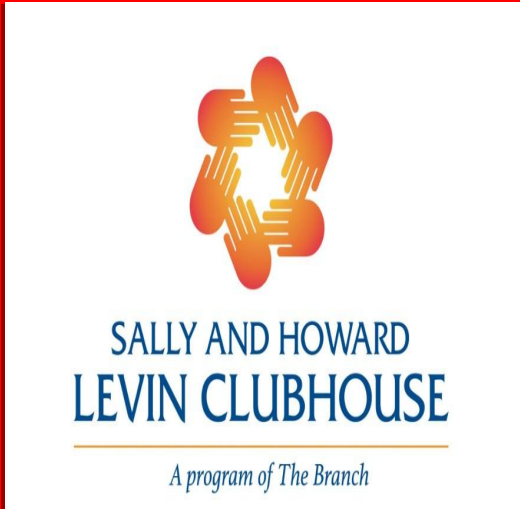


The Clubhouse Star

A Publication of the Sally And Howard Levin Clubhouse
A program of The branch www.shlclubhouse.org

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Follow us
on social media

www.facebook.com/shlclubhouse

Greetings from the Director!



Happy New Year!

As we approach the beginning of another year, the clubhouse has much to be excited about.

Our referrals and orientations have grown exponentially, and as a result, there are many new friendly faces around SHLC. The New Year also marks the beginning of several new initiatives.

First, the introduction of a vegetarian alternative at every meal, including Shabbat. Shabbat will continue to be held every first and third Friday. Dinner served promptly at 4:30pm.

Second, every last Sunday of the month is now a Sunday Funday, launching on January 29th with Chrissy and Ed leading a homeless distribution (from the Hanukkah party collection) and lunch in the city.

If you haven't been to SHLC in a while, please come by and see us! We would love to reconnect.

Have a fantastic 2023!

Much Love,

Chrissy Whitting

WELCOME MARVIN!

SHLC is growing! As we welcomed more colleagues in the last two months of 2022, it meant we needed an extra staff member, too.

Marvin officially started on December 27th as a Staff Generalist. Please introduce yourself when you see him.



Left to right: Marvin & Kenny

ATTENTION

DO YOU WANT LUNCH AT CLUBHOUSE?

You must call in & add your name by 10:30am

Give us a call! 412-422-1850

We need to know how many to cook for
and not have any food waste.

Touchbase is at 9am & 1pm IN PERSON ONLY

Phones are not answered during Touchbase
Allowing time focusing on the Work-Ordered Day

When you are at SHLC, please READ the ANNOUNCEMENTS
on the Big Screen and in the frames on the computer tables

DO YOU GET OUR MAILINGS?

We are missing several addresses and others
that we do not have current addresses for.
Confirm your mailing address with ED!

Want to stay connected?

We really want to SEE you come in for meetings.

CALL AHEAD of time and let us know
if you want to join via ZOOM.

Phone: 412-422-1850

Meeting ID: 956 983 055 Password: JRS

Clubhouse International Standard #10

By Delaine Swearman

The Clubhouse International Standards consist of 37 principles that define the Clubhouse model for all Clubhouses around the world. They are the basis for how Clubhouse programs are assessed and serve as a “bill of rights” for members and a guidebook for how a Clubhouse is to operate.

The Tenth Standard:

Clubhouse staff have generalist roles. All staff share employment, housing, evening and weekend, holiday and unit responsibilities. Clubhouse staff do not divide their time between the Clubhouse and other major work responsibilities that conflict with the unique nature of member/staff relationships.

In the Clubhouse, staff and members work together, side-by-side, as equals, as mutual colleagues, to complete the work required to operate the Clubhouse each day. By doing so, colleagues need to rely on each other’s help, and over time, trusting and caring relationships are formed. This is one of the cornerstones of the Clubhouse recovery model.

Our staff are reliable people who we can depend on to be there everyday. They engage with members in all the work of the Clubhouse, help the community thrive, and foster relationship development.

There is no hierarchy in the Clubhouse. We do not hire staff “experts” to cook for us or be IT consultants or copy editors, although a certain individual, staff or member, may have a strength in such an area. Rather, we hire staff as “generalists.” In a way, even members could all be considered “generalists.”

In the New Year, I think it would be a great challenge if every staff and every member learned to do a new task in the role of a “generalist.”

A Call For Participants

I am Dr. Roland Glick, MD, and I am a Psychiatrist, as well as a member of the Board of The branch. I am sharing about a research study on schizophrenia presently recruiting subjects.

One of my colleagues is Dr. Vishwajit, is a senior research psychiatrist at the University of Pittsburgh. His research is exploring novel treatments for schizophrenia.

He's doing a couple of studies that are looking at the potential benefits of medications that are not traditionally used to treat schizophrenia. One medication that is being researched is Cromolyn, which is used for treatment of allergies and asthma.

This non-traditional medication, and perhaps others, may have very favorable side effects, to lessen the metabolic and blunting effects of the current antipsychotics.

Dr. Vishwajit is trying to recruit subjects for the research study.

Please talk to Chrissy if you want more information.

**USE THE SUGGESTION BOX!
BRING YOUR IDEAS TO THE
ATTENTION OF STAFF/MEMBERS**
The Box is located on the countertop
across from reception

We are interested in what you would like to do at Clubhouse
or for outings. These will be discussed
at Community Forums.

Have an idea and can't come in?

Suggestions left in the box will be addressed on
your behalf at the Community Forums.

Thermoregulation

- by Becky LaBovick



What is ***thermoregulation***?

It is the ability for our brain to regulate our body, specifically to heat and cold.

Did you know that individuals who have a mental illness that includes psychosis (specifically Schizophrenia) may have an impaired ability to regulate during extreme temperatures? The person's brain may not alert them that they are too hot, or too cold. I think about this often, specifically at this time of the year when our weather becomes inclement with cold, snow, ice, wind, etc. For example, the weather that was experienced leading up to, and including, the Christmas Holiday weekend.

The temperatures were extremely cold, and high winds caused the temperatures to be negative in degrees! Individuals who cannot regulate their bodies during this type of cold, known as **thermodysregulation**, have a much greater risk for frostbite and hypothermia, which can be life threatening.

If you know someone who may be at a greater risk for **thermodysregulation**, please ask the person to be mindful of extreme weather conditions. Appropriate clothing and outerwear (coat, hat, gloves/mittens, scarves) are crucial during the winter. It is also important to be mindful of the length of time spent outside, specifically when not remaining active, such as standing and waiting for public transportation. Safety is crucial!

JANUARY SCHEDULE

YOU CAN REQUEST TO JOIN BY ZOOM,
ONLY FOR MEETINGS THAT HAVE AN ASTERISK *

SHABBAT	THEME NIGHT	SUNDAY FUNDAY
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DAY/DATE	MEAL	MEETINGS	ACTIVITY	SOCIAL ACTIVITIES
Vegan Option will be a Vegan Tofu Lasagna (P)				
SUNDAY FUNDAY 1/1/23	Homemade Veggie Pizza & Brownie Cheesecake (D)	HOURS 10 am- 2 pm TODAY !! SHORT DAY DUE TO NEW YEARS HOLIDAY HOURS		
MONDAY 1/2/23	Butternut Squash Soup with Hummus & Pita Bread (P)	HOURS 10 am- 2 pm TODAY !! SHORT DAY DUE TO FEDERAL HOLIDAY RECOGNITION		
TUESDAY 1/3/23	Beefaroni & vegetable side (M)		2:00 PM Journalism	
WEDNESDAY 1/4/23	Broccoli Cheddar Soup, Church Bread & Challah (D)		1:30pm VISION BOARD	3:00—4:00 YOGA
THURSDAY 1/5/23	Turkey Pot Pie (M)	11:00 AM NEWSLETTER	3:00—4:00 CREATIVE WRITING	
FRIDAY 1/6/23	Lentil & Veggie Stew & Bread (P) Shabbat: Pecan Crusted Chicken, Green Bean Almondine, Wild Rice, Spice Cake	11:00 AM COMMUNITY FORUM*		Shabbat starts at 4:30pm please arrive at 4:15pm

Noshing with Nancy

Nancy Gale’s cooking workshops are on Wednesdays from 10-11am

January 4: Challah (saved and served for Shabbat Dinners)

January 11: Breakfast Burritos (served as Lunch)

January 18: Black bean and Quinoa stuffed peppers

January 25: TBD, to be served as a fun snack

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JANUARY SCHEDULE

YOU CAN REQUEST TO JOIN BY ZOOM,
ONLY FOR MEETINGS THAT HAVE AN ASTERISK *

DAY/DATE	MEAL	MEETINGS	EVENTS	SOCIAL ACTIVITIES
This week’s additional Vegan Option is TBD				
MONDAY 1/9/23	French Toast Casserole & Winter Fruit Salad (D)			
TUESDAY 1/10/23	Beef Stew (M)		1:30pm Story Telling Workshop	
WEDNESDAY 1/11/23	Breakfast Burritos (D)	2:00pm MENU Planning*		3:00 - 4:00 YOGA
THURSDAY 1/12/23	Ginger Citrus Chicken w/ Couscous Israeli Salad (M)	11:00am NEWSLETTER Planning*	3:00—4:00 CREATIVE WRITING	
FRIDAY 1/13/23	Crustless Quiche & Veggies (D)	11:00am Community Forum*		
This week’s additional Vegan Option will be Tofu Veggie Stir Fry				
MONDAY 1/16/23	MARTIN LUTHER KING JR. DAY - SHORT DAY HOURS 10am - 2pm SPECIAL APPRECIATION ACTIVITIES TBA			
TUESDAY 1/17/23	Egg Salad Wrap & Vegetable Soup (P)		2:00-3:00 JOURNALISM	
WEDNESDAY 1/18/23	Stuffed Peppers made with black beans and Quinoa	2:00pm MENU Planning*		3:00 - 4:00 YOGA
THURSDAY 1/19/23	Meat Chili and Vegan Cornbread (M)	11:00am NEWSLETTER Planning*		
FRIDAY 1/20/23	Baked Potato Bar Shabbat: Sweet & Sour Brisket, Roasted Veggies, Salad, Chocolate Chip Cookies (M)	11:00am Community Forum*		Shabbat starts at 4:30pm Seating starts at 4:15pm

JANUARY SCHEDULE				
YOU CAN REQUEST TO JOIN BY ZOOM, ONLY FOR MEETINGS THAT HAVE AN ASTERISK *				
DAY/DATE	MEAL	MEETINGS	EVENTS	SOCIAL ACTIVITIES
This week’s additional Vegan Option is TBD				
MONDAY 1/23/23	Mac & Cheese & Salad (D)			
TUESDAY 1/24/23	Chicken & Dumplings w/ Veggies (M)		2:00-3:00 JOURNALISM	
WEDNESDAY 1/25/23	Veg. Lasagna (P)	2pm Menu Planning		3:00—4:00 YOGA
THURSDAY 1/26/23	Shepherds Pie (M)	11:00 AM Newsletter *		
FRIDAY 1/27/23	Black Bean Burgers (P)	10am - Noon Visit from Boone (2021 Therapy Dog of the Year) and his sidekick, Annabelle Come hear their inspiring stories		
This week’s additional Vegan Option will be Tofu Veggie Stir Fry				
SUNDAY FUNDAY 1/29/23	SHORT DAY HOURS 10am—2 pm Delivering items to the homeless SIGN UP ON THE WALL, LIMITED SPACE to 10 people			
MONDAY 1/30/23	Tuna Salad Wrap			
TUESDAY 1/31/23	Beef Stroganoff w/ Bow Ties (M)		2:00-3:00 JOURNALISM	
WEDNESDAY February 1	Minestrone Soup (P)	2pm Menu Planning		3:00—4:00 YOGA
THURSDAY February 2	Croissant & Egg Salad sandwich (D)	11:00 AM NEWSLETTER*		
FRIDAY February 3	<u>Lunch</u> : Tomato Basil Soup + Grilled Cheese (D) <u>Shabbat</u> : Chicken Marsala Florentine, Wild Rice, Salad, Apple Pie (M)	11:00 AM Community Forum*		Shabbat starts at 4:30pm (please arrive at 4:15pm)

COLLEAGUE APPRECIATION WEEK

Monday 1/16 - Friday 1/20

Special Events happening Every Day!

All dates and times are TBA.

Here are some of the events and workshops that Ed is working on.



Massage Therapist
Sub Zero Ice Cream
Nutritionist
Exotic Birds
Dollar Bank Financial Wellness

Speak to Ed if you have other ideas for appreciation week and/or want to work on plans with him.

WARM WELCOME TO OUR newest FAMILY members

& those returning too!

Welcome: Anthony C., Bob N., Elizabeth E.

Welcome Back: Dean D., Robbie K., Ed T., Thomas P.



January Birthdays

Jan 2: **Steven Macklin**

Jan 7: **Julie Harris**

Jan 22: **Pohla Smith**

ARTICLES FOR FEBRUARY NEWSLETTER DUE BY 1/20

SAVE THE DATES FOR THESE SPECIAL EVENTS

Wednesday January 4th at 1:30pm

“Get Visionary in 2023” with Chrissy

Create a visual representation of your goals. These are typically poster-sized visuals, and contain all kinds of image and text that represent something you’re trying to accomplish.

Tuesday January 10th at 1:30pm
TELLING YOUR STORY

Join Delaine for an interactive workshop to prepare anyone to share their recovery story in an engaging and effective way! This is an excellent opportunity to prepare if you are thinking about speaking at Breaking Down The Walls on February 23rd or at other events.

Thursday January 19th at 1:30pm
Professionalism in any Workplace
and SHLC

This workshop is focusing on working effectively as a team. How we can understand and interact mindfully with colleagues and other people and their various communications styles.

We look forward to being with you

THIS IS A ZOOM MEETING.

Join us in person at SHLC or one your own

Meeting ID: 892 3838 8576

Passcode: 908167

BARGAIN BIN RECORD REVIEWS

FOR JANUARY 2023

BY: Mike Hogan

Popular singing goes back to the outset of recorded sound. It has been one of the dominant genres of music for more than 100 years. It reached its zenith during the 1940's and 50's; but is still practiced today.

The principle provender of popular singing was **Frank Sinatra**. He cut hundreds of titles for more than 50 years. I found a 3 CD set of his work entitled *Sinatra*. It includes 60 titles, most of which were hits for Frank. It is a good introduction to the Sinatra oeuvre.

Sinatra's main competitor was and still is **Tony Bennett**. Early in Bennett's career, he tried to sound like Sinatra, but was not successful in carving out a niche for himself. Around 1960, Tony developed a vocal sound of his own, particularly recording "*I left My Heart in San Francisco*." In the 1970's, Bennett started a series of albums devoted to the "*Great American Songbook*." My favorite is a CD he did of songs by Rodgers and Hart. It is the second favorite album in my collection. I think that it is the perfect album; and can only be rivaled by another album in a different genre.

Finally, there is **Mel Torme**. He was a jazz and pop singer in the 1940's to the 1970's who sang many popular songs and jazz interpretations. He founded the "*Velvet Fog School of Jazz Singing*." I have a 3 CD collection of his early work. It shows off his work a competitor to Sinatra and Bennett. The arrangements are dated, featuring his backing trio, the Meltones. Still, it is a good introduction to Torme's work.

So, there you have it. Three different takes on the popular song. I think that you should have them in you collection. Give these guys a try.

AS ALWAYS:

KEEP ON SWINGING!



Snack Bar Updates

By newsletter staff members

DO NOT FORGET TO SIGN UP FOR LUNCH BY 10:30AM!

NEWEST BIG NEWS: We no longer sell Caffeinated Sodas.
Want something added? Use our new suggestion box. It is located on the counter near the staff work stations. Fill out the form on the box and drop in. :)

BREAKFAST: Besides the breakfast sandwiches there are now options for omelets and smoothies, so no need to skip a meal if you leave home hungry!

Air Fryer Options	Beverages	Snacks
	Vitamin water (\$1.25)	Full size candy bars (\$1.00) Mini-candy (\$.25) Bueno Mini Candy (\$.10)
Chicken egg rolls (5 for \$1.00)	Body Armor (\$.90)	Milano Cookies (\$.25) Hummus (\$.20/ each)
Veggie egg rolls (5 for \$1.00) Falafel (5 for \$.50)		Uncrustables (\$.75) Kirkland Nut Bars (\$.55) Skinny Pop (\$.45) Balanced Breaks (\$1.00) Fig Bars (\$.40)



**ARTICLES FOR FEBRUARY
NEWSLETTER DUE BY JANUARY 20**

SHARING RESOURCES

by Julie Arnheim

One of the things I truly enjoy is sharing resources and also helping people find resources when they need help.

I also really enjoy learning from others, too. One of my New Year's Resolutions is to BECOME CLUTTER FREE, and one part is to delete all apps I do not use regularly. Yet, I struggle "letting go" and I thought it might be interesting to learn about what people's favorite phone apps, podcasts, etc. are. For me, learning what other people enjoy using could be a way to help me prioritize my own apps.

I thought about starting with a POST on the Howard Levin Facebook friend page. Those who are on Facebook might add their favorite app/podcasts. If you are not a Facebook user, ask me to add your app/podcast to the post. You can also ask me to print out the list of what people have shared.

ARE YOU CONNECTED TO SHLC ON SOCIAL MEDIA?

SHLC has both Facebook & Instagram accounts

To find our PRIVATE "Friend" search HOWARD LEVIN CLUBHOUSE and send a "FRIEND REQUEST"



Our Facebook PUBLIC Page is @SHLCclubhouse

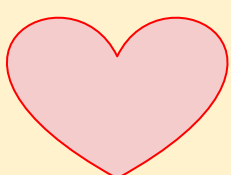


SHLC on Instagram is @shlclubhouse

Are you aware that
The branch has a
blog/newsletter called
CONNECTability?

You can read it by going to this
URL directly:

thebranchpgh.org/connectability



**ARTICLES FOR FEBRUARY NEWSLETTER
DUE BY JANUARY 20**

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<div> Balldrop New Years Day Tradition Ice Skating Zero Degrees Confetti Fireworks </div>	<div> New Beginnings Snow Days Gym Snowflake Resolution Countdown Blizzard Skiing </div>	<div> COMPLETE THE WORD SEARCH AND TURN INTO SNACK BAR FOR A FREE SNACK OR A FREE ITEM FROM CLUBTIQUE </div>
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Our Tribute to Franco Harris

Nice to everyone, even reporters and was always teaching people.

- Pohla

Great player yet I remember him doing Project Bundle Up & helping with heating assistance for people in need. - Fred

He was a great man and a great player. - Hemang

Mr. Italian Army, I will miss him. - Buddy

He was great, as a player and man. He will be missed. - Dave

I was shocked to hear about it, stunned! I just can't believe it. He was one of my favorite Steelers. I had just seen him in a commercial on TV yesterday. - Caryn

What a great catch! He was one of a kind, one of the best players ever in football. - Jason

I love Franco Harris, Rocky Bleier, and Jack Lambert. - Thomas

The Franco Harris touchdown was on TV in the Ski Resort in the Rocky Mountains. The picture had static and the vision was impaired. It was a miracle reception was assumed- Andrew F.



Franco Harris in 1973.

Photo credit: Harry Cabluck / AP

<https://www.nbcnews.com/news/us-news/franco-harris-legendary-steelers-running-back-caught-immaculate-recept-rcna62719>

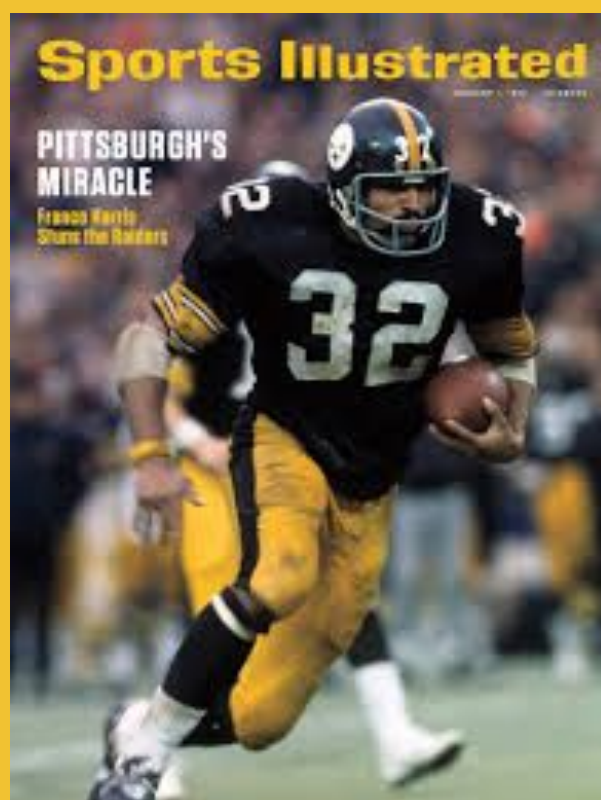


Photo credit:

<https://vault.si.com/vault/2016/12/30/immaculate-reception-si-cover-franco-harris>

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New Year Resolutions

THINGS TO DO BETTER:

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NEW SKILLS TO LEARN :

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