

# THE VOICE:

## SQUARE ONE CLUBHOUSE QUARTERLY NEWSLETTER

April - June 2021



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## **May is Mental Health Awareness Month**

**By: Melissa S.**

In May, Square One Clubhouse was excited to join Juniata Valley Behavioral and Developmental Services as well as other providers in the tri-county area in participating in the Light the Way for Mental Health Awareness Campaign. This campaign is aimed at bringing awareness to the importance of good mental health and to encourage folks who are struggling to reach out. This event also served as a kick-off for the American Foundation for Suicide Prevention's Out of the Darkness Walk which will be held in October.

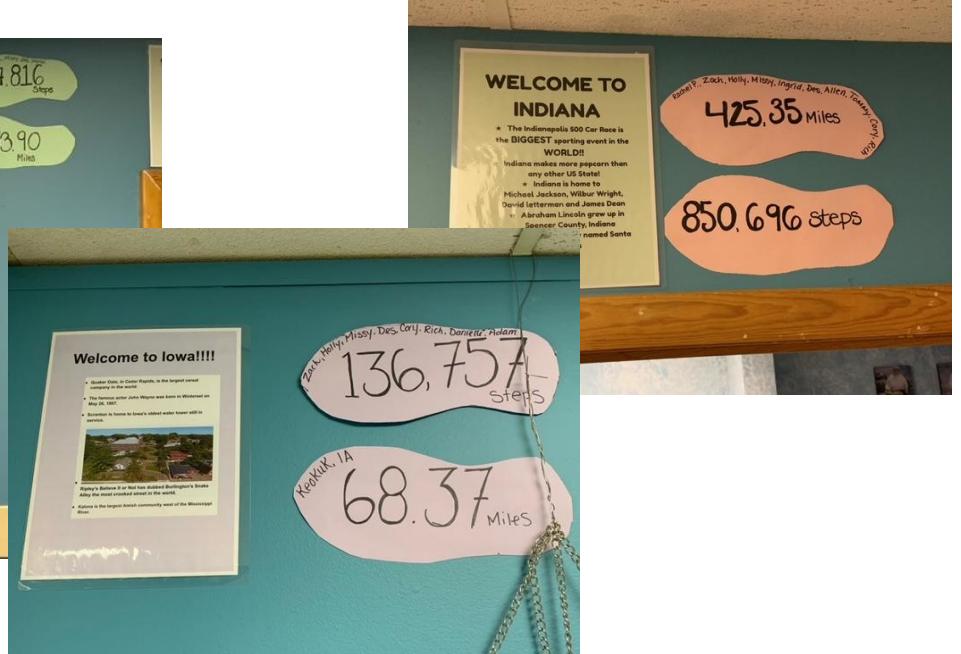
Staff and members hung green lights around the windows of the clubhouse to show our support for the cause. We held a spirit week in honor of mental health awareness as well. On Monday, we dressed our best to remind ourselves that taking care of our outside can make us feel good on the inside. On Tuesday, we wore green. Wednesday was, of course, wellness Wednesday. We wore our favorite comfy clothes. On Thursday, we wore tie-dye and the work order day was followed by a tie-dying social where staff and members tie-dyed their own shirts. We finished the week with superhero day on Friday, where we dressed as our favorite superheroes, real or fictional. As a house, we talked about what those superheroes represent for us and how they've inspired us on our mental health journeys.

As the month came to an end, we were reminded that our work is not over. Spreading awareness about mental health is a full time job, every day of the year, and it feels more important now than ever. Luckily, we're up for the challenge!

## Walking Around the World: Wellness at Clubhouse

By: Rachel S.

In the last issue for The Voice, we talked about our Wellness Initiative, "The Biggest Loser" that was going on in the clubhouse to support members and staff in achieving their weight loss goals. Now that the "Biggest Loser" has come to an end, we as a clubhouse chose to continue our wellness initiative into the following months. We decided our next wellness initiative would be called "Walking Around the World." This initiative encourages members and staff to record their steps; not only in the clubhouse during the work-order day, but while out in the community as well. Each week, members and staff who are participating report their steps and this total is added up. This step total is then converted into miles. The total miles are then used to travel "around the world." We started at our clubhouse's location in Lewistown, PA and are currently in Iowa! With each new location we reach, members and staff research fun and/or interesting facts about the town.



## **Come As You Are Committee**

**By: Zach S.**

In our last article, we talked about what our Come As You Are committee did in December. Since then we did a lot more for February, March and April. February was Black History Month so each week we took significant parts of the history and talked about them. For example, one week we talked about the civil rights movement. We talked about Rosa Parks and Martin Luther King JR. Everyday in our newsletter we had a section of information pertaining to each topic that we were going to show YouTube videos about at lunch. During Martin Luther King Day, we played the I Have A Dream speech. We also featured one of our member's, Annette's, aunt and uncle, who were Ossie Davis and Ruby Dee Davis. They were both poignant members of the civil rights movement. She showed us memorabilia of her aunt and uncle on a pillow with both of their pictures on it. She also shared some stories of their involvement in the civil rights movement and being a part of Hollywood.

In March, we celebrated Women's history month. Similar to February, we took parts of Women's History and featured it in our daily newsletter and at lunch. For example, we talked about women's suffrage and women's right to vote. We took major people of those eras and highlighted them as well. Did you know that Marie Curie, a physicist, was the first person to win the Nobel Peace Prize twice????

April was Celebrate Diversity Month. Instead of one whole month, we just celebrated a week of diversity. We encouraged members and staff to trace their hands, cut them out, and then write what makes them unique. At the end of the week, we had a celebration and made a flower out of everyone's hands. The flower of hands is still hanging up in our cafe. It is shown as a reminder that we are unique and we are all diverse; no flower is the same. These last three months have been busy for Come as You Are. We still have meetings twice a week at 1:30 on Wednesdays and Fridays. It is open to everyone and we hope more clubhouses will join us in creating groups like CAUR.

**Member Spotlight: Charles D-B.**



**Charles has been a member of Square One Clubhouse since 2012. Charles learned to crochet from his mother at a young age and completes projects for individuals in the community!**