



# FRONTIER PRESS

## December 2023



### Highlights from the Director By Renee Schell

#### Happy Holidays from your Greeley Clubhouse!

**During this holiday season**—and anytime of the year—our members know that the Clubhouse is a place that is warm, welcoming and safe. Whether you want to spread some holiday cheer or need to feel wanted, needed and expected, the Clubhouse is here. It is a safety net for some, a refuge for many, and a family to all. Wishing you love and peace this holiday season and all throughout the year!

**Holiday Food Drive Success**—We had a very successful holiday food drive again, which means that we have plenty of food to share with our Clubhouse community during the holidays. The Weld County Food Bank, the District Attorney’s Office, and several generous donors provided us with the resources to provide complimentary dinners for Thanksgiving and Christmas. We served well over 100 meals during the annual Friendsgiving event, and several more on Thanksgiving Day. We are now looking forward to using more donations for the Christmas Party and Christmas holiday. We are very blessed and appreciative of the support and generosity of our community! We are providing holiday food boxes for members to take home as well. Just let the Kitchen Unit

know and they will hook you up!

**Annual Employment and Education Recognition Banquet**—Every year, we look forward to celebrating the success of our members who worked or attended school. This will be our 31st banquet this year! It will be held on Thursday, January 25th from 5:30pm to 7:00pm at the Christ Community Church. The work units are in full swing making the preparations for this big event. If you enjoy special projects, planning for events, making decorations, menu planning, etc. come to one of the work units to lend a hand. The theme this year is “Finding Your Magic through Employment and Education”.

**Save the Date—Frontier House 13th Annual Breakfast** The planning is in full swing for our next Breakfast fundraiser! It is scheduled for May 8, 2024. We are looking for sponsorships for the event, so if you know of a business or individual who may be interested in being a sponsor, please let me know! The sponsorship information may be found on our website. Also, if you are interested in helping with the breakfast, there are plenty of ways to be involved!

**HAPPY HOLIDAYS and GET CLUBHOUSE!!**

### 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 one of the reasons 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; it is a place where colleagues come together for meaningful 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 normal business hours.

All holidays are celebrated at the Clubhouse with 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, fun 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 15th. 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 breakfast, a coffee and cocoa bar, ugly sweater contest, Christmas wreath craft, gift exchange, and touring the holiday light displays around the city.

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



# December 2023



## Clubhouse (Work Ordered Day) Hours:

## Daily Schedule:

Monday—Friday: 8:00am to 4:30pm  
 Friday Evening Social every Friday at 4pm  
 Social opportunities available on some weekends and holidays

9:00am Mon-Fri—Morning meeting in dining room and on Zoom  
 9:30am Mon-Fri—Morning Unit meetings  
 12pm to 12:45 Lunch served  
 Daily Wellness Walk at  
 1:00pm Mon-Fri—Afternoon Unit meetings

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
26	27  3pm Standards Discussion	28 9am-3pm New Member Orientation 2pm Menu Planning	29 <b>Clubhouse Express</b> 2pm Decision Making Meeting	30 1:30pm New Member Tours 2pm grocery shopping	1 <b>Clubhouse Express</b> 8-8:45 Breakfast 2:30 yoga <b>4-6pm Social: Dinner, Bingo &amp; Birthdays</b>	2 <b>Saturday Social: Movies in Fort Collins</b>
3	4  12pm-1pm UNC nursing presentation  3pm Standards Discussion	5 9am-3pm New Member Orientation 12pm UNC Nursing presentation 3pm Vocational mtg	6 <b>Clubhouse Express</b> 2pm Decision Making Meeting	7 7:30am Advisory Board Meeting 1:30pm New Member Tours 2pm Food Bank	8 <b>Clubhouse express</b> 8-8:45 Breakfast 2:30 yoga <b>4-6pm Social In House Games W/ Christmas Trivia</b>	9 <b>Restaurant Critique: Meal at Romas 11-1</b>
10	11  3pm Standards Discussion	12 9am-3pm New Member Orientation	13 <b>Clubhouse Express</b> <b>12pm Microsite Lunch &amp; Learn</b>  2pm Crisis Intervention Training	14  1:30pm New Member Tours 2pm grocery shopping	15 <b>Clubhouse express All Day Christmas Party Complimentary Holiday Lunch</b>  <b>4-6pm Social: Christmas Lights Tour</b>	16
17	18  2:30pm January Calendar Planning  3pm Standards Discussion	19 9am-3pm New Member Orientation	20 <b>Clubhouse Express</b> 2pm Decision Making Meeting	21  1:30pm New Member Tours 2pm Food Bank	22 <b>Clubhouse express</b> 8-8:45 Breakfast 2:30 yoga <b>4-6pm Social: Bowling</b>	23
24	25  <b>Christmas Day</b> <b>Clubhouse Open 9am to 1pm</b>	26 9am-3pm New Member Orientation 2pm—menu planning	27 <b>Clubhouse Express</b> 10:30 Clubhouse Colorado Coalition  2pm Decision Making Meeting	28  1:30pm New Member Tours 2pm grocery shopping	29 <b>Clubhouse Express</b> 8-8:45 Breakfast 2:30 yoga <b>4-6pm Social: Murder Mystery</b>	30
31	1  <b>New Year's Day</b>  <b>Clubhouse open for brunch 10am to 1pm</b>	2 9am-3pm New Member Orientation	3  Clubhouse Express  2pm Decision Making Meeting	4  1:30pm New Member Tours 2pm Food Bank	5 <b>Clubhouse Express</b> 8-8:45 Breakfast 2.30 yoga  <b>4-6pm Social: January Birthday and Bingo</b>	6

**Unit meetings are held both at 9:30 am and 1:00 pm Monday through Friday to organize the day and get everyone involved!**

# SEEK: Supported Employment and Education Korner

## CONGRATULATIONS TO OUR COLLEAGUES!

Congratulations to Jose for finding employment with support from our IPS program at Clubhouse! Jose wants to find stable employment while he is going through his classes. He wishes to reconnect with his family and finishing his classes and having a good job will help with that. We presented with the opportunity to work at the Dollar Tree Jose was very excited for the chance to get back into the work force. Jose feels it is something he could do long term and move up in over time. If you need help exploring job opportunities please talk with your Clubhouse Colleagues.

*Pictured right is Jose at his job at the Dollar Tree. He says that he really enjoys his job there and is proud with how far he has come along in his journey!*



Congratulations to Amanda for finding employment with support from our IPS program at Clubhouse! Amanda's goal is to work with animals and eventually become a vet tech. She has started her first step in that dream by starting her job at Spot N Friends! She is very grateful for the support and the opportunity to be working there. She said, "This job is perfect and exactly what I am looking for." If you are interested in seeking educational or employment support, please talk with your Clubhouse Colleagues.

*Amanda is pictured right at her job at Spot N' Friends. She has done an amazing job in getting to know her position and says that she is happy and appreciates the support she's received from the Clubhouse!*



### By the Numbers

Currently in IPS (Supported Employment): 35  
Currently in Independent Employment: 73  
Transitional Employment: 5  
Currently enrolled in school: 7

### Congratulations to the following for their new Jobs!

- ⇒ Justin D
- ⇒ Amanda K
- ⇒ David J

### DECEMBER EMPLOYMENT ANNIVERSARIES

- ⇒ Amanda K. - 2017
- ⇒ Calvin M. - 2019
- ⇒ James M. - 2020
- ⇒ Anthony C. - 2022



### My Experience with Driving and Getting my License – Ashlyn

These past few months I've been working hard toward getting my driver's license and on Halloween, I finally passed my test and achieved my goal. This has been something I always kind of knew I'd do eventually but didn't know when it would happen. I've been renewing my permit since I was like 16 when I took my first round of driving lessons because I knew if I got my ID instead, I'd have one more barrier to entry for when I was finally ready. And I was right. With the kind of year, even longer, that I've had, if that had been a barrier I wouldn't have made it this far. I have worked closely with John and our intern Sophia, without who's help I wouldn't have made it happen. I am very grateful for all the help I've gotten from them, and the support I've gotten from my colleagues here at the Clubhouse. It feels so freeing to be able to do things on my own, even if it didn't happen until the ripe old age of 33. I now have a tiny bit less stress knowing that if my cat gets sick in the middle of the night, I can take him to the vet myself. That I won't run out of food just because of my inability

to get myself to the store. That I can actually get to the store instead of surviving on 711 pizza. I recently found out that we have an Asian Market here in town that I never knew about and found these awesome banana puff snacks that I'm absolutely in love with. That may seem like a small thing, to be able to just go to a store to get a snack but just being able to choose something I want, make the decision to get it, hop in the car and go has really made me feel pretty independent now. Because this was the last step of true independence for me. I have my own apartment, my own car, and a way to get myself where I need to and that in and of itself is an amazing feeling. It's nice to have reached a goal in a year where I feel I've failed in most areas of life. It has given me something to focus on and work for during a time when I truly don't want to work toward much of anything anymore. It has given me even more self confidence and a tiny seed of hope. I am happy to have achieved this milestone and excited to see how it continues to open up possibilities and opportunities for me. :)



*Picture of Ashlyn with her drivers license!!*

### The 31st Employment and Education Recognition Banquet!

Our annual recognition banquet will be held on Thursday, January 25th at Christ Community Church. The work units have begun with the planning and preparation for this important event and they need plenty of help! Work with your unit to help with the menu, decorations, recognition, event materials. Save the Date!

**\*Let us know if you've had any employment and education changes, updates this year, so we have the most up-to-date information for the banquet\***





## December Birthdays

12/2– Victor S.	12/12– Aaron J.
12/2– Chelsea C.	12/15– Steve R.
12/3–Shari E.	12/19– Brendan J.
12/4–Nick G.	12/21– Zachary K.
12/5– Michael M.	12/23– Cas K.
12/6– Dennis W.	12/24– Jordan E.
12/6– Jerilyn M.	12/24– Jonni L.
12/9– Mark W.	12/27– Krystle N.
12/11–Charles D.	12/27– John W.
12/11– Steven T.	12/29– David S.
12/12– Luis V.	

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

## By the Numbers– Oct 2023

Average Daily Attendance: 42  
 Highest Attendance: 58  
 Lowest Attendance: 31  
 Number of Referrals Received: 15  
 Number starting Orientation: 8  
 Number of New Members: 8  
 Number of Active Members: 174  
 Total Lifetime Membership: 1519



*Pictured is Irene and Christa (left) working together in the Clerical Unit*

## Clerical Unit News

The Clerical Unit has been busy with receiving and processing referrals for new members. We receive several new referrals every week, and it keeps us busy as our unit schedules and provides the introductory tours, conducts New Member Orientation and makes reminder calls. We hold tours every Thursday and Orientations every Tuesday. We are always looking for help from members in this process as it makes a huge difference for potential new members to meet their potential peers.

We've been getting familiar with working on the new Microsite. Our unit will host a Microsite Lunch and Learn on Wednesday, December 13th to support members with learning how to use this new awesome tool! The microsite works like an app and is updated with the menus, events, shuttle sign up, etc. Hope you can come to lunch on the 13th and learn more about it!

We have several socials on the calendar! Our unit is responsible for creating and managing all sign up sheets. This keeps us really busy as well, and we are always needing some creative minds to make eye-catching flyers.

It's been a while since we visited a restaurant. The last time was earlier this year when we all walked down to Sexy Sammies for a Friday night social. What a great turn out that was! We are starting a new monthly social of going to a different restaurant each month and will be conducting a critic review of our experience. We will be having lunch on 12/9 at Roma's. Come join us on this Saturday social and help us pick the next location and give your review!

*Pictured is the group from the last time we held a restaurant social. We had a great time at Sexy Sammies!*



*Pictured is Ai-zana and Sophia with Jr. We wish our interns all the best on their next adventures!*

## Never Give Up by Christa S.

I have had a lot of challenges in my life but I have overcome them all. I don't want people to think my life is perfect because it is not. Nobody's is. If anybody was to have a perfect life it would be boring. The main thing you need to know about me is that I have had negative and positive people in my life. The most important thing you need to know is the people who were not supportive of me I pushed even harder. I have always doubted myself but with the encouragement of my life and blacking out the people who doubted me to. I have had to work really hard to get where I am today. There have been some speed bumps I have had to get through. The speed bumps set me back. There is some personal stuff that was scary and unexpected out of me. I have shut down a couple times in my life. The important thing here is that when I shut down, I had North Range and especially the Frontier house to help me bounce back. I have gained some friends and I don't feel isolated anymore. I learned through all 36 years that life is full of ups and downs and to expect the unexpected. To work very hard, set goals and live life to fullest and most importantly never give up!

WISH BY

JEREMIAH O

I can feel the sound	Have you ever wished
Of a million falling raindrops	For a piece of the sky?
Like the rain at a parade	Or had a trust so deep
I don't know just when to stop	You never could deny?
To you my heart	Or have you ever made change
It is forever in debt	In a wishing well?
I'm lost somewhere between I love you forever	Or kept a secret
And I wish we never met	You really wished that you could tell?
I am the sum and the product	Life is ever sweet
Of all of my fears	But living is sometimes awful bitter
Butterflies	Life is big
They bring me to tears	Imagine even bigger

Join us for the  
**Clubhouse Holiday Party!!**

**Friday, December 15th, all day**

**8am-10am**—Breakfast burritos, coffee & cocoa bar

**All morning**—Meal prep and set up

**11:30am-1pm**—Complimentary Christmas Luncheon

**1pm-1:30pm**—Christmas Wreath Craft

**2pm**—Ugly Sweater Contest

**2:30pm**—Gift Exchange (\$5 min—\$10 max, sign up)

**4:30pm**—Holiday lights Tour (sign up)



**HOLIDAY PARTY!**

Merry Christmas



**KITCHEN UNIT  
MONTHLY REPORTING  
October 2023**

**Food boxes to members:**  
**Lunches served:** 659  
**Breakfasts served:** 87  
**Avg. # Served per day:** 31  
**Avg. cost per lunch:** \$6.43  
**Paid IOU'S:** 49  
Number of FACs: 8  
Number of Weekend Outings: 3  
Number of Holidays: 1  
Type of Social:  
-In house: 5    -Out of Town: 3

# Kitchen Unit Update

Hello to all of our Kitchen Unit humans! 'Tis the season to transition from our Thanksgiving excitement, just add a little glitter and cheer and our Thanksgiving is becoming Christmas! With this transition we will be having a Holiday Food Drive for the month of December. This food drive will help us get everything we are going to need for our big Holiday meal on December 15th. There are still Thanksgiving holiday food boxes available for our members to take as well as turkeys! Please see our Kitchen Unit staff humans if you're interested in taking one home.

Our unit is also working on a Food Safety presentation with information that our colleagues received at our Food Bank banquet back in October. If you are interested in contributing to this presentation, Chris will be working with colleagues on Wednesday afternoons during the lunch hour. Once the presentation is finished we will be presenting it as a lunch and learn in the dining room! Over the next two

weeks we as a unit will be working on making some Christmas cookies for our colleagues and to distribute to some of our other programs within North Range and some of our employers. Also, there will be lots of opportunity to help prepare our holiday meal and we hope to see as many of you as possible during this Holiday Season. We hope that everyone had a great Thanksgiving and is prepared to have a fantastic Christmas!



Colleagues getting ready for the holidays at the Clubhouse!

## In Memory of Doris Herrera

6/16/59—11/24/23

With heavy hearts, we share the passing of Ms. Doris, who joined our Clubhouse community in 2003. Some of you know her and her partner, Shaun. She was very involved for many years and was a proud member of the Kitchen Unit. We have many fond memories of Doris's sense of humor, wit, and strength. She taught many of us sign language. She faced many diversities, which she took with stride and confidence. She will be very missed. Our thoughts and prayers go out to Shaun and her family. May she rest in peace. Family has shared that a Celebration of Life will be held at a later date.



Pictured left, Doris and her pretty smile. Right, Doris is working with Lisa and Renee in the Kitchen many years ago. She enjoyed helping and serving others.

## It's the Holiday Season!



We have a lot of fun in the Kitchen Unit, especially during the holidays! Come join in all the fun, food, and friendship!

### Expense Report—October 2023

	<u>Income</u>	<u>Expenses</u>	<u>Profit/Loss</u>
<b>Lunch</b>	\$965.95	\$4800.97	-3835.02
<b>Snack Bar</b>	\$489.89	\$431.47	\$58.42

## RECIPE OF THE MONTH: PEPPERMINT HOT CHOCOLATE COOKIES

### Ingredients:

- ◇ 1 Cup Softened Butter
- ◇ 1 Cup Sugar
- ◇ 1 Large Egg, room temperature
- ◇ 2 1/3 cups of Flour
- ◇ 1/3 cup baking cocoa
- ◇ 1 tsp salt
- ◇ 1 tsp baking soda
- ◇ 1 package milk chocolate chips
- ◇ 1 cup marshmallow crème
- ◇ 1 cup finely crushed peppermint candy



### Directions:

- ◇ Preheat oven to 375 degrees. Cream butter and sugar in a large bowl until light and fluffy, 5-7 minutes. Combine flour cocoa powder, salt, and baking soda; gradually add to creamed mixture and mix well
- ◇ Drop by the tablespoons full 2 inches apart onto greased baking sheets. Bake until tops are cracked, 10-12 minutes. Remove to wire racks to cool completely.
- ◇ In a microwave, melt chocolate chips; stir until smooth. Drop a teaspoonful of marshmallow crème into the center of each cookie. Dip half of each cookie into melted chocolate; allow excess to drip off. Immediately sprinkle with candies. Place on waxed paper and let stand until set. Store in an airtight container.



# Snapshots from our Annual Friendsgiving



## WELLNESS: Move Through the Darkness

**Move Through The Darkness** is a zero cost challenge that empowers people to run, walk or exercise to make an impact on the lack of movement, and increase in depression and suicide we see in the winter months.

Participants pledge a certain amount of physical activity while receiving free access to weekly professional speakers, in-person events like group walks/runs, and more!

Join our team at **Frontier House** as we add up our miles and walk across the United States (Virtually). We will 'stop' by many different Clubhouses along the way, and maybe even meet them virtually as we pass through. We will start in Sacramento at the California Clubhouse and work our way to Eagles' Nest Clubhouse in Ellsworth, Maine. We are continuing our wellness daily walks after lunch, which will help with getting more steps while enjoying the company of your Clubhouse friends. December 1st is the start date but you can start any day for making life better. The challenge ends January 31st. Come join us! *Pictured is a group of colleagues joining the Wellness Walk after lunch. We will continue with this through the Move Through the Darkness event.*



**Frontier House** • 1407 8th Avenue, Greeley CO 80631 • [www.frontierhouse.org](http://www.frontierhouse.org)



Frontier House is a program of North Range Behavioral Health and is proudly accredited with Clubhouse International and a member of Rocky Mountain Clubhouse Coalition