

Special points of interest:

- Members at work
- News from the kitchen
- What's going on around the Clubhouse and Lowell
- Important information and numbers
- Events we have attended

Volume 21 Issue 1

January 2020

THE RENAISSANCE CLUB A PROGRAM OF ELIOT COMMUNITY HUMAN SERVICES

Spirit of the Renaissance Club



RENAISSANCE CLUB

PHONE (978) 454-7944

176 Walker Street, Lowell, Massachusetts 01854

FAX (978) 937-7867

Club Hours

Monday	8:00AM-4:00PM
Tuesday	8:00AM-4:00PM
Wednesday	8:00AM-4:00PM
Thursday	8:00AM-6:30PM
Friday	8:00AM-6:30PM
Saturday	10:00AM-2:00PM
Sunday	Closed

(Holiday hours may vary)

Hot Meals

Monday	8:20AM,12:15PM
Tuesday	8:20AM,12:15PM
Wednesday	8:20AM,12:15PM
Thursday	8:20AM,12:15PM,5:00PM
Friday	8:20AM,12:15PM,5:00PM
Saturday	12:00PM

January Birthdays

Kim Hour Eung 1/1
Phyllis Markgren 1/2
John Wadman 1/8
Eric Beauchesne 1/8
Dawn Hopkins 1/11
David Neou 1/12
Donna Tarrant 1/14
Lindsay Marion 1/14
Robert Gosselin 1/14
Susan Boynton 1/16
Russel MacDonald 1/16
James Shaw 1/18
Nicole McHugh 1/18
Alicia Page 1/19
Jeffery McGowan 1/20
Carrie Sullivan 1/24
John Sullivan 1/25
Samantha Goodin 1/28

Weekly Meetings

Daily Meetings

Morning Meeting	9:30AM-9:50AM
Unit Meetings	10:00AM-10:15AM
Walking Group	12:40PM-1:00PM
Social Time	3:00PM-Closing

Monday

Healthy Habits	1:30PM-2:00PM
Chess Club	2:00PM-3:00PM

Tuesday

Poetic Creations	1:15PM-2:00PM
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Wednesday

Newsletter Committee	10:15AM-11:00AM
Wellness Meeting	10:30AM-11:00AM
Fundraising Meeting	11:00AM-12:00PM
Clubhouse Meeting	1:30PM-3:00PM

Thursday

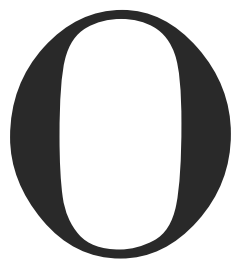
Job Club	11:00AM-12:00PM
Animal Group	1:00PM-1:30PM
Young Adult Group	1:30PM-2:30PM
PRIDE Meeting	2:30PM-3:00PM

Friday

Creative Expressions	1:00PM-2:00PM
Social Planning	2:00PM-2:30PM
Clubhouse Planning	2:30PM-3:00PM

*Happy
Birthday!*





OUR MISSION

The Renaissance Club, a program of Eliot Community Human Services, serves adults in recovery from mental illnesses in Greater Lowell. As believers in the guidelines of the International Center for Clubhouse Development, comprised of over 300 clubhouses throughout the world, the Renaissance

Club members and staff provide a supportive community for individuals recovering from mental illness. Our community is a safe place where members can form lasting relationships with others and build on those relationships to become more vocationally and socially active in the clubhouse and in the world. The Renaissance Club guarantees all members: a place to belong to, a place to return to, the opportunity to develop meaningful relationships, and the opportunity for meaningful work.

Emergency Phone Numbers

Fire	911	Toll Free Numbers	
Police	911	Food Stamps	1-800-645-8333
Ambulance	911		978-446-2400
Police Dept. non-emergency	978-937-3200	MA Health	1-800-841-2900
Fire Dept. non-emergency	978-458-4588	Medicare	1-800-633-4227
	978-459-5553	Public Safety	1-800-223-0933
Ambulance non-emergency	978-937-3270		978-851-9813
Alcoholics Anonymous	978-957-4690	Social Security	1-800-772-1213
Poison Control Center	1-800-222-1222		978-452-5509
Crisis Intervention		Welfare	1-800-249-2007
Solomon Mental Health Center	978-322-5000		978-458-9888
Samaritans	978-688-6607	WIC	1-800-WIC-1007
Lowell General Hospital			978-454-6397
Emergency#	978-937-6161	Local Services	
Alliance for the Mentally Ill	978-454-4628	Lowell Transit Authority	978-452-6161
Citizen Info. Services & TTY		Lowell School Administration	978-454-0071
	1-800-392-6090	(Lowell Adult Day Treatment)	
	617-727-7030	Bridgewell	978-459-0389
Securities Division	1-800-269-5428	Veterans Hospital	781-275-7500
	617-727-3548	Saints Memorial Medical Center	978-458-1411
Utilities		Lowell Pollard Library	978-970-4120
Comcast	1-866-928-9135	Veterans' Services	978-970-4070
Verizon	978-275-4103	Lowell Housing Authority	978-935-3501
National Grid	1-800-548-8000	Salvation Army	978-458-3396
	978-725-1146	Social Security (Lowell Office)	877-746-9850
Mass. Electric Company	1-800-322-3223	Lowell House	978-459-8656
		YWCA	978-454-5405
		YMCA	978-454-7825

Career Services

Career Services - December, 2019

By Debbie Muldoon

We had a busy Christmas season in the Career Services Unit. We had job 2 placements in the month of December. Congrats to George L, who started as a crew member working for Wendy's and to Emily L, who started her job working as a hostess at Uno's. Donna T, Wayne T, George D, Adam F, Debbie Q and Narun all worked successfully as Bell Ringers for the Salvation Army this month. Kudos to them who rang their bells in the cold, rain and the snow. Many compliments were received for the great job that the Bell Ringers did this year.

We continue to run a job club each week on Thursdays at 11:00 in the Career Services Unit. Please stop by any time to introduce yourself to me if you want to find a job or if you have any job leads or topics you would like to share. Thanks to all the members and staff who have shared job leads with me as I continue to follow up with them.

We will be looking for Tax Waivers for Liberty Tax starting next month. Many members have worked for them in the past as it is a great way to make some money and build a solid work history.

We are wrapping up 2019 with many people working successfully in the community. We still have members who are actively looking for work and interviewing out in the community. All of us are excited for 2020 and we are hoping it will bring good health, happiness and success with achieving our goals.



Our Clubhouse at Work

Independent Employment

Gail G, Sales Associate, Avon
Waylan C, Substitute Teacher, Andover Public Schools
Susan B, Senior Companion, CTI
Charles C, Janitor, DMH
Jeff Q, Janitor, First United Baptist Church
Rita R, Senior Companion, CTI
Louis S, Security Guard, Allied Universal Security
Chaunte B, Customer Service, Anton's Cleaners
Jim S, Community Support Specialist, NE Independent Living
Ken C, Car Washer, Lowell Car Wash
Michael C, Crew Member, Chuckie Cheese
Beth O, Crew Member, Wendy's
Sam G, Peer Specialist, NAN Project
Sareth S, Assembler, Allen Medical
James S, Community Support Specialist, NE Independent Living Program
Ken C, Car Washer, Lowell Car Wash
Michael C, Crew Member, Chuckie Cheese
Quintcy C, Package Handler, Fed-Ex
Kelly M, Cashier, Cumberland Farms
Aracelis S, Van Driver, Outlook
Alredo R, Pricer, Hong Kong Market
Ann Marie D, Van Monitor, First Call

Sebastian L, Laborer, Action King
Carrie C, Cashier, Cumberland Farms
Mike D, Crew Member, Wendy's
Tiana R, Store Associate, Buy Buy Baby
Alicia P, Receptionist, Randstad

Transitional Employment

Rachel S, Courier, Eliot CHS
George S, Receptionist, DMH, Tewksbury
Frank M. Transportation, Eliot CHS

Supported Employment

Bruce W, Staff, Market Basket
Gaby R, Kitchen Aide, Atrium
Greg B, Receiving, CVS
Narun R, Bell Ringer, Salvation Army
Debbie Q, Bell Ringer, Salvation Army
Adam F, Bell Ringer, Salvation Army
George D, Bell Ringer, Salvation Army
Wayne T, Bell Ringer, Salvation Army
Donna T, Bell Ringer, Salvation Army

"POD Squad"

Joe B.	Dawn H.
Donna T.	Kevin H.
Wayne T.	Alisa E.
Ernest M.	

Food and Facilities

By George S.

The Kitchen Unit once again prepared a fabulous feast for our annual Christmas dinner. A selection of meats including delicious prime rib, mashed potatoes, stuffing, green beans and a vast assortment of apple, and pumpkin pies were a big hit. Many thanks to the numerous volunteers who helped out serving the food.

Our holiday baked cookies were a success as approx. 1,300 cookies were baked and sold in colorful platters, plastic containers. Our mouth watering cookies included were: chocolate chip, fingerprint, lemon drop, molasses and seven layer bars. Many volunteers baked these cookies on all hours of the day and weekend to accomplish our goal.

As always breakfast is stills served every morning and lunch is served by our eager crew who prepare delicious meals every weekday including dinner served on Thursday and Friday evening and Saturday lunch.

Membership Services

By Margaret, Linda, Bruce and Betty

Merry Christmas! Happy Hanukkah!! Happy Kwanzaa! Happy New Year!! People love the Music Group that Larry has started as part of Poetry. Thanks to the interns for coming up with that idea! The animal group is fun as well because we find out what animals are all about. Animals are amazing!

We are delivering the Christmas Cookies! All our recipients say the cookies are delicious!! We had a great time at the Solomon's Party and Yankee Swap! We got presents for everyone for the Yankee Swap and it was fun giving them out!

We need to start coming up with topics for the Wellness Meeting again. Our next meeting will be January 8th, 2020. Our next DRA Meeting will be on January 7th, 2020. See you there!



Education

By Waylan

It's the New Year! Make your educational goals, especially high school equivalency. Put in the time and effort, and we will help you succeed. I mentioned how to sign up for the HiSET and GED, now the main thing is to prepare. You can prepare at Abisi adult Education at 408 Merrimack street in Lowell. They give free classes at 408 Merrimack Street during the weekdays and at Lowell high School at night. You need to show your residence in Lowell or surrounding areas. Classes go from September to June. You may still sign up in the middle of the year. At Renaissance Club, I recommend using Aztec software, a tutorial. Sign up for free with Heather G. or Heather S. Go to nextgen.aztecsoftware.com, enter your password, click on Renaissance Club and learning plan. All the subject on the HiSET are covered. I math, you will study algebra and geometry. In reading, practice reading passages and answering questions. In writing you will need to write a persuasive essay. In science you will study biology and physical science, as well as earth science topics. In Social Studies you will learn about civics and geography.

Remember, the test is on the computer, and this will help you get familiar with computers.



Questions of the Month

What are your goals for the New Year ?

By Debbie M.

To exercise again and concentrate on improving my health and eliminating my bad habits.

By Heather G.

Less screen time and more self care (including exercise).

By Anthony R.

To get my own place again and to get a good paying job.

By Jose H.

Get a job.

By Frank M.

Stay healthy, come to the club, work on my mental illness.

By Walter V.

Stay fit and get a job.

By Margaret Y.

I want to lose more weight!

By Louis S.

Survive.

By Donna T.

To get two degrees, to stay out of the hospital, and to do well in my substitute teaching and Child Psychology class.

By Ashley

I want to take my embroidery business to the next level and start vending at craft fairs.

By Dawn

I want to lose 50 pounds.

By George S.

I want to lose weight (About 25 pounds).

By Betty V.

I would like to lose weight and start exercising again. I would like to eat healthy foods and cut bread out of my diet.



What kind of trips would you like to see next year ?

By Debbie M.

Another trip to the beach and add museum trips.

By Heather G.

Hmm...maybe something outdoorsy like a simple hike and picnic!

By Anthony R.

Six Flags.

By Jose H.

I don't know.

By Frank M.

Museum of Science, Dracut State Forest, and Wolf Hollow.

By Walter V.

Movie trips and beach trips.

By Margaret Y.

I would like to visit Barnes and Noble to buy books for my grandchildren.

By Louis S.

A trip to Dracut State Forest after the winter.

By Donna T.

A trip to Rockport, another camping trip to Papoose Pond.

By George D.

Stone Zoo during the spring or summer time; Lowell Spinners; beach; Wolf Hollow; movie trip; circus; Canobie Lake; nature walk.

By George S.

Anheuser Busch; Canobie Lake; Fright Kingdom; Hampton Beach; Nashoba Valley tubing.

By Dawn

I want to go to Wolf Hollow.

By Ashley

I'd love to take the club to the Decordova Art/Sculpture Park.



Clubhouse Meeting December 4, 2019

- 1) DRA Celebration (Betty V.) Attending event tomorrow in Hopkinton, leaving in morning and returning in afternoon.
- 2) Chamber Edge Website Design (Ashley B.) Tuesday December 10, leave at 8:15AM to attend website design training held by Greater Lowell Chamber of Commerce.
- 3) Solidarity Lowell Affordable Housing Meeting (Ashley B.) First meeting this Friday at 5:30PM, will meet monthly to discuss this important issue.
- 4) Christmas Gifts (Heather G.) Gifts to be purchased December 10, gifts "hidden" in Financial Services, put together and given out after Yankee Swap. Christmas Day gifts, ask Vincent to pitch in \$5 gifts.
- 5) Cummings Properties Donations. \$2,000 donation. Suggestion box, Pizza Party? Arcade Pinball game? Air hockey? Personal presents? Barista setup? POS Register? Gaming system? Gardening supplies? Ice cream machine?
- 6) The Mall (Ken L.) Trip to mall this Saturday-sign up at Front Desk. Another trip Monday December 16, sign up!
- 7) Solomon Party (Alicia P.) Thursday December 12 12:00PM-2:00PM.
- 8) Christmas Tree (Ken L.) Setup in corner of dining room next to Snack Bar.
- 9) Cookies (Aggie M.) Lots of cookies baked, lots more to go! We have about 500 to go! Oven free after lunch tomorrow.
- 10) Maintenance Cold Freezing. Sink hose. Duct in wall next to Snack Bar near closet door. Light above Betty's desk? Leak in Membership Services?
- 11) Fitness Board (Tiffany T.) Pictures of members exercising, healthy tips, etc.



Clubhouse Meeting December 11, 2019

- 1) Ping Pong Table (Heather G. for George D.) Is it time to donate? (*Consensus reached*)
- 2) DMH Changes (Heather G.) Services will continue as usual. Solomon Building closing Friday, staff temporarily at Tewksbury or North Essex offices until February 1st, then moving to permanent location on Technology Drive in Chelmsford.
- 3) Recycling Update (Walter V.) December 6 Walter and George recycled 7 bags-809 soda bottles recycled. Keep recycling.
- 4) Nutrition Board (Tiffany) Should we have a board with fitness, salad pictures etc.? Tiffany and Jose to explore locations. Members Interested!
- 5) Christmas Caroling (Ken L. and Heather S.) We will be singing 2-3 songs at Solomon Party. Who wants to Carole next week?
- 6) Plants (Betty V.) We need help watering and cutting back the plants.
- 7) See Betty to learn.
- 7) Kool-Aid (Bruce W.) Should we offer Kool-Aid at the Snack Bar/ What about sugar free Crystal lights package? Members like that idea. Tiffany and members to price out.
- 8) Yankee Swap (George S.) 1:30PM Yankee Swap, Secret Santa first, presents after.
- 9) Information Board. Board with information for new members with helpful information such as meeting schedules, services available, etc. Debbie and Ken to brainstorm ideas of what should be included.
- 10) Wait Staff (Bruce W.) We need more wait staff, how can we make this job more realistic? Food & Facilities to consider restaurant style serving.
- 11) Christmas Light Trip (Heather S.) Free trip December 18, after Clubhouse Meeting. Trip to Anheuser-Busch holiday light display. Unable to get tickets to Zoo. \$3.00 deposit will be refunded see Heather.



Clubhouse Meeting December 18, 2019

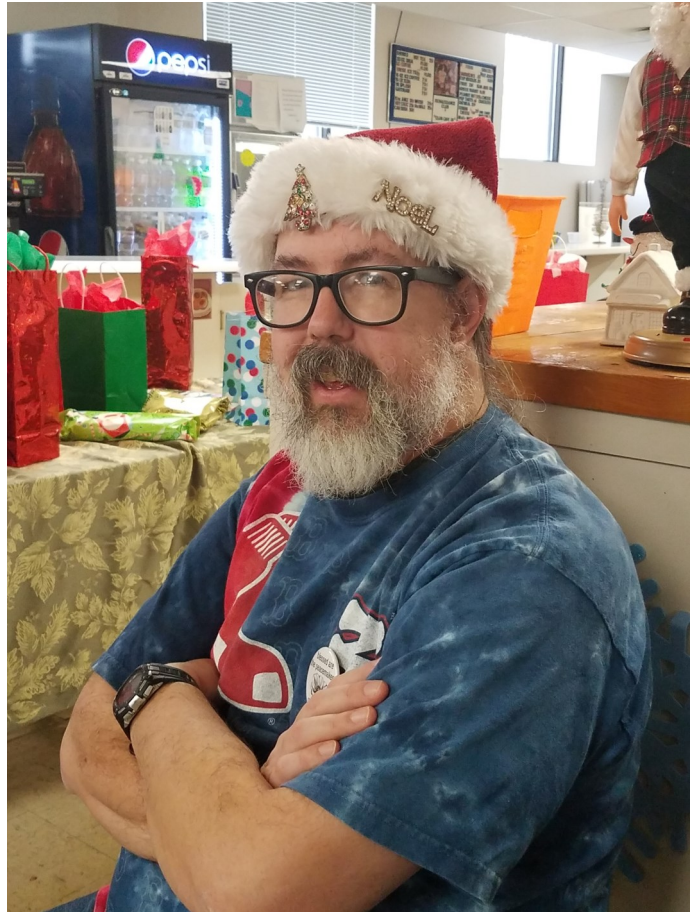
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| <ol style="list-style-type: none"> 1) Larger Bottle of Juice (Bruce) More variety requested, only 1 large bottle open. Tiffany: to be researched. 2) US Census. (Debbie) January 21 Boston. Liberty Tax waver jobs. Employment Dinner in January. 3) New Year's (Bruce) Mock New Year's Eve Party, Ashley/Heather December 27, 4:00PM-6:00PM 4) Website (Ashley) Website development meeting at the Chamber of | <p>Commerce last week. Interactive?? Title Tag for Google searches. Word Press instead of Unix. Brian Stellan Website Design can consent. Price not yet known. Potential; changes for Ashley.</p> <ol style="list-style-type: none"> 5) Visiting other Clubs. Horizon House. (Ashley) Has tried in 1 month. 6) Member passing away (Heather G.) Steven R. has passed away. Please | <p>see staff for support.</p> <ol style="list-style-type: none"> 7) Any ideas for the club? (Heather G.) |
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Clubhouse Meeting December 31, 2019

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| <ol style="list-style-type: none"> 1) Liberty Tax (Debbie M.) If you are interested in being a waver, see Debbie! Great way to make some cash and add experience to your resume. \$12.75/Hour. 2) Employment Dinner (Debbie M.) End of January, need guest speaker-ideas? 3) 2020 (Heather G.) Discussed what we are proud on as a club in 2019 | <p>and our goals/focus for 2020. See board in Dining Room.</p> <ol style="list-style-type: none"> 4) Yankee Swap in summer (Bruce W.) Christmas in July? Group split, need to think more. 5) Speed limit/lighting (George D.) Delivery trucks drive in too fast, some other cars too, Heather S. to mention to MFA. This time of year, poor lighting outside in evening particularly out back near the smoking | <p>area. Can they brighten existing lights?</p> <ol style="list-style-type: none"> 6) Healthy Living (Bruce W.) What resource are available here? Healthy Holidays Group, YMCA, Ask a Nurse, can we identify healthy choices at the Snack Bar? 7) Dining Room layout (George D.) need help putting back tables and re-arranging. |
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Renaissance Club January 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 10-2 Social Drop-in With Larry	2 11:00 Job Club 1:00 Animal Group 1:30 Young Adult 2:30 PRIDE 4:00 Family Feud	3 1:00 Artist Meet-Up 2:00 Social Planning 2:30 Clubhouse Planning 4:00 Jeopardy	4 10-2 Social Drop-in
5 Closed	6 1:30 Healthy Habits 2:00 Chess Club	7 12:30 DRA Meeting 1:15 Poetic Creations	8 10:15 Newsletter 10:30 Wellness Group 11 Fundraising Meeting 1:30 Clubhouse Meeting	9 11:00 Job Club 12:00 Solomon Party 1:00 Animal Group 1:30 Young Adult 2:30 PRIDE 4:00 Charades	10 1:00 Artist Meet-Up 2:00 Social Planning 2:30 Clubhouse Planning 4:00 Card Sharks	11 10-2 Social Drop-in
12 Closed	13 1:30 Healthy Habits 2:00 Chess Club	14 12:30 DRA Meeting 1:15 Poetic Creations	15 10:15 Newsletter 10:30 Wellness Group 11 Fundraising Meeting 1:30 Clubhouse Meeting 4:30 Zoo Lights	16 11:00 Job Club 1:00 Animal Group 1:30 Young Adult 2:30 PRIDE 4:00 Board Games	17 1:00 Artist Meet-Up 2:00 Social Planning 2:30 Clubhouse Planning 4:00 Hollywood Squares	18 AMC Movie Trip \$5 Club Closed
19 Closed	20 Martin Luther King Day Social Drop-in 10:00AM-2:00PM	21 12:30 DRA Meeting 1:15 Poetic Creations	22 10:15 Newsletter 10:30 Wellness Group 11 Fundraising Meeting 1:30 Clubhouse Meeting	23 11:00 Job Club 1:00 Animal Group 1:30 Young Adult 2:30 PRIDE 4:00 Bingo	24 1:00 Artist Meet-Up 2:00 Social Planning 2:30 Clubhouse Planning 4:00 Thing Statements	25 10-2 Social Drop-in
26 Closed	27 1:30 Healthy Habits 2:00 Chess Club	28 12:30 DRA Meeting 1:15 Poetic Creations	29 10:15 Newsletter 10:30 Wellness Group 11 Fundraising Meeting 1:30 Clubhouse Meeting	30 11:00 Job Club 12:00 Solomon Party 1:00 Animal Group 1:30 Young Adult 2:30 PRIDE 4:00 Poker	31 1:00 Artist Meet-Up 2:00 Social Planning 2:30 Clubhouse Planning 4:00 Movie Night	

FIND THE 6 LETTER WORDS (Version 85)

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