

The Clubhouse Connections

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Recovery

What is recovery? What does it mean? How will it affect your life? These are all very important questions. First of all everyone is different in their own way to good mental health. In my experience I have been in recovery many times but that doesn't mean I should give up. I have had experience with PTSD and that has been now treated with medication and in the recovery stage. If I had not taken any action my life might look a lot different. However, I have other mental illnesses that come in and out of recovery. I also have anorexia (Not always active) and bipolar disorder.

I met with others who have struggled with mental illness and now are in recovery. My friend Carolyn for example has been struggling with depression and anxiety and has for the most part been dealing with it herself as there is a shortage of psychiatrists and mental health workers. Finally, she got to see someone and is now in recovery.

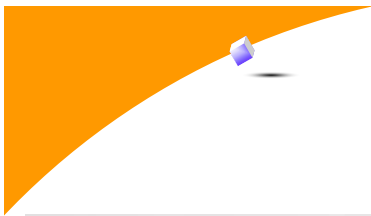
K.R.

- The clubhouse is growing and we're excited to let you know that our hours have increased to accommodate more people. Visit us now from

9am—3pm.

- Come join us!
- Tours are always welcome!





Journaling

Staying with the field of recovery there are helpful coping strategies like journaling.

Journaling is very important in recovery. In my history I have had a journal since I was about 12 years old. It is a way to help me get my feelings out without having to share with the whole world. It can be a release. Also, it is good to reflect back at your journal and learn how you handled things when life didn't seem so great but also you can reflect on the good memories that you have had.

Never give up on yourself no matter what!



When to ask for help

This is an excellent question that is hard to judge. Going back to the journaling section. If you keep a journal you can reflect on how you are feeling and use it as and use it as a baseline. You can also bring your journal to one of your mental health professionals and use it discuss treatment plans. However, if you feel out of control or like you are at risk to yourself or others please go to emergency room or call the crisis line. I have met people who think they don't need the help when it is really needed. Just remember you are not alone and you need to take a time out and take care of yourself.

I received seven years of blessings while living at MacAndrew Lodge recovering from my nervous breakdown. The staff and residents were a great support for me during my most needed time in my life. It was sad for me to leave the nest thinking back with gratitude, how can I repay such love and support? I can do so by volunteering in the community by helping other people in need, which I did, by visiting people in hospitals, boarding homes, senior's care homes and social service agencies. MacAndrew Lodge was like a green house nursery: once healed and strengthened, I was planted in the community and blossomed among the people. MacAndrew Lodge was my place of refuge when I ran away from home. *Bill B.*



My Experience With Connections Place

Tonight I feel great. I was honest at Connections club and enjoy being there and having a profound sense that Bill B is a good person.

The staff at Connections Place are sincere and warm and I have a feeling of belonging.

I am a survivor. I walk 2 to 3 miles a day. I help my Mom clean her home once a week. I help friends with projects. I need to put back into the community and learn about people and life and myself.

-Joe-



Rhubarb Cake

- 2 cups of flour
- 2 eggs
- 1 1/4 cup white sugar
- 1 teaspoon baking soda
- 1 cup sour cream (full fat)
- 1/2 teaspoon salt
- 3 cups of dice rhubarb
- Topping**
- 1 cup sugar
- 1/4 cup butter
- 1/4 cup flour
- 2 teaspoons cinnamon

Crumble the butter into the flour, sugar and cinnamon. Sprinkle on top of the cake.

Bake for 40 to 45 minutes.

Yummmmmm....



Pre heat oven to 375 degrees

Mix flour, salt and baking soda in a bowl. Mix the eggs and sour cream together, mix with the dry ingredients. Fold in the rhubarb and put in an 13x9 buttered pan.

Louise B.

The Clubhouse

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Reward Yourself

Sometimes when we are doing well we forget to reward ourselves. So when you are well think back to how far you have come in your recovery. Even if it's something as small as an ice cream cone. It is important to do this since recovery should be celebrated so that your mind and your body feel happy. Write this in your journal for reflections.



Birthday Lunch Celebrations

July 25

August 29

September 26

Join us for cake and celebration!

