



Turning Point Times

1605 Fort Street, Lincoln Park, MI 48146 313.382.7861

Recovery Article By: Lizzy S.

The Turning Point Times is a publication by, for, and about Turning Point Clubhouse

Contributors:

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Just a little story of my life: When I was 13 I knew something was different with me. I used to talk to myself. I had paranoid thoughts of people out to get me. I did not know what was going on. At that time I was afraid to tell my mom, whom I was living with, or anyone else, what I was going through. When I was older I started having anxiety and panic attacks. I would be crying one minute then happy the next. Sometimes I did not want to get out of bed. When my mother went to a nursing home, I went to live with my sister. She suggested I go to a therapist. I started going to Community Care Services, where I got the help that I needed. I finally knew what was wrong with me. I was diagnosed, and prescribed the right medicine, in addition to being referred to Turning Point Clubhouse. My life became more organized. Coming to Turning Point Clubhouse helps me get out of the house, and have something to look forward to. I am grateful every day and happier than I have ever been. I have goals for my life. I want to get my High school diploma. I can do anything I want. I have hope!!!



TURNING POINT STATS

- ◆ For the Month of May 2019 Turning Point had 55 unduplicated members
- ◆ Our Average Daily Attendance is 23!
- ◆ We have 31 members that live independently
- ◆ We have 2 members employed in Transitional Employment placements and we are actively working on increasing our TE positions in the community
- ◆ We have 5 members working independently.

As our internal programs grow and develop, we are pleased to share the following for May 2019: Education and Vocational Enrichment program reported 16 unduplicated members participating, with 8 classes. This month we highlighted language arts and division. The Health and Wellness program reported 24 unduplicated members participating, with 12 classes. This month we focused on physical exercise and informational videos.

Health and wellness in the clubhouse reduces absenteeism, increases productivity, and reduce stress, Health and wellness in clubhouses shows members have better health behaviors, they eat healthier foods, eat smaller portions, exercise more, smoke less. Members are better at controlling their stress, Wellness programs can help alleviate depression and the symptoms of depression as well as improve life satisfaction. ~ Shirley D.

May 2019 Birthdays



Jennifer J. 5/1

Valentine S. 5/6

Lizzy S. 5/21

Robert G. 5/21

Raffee O. 5/31

May 2019 Social Recreation

Walk A Mile 5/9

Movie & dinner 5/25

Lunch at the Park 5/14



We had 13 members attend the Walk A Mile Rally in Lansing. Several members & staff walked the 1/2 mile around the State Capital. It was very inspiring to hear all of the speakers and their testimonies.

Dinner and a movie was a lot of fun. We planned to go bowling. However, our plan did not work out, so we went to the movies. We always have fun at the movies! This time we had Pizza too.

WALK A MILE IN MY SHOES RALLY



Walk A Mile in My Shoes—Zeena T.

I was happy to go to the Walk A Mile in my Shoes Rally because I enjoy being outside- it motivates me! I had a lot of fun dancing with other members. I took pictures with a clown, a dog dressed like a lion, and friends from my old Clubhouse whom I have not seen in a while. We even took pictures in front of the state capital! We had lunch with other Clubhouse members, and we got a bag of goodies to take home with us. I loved hearing the speakers who shared stories of their mental illness and recovery. They motivated me to go on with my life and my own recovery. Some of the members walked around the capital for the Advocacy Walk and took a group photo with other Clubhouses from Wayne County. I enjoy Walk A Mile because it's like a big family reunion with all the other Clubhouses in Michigan. This annual rally is so important for mental health awareness, and it helps reduce the stigma of mental illness. I look forward to going back next year.

Mother's Day

B G S T Y A Y U F Q H L S Q D
 U F N R D L O O R I M Z P D X
 F F W I I W R V B E N K E Z O
 L V L M R E J U Z U P X C Y M
 L R A O V A V I P Q I R I R H
 P F F E W B C H J I M B A O A
 P E R Y T E X W T N G O L Z C
 S M Z S S G R S D U H H M A F
 R E H T O M A S K F E D L M U
 Q K M L U F A M A M A W O Y Y
 Z O O V K C H I L D R E N A Y
 B V R A L G U W F K T L Y M C
 E M E Q F K I S S E S F V C Z
 V R O K F J T R T D O H Z Q X
 B A X M U V C B C T B I Y G N

BREAKFAST
 FAMILY
 HEART
 MAMA
 MOMMY
 UNIQUE

CARING
 FLOWERS
 KISSES
 MAY
 MOTHER

CHILDREN
 FOREVER
 LOVE
 MOM
 SPECIAL



DWMHA EVOLVE

Turning Point went to the Detroit Wayne Mental Health Authority's EVOLVE workshop. The goal of EVOLVE is to empower Members to make decisions about our care and issues that affect our lives. The May workshop was very informative. There was a recap of all the things going on in the city. The DWMHA Ambassadors conducted 3 presentations. The first one highlighted MI PATH. She taught us a simple chair exercise that loosens bones and reduces, blood pressure. Another Ambassador discussed self-care. She talked about the mind, and how to think positive and encourage ourselves. It helps when we have somebody to talk to. Self-care goes along with spiritual health, and mental health. She also talked about how helpful the MI STRENGTH app is. The last presentation was Good Eating Habits along with healthy activities we can take part in.

~ Herry C.~

WELCOME

We would like to welcome our New Clubhouse Coordinator Ms. Keon S. We were without a coordinator for quite a while. She comes with tons of clubhouse experience, just what we needed. She is kind, and a very good listener. She is all about the Clubhouse Standards and helping us to move forward with keeping our accreditation. She believes in working side-by-side, and she helps us when we have a problem

Turning Point Clubhouse Members

MOTIVATIONAL CORNER

MOTIVATION

WHEN YOU TAKE ONE STEP YOUR LIFE GET'S BETTER AND THE MORE STEPS THAT YOU TAKE THE BETTER YOUR LIFE GETS. ~ S. SHIRLON

"THE MEANING OF LIFE IS TO FIND YOUR GIFT. THE PURPOSE OF LIFE IS TO GIVE IT AWAY." ~ JENNIFER J.



Did You Know? Fun Facts Submitted By Jenifer

May 29th is officially "Put a Pillow on Your Fridge Day".

This strange holiday spans back to the early 1900's, where families would place a piece of cloth in their larders (large food storage cupboard). It's celebrated in Europe and the U.S.A to bring luck & wealth to the household.



DID YOU KNOW?

Weather and Safety Summited By: Suzette M

Early this month heavy rainfall flooded homes, and streets, and caused waterways to overflow in our community. The flooding prompted Melvindale-Northern Allen Park Public, Lincoln Park, and Ecorse Schools to cancel classes. Some of our members were affected by the rain. Their basements were flooded, and they had to get rid of a lot things, Others in Allen Park and Lincoln Park, as well as Ecorse, Taylor, Trenton and Melvindale, reported flooding, with some reports of as much as 3 feet of water in the basement. The aftermath was devastating. As we rode down the streets picking up members to come to clubhouse, we saw firsthand the devastation. Block after block, house after house, there were front lawns filled with debris that the flood destroyed. People lost keep sakes that can never be replaced. Hundreds of thousands of dollars' worth of appliances and furniture were destroyed. The only good that came out of this is how the community came together and helped one another in a time of crisis.

Flooding Tips:

Evacuate dangerous areas immediately. You may have only a short time to escape. ...

Move to higher ground away from water. ...

Avoid crossing through water. ...

Stay out of moving water. ...



HAPPY
MOTHER'S
DAY



BY
K. L. Allen

Mother's Day

Mother's day is a celebration honoring the mother of the family, and the influence of mothers in society. Mother's Day was first celebrated in 1908. In 1914 Woodrow Wilson signed a proclamation designating that Mother's Day be held on the second Sunday in May ~ Debra C.

Turning Point Clubhouse

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Mon - Fri 8:30-4:30

2nd Sat- 10:00-2:00



Turning Point Clubhouse Mission Statement

-Turning Point Clubhouse believes in a world where individuals with mental health diagnoses have access to the community through the structure of the work ordered day, by providing friendship, advocacy, self-care, and life skills.

(Created by Turning Point clubhouse members)