



This Issue

Clubhouse Remote Call
1-717-275-8940
Password
1739678#

“ Let your unique awesomeness and positive energy inspire others in confidence.”

From the Desk of: Ghinwah Karkaba, Hope House Director

Dear Clubhouse Community,



Hi Everyone,

What a month of giving and sharing! As we celebrate the month of giving thanks, we always remember to be thankful each day for all the little things such as a warm smile, friendships and love. These little things are actually some of the most important of things and here at Hope House, plenty of love, friendships and smiles fill our hearts each and every day. Although we had to cancel our annual Hope House Thanksgiving dinner due to the pandemic, we were able to improvise and create memories that will live a lifetime.

Thanks to our partners as ACCESS Social Services, we were able to provide our members with over 45 food vouchers to be used before Thanksgiving, with more to be distributed in the up coming weeks. We also supplied members with care packages filled with goodies and essentials. Turkeys were also delivered to our members, thanks to the support of our wonderful ACCESS leadership who partnered with United Healthcare to make this happen!

As always, we will keep our members and community updated on all decisions related to the reopening. At this time, we will continue our services and outreach to each and every Hope House member.

Yours in service,

Ghinwah Karkaba, Hope House Supervisor

Access Hope House Clubhouse in the days to come.....

- Happy Meal Delivery Service
- Recipes
- Schedule of Classes
- Exercise
- Member Spotlight
- Pet Corner
- Clubhouse Engagement
- Hope House Happenings
- Employment
- Engagement
- Happy Birthday
- Lucky Charm
- Community Shout Out



HOPE HOUSE DELIVERY SERVICE

ACCESS Hope House Happy Meal Delivery Service



We are here to help!

If you are in need of food or running low, we can deliver pre-made meals to your home.

Please contact ACCESS Hope House at: 313-820-4796

For every hand we don't shake, we should be making many phone calls.

For every embrace that we aren't able to give, we need to wrap words of love and encouragement around people.- Unknown



HOPE HOUSE RECIPES

Recipe of the Month:

Recipe Corner

Gingerbread man cookie recipe/ Taste of Home

<https://www.tasteofhome.com/recipes/gingerbread-men-cookies>



Ingredients : ½ cup butter, ¾ cup packed dark brown sugar, 1/3 cup molasses, 1 large egg, 2 tablespoons water, 2-2/3 Cup all-purpose flour, 1 teaspoon baking soda, 1/2/teaspoon salt, 2 teaspoons ground ginger, 1/2/ teaspoon cinnamon ½ teaspoon ground allspice. Frosting of choice

Cream butter and brown sugar until and fluffy. Beat in molasses, egg and water. In another bowl, whisk together Remaining ingrediaents munus frosting, gradually beat into creamed mixture. Shape into a disc and cover. Refrigerate for 30 minut oven to 425. Minutes. Roll each prtion of dough and cut on a floured gingerbread man cookie cutter. Place 2 in apart. Bake at 350 Degrees for 8-10 minutes. Remove to let cool completely. Frost as desired.

Anxiety Corner

Featuring Recovery, International Tools

This column features four-step examples of the practice of the Recovery method straight out of Recovery, International. Recovery is a community mental health, self-help organization which spans the entire globe. Here is one such example.....

1. **Describe a situation when you began to work yourself up (situations don't work you up, you work yourself up).** Today I started listening to my record, "Godspell" the musical, that my mother used to play when I was a little kid. I started reminiscing about the good old days and started working myself up.
2. **Describe the symptoms you had.** I spotted the crying habit.
3. **Describe the Recover tools you used.** I had a hard time spotting. Well, I can spot that symptoms are distressing but not dangerous. It is average (meaning that it happened to at least on other person) to have the crying habit when yearning for the past, and that the past is outer environment (something outside myself that is beyond my control).
4. **Describe what you would have done in former days before Recovery.** In former days, the crying habit would have continued and I would have lamented to my mother over the phone. This time around I moved my muscles (kept myself busy) to go on with my day and remembered that symptoms are phasic and not basic (this too shall pass).



HOPE HOUSE CLASSES

Monday

9:00-9:30 Walk and Talk (Salwa)
9:30-10:30 Hope House Member Meeting (Ghinwah Facilitates)
10:30-11:30 Supported Employment/or BINGO (Ghinwah/MEMBER Facilitates)
12:30-1:00 Grief Group (Ether Facilitates)
1:00-1:30 Hope House Member Meeting (Ghinwah Facilitates)
1:30-2:30 Craft Class (Member Facilitates)

Tuesday

9:30-10:30 Hope House Member Meeting (Ghinwah Facilitates)
10:30-11:30 Arabic Classes
12:30-1:00 Music with Lamasa (Member Facilitates)
1:00-1:30 Hope House Member Meeting (Ghinwah Facilitates)
1:30-2:00 Anxiety Group (Ghinwah Facilitates)
3:00-5:00 Garden Club (Tuama Facilitates)

Wednesday

9:00-9:30 Walk and Talk (Salwa)
9:30-10:30 Hope House Member Meeting (Tuama Facilitates due to Ghinwah attending the Managers Meeting)
12:30-1:00 Anxiety Group (Ether Facilitates)
1:00-2:00 Hope House Member Meeting (Ghinwah Facilitates)
2:00-3:00 Nutrition (Salwa Facilitates)

Thursday

9:30-10:30 Hope House Member Meeting (Ghinwah Facilitates)
10:30-11:30 BINGO (Member Facilitates)
1:00-1:30 Hope House Member Meeting (Ghinwah Facilitates)
1:30-2:30 Peer Support (Ghinwah Facilitates)
3:00-5:00 Garden Club (Tuama Facilitates)

Friday

9:00-9:30 Walk and Talk (Tuama)
9:30-10:30 Hope House Member Meeting (Ghinwah Facilitates)
10:30-11:30 Peer Support (Hassan Facilitates)
12:30-1:00 Music with Lamasa (Facilitates)
1:00-1:30 Hope House Member Meeting (Ghinwah Facilitates)
1:30-2:30 Craft Class (Member Facilitates)

Saturday

12:00-1:00 Member Lunch and Talk (Members Facilitate)
Sun 2:00-3:00 Member Lunch and Talk (Members Facilitate)

Free Legal Aid

To Be Determined

Register with Ghinwah for an individual consultation with Ali.

HOPE HOUSE EXERCISE

-SALWA IS OUR HOPE HOUSE NUTRITIONIST AND MEETS WITH THE MEMBERS VIRTUALLY EVERY WEDNESDAY.
WE HAVE STARTED A WALK & TALK VIRTUAL MEETING EVERY MONDAY, WEDNESDAY AND FRIDAY FROM 9AM-9:30AM.



Do you ever give up what you want MOST for what you want NOW?

Think about it...If what you want most is to lose the weight—once and for all—but then you give in and order pizza for dinner, you've just given up what you want MOST (a healthier, leaner body) for what you wanted NOW (convenient and comforting food).

It's worth thinking about.

Are your **actions** congruent with your **goals**?

This is true of any goal, it's not limited to your fitness journey.

If you want to write a book, you'd better make time to sit down and type.

If you want to travel the globe, you'd better get yourself a passport.

If you want to run a marathon, you'd better start training.

YES, OF COURSE IT'S HARD

IT'S SUPPOSED TO BE HARD

IF IT WERE EASY

EVERYBODY WOULD DO IT

HARD IS WHAT MAKES IT GREAT!

MEMBER SPOTLIGHT



MEMBER INTERVIEW: Arthurene Hammond



For this month's member spotlight, ACCESS Hope House is pleased to feature, Arthurene Hammond. She became a member in December of 2019.

Arthurene works on the culinary team and works in the snack shop at the Hope House. Arthurene also does outreach to our members who are not at the clubhouse that day, completing check ins. She takes pride in her roles and is always happy to help anyone in need of a hug or a smile. With these roles, Artherine has also served as out Hope House greeter. While in quarantine, Arthurene continues her day to day responsibilities at home. She loves to cook for her family and boasts about her delicious fried fish and spaghetti. She participates in almost every group offered at the Clubhouse including the: Grief and Anxiety Group, Music group and enjoys the peer support groups. She conducts outreach and has become an integral part of the Hope House community.

She resides at her own residence with her sister Robin who is also a Hope House member. She enjoys: watching movies, cooking, listening to music and spending time with her sister. Artherine also loves to talk to other Hope House members and helps give advice when she can. She loves being a supportive peer to the members.

Arthurene plans on continuing her education and completing her GED in the near future. She hopes to someday work as a peer recovery coach. Arthurene's passion to serve others has and will always be a part of who she is.

At ACCESS Hope House she is a friend to many of the members.

We all love and appreciate Arthurene for all she does for us and our Clubhouse and we are excited to feature her in this month's spotlight!

PET CORNER

Hope House members
show off their pets!
#hopehousepetstars

Sunshine, Cali, Oreo



Ellie



Tornado & Midnight

Buddy



Frank's Roosters



Charmaines baby
Cloudy



Frank's Fish Friends



Lamasa's Guinea pigs,
Silky & Beautiful

Pets are not only our companions, they often help us get through lifes tough times

HOPE HOUSE HAPPENINGS

New Members Alert!!!

Hope House welcomes 2 new members this Month. Please give a warm welcome to Jim Mackie and Mohamad Ali!



Creative Corner



Hope House members display their creative talents!

You Can't Please Everyone, by: Samira Alsoofi

The fact that you can't please everyone is a powerful reminder to be sincere and only seek to please God through your actions.

"I laughed and they said "Can't you be modest"

I cried and they said "Why don't you smile?"

I smiled and they said "It is a show off"

I frowned and they said "I started showing my true colors".

I was silent and they said I had a feeble tongue.

When I spoke they said I was too talkative.

When I was tolerant they called it cowardice. And said, had I been brave, I would have taken a revenge.

When I showed up some courage they said it was rash and reckless

And I wouldn't have behaved so if I were balanced.

When I said NO they considered me odd,

When I agreed with them, they called me a blind follower.

So it became certain, that no matter how hard I try, pleasing People will bring nothing but criticism.

Walking Back Home, By: Daad Harp



One summer afternoon, four young Indian boys were walking through the woods. They were in the shore of a river while leaning on willow bushes. Back of the shore was a wide, bottom land used for corn fields. Behind the fields there was a village with many houses. It was a village with many houses. It was some distance from the river. The village was and and dry above floods and high water. The village had many people living there. The four boys were also living there too. It was a very good place living at the village. There were many other Indian boys at the village too. Sometimes the Indian boys would walk to the corn fields and pick corn.

Let your Heart Lead, By: Aldo Alvarez



Don't be pushed around by the fears in your mind. Be led by the dreams in your heart.

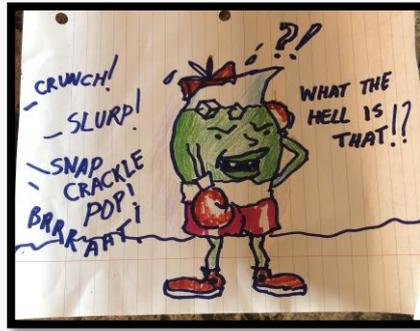
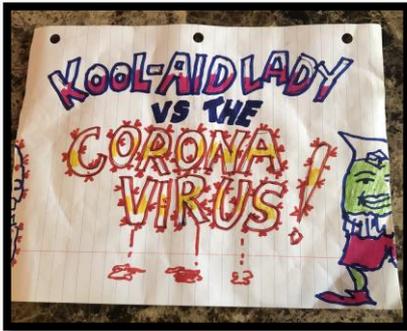
HOUSE HAPPENINGS



Creative Corner



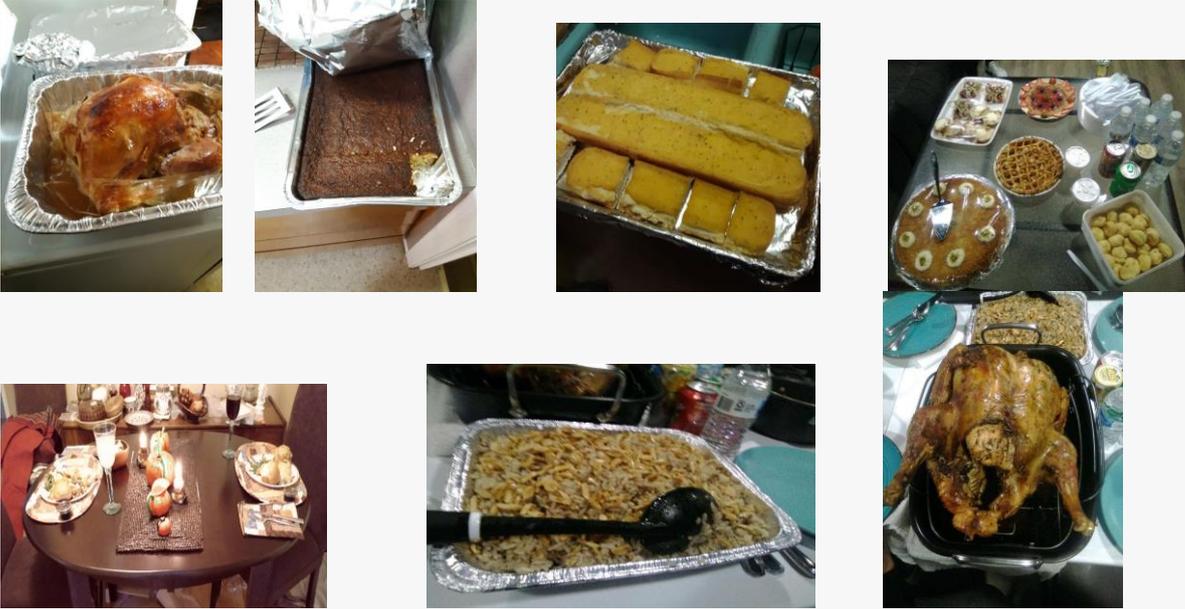
Kool-Aid Lady vs Coronavirus by: Lamasa Pace
Corona Virus ain't got nothin on the Kool-Aid Lady!



*Lamasa Pace is the woman who wears many hats. She is a very talented artist, musician and seamstress and former amateur boxer. She holds the title of, (Kool-Aid Lady) on the very popular morning radio talk show, Mojo In The Morning on 95.5 FM. She combined a few of her life's experiences and created the comic Kool-Aid Lady vs Coronavirus.

HOPE HOUSE HAPPENINGS

Members Celebrating Thanksgiving and displaying their culinary skills



Members receiving their Thanksgiving Day care packages



Pictured from top left: Aldo, Elvira, Jesus, Charmaine, Robert, Natasha, Joumana, Kassem, Zainab, Daad, Intisar, Delores, Luis, Roy, Mike W, Aldo, Frank



S.O.U.L.S. CHAT

SUPPORTIVE, OUTREACH, UNDERSTANDING, LIFE-SITUATIONS

JOIN US FOR A CHAT

- Check-In
- Talk
- Support Each Other



WEDNESDAYS 6P - 7:30P

BlueJeans App
Meeting ID: 415 831 832
Passcode: 2016
Dial in: 408-915-6290
or
408-419-1715



If you need to talk, we're here to listen.

Certified Peer Support Specialist Warmline

For persons with mental health conditions in Michigan.

The Certified Peer Support Specialist Warmline is a peer run phone service providing peer support, resource referral and shared experience of recovery and hope.

- When you need someone to talk to
- When you want to share your triumphs or challenges
- When you feel alone
- When you feel like others just don't understand

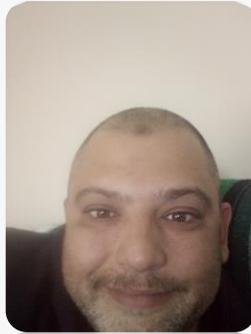
Call 888-PEER-753 (888-733-7753)
10 a.m. - 2 a.m., 7 days a week



THE KEY TO BEING HAPPY IS KNOWING YOU HAVE THE POWER TO CHOOSE WHAT TO ACCEPT AND WHAT TO LET GO OF..

EMPLOYMENT

Congratulations to Mike Horvath on his new job as an EMT Technician!!



WORKING WITH BENEFITS: WHAT YOU SHOULD KNOW

You can begin to work and continue to receive SSI benefits as long as your wages and other resources do not exceed \$733.00 for individuals, and \$1100.00 for couples. However, monthly benefit amount will be reduced in proportion to your income. Here is how the SSA reduces your income. If your only income is from your job, the SSA does not include the first \$85 you earn toward your countable income. After the \$85 adjustment, the SSA will deduct 50 cents for every dollar you earn from your monthly benefits. Here is an example of a person who earns \$1,090 a month from working: $\$1,130 - \$85 = \$1,045 \div 2 = \522.50 . The individual's monthly SSI benefit amount would be reduced by \$522.50.

TRANSITIONAL EMPLOYMENT PLACEMENTS



ACCESS

Greeter-Huda Shanta POSTPONED
Greeter- Raqiya Alnuimi POSTPONED
FAIRLANE CAR WASH
Washer-Jesus Nieves

SUPPORTED EMPLOYMENT POSITIONS

FAIRLANE CAR WASH
Washer-Kevin POSTPONED
JEEP DEALERSHIP
Transporter-Frank Waderlow
Security-Frank Waderlow
ACCESS-Greeter-Elvira Zavala POSTPONED
Mike Horvath- EMT Technician

EDUCATION

Wayne State University-Tracy Wilson-Engineering
Mike Horvath-EMTC

MEMBER DEMOGRAPHICS

Client Demographical Information: Clients

by Age

15-19YRS=0 Members

20-39YRS=17 Members

40-59YRS=26 Members

60-79 YRS=19 Members

80 +=1 Member

Clients by Gender:

Male: 35

Female: 33

Clients by Household Income:

Under \$10,000=59 Members

\$10,000-\$19,000=2

Clients by Race, Origin or Decent:

White=19 Members

African American=22 Members

Hispanic=4 Members

Arab=19 Members

Clients by Employment Status:

Unemployed (trying to work)=6 Members

Not in Labor Force (Not seeking employment)=47 Members

Employed=8 Members

Month	Encounters	
March	633	
April	943	
May	902	
June	1140	
July	960	
August	987	
September	1,100	
October	1,220	
November	1,278	

Outreach March – Nov. 2020



MEMBER ENGAGEMENT



Arthurene Hammond sends all our members
“Happy Vibes”



To Prevent Influenza!

Do not take any person's breath. Keep the mouth and teeth clean. Avoid those that cough and sneeze. Don't visit poorly ventilated places. Keep warm, get fresh air and sunshine. Don't use common drinking cups, towels, etc. Cover your mouth when you cough and sneeze. Avoid Worry, Fear and Fatigue. Stay at home if you have a cold. Walk to your work or office. In sick rooms wear a gauze mask like in illustration.

WEAR A MASK AND SAVE YOUR LIFE!

The Emergency That Now Confronts Our City Is Beyond the Facilities of the Health Department

The RED CROSS

has come to the assistance of the Board of Health. Doctors and nurses can not be obtained to take care of the afflicted. You must wear a mask, not only to protect yourself but your children and your neighbor from influenza, pneumonia and death

A GAUZE MASK IS 99% PROOF AGAINST INFLUENZA

Doctors wear them. Those who do not wear them get sick. The man or woman or child who will not wear a mask now is a dangerous slacker.

WEAR MASKS

This statement was authorized at a meeting of the undersigned, who are convinced that it is the only way to stamp out the epidemic. You must do your part

Alameda County Relief Committee

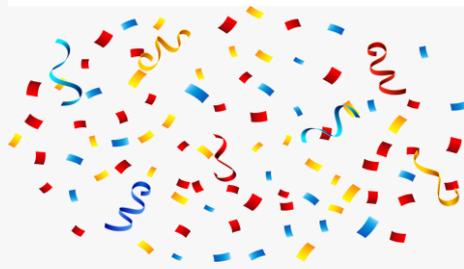
County of Alameda
City of Oakland
Board of Health of Oakland

Oakland Chapter American Red Cross
Oakland Clearing House Association
Oakland Chamber of Commerce

Associated Charities
Retail Dry Goods Association

Member Zaynab Ali does research and retrieved some articles in 1918 which were about the flu pandemic. The similarities then and now with COVID-19 are quite eye opening.

HOPE HOUSE BIRTHDAYS



HAPPY BIRTHDAY:

Robert Murray- December 1st

Jumana Jaber- December 12th

Leah Ericson- December 30th

We hope you had a wonderful Birthday!!!



LUCKY CHARM

Please continue to provide referrals! If you know of anyone who is self isolating we have daily meetings over the phone.



COMMUNITY SHOUT OUT



Einstein Bagels:

We appreciate Einstein Bagels donating to Hope House twice per week.



Sinbads

Moe from Sinbads for offering members \$1.00 haircuts.

Moe has generously donated his time to the Hope House members offering weekly hair cuts. We are so grateful for his generosity.



DETROIT
INSTITUTE
OF ARTS

6470 Williamson Dr. Dearborn, Mi (313) 633-1361 Hours: M-F 8-4:00 Open the first Saturday of the month 10:00-2:00

ACCESS HOPE HOUSE

Hope House is a community of people working together for a common goal to get their lives back. Hope House offers people living with mental illness hope and opportunities to reach their full potential. We operate on proven standards which have been developed by Clubhouse International over two decades which are effective in over 320 clubhouses worldwide. The basic components of successful clubhouses are the work-ordered day, employment programs, evening, weekend, and holiday activities, community support, outreach, education programs, and self-governance.



ACCESS Hope House
6470 Williamson Dr.
Dearborn, Mi

Phone: 313-633-1361

wecroll@accesscommunity.org

PLEASE
PLACE
STAMP
HERE

