

A Publication of Crossroads Clubhouse Established 1989

MAY 2010

# CrossCurrents

A Service of Riverside Community Care  
11 Williams Street, Hopedale, MA. 01747 (508) 473-4715  
[www.crossroadsclubhouse.org](http://www.crossroadsclubhouse.org)

## Inside This Issue

**Crossroads Clubhouse Honors Riverside Community Care**

**Appreciating Riverside**

**Interesting Factoids**

**The Staff at Crossroads Cares**

**Warm Line**

**Recipe**

**Wish List**

**I Miss You**

**Ways to Live a Healthy Lifestyle**

**Keep Moving Forward**



*Jim Asquino for Newsletter*

## *May Flowers*

**Warm Line Connection (Beeper): 978-629-8485**  
Hours: 4:00pm-7:00pm and 10:00pm-12:00am daily

# CrossCurrents

Riverside Community Care

Page 2

## Clubhouse Hours of Operation

**Monday-Friday**  
8:30am-4:30pm

**Monday-Friday  
Morning Meeting**  
9:30 a.m.

**Tuesday**  
8:30am-4:30pm  
**Young At Heart** 1:15pm  
**Job Club** 2:30pm

**Wednesday**  
8:30am-4:30pm  
**Planning Meeting** 9:00am  
**House Meeting** 2:30pm  
**Dual Recovery**  
**Anonymous Meeting**  
4:00pm-5:00pm

**Thursday**  
8:30am-4:30pm  
**Social** 4:00pm-6:00pm

**Friday**  
8:30am-4:30pm  
**Dual Recovery**  
**Anonymous Meeting**  
4:00pm-5:00pm

## In The News:



### Crossroads Clubhouse Honors Riverside Community Care

*Milford Daily News*

Crossroads Clubhouse recently honored its parent organization, Riverside Community Care of Upton, Milford and Norwood for leadership in mental health employment at a ceremony in the Great Hall at the Massachusetts State House in Boston.

Crossroads Clubhouse is a rehabilitative community offering opportunities and support in employment, education, and housing for adults with mental illness. Located in Hopedale, the program provides support to over 300 area residents.

Over 50 Massachusetts state senators and representatives, including Rep. John Fernandes, D-Milford, attended the event honoring employers for providing opportunities for people with mental illness to rejoin the work force, often after years of unemployment.

Riverside was selected as an honoree because of the employment opportunities they have provided to several members of Crossroads for over 10 years. Members of Crossroads have been hired as clerical assistants, peer specialists and housekeepers.

*Cont on next Page*

# **CrossCurrents**

## **Riverside Community Care**

Page 3

The recognition event was coordinated by the Massachusetts Clubhouse Coalition, a statewide nonprofit organization whose membership includes over 8,300 individuals with mental illness who participate in 32 Department of Mental Health funded employment clubhouses.

Riverside's President/CEO Scott M. Bock explained that Riverside, which serves 15,000 people each year and helps find jobs for people with disabilities, has to demonstrate that the organization does what it asks other employers to do.

Bock said, "We have people with disabilities working at all levels of the organization and it means we draw from the largest talent pool possible. We are very proud one of our own programs has chosen to honor us."

Steve Goldman, a member of Crossroads and one of Riverside's employees, articulated the reasons the Clubhouse chose to honor Riverside when he explained, "Working is a major component in my recovery. I now have a career that has afforded me countless opportunities for growth, independence, and a quality of life that I never believed I would experience. I am connected to my community and respected by my co-workers and supervisors. Riverside truly values the contributions that I make to their work force."

### **Appreciating Riverside**

*By Chris T.*

It doubled in size.

On Monday, April 5<sup>th</sup>, 2010, Riverside Community Care's finest staff, clientele, and President Scott Bock congregated to the Newton Marriott Hotel for its Nineteenth Annual Appreciation Evening. The first celebration in 1991 consisted of three tables and ten staff who worked at any and all related programs. Just last year, we used up one-half of a banquet hall. This year, we used it up entirely!

That pays testament to the growth of a community-centered non-profit organization that weathers recessions and budget cuts to provide dependable services to 70 communities and 1.5 million people. In addition, over the past year Riverside merged with The Guidance Center and acquired two more communities, Cambridge and Somerville. Yet, no matter its scope, or the scope of any challenge, Riverside maintains a "Yes, We Can!" attitude and approach to any new human service development, ensuring its clientele's voices are heard in the debate over healthcare and human services.

In the Award Ceremony, Riverside recognized the exemplary efforts of one such voice: fellow Crossroads member John Trask. When he first started in 2007, he understood the grind of the psychiatric care system all too well:

*Cont. on next page*

# CrossCurrents

## Riverside Community Care

Page 4

ostracizing, stigmatizing, centering on illness, not strength, assuming its clients require perpetual attention without any hope of returning to the community... *coddled*, in other words. This left John with an emotional barrier a mile thick, and he hesitated to involve himself in anything (hence, doing nothing) until he grasped his personal recovery by the horns. Who better than him?

No matter how winding the curve he drove (but please note: he drives *fast*), John's life made a U-Turn. Spurred by his sharp, critical eye upon the mental health care system, he has become an active advocate in Riverside and the Massachusetts Clubhouse Coalition. We at Crossroads realized how John empathizes with others far more than what he cares to admit to. Nowadays, he has no problem sharing his artistic merits; scads of his pen-and-ink drawings litter the Club's units, and he even hosted the Art Show during our Pancake Breakfast. Also, he returned to Quinsigamond Community College, earning consistent, high grades after twelve years of no school at all. John continues to master his fear of public speaking, particularly during that impromptu Statehouse protest last October, where he spoke before a crowd of 800 (the Appreciation Evening, where he gave a fleshed-out acceptance speech, had about 400 attendees).

Now... to place John's level of involvement with his community into perspective: his e-mail account, in one day, consisted of eight parts Riverside/MCC and one part Spam.

While there is no mistake that members and staff of Crossroads and our siblings Elliot House and Neponset River House showed up in droves to offer their support, this year's "Table Making the Most Noise" Award is still up for grabs. Though Val wants me to claim we made the most (standing ovations carrying further than sitting ones), John was second-to-last to speak, so we were a little tired. Also, the shrillness of the neighboring table—filled with young interns—*gave me a ring in my ear!* Still, Crossroads in particular made plenty of noise... two tables full of members, staff, family and friends.

So, congratulations John, and all the award recipients this year! Special thanks and best wishes go out to all our sponsors and the wonderful staff at Riverside that makes recovery possible and probable. Thank you!



# **CrossCurrents**

**Riverside Community Care**

**Page 5**



## **INTERESTING FACTOIDS:**

- When hippos are upset, their sweat turns red.
- There are a total of 5 clubhouses with the moniker “Crossroads Clubhouse”.
- The largest volcano in the solar system is Olympus Muns on Mars, and is 3 times the height of Mt. Everest and larger than the state of Arizona.
- The first Harley Davidson motorcycle was built in 1903, and used a tomato can for a carburetor.
- The lion that roars in the MGM logo is named Volney.
- Google is actually the common name for a number with a million zeros.
- It cost 7 million dollars to build the Titanic and 200 million to make a film about it.
- There are 1,792 steps to the top of the Eiffel Tower.
- The sound you hear when you crack your knuckles is actually the sound of nitrogen gas bubbles bursting.
- It takes about 20 seconds for a red blood cell to circle the whole body.

# **CrossCurrents**

**Riverside Community Care**

Page 6

## **The Staff At Crossroads Cares**

*By Carol P.*

It is both my opinion and my experience at the club that we here at Crossroads have a kind and compassionate staff. Even during a tight schedule, the staff works very hard to meet the needs of the members individually and corporately.

I love my advocate. She makes sure to spend the necessary time with me so that I can learn new things, meet my goals, and grow and develop as a competent individual. When I think discouraging thoughts, she has always been there to provide comfort and encouragement.

Now speaking about the staff collectively... They are generalists. They are able and willing to clean a bathroom or sit down with a member and discuss employment or shoveling snow in winter. I feel that it takes a special type of person to work at Crossroads. That person must have fortitude, courage, kindness, patience and a caring attitude. The staff are helpful in whatever way possible. I feel that this type of spirit is definitely shown here at Crossroads.

## **Warm Line**

*By Maureen W.*

The Warm Line is composed of one staff, Paula Aubin, and several members. There are two times a day that anyone can call and receive a return call with a caring heart to listen and help in any way they are able. Whether it be to just listen or provide you with additional telephone numbers to call, we can help. From 4-7 P.M. and 10-12 P.M. daily all you have to do is dial. Whoever is on call will call you back as soon as your number is displayed on their beeper. Perhaps you had a bad day or even a good day. Either way we are here to listen. It's simple and worth it, just dial 978-629-8485. Press in the number you are calling from and then begin sharing your thoughts and feelings. All of us from the Warm Line look forward to your call.



# CrossCurrents

Riverside Community Care

Page 7



## Old Fashioned Potato Salad

### Ingredients

- 5 potatoes
- 3 eggs
- 1 cup chopped celery
- 1/2 cup chopped onion
- 1/2 cup sweet pickle relish
- 1/4 teaspoon garlic salt
- 1/4 teaspoon celery salt
- 1 tablespoon prepared mustard
- ground black pepper to taste
- 1/4 cup mayonnaise

### Directions

1. Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain, cool, peel and chop.
2. Place eggs in a saucepan and cover with cold water. Bring water to a boil; cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.
3. In a large bowl, combine the potatoes, eggs, celery, onion, relish, garlic salt, celery salt, mustard, pepper and mayonnaise. Mix together well and refrigerate until chilled.



## Crossroads Wish List

Exercise Equipment  
Exercise DVD's  
Recumbent Bicycle  
TV with DVD Player  
Electric Washer & Dryer

*If you would like to donate one of these items please call Paula at 508-473-4715 x5506*

# **CrossCurrents**

**Riverside Community Care**

**Page 8**

## **I Miss You**

*By Janay P.*

It's so hard to realize that you're  
really gone  
I miss you.  
How could this happen?  
I miss you.  
You were there for me when I was  
having a hard time  
I miss you  
No more pain, no more suffering  
I miss you  
Now you're in a better place, up there  
with mom  
I miss you  
You will always be in our hearts  
I miss you



## **Ways to Live a Healthy Lifestyle**

*By Dave L.*

Anyone can try to be mentally awake. This includes time spent in clubhouses, time spent in your houses, and time spent in your communities. This can be done by using your time wisely, helping, and being useful and productive. This can be done in clubhouses daily, in TE's, SE's and IE's. Volunteering shows good signs of wanting to help. You can get valuable experience in the community. It is a positive sign. It shows that you are ready, willing, and able to complete meaningful jobs on your own in the community. These actions will make you a good citizen in the community. You can set good examples and advance your job history. This will look good on job applications. The future is looking bright for people who belong to clubhouses. Employment opportunities are increasing everyday. Get ready and be active in your clubhouses. You can become successful in one or many types of jobs. Clubhouse jobs are where it is at in the present day.

## **KEEP MOVING FORWARD**

*By: Amanda Girard*

Motivation is the key to the future.  
Think positive thoughts.  
Have confidence in yourself.  
Focus your energy on positive ideas.  
Make sure the direction you're going in is right.  
Keep Moving Forward  
Many obstacles will be in your way  
Keep your head high be proud of your  
Accomplishments.  
Have fun in what you do  
Always enjoy yourself  
Make friends along your journey  
Always keep moving forward  
No matter what happens in life.

**Crossroads Clubhouse/Riverside  
 Community Care  
 Mental Health Awareness 2010  
 Activities**

<p>Week one May 3<sup>rd</sup> -7<sup>th</sup></p> <p><b><u>Lime Green Ribbon Making May 3rd</u></b>        Lime Green is the color for HOPE        Make and distribute to Family and Friends</p> <p><b><u>Round Table Discussion</u></b>        How do we become PRO-Recovery and move beyond symptom management and stigma.</p> <p>Monday 2:00 – 3:30pm</p> <p>Thursday 2:00-3:30pm</p>	<p>Week two May 10<sup>th</sup> – 15<sup>th</sup></p> <p><b><u>The Power of Recovery to Unite</u></b>        Waltham, May 12        12:30 til 4pm        RLC sponsor</p> <p><b><u>My Feelings are a Work of Art May 10th</u></b>        Using your creative talents to express yourself        10:30- 12:00</p> <p><b><u>Saturday May 15<sup>th</sup></u></b>        NAMI WALK        Boston be there by 10AM</p>	<p>Week three May 17<sup>th</sup> – 21<sup>st</sup></p> <p><b><u>May 21, 2010 Health and Wellness Fair</u></b>        DMH H&amp;W Task Force @ NRH from 10am-2pm Parking is tight, so shuttles will be offered from Dean Street.</p> <p><b><u>Recovery Movies</u></b>        We will be showing different recovery movies each day in the white room 1:30 til 3:00pm</p> <p><b><u>Connecting With Our Community May 19th</u></b>        Trash cleanup in community        10:15 – 12:00</p>	<p>Week four May 24<sup>th</sup> – 28<sup>th</sup></p> <p><b><u>Recovery Stories</u></b>        Learn how to write your own recovery story</p> <p><b><u>Candlelight Vigil</u></b>        Evening May 27<sup>th</sup>        Come Join us and celebrate the lives of those members whom we have lost and loved.        Dinner at 4:30pm  <b>Vigil at 5:30pm</b></p> <p><b><u>Spring Forum</u></b>        May 25<sup>th</sup>        “Working Together: Charting the Course Towards Wellness and Employment”</p>	<p>Monday May 31<sup>st</sup>        Memorial Day</p> <p><b><u>Recovery Stories and Picnic</u></b>        Hear the recovery stories of your fellow members and staff.</p> <p><b><u>Card Making and Letter Writing</u></b>        Help us to reach out to our friends and fellow clubhouse members!</p>
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# **CrossCurrents**

Riverside Community Care

Page 10

## **CROSSROADS CLUBHOUSE FRIENDS & FAMILY PICNIC**

11 Williams Street  
Hopedale, MA 01747



**Join us on Saturday August 7, 2010**

**11AM to 4PM**

There is no cost \$

Please RSVP by July 23, 2010

@508-473-4715

**We will have hand-made jewelry for sale so bring a little  
cash**

Enjoy a relaxing day of scrumptious food,  
games, live music and fun!

We ask everyone to bring a salad, fruit, drink or dessert to  
help defray the cost.

*A service of Riverside Community Care*

**Help Support Our Clubhouse!**

*Crossroads Clubhouse* is a program of *Riverside Community Care*, a non-profit organization that helps build healthy communities. We are a program for adults with major mental illness serviced through the Blackstone Valley area. *Crossroads* is a rehabilitative community offering opportunities and support in employment, education, and housing. We emphasize work, participation, and choice. *Crossroads* provides a range of services to ensure member success in the work place. Individuals receive assistance in job preparation, placement, benefit management, and career advancement.

Due to limited funding, both monetary and material donations are graciously accepted. If you are interested in contributing to our community please contact **Val Comerford** (508) 473-4715.

Please enclose this form and any monetary donations to the following address:  
**Crossroads Clubhouse, 11 Williams St., Hopedale, Ma. 01747.**

Name: \_\_\_\_\_ Amount: \_\_\_\_\_  
Address: \_\_\_\_\_

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**Thank you for Your Support!!!**