

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-6:00PM
Friday	8:00AM-6:00PM
Saturday	10:00AM-2:00PM
Sunday	Closed

(Holiday hours may vary)

July Birthdays

7/2 John S.
7/8 Quintcy C.
7/14 Jennifer P.
7/24 Jeffrey R.
7/25 Gary P.
7/25 Steve B.
7/28 Susan W.
7/30 Lisa T.
7/31 Corey C.

Hot Meals

Monday	8:20AM	12:15PM	
Tuesday	8:20AM	12:15PM	
Wednesday	8:20AM	12:15PM	
Thursday	8:20AM	12:15PM	4:00PM
Friday	8:20AM	12:15PM	4:00PM

Weekly Meetings

Daily Meetings

Morning Meeting	9:30AM-9:50AM
Unit Meetings	10:00AM-10:15AM
Social Time	3:00PM-Closing

Monday

Arts and Crafts	1:00PM-3:00PM
YMCA W/Tiffany	2:00PM-3:00PM
Chess Club	2:00PM-3:00PM

Tuesday

Healthy Habits	11:00AM-12:00PM
Poetic Creations	1:15PM-2:00PM
DRA (in person or Zoom)	2:00PM-3:00PM
YMCA W/Tiffany	2:00PM-3:00PM

Wednesday

Social Planning	1:00PM-2:00PM
Clubhouse Meeting	1:30PM-3:00PM

Thursday

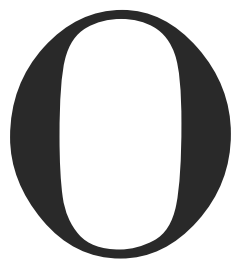
Job Club (in person or Zoom)	11:00AM-12:00PM
Young Adult Meeting	1:00PM-2:00PM
Meal Planning	1:00PM-1:15PM
YMCA W/Tiffany	2:00PM-3:00PM
PRIDE Meeting (Every Other Week)	2:30PM-3:00PM
Animal Group (Every Other Week)	2:30PM-3:30PM

Friday

Karaoke	1:00PM-2:00PM
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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

By Debbie Muldoon

Career Services continues to be busy. Members are looking for employment, applying for jobs and interviewing in the community.

We have had 1 job placement in June so far. A member started working as a cashier in a local grocery store and seems to be enjoying the position.

We continue to have job clubs every Thursdays at 11 so please come and join us. We update local job leads weekly on the bulletin board here at the club, to make those opportunities available for members. We can also assist with resumes, cover letters, interviews and career planning. Come in and visit with us if you want to get back to work. Feel free to share any job leads you all see in the community with Career Services.



Membership Services

By George, Kevin, Corey, and Betty

Should we give haircuts at the club? We could have someone come in once a week? Come in to Membership Services and let us know what you think.

We need to do everyone's goal plan so please get in touch with Membership Services about doing your Goal Plan!

We did the Pride Group last Thursday! We'd like to do it once a month. See Larry!

Dual Recovery Anonymous is every Tuesday at 2:00PM. If you have issues with drugs or alcohol or another addiction and a mental illness please join us!

We're going to make pesto! If you want to learn how to make vegan pesto please join us!

Healthy Habits is meeting Thursdays at 11:00AM. Set goals and then check in every week to see if you are working or attaining your goal, starting June 29th. Come join us in setting goals!

We have continued to do cash count, attendance, outreach, help with housing and benefits and more! Come in if you need help!

Food and Facilities

By Davy and Steve

When you are hungry you know where to go. The Kitchen makes excellent food!

If you don't have enough money for lunch you can get a sandwich or soup.

Our summer berry salads are coming! Looking forward to that!

Kitchen Unit is going to do some monthly trips. We are going to Dollar Tree, thrift stores, and possibly some farms. Maybe we can get to the Farmers Market on Fridays at City Hall. See Davy if you are interested.

Thanks to all the people making breakfasts in the morning! They have been really good! Potluck lunch on Fridays is \$1.00. Come and get some leftovers!

Salad Bar/Margosian's

By Cynthia C.

Hello from Margosian's!

Walter and Cynthia work as a team together to ensure tasty salads every day, with freshly prepped toppings and salad dressings as well.

We have a variety of salads available, including garden for \$2.00, avocado for \$2.25, and either tuna or chicken for \$2.50.

Our salad toppings include everything from green olives to green peppers.

Our salad dressings include everything from honey dijon to herb garden.

Check us out! We guarantee you won't find a better salad for the money.



Questions of the Month

If you had a whole day where you could do anything you wanted, what would you do ?

By Alicia P.

Good Question!! I think I would try to relax and pace myself. I would try to conceive of several self care activities including personal health and beauty and ideally fitness activities such as swimming or physical therapy. My overall goal right now is to prepare for knee replacements and reclaim my strength!!

By Cynthia C.

It's a coin toss between attending the Topsfield Fair or hitting the beach. The fair is an event that lasts all day. The beach is something that you could make last almost all day! I love to tan in the sand and I prefer the heat to the cold.

By Anonymous

I would spend something more like cigarettes and spend time with my family.

By Walter V.

Go to a Van Halen Concert.

By Anonymous

I would dance around the the city like a ballerina with my daughter Penelope.

By George S.

— Play Chess

— go for a walk

— eat fruits

— eat lobster

By Kimpoch K.

I could go to the fair, that is what I want. Play on games at the fair and

win prizes. There are also rides, fun food and drinks. Walking there I see things. It's so fun there with everything that they have. Yes, Its be very happy for that fair that has everything. So, yes that is the place that I want to go to when it is there. That really cold be the place.

How do you celebrate America ?

By Alicia P.

Well, that's a loaded question. I am grateful I can wear what I want, get an education, be employed and vote. Women in many other countries do not have these freedoms!!

By Cynthia C.

Fourth of July and other holiday happenings and occurring during the summer. I enjoy cookouts and fireworks. Sometimes veterans collect money for a good cause. Lastly, I give thanks to all who served in wars.

By Anonymous

I spend time with my sister and visiting my mom.

By Walter V.

Praying and playing my guitar.

By Anonymous

With popcorn, hot chocolate and marshmallows.

By George S.

Waving the flag.

By Kimpoch K.

Gosh, I would be doing stuff. I guess for the fact tat I resolve my life. I would do fun games that can come to me, or I just sit and watch TV and eat delicious snacks that would be good. Yes, that's what I would do and its great to have all that for the things that I have, Yes, it would be for that. I would do all of it that I do, yes.



Clubhouse Meeting Notes for June 7

Co-Chairs: John and Aggie M.

- Standard No. 9 was read by George S.
 - Backroom cleaning-brought up by Sam. The backroom was cleaned this week because many drinks and trash were picked up. Consensus was reached: It was decided to have no drinks without lids and only eat meals in the dining area. We will also add signage to state the rules of the club in the backroom.
 - Smoking cessation program every Friday at 11:00 AM. We try to have meetings but nobody shows up.
 - Respect for members and staff-John we need to have more respect and be kind for members. If you have to engage members don't. Instead, walk away and look for John if you need to talk,
 - Don't cross talk, don't spread rumors.
 - Annual Statehouse meetings on June 14th and June 20th. On Massachusetts Coalition of Clubhouses. Zoom meeting on Budgeting and other topics on those dates to get the clubhouse certified.
 - Narcan-John for members who overdose on drugs before. It will be kept in a place where anyone can access it and if you need

training John will set you up with a video.

- Delicious brownies were made for desert.



Clubhouse Meeting Notes for June 14

Co-Chairs: Larry and Sam (Palo).

- Standard No. 10 was read by Sam (Palo)
 - Cleaning Event at the North Common on Monday June 26, 2023 from 10 AM-12 PM.-Sam. Cleaning up bottles and trash for a Community Group established. Consensus reached
 - Try to clean-up as you go to the bathroom. Betty V.
 - Please clean up the toilet seat.
 - Please clean up the sink.
 - Please alert the staff if the floor needs cleaning and trash needs to be picked up.
 - Flies in the Club House-Larry S. We need to purchase Venus Fly traps to eliminate the flies Consensus reached
 - Status of the Van-Spencer-We don't know if we will get the van back on Thursday, if not then the mechanic will call when the van is ready.
 - Barbeque outdoors-Gary P. Tuesday after the fourth of July 2023. We should have our Family day celebration.
 - Clean up the butt cans and not throwing out the bottles in the butt cans because they might cause a fire hazard. -Susan B.
 - Recycling Update-Walter V. 400 + cans and recyclable bottles. Cardboard is still recycling. Never put liquids in the trash.

— We are closing at 4:00 Pm on Thursday afternoon. Sean is not working that day so we are closing early. -Betty V.

— Please sign the card for John's mom who had a medical illness. - Betty V.

— Anger Management-Alicia-we need to establish these groups after the work order day.

— Field Day- Moleka- Play games, activities and a cook-out, beginning of July 2023.

— No member drivers can drive the van anymore because of liability concerns. No movie trips or museum of Science trips either. -Larry

— Pride Day at the Club-Larry and Sam-Pride activities are going to be in full swing for next Thursday at the club.

— Delicious cupcakes for desert.



Clubhouse Meeting Notes for June 21

Wednesday June 21, 2023

Co-Chairs: Spencer and Tom V.

— Sports/Softball Equipment-Palo-Should we donate the older sports equipment that we have in the back room?

We need to inventory the sports equipment.

We have basketball equipment also.

Who is interested in our older sports equipment?

Should we start the softball team back up again?

— Dollar Tree-Debbie Q. -

Consensus was reached to have a staff member take members to Dollar Tree once a month.

— Recycling update-Walter V. We still are recycling bottles and cans from the club. Over 400+ cans and bottles recycled so far.

— Stealing/Palo/Aggie- (see Pre-pay continued.)

— Self -Inking stamper for pre-pay envelopes. -George S. Need to re-search this before next Club House meeting.

— Mill City Groves -Betty V, an extra \$40 is given away on their food

stamps- Palo will bring in calendar of events for Mill City Grove.

— Friday Blvd. trips. -Donna T.- Shall we resume Blvd. trips on Friday afternoon from 2-3 PM. We need a staff person to commit to taking people on the van. **Consensus Reached.**

— Littering/Community Cleaning (Palo)-We need a sign-up sheet for the clean-up on June 26th, 2023. Also, trash outside need to be picked up from the smoking area. Ongoing problem. Should someone who smokes do the cleaning?

— Veterans Training-State Wise Training-Suicide Prevention for Veterans and Veterans who need help with services who can be referred. Also, should we set-up a training for veterans at the club?

— Pre-pay System-Betty V. Lots of people are taking snack bar items without signing the Pre-pay book. The problems are:

— We don't have a running balance dedicated to the snack bar items.

— Do we need a petty cash money for the snack bar or lunch?

— If you can't pay for lunch, then you can borrow the money from the Director however, you will need to pay it back before you can borrow from the Director again.

— Desert: delicious brownies was served.

Clubhouse Meeting Notes for June 28

Wednesday June 28, 2023

Co-Chairs: John K. and Walter V.

— Standard No. 11 was read by Walter V.

— Fourth of July Celebration-Cook-out on Tuesday and Thursday- Tiffany T. Tuesday will be open from 10-2 PM and Thursday open till 6 Pm. Hamburgers, hot dogs, potato salad, and watermelon. Cost for members is \$2.00

— Recycling Update-Walter V. We are still recycling cans and bottles. Don't leave liquids in the trash.

— RISE Unit and Business and Information Technology (BAIT) Renaming of RISE Unit. -John K.

1. Updating our web site
2. Teaching people how to use the personal computer and tablets.
3. Make-up folders for files
4. Fax machine usage
5. Scanning capability
6. **Consensus Reached**

— Haircuts in the back room-Corey C.

— We need the club to purchase clippers to use and lock up.

— Corey C. is charging \$20 for each haircut. **Consensus Reached**

— Trip to Dollar Tree the first Friday of the month. -Davy S. Monthly trips to the Dollar Tree. Consensus was already reached last week.

— Water the plants-Darin.

— Delicious cake was served for desert. -Davy



Happy Juneteenth

By Cynthia C.

Shout out to Tiffany and the crew who prepared a delicious lunch for us to enjoy at a reasonable price.

Martin Luther King day isn't sufficient enough for us to appreciate African Americans, which is honored like this day as well.

Lastly, Juneteenth is in celebration of this day honoring African Americans with parades, etc.

Black Lives Matter! Have a wonderful day!

Hello

By Michelle C.

I had heard about the Renaissance Club when I met my DMH workers supervisor. He told me great things about this place. I pictured myself there. Happy. It's rare for me to leave the comfort of my home. You see I'm sort of a little agoraphobic. I gave it great thought. In fact it took me over 2 years and a catastrophic event before I'd actually make it to the Ren Club. I was home isolating per usual and I had a relapse. A relapse that lasted 6 long months. I prayed every day and every night that it would end and that I wouldn't get caught. I got caught. DCF removed my 9 year old daughter from my custody. Needless to say I was heart broken. I immediately went into detox. There was a 2 week program that I followed. So I had an idea. What about that Renaissance Club the supervisors spoke so highly about! I should give that a try. I thought to myself. So I told the staff at the detox and they added it to my plan. As soon as I was discharged I called my DMH worker and asked her to refer me to the Ren Club. She was eager to do so. I was to do a tour a few days later. I remember George gave me the tour. Big happy guy with so much knowledge. I already loved it here. I've been here since. I come to the Ren Club every day except Saturdays. It's changed my life. I feel like I have purpose today. I wake up early and get ready for a reason. I love opening my closet door and choosing which pretty dress I wear today. The morning meetings are awesome because they're at the same time every day. My favorite part is meditation. When I go home, I'm tired. I have reason to be tired. My self esteem is higher these days. I've now incorporated AA meetings in my daily routine. And I've gone back to church. I'm getting better. I even eat healthier now thanks to Walter's delicious salads. I wake up every day eager to come to the Ren Club and see everyone's happy faces. I love walking into Betty's office and saying hi to her. I have no doubt I will be reunited with my daughter Penelope because my life has changed for the better now that I am a member at the Renaissance Club.

Fourth of July Lunch and Work

By Donna Tarrant

Yesterday July 4th, I took the initiative in filling out attendance, answering the phone, collecting money for lunch, and writing out the van list. I got a ride from my friend Mercedes, from church. I also wrote a poem called "Fruits of Freedom." I cleaned the Women's room and swept. I also set up the PowerPoint Presentation for Wednesday. I felt very independent on this day.

For lunch we had marinated chicken, potato salad, and corn on the cob. It was great meal.





Renaissance Club July 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 10:00-2:00 Social Drop-in
2 Closed	3 1:00 Arts & Crafts 2:00 Chess Club 2:00 YMCA W/Tiffany	4 Independence Day 10:00-2:00 Social Drop-in	5 10:00 DEI Meeting 1:00 Social Planning 1:30 Clubhouse Mtg	6 11:00 Job Club 1:00 Meal Planning 1:00 Young Adults 2:00 YMCA W/Tiffany 2:30 Animal Meeting	7 1:00 Karaoke	8 10:00-2:00 Social Drop-in
9 Closed	10 1:00 Arts & Crafts 2:00 Chess Club 2:00 YMCA W/Tiffany	11 11:00 Healthy Habits 1:15 Poetic Creations 2:00 DRA Meeting 2:00 YMCA W/Tiffany	12 1:00 Social Planning 1:30 Clubhouse Mtg	13 11:00 Job Club 1:00 Meal Planning 1:00 Young Adults 2:00 YMCA W/Tiffany 2:30 Pride Group	14 1:00 Karaoke	15 10:00-2:00 Social Drop-in
16 Closed	17 1:00 Arts & Crafts 2:00 Chess Club 2:00 YMCA W/Tiffany	18 11:00 Healthy Habits 1:15 Poetic Creations 2:00 DRA Meeting 2:00 YMCA W/Tiffany	19 1:00 Social Planning 1:30 Clubhouse Mtg	20 11:00 Job Club 1:00 Meal Planning 1:00 Young Adults 2:00 YMCA W/Tiffany 2:30 Animal Meeting	21 1:00 Karaoke	22 10:00-2:00 Social Drop-in
23/30 Closed	24/31 1:00 Arts & Crafts 2:00 Chess Club 2:00 YMCA W/Tiffany	25 11:00 Healthy Habits 1:15 Poetic Creations 2:00 DRA Meeting 2:00 YMCA W/Tiffany	26 1:00 Social Planning 1:30 Clubhouse Mtg	27 11:00 Job Club 1:00 Meal Planning 1:00 Young Adults 2:00 YMCA W/Tiffany 2:30 Pride Group	28 1:00 Karaoke	29 10:00-2:00 Social Drop-in

FIND THE 6 LETTER WORDS (Version 105)

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