



May is Mental Health Awareness Month!

🎵 “May Day is lei day in Hawaii...Garlands of flowers everywhere...All of the colors of the rainbow....Maidens with blossoms in their hair.....Flowers that mean we should be happy.....throwing aside our load of care....May Day is Lei Day in Hawaii.....May Day is happy day out there.” 🎵

And that’s what Friendship House does. Makes us happy and throws away our load of care.

May is a good month for mental health awareness. We did our usual sign-waving, and according to Debby (one of our board members), we did a good job. When we were waving our signs Terry-Ann and Maria were giving a play-by-play commentary for me, the blind girl, on what kind of vehicles and what kind of reactions we were receiving....whether we got a wave,

a toot, or a shaka. We were noting what kinds of cars and trucks were going by and who was giving a positive response. We were yelling “Aloha and thank you for reading our signs and responding.” We were having a blast!!



Laura & Maria

Terry-Ann (our Clubhouse director) is emphasizing wellness, like the way flowers bring happiness. That is what mental wellness, physical wellness, social wellness, spiritual wellness and the dreaded financial wellness (ha!) brings.

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Food Service Unit Report

Louie Preps a Pineapple in 10 Minutes!

When we learned that Louie has many years of experience helping his family prep food for luau and parties, we quickly took advantage of his skills in our kitchen. We were especially impressed that he is able to clean and cut up an entire pineapple in about 10 minutes. Thanks to Louie, we're on the road to healthier meals and have fruit salad as an option for dessert at least twice a week! Yum!!!



Cut off the crown



Cut off the bottom



Clean the sides



Continue around the entire fruit



Cut off the core



Cut into bite-size pieces



All pau!

Communications Unit Report



Young Veterans

We didn't want to miss 2 very important members who contribute tirelessly in the running of the clubhouse. Manuel has been a member of Friendship House for 6 years. His bus usually gets him to Friendship House after our morning meeting is over, but as soon as he steps in the clubhouse door, he goes directly to our task board and makes sure that his name is on the board for certain tasks. He quietly goes about his jobs (sanitizing the area, watering plants, cleaning the bathrooms, etc) and offers his help wherever it's needed. His comment, "We gotta do things cause others maybe not going do it. I don't mind that." Justin said that when it comes to Manuel, "It's pretty much automatic. He just volunteers and makes sure that it's complete. He never misses a beat."

Presten joined the clubhouse back in 2019 and says, "I like stay over here, good job as why. I like to wash dishes and mop. And check voicemail." Justin said, "Presten just sticks to 1 thing and when he's pau, he just pick up something else."

Justin feels that Presten is like the younger version of Manuel. "Every time they just step up, step up, step up. They don't make a big issue about it, they just volunteer for what the task is. Most people do a little, don't do it fully, but Manuel and Presten are committed."

Employment Update

Dedicacion's Journey to Work

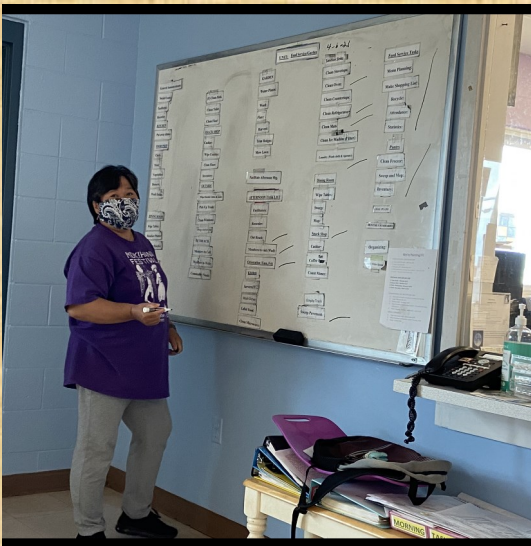
Dedicacion has been working with her sister on the beautiful north shore of Kauai for 7 years. She helps maintain the grounds of a private vacation home and sometimes will assist with some janitorial tasks as well. Dedicacion is an extremely diligent worker. We've seen that first hand when she sweeps and mops the Clubhouse, moving furniture to get in the nooks and crannies where dust and debris seem to settle. She's also helped in our clubhouse garden and yard, braving the blazing sun to pull the stubborn weeds that insist on flourishing.

The fact that Dedicacion is working is a celebration in itself, but that she travels almost 50 miles (one way!) to get to work is an incredible feat! And she does it on the bus!!!! She usually leaves the westside at 5:30 am, traveling 2 1/2 hours to Hanalei where her employer lives. Recently there was a landslide that cut off the north shore from the rest of the island. It took about a week to open up one lane of traffic, and Dedicacion said that she sometimes sits in traffic for 30 minutes waiting for the lane to open.

After a full day's work, she then travels 50 miles back to the westside, usually arriving home by 7:30 pm.

Dedicacion's employer recently sold his home, so her last day of work will be August 23. The committed worker that she is, she's already approached the Clubhouse for assistance with finding another job. Hopefully, we'll be able to find something a little closer to her home. :)

We look forward to having her come here more often while she's looking for another job. She is really a joy to be around.



What's up at the Clubhouse

Sign waving for Mental Health Awareness!



Debby & Justin flex their muscles in preparation for sign-waving

On May 21, a bunch of members, staff and our board members got together and stood next to the highway in front of our Clubhouse to hold signs promoting mental wellness. We waved to passing cars in an effort to get people's attention and increase awareness about mental health. The signs we created had the following phrases: "You are not Alone," "Mental Health," "Eliminate Stigma," "See the Person, not the Illness," "Mental Health Matters," and "Break the Stigma."

The way to mental wellness is to break stigma. We're not what the stigma claims. We are mentally well. And if we eliminate stigma, people won't be afraid to seek the support they need to attain wellness. We give a lot of experiences that lead to mental wellness at the Clubhouse, both positive and negative, that leads us to distinguish one from the other and figure out how to cope, and to be what we want to be, not what we don't want to be.



Member Spotlight

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Mental Wellness by Laura

I was inspired to write this because when I first came to Friendship House, which is a psychosocial rehabilitation program, and read the standards, it struck me that this was the way to give us back our right to life, liberty and the pursuit of happiness. Friendship House is a clubhouse where each member's strengths and needs are emphasized rather than their mental illness, symptoms, or psychiatric history. Everyone is wanted and valued at the clubhouse, and Friendship House relies on the talents, skills, and abilities of all its members in order to function. When you're looking for symptoms, you kind of cause them to appear and appear and appear. And when you focus on people's strengths, you cause that to appear, and appear and appear. What I wanted to show was which standards pertain to the rights, the experiences, the working of the psychosocial rehabilitation center.

The clubhouse helps to make it possible for us to feel that our life is worth living. And we're also getting our freedom back, because they give you the right for consensus, which is the right to have your will and life choices respected. And we get assistance in doing our choice of pursuit of happiness. I also notice that the standards have 8 parts, and each part relates to the rights that they give us....a guaranteed right to a place to come, a guaranteed right to meaningful relationships, a guaranteed right to meaningful work, and a guaranteed right to a place to return, which are the rights

that we need in order to feel we belong, and also relates to the wellnesses that Terry-Ann (our clubhouse director) is trying to actually physically establish for us. The right to mental wellness, physical wellness, social wellness, spiritual wellness and the dreaded financial wellness. And it is the standards that describe the who, what, when, where, why and how.



An elaboration of Laura's concepts to the Clubhouse Standards will be included in future issues of our newsletter.

Member Spotlight

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THE PICTURE-PERFECT PHENOMENON OF THE GREATEST MOMENTS COCONUTS PT.4

By: Justin

AS I SPENT MY TIME HERE AT FRIENDSHIP HOUSE I STARTED TO NOTICE SOMETHING ABOUT EVERYONE OF THE MEMBERS THAT THEY HAD A ROUTINE THAT THEY HAD GOING FOR THEM AS IF FOR ME I JUST SAT DOWN ALL AROUND THE PLACE AND OBSERVE EVERYTHING THAT WAS GOING ON AND I STARTED TO GET TO KNOW EVERYBODY BUT NO ONE PAID ATTENTION TO ME AS THEY JUST IGNORE ME AND JUST WALK PASS ME WITH NO INTERESTING THING TO SAY ALTHOUGH THERE WERE A FEW HERE AND THERE THAT COMES AROUND AND ASK ME IF I WANTED SOME REFRESHMENTS FROM THE SNACK SHOP BUT I JUST DECLINE AND THEY WENT ON THEIR WAY BUT LATER THEY CAME BACK AND TRIED TO FIND SOMETHING ELSE TO TALK TO ME ABOUT AND THEY GO ARE YOU STAYING HERE FOR LUNCH? AND I SAY SOMETHING SHORT LIKE NO I'M STAYING HERE FOR A LITTLE WHILE! AS I WAITED EVERY TIME FOR MY MOM TO CALL, I WOULD BLITZ IT OUT OF THERE AND ALL THE MEMBERS WOULD GO ARE YOU LEAVING NOW? AND I GO YES! AND THE MEMBERS SAY OKAY THEN I SEE YOU TOMORROW! AND AS EVERY DAY THAT I GOT UP THEY WERE EXPECTING ME TO DO SOMETHING DIFFERENT BUT NO IT'S THE SAME ROUTINE EVERY DAY UNTIL THAT I GOT MY FIRST THOUGHTFUL IDEA THAT A FAMOUS LADY ONCE ASKED ME IF I WANTED TO MAKE A THING CALLED LIKE A "COCONUT WIRELESS" AND SHE GOES AND TRY'S TO EXPLAINED IT TO ME BUT I WAS SO DELUSIONAL THAT I DIDN'T EVEN KNOW WHAT SHE WAS TELLING ME TO DO SO I JUST WENT FOR IT AND I SAY OKAY, YEAH AND THAT'S WHERE I GOT MY BIG BREAK AND SHE GAVE ME MY OPPORTUNITY TO EXPRESS MYSELF BUT MOST IMPORTANT THING IS THAT I REALLY TRIED ALL OF MY HARDEST TO BE EXACT AS SHE THOUGHT ME BUT I JUST COULDN'T FOLLOW EVERY DAY THING THAT WAS HAPPENING EVEN THOUGH THAT EVERYBODY WASN'T FULLY ENGAGE INTO THE COCONUT WIRELESS THOSE TIMES BUT AS I DUG DEEPER WITH ALL SORTS OF IDEAS AND THOUGHTS FROM MANY OF THE MEMBERS THAT WAS SO INTRIGUE AS I BEGAN TO SCOUT OUT WHAT KINDS OF INTERESTING THINGS THAT WOULD INTEREST THEM, I STARTED TO COME OUT WITH ALL KINDS OF TITLES AND NAMES THAT REALLY MADE EVERYBODY TOOK NOTICE BUT SADLY NO ONE KNEW OR KNOW WHAT WAS OR WHAT I WAS TRYING TO PUT OUT THERE WHEN SUDDENLY IT HIT ME AND MY LIGHT BULB CAME ON AND I WAS STRUGGLING TO COME UP WITH A COCONUT WIRELESS EVERY DAY AND I WAS BUSTING MY BRAINS EVEN TRYING TO COME UP WITH SOME STORY TO GO WITH THE NAME BUT I HAD TO JUST CRAMMED ALL KINDS OF PARAGRAPHS WITH BIG WORDS THAT HOPEFULLY THAT WOULD PASS THE TITLE AND I CAME UP WITH SOME BOGUS ONES THAT STILL NO ONE WOULD TAKE BUT SOMETHING IN THE TITLES REALLY GOT EVERYBODY HOOKED ON BECAUSE I GUESS THAT THEY WERE ANTICIPATING AN HUGE STORY THAT WOULD COME WITH IT BUT SADLY AND HORRIBLY IT WAS AN TRAIN WRECK! AS I TOOK MY TIME AND REALLY WRITE DOWN ALL OF THE THINGS THAT WOULD BENEFIT A REALLY GOOD REFLECTION ON THE DAYS OF OUR LIVES AS I SLOWLY AND MOMENTARILY I WAS GAINING LOTS AND LOTS OF ATTENTION THAT I WAS LOOKING FOR AND IT LOOKS LIKE THAT IT ISN'T GOING AWAY ANYTIME SOON, SO THANK YOU ALL FOR GIVING ME THIS INFLUENTIAL INFLUENCE THAT YOU HAVE GIVING ME TO GET THRU THESE UNSUBSTANTIAL TIME IN MY LIFE! **(TO BE CONTINUED)** COURTESY COMPLETED BY SINCERELY YOURS TRULY: J.S

Writer's Corner

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STAR VS THE CITY OF A THOUSAND VILLIANS PT.1



By: Justin

A GIRL WALKS INTO A PARALLELED UNIVERSE WHERE THE MOMENT THAT SHE STEPS OUTSIDE OF THE PORTAL EVERYONE FROZE AS SHE GOES HI EVERYONE! AND EVERYBODY JUST BOLTED FOR THEIR LIVES AS SHE IS CONFUSED WHY EVERYONE IS SO FEARFUL AS THEY SCRAMBLE ALL AROUND AS A BOY COMES WALKING OUT AND HE GOES YOU MUST BE STAR!! AND THE GIRL GOES HUH, I'M WHAT? AND WHAT DID YOU CALL ME? AND THE BOY GOES YOU ARE STAR THE GREATEST SUPERHERO EVER!! AND THE GIRL GOES SUPERHERO, STAR, HUH WHAT? AND THE BOY GOES LOOK AT THE SCREEN UP THERE!! AS SHE LOOKS AT THE SCREEN AND SHE GO BUT, HOW DID? WHERE AM I? WHAT IS THIS PLACE? WHEN DID I? AND THE BOY GOES WHAT'S WITH ALL THE QUESTIONS? YOU ARE FAMOUS YOU TOOK OUT THE BIGGEST VILLAIN REMEMBER? AND THE GIRL GOES YEAH BUT I WAS A LITTLE GIRL THAT TIME AND NOW I AM WITH YOU, BUT WAIT IS YOU BLAZE! AND THE BOY GOES WHOA, HOW'D YOU KNEW THAT? AND THE GIRL GOES WE HAVE BEEN SEPARATED FOR QUITE SOMETIME NOW AND NOW WE ARE HERE, WHERE HAVE YOU BEEN? AND THE BOY GOES SAM IT'S ME JOSH!! AND SAM GOES JOSH BUT I THOUGHT THAT YOU MOVED TO ANOTHER PLACE!! AND JOSH GOES I DID BUT I MOVED BACK WITH MY PARENTS AND THEN I SORT OF GOT SUCKED INTO THIS PLACE, WHICH AS YOU CAN SEE I QUITE FRANKLY I CAN'T BELIEVE THAT YOU'RE HERE IN PERSON!! AND SAM GOES YAY?? AND JOSH GOES COME ON DON'T BE LIKE THAT COMMON CHEER UP!! AND SAM GOES WHAT ARE WE SUPPOSE TO DO HERE? AND JOSH GOES WELL? AND SAM GOES I DON'T LIKE THE SOUND OF THAT, SO WHAT DID YOU DO? AND JOSH GOES IT'S NOT WHAT I DID, IT'S WHAT WE DIDN'T DO? AND SAM GOES WHAT YOU MEAN WHAT WE DIDN'T DO? AND JOSH GOES DO YOU REMEMBER THE TIME THAT WE TOOK OUT THAT ROGUE VILLAIN? AND SAM GOES YEAH!! AND JOSH GOES WELL THEY ALL ARE HERE GETTING REVENGE ON US!! AND SAM GOES ONE, TWO, THREE, FOUR?? AND JOSH GOES LET ME JUST SAY THAT ALL ONE THOUSAND OF THEM!! AND SAM GOES ONE THOUSAND!! AND JOSH GOES I'LL LET YOU GO SO YOU CAN LET ALL OUT!! AND SAM GOES ERRRAHH!!! AS TENSIONS STARTING TO GROW AS A GROUP OF VICIOUS ROGUE VILLAINS SURROUND THEM AND THEY GO WE ARE GOING TO CRUSH YOU INTO SMITHEREENS!! AND JOSH GOES SAM NOW WOULD BE A GREAT TIME TO TRANSFORM!! AND SAM GOES I CAN'T BECAUSE I'M TOO BUSY LOSING MY MIND HERE!! AS CROWDS AND CROWDS ARE FILLING UP THE CITY, ON THE OTHER SIDE OF THE CITY A HIDDEN VILLAIN IS LAUGHING AT THE CHAOS THAT IS TAKING PLACE AT HIS AREA AND HE GOES IF THESE BUFFOONS ONLY KNEW WHO I HAVE HERE THOSE PATHETIC HEROES ARE SURE GOING TO LIKE THIS, MY REVENGE IS IMMINENT WITHOUT ANY BOUNDARIES HA, HA, HA!! AS THEIR ALLIES FIGHT FOR THEIR LIVES IN AN ARENA FULL OF VILLAINS!! (TO BE CONTINUED)

Artist's Corner



Keith has been learning how to navigate Publisher to help with the layout of our newsletter. He has a degree in Business Technology, so this comes pretty easy for him. While he was stuck at home due to COVID restrictions, he created this piece to share, which we felt was perfect for Mental Health Awareness Month.

