

# Leka Mokihana

MARCH 2019 FRIENDSHIP HOUSE KAUAI

## What is a Clubhouse?

A Clubhouse is first and foremost a local community center that offers people who have mental illness hope and opportunities to achieve their full potential.

A Clubhouse is organized to support people living with mental illness. During the course of their participation in a Clubhouse, members gain access to opportunities to rejoin the world of friendships, family, employment and education, and to the services and support they may individually need to continue their recovery. A Clubhouse provides a restorative environment for people whose lives have been severely disrupted because of their mental illness, and who need the support of others who are in recovery and who believe that mental illness is treatable.

A Clubhouse is a membership organization, and the people who attend are its members. Membership is open to anyone who has a history of mental illness. This idea of membership is fundamental to the Clubhouse concept: being a member of an organization means that an individual has both shared ownership and shared responsibility for the success of that organization.

In a Clubhouse, each member is given the message that he or she is welcome, wanted, needed, and expected each day. The message that each member's involvement is an important contribution to the community is a message that is communicated throughout the Clubhouse day.

Relationships between members and staff develop naturally as they work together side by side carrying out the daily duties of the Clubhouse. All of the staff have generalist roles in the Clubhouse; they are involved in all of the Clubhouse activities including the daily work duties, the evening social and recreational programs, the employment programs, reachout, education, and community support responsibilities. Members and staff share the responsibility for the successful operation of the Clubhouse. Working closely together each day, members and staff learn of each others' strengths, talents, and abilities. They also develop real and lasting friendships. Because the design of the Clubhouse is much like a typical work or business environment, relationships develop in much the same way.

~ International Council for Clubhouse Development

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# Member Spotlight



Justin Song shines here at our clubhouse! We are so happy that he agreed to be interviewed as this month's outstanding member.

Justin is 36 years old and resides in Anahola. He is a graduate of Kapaa High School. Go Warriors!

Do not be fooled by his initial quiet demeanor, as Justin is a force to be reckoned with when he makes decisions and gets going! Justin attends Friendship House three days a week - Mondays, Wednesdays, and Fridays, from 8:15 AM to 12:30 PM. Sometimes he stays later, it depends on the food being served for lunch.

Most members tend to select one of the work units as their primary focus, but not Justin, he helps out in all areas. His favorite task is disinfecting our phones, keyboards, and door handles in the Communications Unit. He isn't afraid of the tough jobs either, and regularly volunteers to clean the men's bathroom. He also works as our lunch-time cashier in the Food Service Unit. Recently, Justin also ventured outside and has since become an invaluable part of our Yard Crew. He helps out with the mowing, and has been doing a great job! Thank you, Justin, for all you do to keep our clubhouse looking nice and running smoothly!

# Communication Unit Report

Emmaline is our faithful Unit Meeting Facilitator. On the rare occasion when she is not at the clubhouse, we've had Jerry, Dennis, Cynch, Gerald, or Keith step up to help. Sharon usually serves as our Recorder, with Iris or Debby filling in when needed.

Jeanne can be found quietly going about her duties, patiently cleaning and organizing our conference and communications tables, only to have it messed up and having to do it all over again the next day!

Hoku is our resident trouble-shooter for computer and cell phone issues. Members and staff seek his assistance on a regular basis.



# Food Service Report

Kanani and Felina make a great team in the kitchen. Look at this feast that we recently enjoyed for lunch! Kanani made her special teriyaki pork dish, and Felina whipped up her yummy potato salad and baked her famous almond cookies.

Kanani Lovell-Obatake has been interning with us this past year, blending in seamlessly, and we have enjoyed her brightness and light in our clubhouse. She has been an invaluable asset to our team. We are grateful for all you do, Kanani!



# Garden Report

Sharon taught Debby how to create a make-shift netting for the chayote plant vines to climb and grow on. Emmaline generously donated one of her spools of yarn to build the netting and branches from a nearby tree were used as stakes in the ground. Sharon weaved a haphazardly intricate spider-web design with the yarn, and it worked! The vines are starting to twist their way up the netting and soon we will be harvesting some chayote so that Dedicacion can cook up some more of her delicious tinola dish for us.



## Employment Highlights

Irene has been working in the Chapel with Jerry at the St. Michael's TE site. Michael was transferred to the Yard Crew, working alongside James M. and Zak to maintain the St. Michael's grounds.

Ryan has begun SE training with Vince, for a courtesy clerk position at Lihue Safeway.

Iris and Debby are currently training at Kauai Coffee, potentially job carving for the TE Packer position. There is a possible clerical TE position in their Human Resources Department being discussed also.

# Health and Wellness Activities

Bicycling and walking around our lovely grounds!



The Zumba Dance Crew!

## Mobile Outreach

The Mobile Outreach program has been reactivated, and for our inaugural trip, we headed out to visit members in the Hanamaulu and Lihue area. Sharon, Dee, Keith, Felina, Iris, and Debby knocked on doors, delivering hugs, bags of Felina's Famous Chocolate Chip Cookies, and encouraging our friends to return to the clubhouse real soon! It was a hilarious mini-road trip, with Sharon navigating the GPS, Debby driving "The Beast", and Iris in the back seat as our look-out for parking and reversing.



# Writer's Corner



## One of the Steps to Mental Wellness

By Laura

Realize that we are all alike in certain ways. We go through the same experiences in our lives that everyone else does. And as we go through life, we have the same experiences as everyone else, but in different orders and in different amounts at different times as others. We have our ins and outs and ups and downs, and in order to handle these, we need to have or establish good processing skills and have a good support system, one that we can rely on. Here at Friendship House, we work on and develop this. We find that our staff are well-equipped to help us develop this and be a good support system, and our members, who learn and develop this can also be helpful, and in the end are more necessary to have as friends than the staff.

In finding friends, it is useful to know that you can count on having some people like you some of the time. And it may be true that sometimes all the people like you some of the time, and some of the people like you all of the time. But usually it's not the case that all of the people like you all of the time, or that all of the people dislike you all of the time. And it's not important for you to know who likes you or not liking you. Most of the people are just considering it and not really committing to liking you or not liking you. These are the people who are non-judgmental. They haven't decided to make a judgement. They are the wonderful people—they are just wondering and do not judge people. These people are great at being supportive, and make a good support system. And you know that anybody can be at one time or another or at any time one of these people. If possible, leave yourself open to being one of these people. It will help you toward being mentally well.

# Guest Speakers and Visitors



KCC Waialeale Program



Elvrine Chow delivered malasadas on Fat Tuesday



Lee Kellogg visiting from Clubhouse International



Michelle and Ann visiting from Community Corner Clubhouse in WI



Gerald Ako donated HGEA shirts bags, pens, and keychains

# Our Special Guest Chef

Jaiden, son of Alicia Sams (former Friendship House staff), visited the clubhouse during his Spring Break, and shared his yummy Shrimp with Pesto Pasta recipe with us. David proclaimed that “It was a 9-10 experience. I was in there cooking too, and I loved it. The shrimp was large, deveined, and full body, and the pesto pasta went perfectly with the garlic butter spread on the bread.” Cynch agreed, “Ohhh, the shrimp was tender and so delicious!”

*Freshly raised and Kekaha grown,  
A delicious comestible I am pleased to own.  
I lay it in a narrow pan to cook it well,  
Add in some garlic and lemon to make it simmer,  
Then cook some noodles to add to this dinner.  
The shrimp is ready and warm all the way through,  
But the noodles are not done so I will have to make do.  
In the warm pan I let the shrimp sit,  
While I strain the pasta, holding pot with my mit.  
Everything is done and ready to serve,  
Looks so appetizing,  
Choy would be thrilled to serve.  
I lovingly arrange the shrimp and pasta on plate,  
I should really hurry so I am not late,  
My family awaits for my Kauai shrimp dish,  
After they eat it, for more they wish.*

~Jaiden Sams, Grade 6



# March Birthday Celebrations



## Quotes from our Birthday Ladies on their birthday:

**Terry:** *"Happy Birthday to Meee!!! I am so grateful for the ability to celebrate with my Friendship House Ohana. Being at Friendship House makes me so very happy. Thank you for my cake and birthday cards and presents."*

**Sheryl:** *"Mahalo Friendship House for being a supporter of Sheryl and Emmaline for making it through the year 2019, and able to celebrate their birthday at Friendship House."*

**Emmaline:** *"Happy Birthday to Sheryl Kaleiohi and Emmaline Kaili for being at the Friendship House for good job work done. We are happy and grateful for the happy birthday presents and gifts from the Friendship House."*



# Photovoice Project with UH Students

Friendship House was fortunate to be selected as part of an ongoing grant project working with clubhouses in Hawaii. Five students at the University of Hawaii-Manoa spent a week with us, working on a Photovoice Project. Members selected “The Healing Power of Work” as their topic. They were given cameras and instruction on their use, and were allowed use of the cameras for 24 hours to take photos of what the healing power of work means to them. On the final day, we met as a group to view the photos and each member described what they see, how it relates to their life, how the image can educate the public, and a Bumper Sticker to sum it all up. There was laughter, tears, and some amazing photos! What a fun week! All of the photos and member reflections will be compiled into a book for us.



## Flavors of Kukui'ula Charity Walk Fundraising Event

**Jerry:** *“There were lots of people. The best part was talking to people and passing out the bags. Dennis Fujimoto took our picture. Chip also took a picture of us. The ice cream sample was good!”*

**Felina:** *“I enjoyed going table to table, taking items, and to know other people at different tables. We saw Priti at the Hale Opio table and she gave us cute pencil bags. Debby’s friend gave donation - \$30.00!”*

