



# Lexington House Ledger

## MAY, Mental Health Awareness Month

### INSIDE THIS ISSUE:

May, Mental Health Awareness Month	1
Socials	2
Connecting The Dots	2
Colleague Spotlight	3
Celebrating Zach's Achievements	4
Intern Celebration	4

In-Person Hours:  
8:30 am – 4:30 pm  
Monday - Friday

Phone:  
(574) 343-0597

Address:  
Lexington House  
2626 Prairie Street  
Elkhart, IN 46517



[Facebook.com/  
LexingtonHouseElkhart](https://www.facebook.com/LexingtonHouseElkhart)

Email: [Contact@LexingtonHouse.org](mailto:Contact@LexingtonHouse.org)

Website: [LexingtonHouse.org](http://LexingtonHouse.org)



May is Mental Health Awareness. The color for Mental Health Awareness Month is **GREEN!!!!**

According to a press release Indiana's employers are struggling to provide support for employees as mental health concerns continue to rise after the Covid-19 pandemic. March 2021-2022, Indiana's Be Well Crisis Helpline crisis calls with over 35,000 calls in the last two years (Press Release April 7th 2022, Mental Health America of Indiana, Indiana Council of Community Mental Health).

According to Clubhouse International mental health is the number one cause of disability worldwide-more than (1 in 4 people) than cancer, diabetes, or heart disease. 90% of all suicides are related to a mental health disorder. 2,200 people die daily by suicide. Isolation is not the answer to mental health. 450 million people worldwide have some type of mental disorder, Half of that is teens and they start showing signs at the age of 14. We spend \$2.5 trillion/year today (direct and indirect) on mental health, and are expected to spend \$6 trillion by 2030 worldwide. 360,000 people with mental illness are housed in under-equipped US jails and 35, 000 are in hospitals (Clubhouse International, 2021).

As you can see mental health is a very huge need in the world. There are a lot of community resources available to you. You may or may not know that there are a total of twelve Clubhouses, including Lexington House of Elkhart in Indiana. To find them go to Clubhouse International directory.

-Leah G. & Janelle S.



### NORTHERN INDIANA CLUBHOUSES

- Carriage House, Ft. Wayne  
(260) 423-4301
- Cora Dale House, Goshen  
(574) 971-5210
- Clubhouse of St Joseph County, South Bend  
(574) 360-8409
- New Hope, Kendallville  
(260) 347-2454
- New Beginnings, Clubhouse, Merrillville  
(219) 794-1004
- Lexington House, Elkhart  
(574) 343-0597

UPCOMING ANNIVERSARIES:	UPCOMING BIRTHDAYS:
5/12- Jlynn U.	No Birthdays
5/18- Bre M.	This Month
5/19- Amanda M.	
5/25- Anna O.	

## Socials



our social together was working side-by-side.

-Nik H.

On April 23<sup>rd</sup> Lexington House had a



Puzzle day was a blast! On April 16<sup>th</sup>, Lexington House colleagues came together for our first puzzle social. We put together puzzles and ate delicious pizza. There were many puzzles to choose from. From 24-piece to 100-piece puzzles and even some 3D puzzles. We finished a lot of puzzles and ate a lot of pizza but the piece that put the puzzle of

social at the Maple Syrup Festival. We had a lot of fun and some of us went to the Wakarusa Dime Store

and bought some soda with interesting flavors. Some of the flavors were Key Lime Pie, Horchata and Cookies and Cream.



Some of other flavors they had were Ranch, Ketchup and Mustard which did not sound too good to us. Some of us got some ice cream and some Maple Syrup. It was a fun time!

-Ann F.

## Connecting The Dots

**Dot 1:** at a training in 2020, first encountered colleagues from NorthStar, Clubhouse in Portland, OR.

**Dot 2:** participated in a Virtual Exchange between our Clubhouses in 2021.

**Dot 3:** on April 8<sup>th</sup>, 2022 had an opportunity to visit NorthStar to meet and get a tour from the colleagues. Included in the colleagues was a recent staff hire, my son Cosmo Disori.

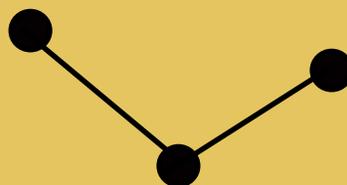
“What an awesome Clubhouse NorthStar is! Hope someday when Lexington House grows-up, we can be like them!

-Francis D.

**NorthStar Clubhouse**

Email Address:  
[www.northstarclubhouse.org](http://www.northstarclubhouse.org)

Mailing Address:  
5600 NE Glisan St, Portland,  
OR 97213



## Colleague Spotlight: Francis D

Colleagues at Lexington House wanted our awesome director to do a colleague spotlight. He agreed to it but only if it was someone's take-away of what they knew. So I volunteered to write this about what I know about Francis.

I've known Francis for approximately 2 ½ years. Over that time I've gotten to know how caring, funny and just all around amazing he is. So let me share a little bit of that.

So Francis started out his Clubhouse Journey as a Generalist

at Clubhouse of Saint Joseph County. He got the wonderful opportunity of going to training at Genesis Clubhouse in Massachusetts. About a year after starting at Clubhouse of Saint Joseph County, then he became the executive director of Lexington House. Through Lexington House he has spent quite a bit of time with Cora Dale House. Also, he got



to go back to training at Genesis Clubhouse in Massachusetts.

Some things to know about Francis is that he has 2 adult children, Zoey and Cosmo, and a cat named Mr. Floyd. Francis is 5'5" but he claims he used to be 5'6". His favorite color is green. New York City is his favorite city to spend time in. Francis is one who has an alter ego named Elfie. He says Elfie becomes apparent to others when there is enough

Christmas Spirit. For the Turkey Stampede this last Thanksgiving, he was the one who dressed up as the turkey. When asked about it he responded "I thought it would be fun to have a herd of people chasing after me as a turkey. Who knew that the gingerbread man would be the one who caught me." There has been a rare sighting of Francis as Winnie the Pooh.

Francis would like to add "I'm very blessed to be part of the Lexington House experience."

-Nik H



# Celebrating Zach's Achievement!



Zach Franck is celebrating his one-year anniversary in supported employment (SE). Zach initially started as a Transitional Employee (TE) at Kroger in May of 2021, then transitioned to SE in January of 2022. SE is defined as the Clubhouse

bathroom." Which of course they do. The customers could use some more common sense. Understanding that we are just employees, and we are doing our best.

## Intern Celebration!

Starting September 7<sup>th</sup>, Lexington House was able to get it's first intern: Janelle S. It has been great to have her as an intern and Janelle did a lot of work from reaching out to colleagues, to cleaning, and generally getting to know the many faces that come to Lexington House. However, on April 21<sup>st</sup>, Janelle S. served her last day as an intern at Lexington House.

To commemorate this day, several colleagues came to wish her well, and we had a pizza party. The colleagues ate their fill of pizza and celebrated with Janelle S. Lexington House also presented Janelle S. with a gift card to the Electric Brew.

I was able to interview Janelle S. on her last day and ask her some questions as her last day ended:

E: What has been some joys with your internship at Lexington House?

J: The colleagues, building relationships with them and getting to know people and developing friendships.

E: What do you hope to do after graduating?

maintains a relationship with the working member and the employer. Members and staff in partnership determine the type, frequency and location of desired support.

For instance, Zach receives moral support in the form of encouragement. Zach works in the bakery department and also stocking shelves within the bakery at Kroger. He enjoys working with the people, a lot of the staff and, "some of the customers." One of the number one questions we get is "do you have a

Doing your best is something Zach strives for every day.

For his one-year work anniversary on May 6, Zach plans to have a cook out with some friends. He appreciates the support and activities the Clubhouse provides. One wish Zach has is for a zoo social. He enjoys getting out and walking being out and about, "doing anything, really." That is what he likes about clubhouse: clubhouse helps get you out and about.

On behalf of Lexington House community: we congratulate you Zach!

-Keith S. and Eric F.

J: Become employed full-time at a Clubhouse.

E: Any words to colleagues at Lexington House?

J: It's the colleagues that make it fun and the colleagues that make it enjoyable to come and do my internship. I like everyone's uniqueness and how they all have something different to offer.

On behalf of the colleagues at Lexington House, we would like to

thank Janelle for her services as an intern and wish her best with finding what is next for herself.

Janelle did interview for the full-time generalist position and was later offered the position. She has accepted the position and has now been working at Lexington House as a full-time generalist.

