



# Lexington House Ledger

## YEAR THREE REFLECTION

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In-Person Hours:  
8:00 am – 4:00 pm  
Monday - Friday

Phone:  
(574) 343-0597

Address:  
Lexington House of Elkhart  
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](https://www.LexingtonHouse.org)



We are GROWING!! Just three years ago, we started our Clubhouse during the global pandemic with only a few members and a small bank account. But we BELIEVED we could do it and KNEW we wanted to create a space where anyone with a mental illness history could belong, participate and expand their potential. Our community helped us launch this Clubhouse, and we continue to help our members achieve their goals and re-engage back into our community. We all have gifts to give... sometimes we just need the right place and encouragement to help us feel comfortable enough to risk offering ourselves back to others.

The statistical data contained in our Impact Report FY2023 demonstrates our significant growth over the past three years. Our growing membership brings new and exciting challenges for us in 2024 as we seek to increase the funding sources that support our programs/services and to look for a new space to call home. We are passionate about our mission and invite you to celebrate our successes in 2023 and partner with us in 2024.

Lexington House Board President  
Audra Mark



UPCOMING ANNIVERSARIES:	UPCOMING BIRTHDAYS:
Tati H. - 10th 2021	Rhonda P. - 12th
Christy D. - 14th 2022	Valeria R. - 14th
Princeton H. - 15th 2023	Jesi W. - 17th
	Tommy P. - 27th

# Socials



On January 10<sup>th</sup>, 2024, Colleagues gathered at LH to decorate sugar cookies that were freshly baked at the clubhouse. We used icing and whip marshmallow fluff to artistically design our cookies. Everyone had their own unique styles and creative expressions. They turned out great and tasted even better. Decorating was enjoyable, but eating them was the best part!

Tati H.



Socials in January included:

- Walk Wednesdays : 3rd, 17th, 24th, 31st
- Arts and Crafts/Game Night
- Cookie Decorating

# 100 Women Who Care Elkhart Visit

## 100 Women Who Care Elkhart County

Two of the women from this organization nominated Lexington House. Ginny Russell and Karen Nichols had seen the impact this Clubhouse had made on the community. The 100 Who Women of Elkhart County awarded us a \$10,000 grant. The Clubhouse has much gratitude to them and their organization, thank you so much!!! For the full article please see the February 1, 2024 Elkhart Truth. -Jesi W.



# Kitchen Corner: Chicken Tortilla Soup

## Ingredients

- 1 pound boneless skinless chicken breasts
- 1 Tablespoon olive oil, more as needed
- 1 onion, chopped/ diced
- 3 cloves minced garlic
- 29 oz chicken broth
- 1.5 cups corn (frozen or canned, 1 can)
- 1 Tablespoon of chili powder
- 1 can of Black beans (rinsed)
- 1.5 Tablespoons fresh lemon or lime juice
- 1.5 cups chunky salsa
- Salt & Pepper
- Tortilla chips/ strips
- Optional: Sour Cream, Shredded cheese, green onions, cilantro, avocado

## Instructions

1. In a large pot, heat the oil over medium heat. Add the chicken in. Sprinkle salt & pepper over top. Sautee until chicken is about halfway cooked.
2. Add the onions & a clove of minced Garlic. Sautee until chicken is finished cooking. This is the base of your soup.
3. Next add the chicken broth, chili powder, beans (rinsed), corn, lemon juice & salsa. Reduce heat to low, cover and simmer for 20- 30 minutes.
4. Top the soup with fresh cilantro if desired. Break up some tortilla chips or strips and add to individual bowls. Ladle soup over tortillas. Add desired toppings.

Makes about 6 servings.

-Kitchen Unit Colleagues



## 2024 GOALS

- 1) Transition to a new location for the Clubhouse by May 31st
- 2) Hire and retain three (3) full-time Generalist staff by August 31st
- 3) Pass Re-Accreditation by Clubhouse International, Fall of 2024

# Spotlight: Liz & Jeff

**Have you been connected to other Clubhouses?**

**J:** Never been connected but have in the past helped in churches with bible studies and gave sermons.

**L:** Yes.

**How has Lexington House Clubhouse impacted on your life?**

**J:** I'm trying to gain back my confidence in giving talks or sermons.

**L:** It helps me get where I need to go.

**What would it be like without Lexington House Clubhouse?**

**J:** It helps many to grow to

learn who they are. Without it, many will fall into oblivion.

**L:** Hard to get where I need to go.

**What are some interesting facts you'd like to share about yourself?**

**J:** I like fishing, hiking, and I wrote music for a local band.

**L:** I love crafts.

**What are some hobbies or interests you have (favorite music/artists, favorite movies, favorite TV shows, favorite foods)?**

**J:** Sci-fi, mystery, NCIS, Doctor Who

**L:** NCIS series, Chicago series, LA Law series, wrestling, Tyler Perry movies.

**Anything else you would like to say in closing about your future at Lexington House?**

**J:** In time help others out in their needs.

**L:** I love making new friends. Francis is the best.



## Standard 12



The clubhouse has its own identity including its own name, mailing address, email, and telephone number.

Lexington House is an entity with its own recognition. It has its own name, business address, and phone number. It also has email, Facebook, and a website.

Lexington House currently shares physical space with River of Life Church and Excel Center, which is an adult high school. It will be moving into its own space by May 31<sup>st</sup> which is just a few short months away and it will have its own mailing address.

-Tati H



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☎ 574-343-0597

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📱 [www.facebook.com/lexingtonhouseelkhart](https://www.facebook.com/lexingtonhouseelkhart)