



Lexington House Ledger

New Year's Holiday

INSIDE THIS ISSUE:

New Years Holiday	1
Game & Cookie Socials	2
Colleague Spotlight	3
MLK Day Holiday	3
Positive Connections	4
Clubhouse Standards	4

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

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For New Year's Day this year, Lexington House of Elkhart celebrated in two ways. Some Colleagues put puzzles together, while some watched a movie.

For the movie, there was a small group that decided to watch Home Alone. The group popped some popcorn and munched on it while watching the movie. There was a lot of laughter, and a lot of popcorn was eaten by the group. Overall, for this group, it was a great time of fun, laughter, and popcorn munching.

For the group that put puzzles together, one colleague Nik H. was helpful with everyone and brought several puzzles to put together. There were two kinds of puzzles, there were regular puzzles and 3D puzzles. The colleagues were intrigued by the 3D puzzles. Ann F. tried putting the genie from Aladdin together, which Nik H. helped her complete. Nik H. and Savannah put together a fun carousel puzzle. Janet R did put together a puzzle but then decided to join the Home Alone crew. Overall, it was a great time of laughter, frustration, and brain exercising.

Overall, New Year's was a great day and we look forward to celebrating it in 2024!

-Eric F & Nik H.



UPCOMING ANNIVERSARIES:

Tati H. - 10th
Christy D. - 14th

UPCOMING BIRTHDAYS:

Lori V. - 3rd
Robert R. - 23rd

Cookie Decorating Social

On Tuesday, January 24th, colleagues at Lexington House had a cookie decorating social. We had 80 delicious sugar cookies to decorate with many different colors of frosting and sprinkles.

Each colleague had 6 cookies to decorate and take home to enjoy. We had a good turnout of people, and people were creative with the cookies. Of course, the best part was eating the yummy cookies! A great time for all that attended.



-Savannah L.



Game Day Social



Clubhouse to play games. Some of our colleagues played card games while others played video games.

Savannah, Terral and Nik explored the virtual raceways in Mario Kart. Typically, Savannah won the races, but Nik won a few. It was a great time and everyone did their best.

On January 21, 2023, Lexington House had a game day social! We met on Saturday in the Morpho Room of the



Meanwhile, everyone else was playing Yahtzee, Gin Rummy, or Jenga. The word around the club is that Jesse was great at Jenga.

Even though we were playing different games, we all had a great time, laughing and enjoying our time together.

-Nik H.



Colleague Spotlight: Brittany C.

Have you been connected to other Clubhouses?

I have never been to other Clubhouses.

How has Lexington impacted on your life?

Clubhouse has impacted me because I have met some really good friends, there are a lot of good people here. I like the fact that we have socials and do fun things. I also like the fact that we have lunch where you have to pay \$2.00, but it's well worth it because most of the socials are free to members. Game day is also fun where you come in and bring a game and other people bring games too. They also have a Nintendo Switch and I like playing Yahtzee and cards. I also like the fact that they pick you up for appointments but you have to tell Lexington House one day in

advance. We have snacks and drinks you pay for, but it benefits Lexington house.

What would it be like without Lexington House Clubhouse?

If I didn't have Lexington House, it would be boring because it gets me away from stress I deal with at home.

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

Facts about myself is that I'm a very good person and I love the Lord and family and friends with all my heart. I have love for everyone. I love animals too.

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

Hobbies of mine would be my

favorite kind of music is rap but I listen to almost everything, but I would like to listen to only Christian music. My favorite rapper is Eminem. My favorite movies is horror, but if I could I wouldn't watch TV period. My favorite TV show is Sabrina the Teenage Witch. My favorite food is spaghetti.

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

I would suggest people with mental illness, should join Lexington House. It's a lot of fun and a good way to meet new friends.



Martin Luther King Jr. Holiday

On Monday, January 16th, a group of colleagues gathered at Lexington House for Martin Luther King Jr. Day. We had a variety of different pizzas and watched an interesting documentary about the origins of African American cuisine and how it has evolved in the modern day. The pizza was delicious, and we enjoyed learning about different kinds of food!

-Savannah L.



Clubhouse Standards

All Clubhouses, under Clubhouse International, needs to be following or closely following all these Standards. The first part of the International Standards for Clubhouse says this:

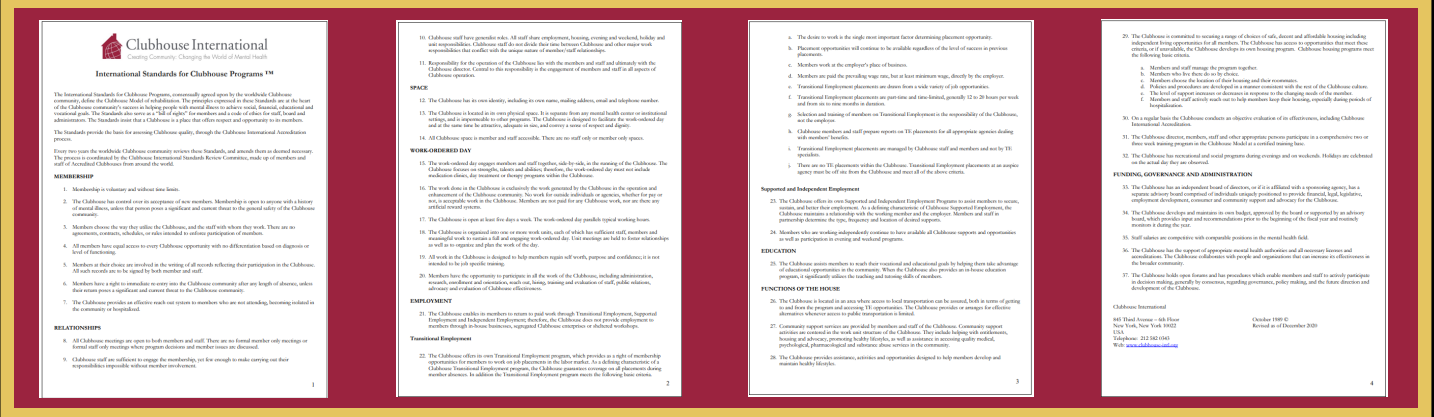
The International Standards for the Clubhouse

Programs, consensually agreed upon by the worldwide Clubhouse community, define the Clubhouse Model of rehabilitation. The principles expressed in these Standards are at the heart of the Clubhouse community's success in helping people with mental illness to achieve social, financial, educational and vocational goals. The Standard's also serve as "bill of rights" for members and a code of ethics for staff, board and administrators. The Standards insist that a Clubhouse is a place that offers respect and opportunity to its members.

The Standards provide the basis for assessing Clubhouse quality, through the Clubhouse International Accreditation process.

We hope this year that we can talk and explain more about our Standards to each of you. There are **37 Standards**.

-Leah G.



Positive Connections Lunch

On Friday, the 27th of January, a small group of colleagues went to the Positive Connections; a group that meets on the Oaklawn campus of Elkhart, Indiana. The group first met with introductions of each person that attended, and each person shared something positive that had happened recently. The group provided pizza for each person that came, and each person that attended the Positive Connections group ate their fill while sipping on different kinds of soda provided by the Positive Connections group.

There was a lot of "positive" socialization that happened while the group ate. Lexington House of Elkhart hopes to attend more of these Positive Connections groups in the future, as it is a good time and it is helpful to think about the positive things that are going on in our lives!

-Eric F.

