

# May, Mental Health Awareness Month

TOWNE CRIER  
MAY 2025

Heal  
Share  
Inspire



## From the Director

May was a busy month at Towne House! We were thrilled to be able to send a team of members and staff to the Clubhouse International conference in Florida. The team reported they learned a lot and had a great time. The Operations Unit launched this year's garden and backyard clean-up day this month. The grounds and gardens look beautiful! Well done. Our Administration and Employment Unit was very excited to begin to learn the basics of operating our new website. Finally, our Culinary Unit did a fantastic job, as always, producing healthy and tasty lunches. Great job everyone!



## The Administration and Employment Unit

The Administration unit has continued to be busy with clubhouse supports such as Employment, Education, and helping new members seek their Benefits. We are very excited to announce that Towne House Clubhouse is currently experiencing some of the highest numbers of attendance that we have not seen at this clubhouse in several years. We currently have over 100 members enrolled, see over 40 members a day, and are helping to enroll more members. This is a wonderful example of how Clubhouse truly comes together as a whole community to make clubhouse the best example of recovery. GREAT JOB!! Towne House Clubhouse.

We continue to work very hard with our Clubhouse Employment goal. Our Transitional Employment positions in the community are continuing to go very well and we all continue to come together weekly to see participation in our Transitional Employment Development meetings.

This month, we would like to take this time to welcome all of our new members to Clubhouse and the newest member to the Administration and Employment Unit, Mr. Jim.



## My Trip to the Clubhouse World Seminar BY: Ann Flynn

The International Conference for Mental Health was held in St. Petersburg, Florida. In spite of the hot weather and my 76 year old legs the experience was wonderful. It is important to know that we are not alone. When we have mental health problems we often feel alone in a crowd. We don't realize that so many people suffer as we do. At these workshops I saw people who had suffered but overcame their problems. Many members work on their recovery. With motivation we make progress.

In one of the education workshops a member said that he had been considered the black sheep of his family/ Another member told him that her father told her : Sometimes the black sheep of the family is the only one that is any good.

Another member had been told that she could not advance in her education. Because of working on her recovery she is now a college graduate.

I was advised by one of the speakers that contacting LITERACY VOLUNTEERS.COM could help me motivate students. A Mental health diagnosis such as depression can affect a person's motivation and yet motivation is necessary for recovery. I feel, getting well depends on me not feeling bad for myself.

The stigma on mental illness must be extinguished. People get well. I feel It's no worse than having a broken leg, a heart condition, or allergies. I am glad, today, we have therapy and club houses where we can support each other.



## **The Culinary Unit**

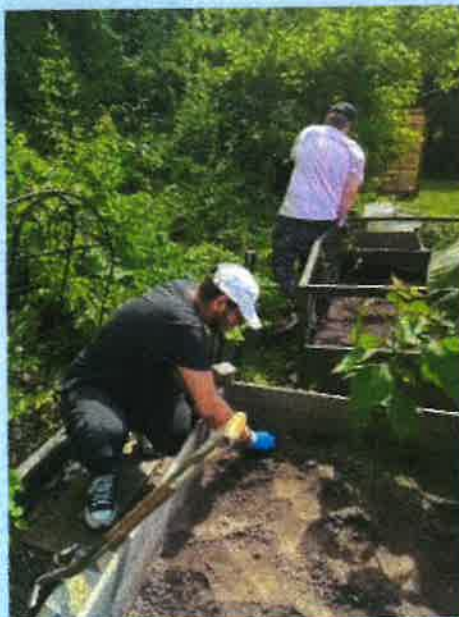
### **The Towne House Cafe**

We have been very busy in the Cafe. We have seen many new volunteers step up to the plate to ensure that the cafe runs smoothly. Having a lot of help in the coffee shop makes it run efficiently, and like a fine oiled machine. We are aiming towards healthier initiatives, and more nutritional foods. With the help of the members, we will have a more vivacious cafe. There have been several requests for more nutritious and appetizing foods.

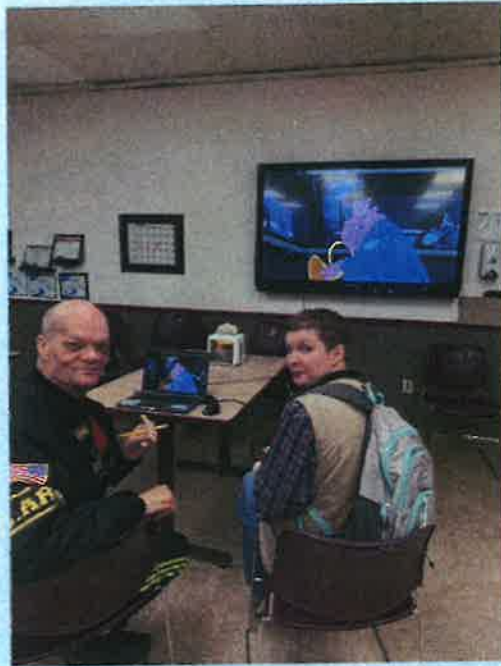


## The Operation Unit

As summer approaches, flowers are blooming, and vegetables are growing in the Towne House Garden. Seedlings started in the hydroponic room were transplanted to the garden beds behind the clubhouse building. Beautiful florals in bright colors greet members and staff alike letting everyone know that the warm weather is here to stay.



## Health and Wellness/~~Seeail~~ Program (Social)



**Movie Night**

**Spring Center  
Pieces**



## From:Michael's Desk

We're Nearing the Dead of August, But Thankfully Summer Is Only Beginning Preparations to Sink His Fangs into Us.

I dearly want to extract the line from that ancient hit song, "A Horse with No Name":... "The heat was hot." I'm thinking I could substitute, "The heat was solid." A bit of an improvement. What if I tried, "The air was heatful." Not so good..."The atmosphere was uncold."? Much worse. I suppose I might need to settle for, "The heat was complete." Touching on reality, a rewrite isn't particularly called for. Being a Golden Moldy Oldie, the song is prized for its awkwardness. Nostalgics would have it zero differently.  
\*\*\*\*\*

August doesn't live up to its name - it hasn't much of a grand character. It can barely cultivate its repete as an acceptable summer performance artist. Or simply as an honorable member of the pantheon of months. Isn't that why August is granted only one page on the yearly calendar and comes off the press, aside from the day, date, and a rare holiday, entirely blank? I know the page is useful for memory prompts, but that only serves to highlight and remind us that August, indeed, is not August.  
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Summertime, in general, would better be fortified, reinforced by the Weather Channel with blizzard conditions, as a means of providing some little A/C. Or couldn't NASA vacuum up Neptune's atmosphere and expel it into our own, having preemptively removed the original? An ice cube alone would help, albeit with no easily measured effect. Whatever the method, heat needs to be treated as the enemy.  
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Are you familiar with a pirated version of another old song: "I'm Siberia dreaming on such a summer's day"? I don't speak Russian, haven't made any hotel reservations, am not booked for a flight. Or have any intentions of doing so. But a person can dream, can't he? Maybe if I commit myself to dreaming powerfully enough, I can avoid being inundated and drowning in this vast ocean of my own sweat.  
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August is generally the last full month of summer. Other than March, November, and January. Still, we've almost seared down through the depths of May. Afterwards we should get some respite - until the beginning of June. Still, summer will be over long after you know it. Since you know it should have been over prior to beginning. But when it is finally over, we can breathe a major sigh of relief. For a day or more.

## Around Towne

### A POEM: by: An Anonymous Writer

Apart

While my Mental Health is apart of me,  
being apart of something positive in the  
clubhouse is true recovery. With  
workshops and socials and so much to  
do, it is so much better just being you. If

Clubhouse supports Socialization,  
Education, and Employment, should it  
be apart of your true recovery  
enjoyment?

How Many Words can you make from:  
MAY MENTAL HEALTH MONTH

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.



### Jokes of the Month:

What do you call a Bear With  
No Teeth?? A GUMMY BEAR

What Type of Sandals do  
Frogs Wear?? OPEN-TOAD

What Do You Call A  
Boomerang That Doesn't  
Come Back??? A STICK

What do you call a fly with no  
wings?? A WALK

When the cell phone lost his  
glasses, why could he not go  
to work? BEACUSE HE HAD  
NO CONTACTS

### FOOD FOR THOUGHT:

Do you like to Garden? Do you have  
any Gardening ideas? Did you know  
most adult butterflies only live for a few  
weeks? Some migratory monarchs can  
live up to 6 months. Overwintering  
butterflies like the Mourning Cloak and  
Tortoiseshells that hibernate as adults can  
live for several months, or even close to a  
year;

