

# NEWS & KNOWLEDGE... NEWS YOU CAN USE....



## HAPPY AUTUMN!



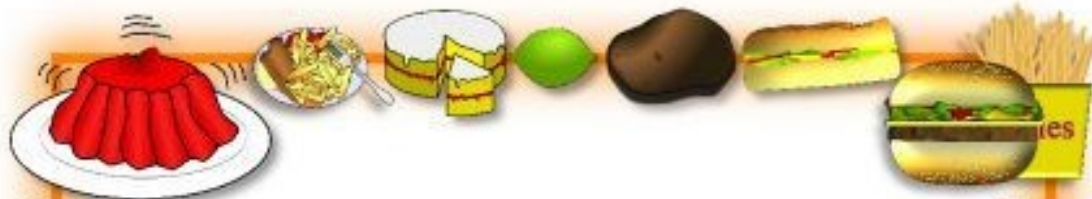
### UPCOMING CONNECTIONS OUTINGS FOR SEPTEMBER, 2024:

- Thursday, September 5, 2024-Dollar Tree Shopping.
- Friday, September 6, 2024-Unit Grocery/Supply Shopping at the Walmart Neighborhood Market (Subject to Change).
- Saturday, September 7, 2024-Music on the Lawn with Autumn Bolton and the group, Plicketty Split, and Chili Fundraiser.
- Monday, September 9, 2024-Trip to the Catawba County Library.
- Thursday, September 12, 2024-Bowling at the Pin Station.
- Friday, September 13, 2024-Unit Grocery/Supply Shopping at the Walmart Neighborhood Market (Subject to Change).
- Monday, September 16, 2024-Trip to the Catawba County Library.
- Tuesday, September 17, 2024-Tasty Tuesday: Sample Fall Fruits and Vegetables.
- Thursday, September 19, 2024-Employment/Education Dinner.
- Friday, September 20, 2024-Unit Grocery/Supply Shopping at the Walmart Neighborhood Market (Subject to Change).
- Monday, September 23, 2024-Trip to the Catawba County Library.
- Thursday, September 26, 2024-Bingo, Baby!, at the Clubhouse.
- Friday, September 27, 2024-Unit Grocery/Supply Shopping at the Walmart Neighborhood Market (Subject to Change).
- Saturday, September 28, 2024-Football Game at Lenoir Rhyne University.



**The History of Labor Day:**  
**(From: [www.history.com](http://www.history.com)):**

This year, Labor Day takes place on Monday, September 2, 2024. Labor Day honors the contributions and achievements of American workers. Labor Day is observed on the first Monday of September. The labor movement created the holiday in the late 19th century. In 1894, it became a federal holiday. The Labor Day weekend serves as the end of summer and the start of the back-to-school season for many Americans, who celebrate it with parties, street parades, and athletic events. Labor Day originated from a dismal chapter of American labor history. In the late 1800s, the average American worked 12-hour days and seven-day weeks in order to make a basic living. In spite of state restrictions, children as young as 5 and/or 6 years old worked in mills, factories, and mines across the United States, while earning a fraction of what their adult counterparts did. People of all ages, particularly poor people and recent immigrants, often dealt with very unsafe working conditions, along with inadequate access to fresh air, sanitary facilities, and breaks. Manufacturing increasingly overtook agriculture as the wellspring of American employment and labor unions, which had formed in the late 18th century, grew more vocal and more prominent. They started organizing strikes and rallies to protest poor working conditions and to encourage employers to renegotiate working hours and pay for workers. During this period, many of the strikes and rallies became violent, such as the Haymarket Riot of 1886, which resulted in the deaths of several Chicago police officers and several workers. Some of these events also created longstanding traditions, such as the first Labor Day parade, which took place on September 5, 1882, when 10,000 workers took off unpaid time to march from City Hall to Union Square in New York City, New York. The idea of a, “workingmen's holiday,” celebrated on the first Monday of September, spread to other industrial centers in the United States and many states passed legislation that recognized the, “workingmen’s holiday.” Congress did not legalize the holiday until 1894, when an event in American labor history took place that brought workers’ rights to the attention of the American public. On May 11, 1894, employees of the Pullman Palace Car Company in Chicago, Illinois went on strike to protest wage cuts and the firing of union representatives. On June 26, 1894, the American Railroad Union, led by Eugene V. Debs, called for a boycott of all Pullman railway cars, which crippled railroad traffic across the United States. In order to break the Pullman railway car strike, the federal government sent troops to Chicago, which resulted in a wave of riots that resulted in the death of more than a dozen workers. Later in 1894, Congress passed an act to make Labor Day a legal holiday in the District of Columbia and the American territories, as a result of all of the unrest of American workers. Congress also wanted to repair ties with American workers as well. On June 28, 1894, President Grover Cleveland signed the Labor Day holiday into law. No one has identified the true founder of Labor Day. Many people give credit to Peter J. McGuire, cofounder of the American Federation of Labor for establishing Labor Day. Other people think that Matthew Maguire, a secretary of the Central Labor Union, first proposed the holiday. In cities and towns across the United States, people celebrate Labor Day with parades, picnics, barbecues and firework displays.



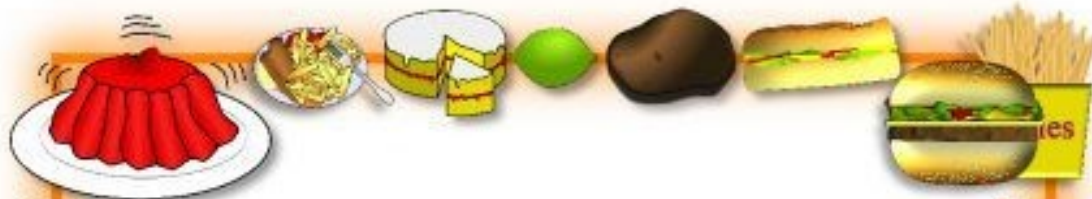
### **Eat Right: Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics:**

Like many Americans, you probably eat out a lot. People seek fast, easy, and good-tasting foods to fit their busy lifestyle. There are smart choices where people eat, such as carry-out, office cafeterias, and/or sit-down restaurants. Here are 31 tips, as follows, to help you make smart choices when you are eating outside of home:

1. Think ahead and make plans for wherever you plan to eat. Consider the meal options available. Look for places that have a wide variety of menu items.
2. Take your time to look over the menu and make careful selections. Some restaurants may have a special section of, "healthy," food in their menus.
3. Review and compare nutrition information provided it's available. Menu terms that indicate healthier options include, "baked," "braised," "broiled," "grilled," "poached," "roasted," and "steamed."
4. Menu items that usually mean a food is higher in saturated fat and calories include as follows: Batter-fried, pan-fried, buttered, creamed, crispy, and breaded. Choose these foods only occasionally and in small portions.
5. Think about your food choices for the entire day. If you're planning a special restaurant meal in the evening, have a light breakfast and a light lunch.
6. Hold the bread or chips until your meal is served. Hunger may drive you to fill up on these foods before your meal arrives.
7. Limit the amount of alcohol you drink. No more than one drink for women and two for men. Alcohol tends to increase your appetite and it provides calories without nutrition.
8. Order the regular or the child-size portion. Mega-size servings are probably more than you need. For a lighter meal, order an appetizer in place of a main course.
9. Being with soup or a salad as a way to include more vegetables at mealtime. Follow up with a light main course.
10. Or, choose a salad with grilled chicken or seafood as your main course.
11. It is okay to make special requests, just keep them simple. For example, ask for a baked potato or a side salad in place of French fries; no mayonnaise or bacon your sandwich, with sauces served on the side.

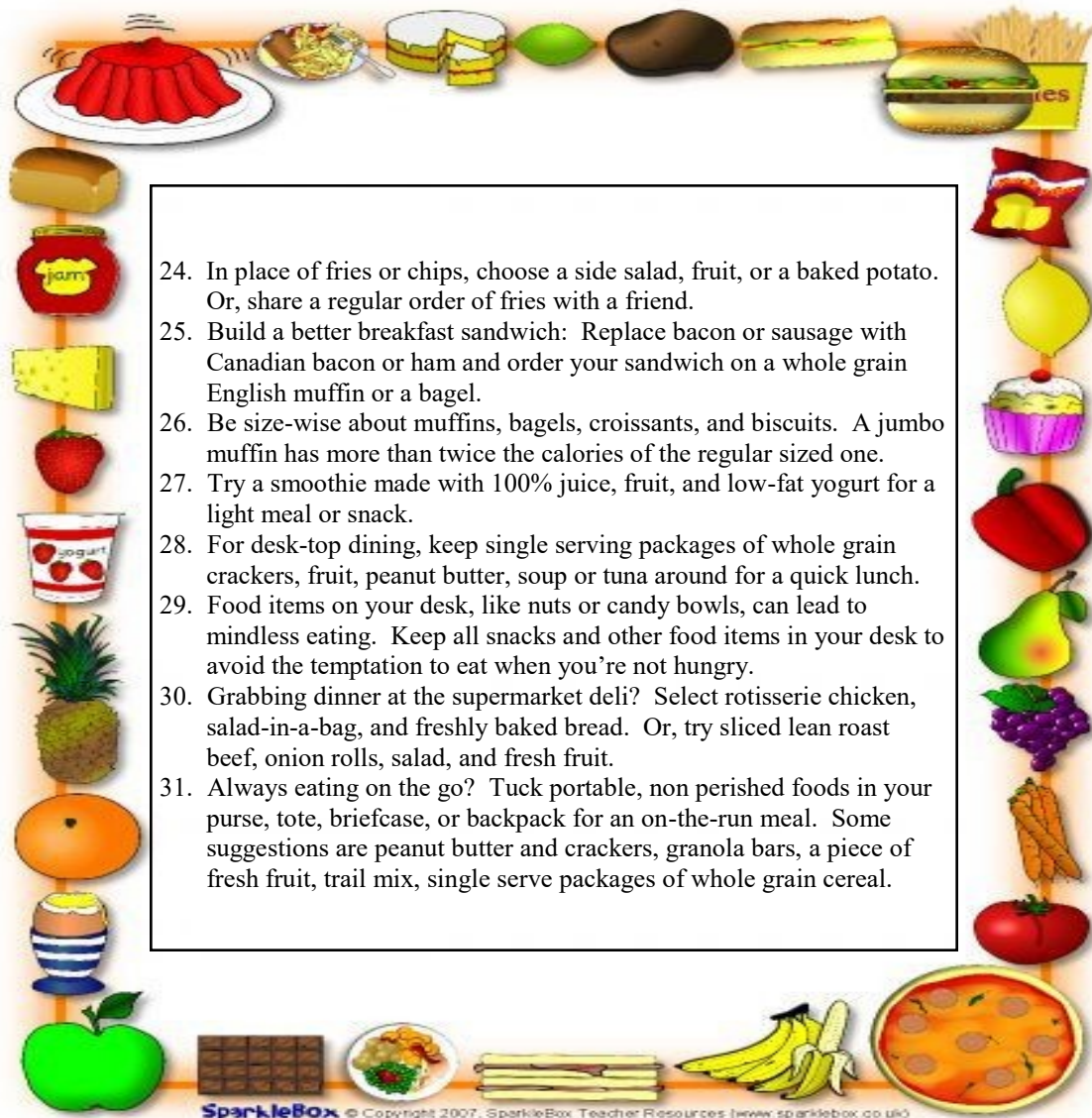






12. Ask for sauces, dressings, and toppings to be served, “on the side.” Then, you control how much you eat.
13. Split your order. Share an extra large sandwich or a main course with a friend or take half home for another meal (Some restaurants may not permit this or they will charge for an extra plate).
14. Refrigerate carry-out or leftovers if the food won’t be eaten right away. Toss foods kept at room temperatures for more than two hours (One hour if warmer than 90 degrees).
15. All-you-can-eat specials, buffets, and unlimited salad bars make it difficult to follow recommended servings sizes. Pass these up if you find it difficult to listen to your hunger cues.
16. If you do choose buffet, fill up on salads and vegetables first. Use small plates to encourage small portions, and limit your trips to the buffet line.
17. At the salad bar, pile on the dark green leafy greens, carrots, peppers, and other fresh vegetables. Lighten up on mayonnaise-based salads and high-fat toppings. Enjoy fresh fruit as your dessert.
18. Load up your pizza with vegetable toppings. If you add meat, make it lean ham, Canadian bacon, chicken or shrimp.
19. Enjoy a variety of healthful foods from different cultures, Focus on dishes that emphasize vegetables and lean meats, seafood, or beans.
20. Tempted by sweet, creamy desserts? Order a small portion or ask if it can be divided and shared with everyone at the table.
21. At the sandwich shop, choose lean beef, ham, turkey, or chicken on whole grain bread. Ask for mustard, ketchup, salsas, or low fat spreads. And don’t forget the veggies!
22. Boost the nutrition in all types of sandwiches by adding tomato, lettuce, pepper or other vegetables.
23. Look for a sandwich wrapped in a soft tortilla. Fillings such as rice mixed with seafood, chicken, or grilled vegetables can be healthier options.





24. In place of fries or chips, choose a side salad, fruit, or a baked potato. Or, share a regular order of fries with a friend.
25. Build a better breakfast sandwich: Replace bacon or sausage with Canadian bacon or ham and order your sandwich on a whole grain English muffin or a bagel.
26. Be size-wise about muffins, bagels, croissants, and biscuits. A jumbo muffin has more than twice the calories of the regular sized one.
27. Try a smoothie made with 100% juice, fruit, and low-fat yogurt for a light meal or snack.
28. For desk-top dining, keep single serving packages of whole grain crackers, fruit, peanut butter, soup or tuna around for a quick lunch.
29. Food items on your desk, like nuts or candy bowls, can lead to mindless eating. Keep all snacks and other food items in your desk to avoid the temptation to eat when you're not hungry.
30. Grabbing dinner at the supermarket deli? Select rotisserie chicken, salad-in-a-bag, and freshly baked bread. Or, try sliced lean roast beef, onion rolls, salad, and fresh fruit.
31. Always eating on the go? Tuck portable, non perished foods in your purse, tote, briefcase, or backpack for an on-the-run meal. Some suggestions are peanut butter and crackers, granola bars, a piece of fresh fruit, trail mix, single serve packages of whole grain cereal.

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**Member and Staff Engagement in Clubhouse Fiscal Operations:  
(From: [www.clubhouse-intl.org](http://www.clubhouse-intl.org)):**

Clubhouses need money in order to fulfill their mission. Good intentions are not enough. In any organization, money is the, “bottom line.” Consequently, in organizations, generally, money is the responsibility of top staff, such as a CEO (A person who heads and organization) or a Comptroller (A person who manages the money in an organization), as well as accountants and bookkeepers. Yet, Clubhouses are different. Standard 11 states that members and staff are engaged, “in all aspects of Clubhouse operation.” So, engagement in the, “bottom line,” is crucial. Implementing this engagement entails counteracting the predominant practice in society of entrusting fiscal management to high level and professionally trained staff. A person new to Clubhouse culture might react to Standard 11 by saying, “engagement in most Clubhouse operations, but not that!” Yet, Clubhouses have done it! In response to an ICCD request, a number of Clubhouses have reported on many forms of member/staff involvement in fiscal affairs. The following summary is based on these reports. First of all, there needs to be openness and communication throughout the Clubhouse on fiscal matters. This entails the executive director, the Board of Directors, or the auspice agency sharing with all in the Clubhouse information, concerns, and needs regarding the Clubhouse income, budget, and expenditures. It entails eliciting input from all in the Clubhouse regarding the handling of these matters. It is essential that there be no secrets. Such communication and sharing can lead naturally to member/staff participation in the conduct of fiscal affairs. This can occur in a variety of forums—House meetings, a Budget Committee, unit work, and through members serving on the Board of Directors or the Advisory Board. It involves providing opportunities for broad input from members and staff throughout the house, as well as engaging small groups of people in specific operations. Following are a variety of procedures that Clubhouses have found effective:

1. A yearly budget planning process where initial projections on allocations of money are presented at house meetings or ad hoc meetings on specific topics, with adjustments, additions, and correction made through discussion and consensus building.
2. Planning by each unit regarding the cost of materials needed for their work, such as for food or office supplies, with this information then fed into the overall budgeting process.
3. Establishment of a Budget Committee comprised of members, staff, and representatives from the Board of Directors, the Advisory Board, or the auspice agency, where the committee gathers and coordinates budgeting information from throughout the Clubhouse

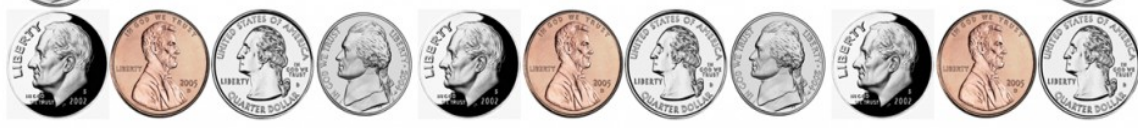
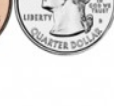
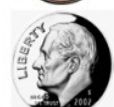
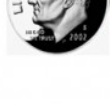




4. When an overall budget is finalized, a breakdown is supplied to each entry on monies available to them on a weekly, monthly, or quarterly basis.
5. Implementation of a record keeping system, enabling each unit to keep track of expenditures in relation to budgeted monies.
6. Counting, recording, and banking money received from members for Clubhouse services, such as meals, thrift shop sales, and housing.
7. A centralized accounting operation where members and staff work in conjunction with bookkeepers to tabulate expenditures and income from throughout the Clubhouse, while acting in coordination with the executive director, the Board of Directors, or the auspice agency.
8. Involvement of members and staff income generation for the Clubhouse through fund raising events and advocacy and liaison with government and private funding agencies.
9. Operation of a Clubhouse bank, where members can open accounts and make deposits and withdrawals of their own money.

In some Clubhouses, staff salaries are public information within the Clubhouse, and members and staff are involved in budgeting and payroll Operations for salaries. In most Clubhouses, however, salaries remain Confidential. Bringing this aspect of Clubhouse operations into compliance with Standard 11 remains an ongoing challenge. Clubhouses that involved members and staff in fiscal operations report significant benefits. Neponset River House notes, "Members/staff learn skills that are both applicable to employment and can be used in their own lives. The more everyone knows where the money goes, the more they care when we go out to advocate for more funding." Magnolia Clubhouse states, "Everyone in [the] Clubhouse benefits from seeing this work and knowledge being shared. Financial decisions are made at house meetings by consensus, and the process is smooth, as there is ongoing awareness of our financial operations." We hope this summary will be helpful in expanding this involvement.

Standard 11 in the International Standards for Clubhouse Programs reads as follows: "Responsibility for the operation of the Clubhouse lies with the members and staff and, ultimately, with the Clubhouse Director. Central to this responsibility is the engagement of members and staff in all aspects of Clubhouse operations."





**Unusual Holidays in September, 2024:**  
(From: [www.timeanddate.com](http://www.timeanddate.com)):

Sunday, September 1, 2024-Emma Nutt Day and No Rhyme or Reason Day.  
Monday, September 2, 2024-Bison Ten Yell Day and Labor Day.  
Tuesday, September 3, 2024-Skyscaper Day.  
Wednesday, September 4, 2024-Eat an Extra Dessert Day.  
Thursday, September 5, 2024-Be Late for Something Day and Cheese Pizza Day.  
Friday, September 6, 2024-Fight Procrastination Day and Read a Book Day.  
Saturday, September 7, 2024-Salami Day.  
Sunday, September 8, 2024-Pardon Day and Hug Your Hound Day.  
Monday, September 9, 2024-Teddy Bear Day.  
Tuesday, September 10, 2024-Swap Ideas Day.  
Wednesday, September 11, 2024-Make Your Bed Day and 911 Day.  
Thursday, September 12, 2024-Chocolate Milkshake Day.  
Friday, September 13, 2024-Positive Thinking Day, Roald Day, and Friday the Thirteenth.  
Sunday, September 15, 2024-Make a Hat Day.  
Monday, September 16, 2024-Collect Rocks Day and Guacamole Day.  
Tuesday, September 17, 2024-International Country Music Day.  
Wednesday, September 18, 2024-Rice Krispie Treat Day.  
Thursday, September 19, 2024-National Gymnastics Day and International Talk Like a Pirate Day.  
Friday, September 20, 2024-Punch Day.  
Saturday, September 21, 2024-National Clean-Up Day and Miniature Golf Day.  
Sunday, September 22, 2024-Hobbit Day.  
Monday, September 23, 2024-Checkers Day.  
Tuesday, September 24, 2024-Punctuation Day.  
Wednesday, September 25, 2024-Comic Book Day.  
Thursday, September 26, 2024-Love Note Day.  
Friday, September 27, 2024-Crush a Can Day.  
Saturday, September 28, 2024-Ask a Stupid Question Day and Good Neighbor Day.  
Monday, September 30, 2024-Hot Mulled Apple Cider Day.



**International Standards for Clubhouse Programs:  
(From: [www.clubhouse-intl.org](http://www.clubhouse-intl.org)):**

**SPACE:**

12. The Clubhouse has its own identity, including its own name, mailing address, email, and telephone number.
13. The Clubhouse is located in its own physical space. It is separate from any mental health Center or institutional settings, and is impermeable to other programs. The Clubhouse is designed to facilitate the work-ordered day and, at the same time, be attractive, adequate in size, and convey a sense of respect and dignity.
14. All Clubhouse space is member and staff accessible. There are no staff-only or member-only spaces.

**WORK-ORDERED DAY:**

15. The work-ordered day engages members and staff together, side-by-side, in the running of the Clubhouse. The Clubhouse focuses on strengths, talents, and abilities; therefore, the Work-ordered day must not include medication clinics, day treatment or therapy programs within the Clubhouse.
16. The work done in the Clubhouse is exclusively the work generated by the Clubhouse in the operation and enhancement of the Clubhouse community. No work for outside individuals or agencies, whether for pay or not, is acceptable work in the Clubhouse. Members are not paid for any Clubhouse work, nor are there any artificial reward systems.
17. The Clubhouse is open at least five days a week. The work-ordered day parallels typical working hours.
18. The Clubhouse is organized into one or more work units, each of which has sufficient staff, members, and meaningful work to sustain a full and engaging work-ordered day. Unit meetings are held to foster relationships, as well as to organize and plan the work of the day.
19. All work in the Clubhouse is designed to help members regain self-worth, purpose and confidence; it is not intended to be job-specific training.
20. Members have the opportunity to participate in all of the work of the Clubhouse, including administration, research, enrollment and orientation, reach out, hiring, training and evaluation of staff, public relations, advocacy and evaluation of Clubhouse effectiveness.



**A Few Jokes:**  
(From: [www.skiptomylou.org](http://www.skiptomylou.org)):

- Why did the computer go to the doctor? Because it had a blue tooth!
- Why do shoemakers go to Heaven? Because they have good soles!
- What time is it when an elephant sits on your fence? Time to get a new fence!
- Why don't dinosaurs eat clowns? Because they taste funny!
- Why did the girl throw a stick of butter? Because she wanted to see a butter fly!
- Why is dark spelled with a K and not a C? Because you can't see in the dark!
- What did the stamp say to the envelope? Stick with me, and we will go places!
- What has tons of ears, but can't hear a thing? A corn field!
- What falls in winter, but never gets hurt? The snow!



**A Few Interesting Facts:**  
(From: [www.thefactsite.com](http://www.thefactsite.com)):

1. If you point your car keys to your head, it increases the remote's signal range.
2. One habit of intelligent humans is being easily annoyed by people around them, but saying nothing in order to avoid a meaningless argument.
3. The first movie to ever put out a motion-picture soundtrack was *Snow White and the Seven Dwarves*.
4. The only letters that do not appear in the Periodic Table of Elements are, "J," and, "Q."
5. The scientific term for brain freeze is, "sphenopalatine ganglioneuralgia."
6. The famous line in the movie, *Titanic*, "I'm king of the world," that was by said by Leonardo DiCaprio was improvised by DeCaprio himself.

## 1.2 Personal Bill of Rights:

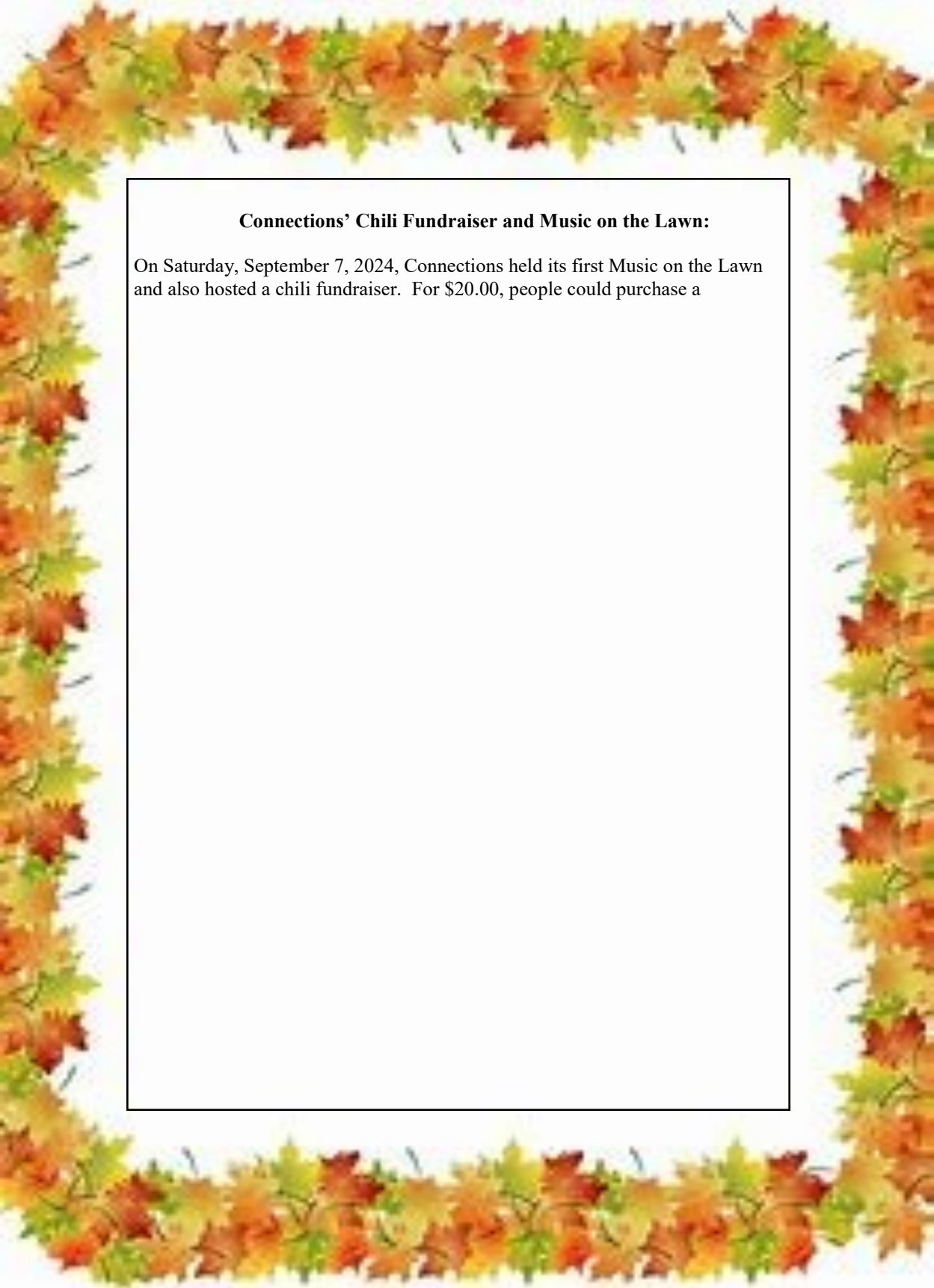
(By: Christina Bell, Registered Psychologist. Adapted from Copeland's *Anxiety and Phobia Workbook*):

Sometimes, people find it difficult to set boundaries when they have no idea on what to expect in healthy relationships. This handout has been used in literature on healthy relationships for many years. Recently, one of Connections' members presented copies of this document to fellow members. This list presents a clear list of personal rights that everyone has as follows:

1. I have the right to ask for what I need.
2. I have the right to say, "No," to requests or to demands that I can't meet.
3. I have the right to change my mind.
4. I have the right to make mistakes and to not have to be perfect.
5. I have the right to have a difference of opinion or way of seeing the situation.
6. I have the right to follow my own values and standards.
7. I have the right to express my positive and negative feelings, as long as they do not harm anyone.
8. I have the right to determine my own priorities.
9. I am not responsible for the behavior, feelings, or problems of others.
10. I have the right to expect honesty from others.
11. I have the right to not know the answers or to say, "I don't know."
12. I have the right to be angry at someone I love and to this in a moderate manner.
13. I have the right to my own reality.
14. I have the right to my need for space and time.
15. I have the right to treat myself well and to be healthy.
16. I have the right to remove myself from abusive and unhealthy environments.
17. I have the right to change and grow.
18. I have the right to make new friends and contacts.
19. I have the right to have my needs and requests honored by others.
20. I have the right to be treated with dignity and respect.
21. I have the right to a fulfilling sex life.
22. I have the right to be playful.
23. I have the right to grieve and be sad.
24. I have the right to be happy.
25. I have the right to take care of myself.







**Connections' Chili Fundraiser and Music on the Lawn:**

On Saturday, September 7, 2024, Connections held its first Music on the Lawn and also hosted a chili fundraiser. For \$20.00, people could purchase a