

# Spring City Clubhouse



**SPRING CITY  
CORNER  
CLUBHOUSE**

Lifting each other through community.

## February 2023

### *Healthy Food for a Wealthy Mood*

The kitchen of a house is often considered the heart of a home. The same can be said about the Culinary Unit being the heart of the Clubhouse. The Culinary unit is where Clubhouse colleagues create plentiful and nutritious meals for the best deal in town. But the Culinary unit is more than eating lunch. Culinary colleagues invigorate the Clubhouse with the hearty ideas that can inspire healthy habits not only in the Clubhouse, but in our own homes as well.

Is there something you would like to have on the menu? Come join us every Tuesday at 2p in the snack shop to do menu planning. We look at the shelves, as well as in the freezer to get ideas for lunches from some of the food we already have. We also have lots of recipe binders that we can use to create ideas to incorporate variety into our menus. Our weekly menu planning meeting is a unique opportunity to inspire the chef within us and is something you can do at home as well. Once you know what you are going to eat for the week, you can make your grocery list, just like we do at Clubhouse on Fridays during our Grocery List Planning Meeting.

Clubhouse knows too well that people with mental illness have higher risks of developing chronic physical illnesses, such as obesity, heart disease, diabetes, and more. But those relationships are two-directional in that people with these chronic physical illnesses also have a higher risk of developing mental illness. That is why the Clubhouse, specifically the Clubhouse Culinary Unit, is more than just a place to eat. The Clubhouse Standards insist that we provide assistance, activities, and opportunities designed to help members develop and maintain healthy lifestyles. The Clubhouse and Culinary Unit can help colleagues live healthier lifestyles by assisting with meal planning, reading labels, grocery shopping on a budget, and cooking healthy recipes. We also encourage colleagues to take advantage of our fitness center and wellness programs, such as Meditation with Larry, our partnership with the Health Sciences at Carroll University, and our daily after lunch walk.

A healthy heart needs compassion, love, and nourishment, and our Clubhouse colleagues provide that both within and outside the walls of the kitchen. Our Culinary unit will continue to grow and develop opportunities that will keep our Clubhouse strong. Clubhouse friends, family, and colleagues are always invited for the best lunch deal in town with a hearty side of meaningful relationships and community. The heart of the Clubhouse may be the Culinary unit, but it is also in the people. Clubhouse is heart healthy, we are Clubhouse Strong!

DO YOU HAVE A FAVORITE  
RECIPE?

IS THERE A MEAL YOU'D LIKE  
TO LEARN TO MAKE AT  
HOME?

DO YOU WANT TO IMPROVE  
YOUR KITCHEN SKILLS?



Come join us as a guest chef in the Culinary Unit. Don't feel comfortable running the kitchen, not a problem. Bring in a meal idea and we can help you bring it to life. As guest chef you can learn new kitchen skills while also having fun making a meal with colleagues.



# Valentine's Day Brunch

French Toast Bake, Hash  
Browns, Bacon, Juice, & Fruit

Tuesday, February 14th

Lunch (\$2.00) will be served at  
11:30a

Call in by 10:15a

# Culinary Interviews

## Interview with Marie U.

**Q.** What do you like about the Culinary Unit?

**A.** I like the filling portions and the prices of meals

**Q.** What would you like to learn in the Culinary Unit?

**A.** I want to learn how to use the insta-pot, as well as learn how to eat right, and eating healthy on a budget.

**Q.** Would you be interested in being chef of the day?

**A.** Yes, because it would make me feel special. Being chef of the day would boost my self-esteem, and it would also give me the opportunity to help teach others how to cook.

**Q.** What would make working in the Culinary Unit easier for you?

**A.** Getting more members engaged in the prep work and cooking the meal. I liked when we had a visual task board and making sure we have enough servers.

## Interview with Blake N.

**Q.** What would you like to learn in the Culinary Unit?

**A.** I would like to improve my knife skills in the kitchen, as well as learn how to chop different things safely and efficiently.

**Q.** What have you learned from working in the Culinary Unit?

**A.** I have learned how to effectively clean in the kitchen and sanitize workstations.

**Q.** Do you have any suggestions for making the Culinary Unit better?

**A.** It would be nice to have more breakfast options available in the snack shop. It may also be nice to have breakfast for lunch on the menu occasionally.

## Interview with Josh C.

**Q.** What do you like about the Culinary Unit?

**A.** There is a sense of trust and it makes time go by fast. As I get more involved, I can learn how to make new recipes and gain self confidence in the kitchen

**Q.** What would you like to learn?

**A.** I would like to learn more complicated recipes. I have already learned how to properly chop and prep vegetables, so I want to feel confident in preparing meals that require multiple steps.

**Q.** Would you be interested in being chef of the day?

**A.** Yes, because I have a support system at Clubhouse that can help with the process and help me feel confident.

**Q.** What would make working in the Culinary Unit easier for you?

**A.** It would be easier to know where things in the kitchen go. It would be helpful having everything in the kitchen have a place and everything in its place.

## Interview with Amy

**Q.** What do you like about the Culinary Unit?

**A.** I like working side-by-side with the members, as it helps me get to know them on a more personal level. I can see the members growing more confident in their skills, talents, and abilities when they help prepare meals and other culinary needs.

**Q.** Would you ever try to make a recipe we have made here at home?

**A.** I have bought leftovers from lunches to take home. I would like to try to make the Hawaiian Chicken Sheet Pan at home, but I would like to try to make changes to fit my family's dietary needs.

**Q.** What suggestions do you have to make the Culinary Unit better?

**A.** I have received a lot of feedback from members about how to make the culinary unit more efficient and accessible. In the next couple of weeks, we are planning to inventory what we have and reorganize the kitchen. We then are going to have colleague trainings to familiarize everyone with the new layout of the kitchen.

# Healthy Heart & Smart Shopping

SMART SHOPPING ON A BUDGET MEANS KNOWING WHAT TO BUY AND WHEN.

**SHOP SMART AND SAVE**

American Heart Association®  
life is why™

## PLAN AHEAD

<b>1</b>	<b>PLAN MEALS EACH WEEK</b> Keep recipes, grocery lists, receipts and coupons in one place for easy planning.		<b>4</b>	<b>SAVE RECEIPTS</b> Each week, compare what you spent to what you budgeted. Adjust your meal planning and budgeting, if needed.	
<b>2</b>	<b>MAKE A SHOPPING LIST</b> Be specific. Note quantity needed and which coupons you have.		<b>5</b>	<b>COLLECT COUPONS</b> Also sign up for rewards cards and e-mail/online coupons if your store has them.	
<b>3</b>	<b>KNOW WHAT YOU HAVE</b> Inventory your pantry and fridge each week.				

## AT THE STORE

<b>1</b>	<b>COMPARE PRICES</b> Store-brand products may be more affordable.		<b>4</b>	<b>SAVE WITH SEASONAL PRODUCE</b> Fruits and vegetables will stay fresh about a week. Canned or frozen will last longer, may be less expensive and can be just as healthy.	
<b>2</b>	<b>USE COUPONS</b> But compare prices. A coupon isn't always the best deal.		<b>5</b>	<b>DON'T CHECK OUT AT CHECKOUT</b> Pay attention at the register to make sure you get discounts and savings.	
<b>3</b>	<b>BUY IN BULK</b> It may save money. Just be sure you have room in your pantry/freezer.				

Simple Cooking with Heart

FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES: [HEART.ORG/SIMPLECOOKING](http://HEART.ORG/SIMPLECOOKING) ©2014 American Heart Association. 4/3DS7893

## Heart-Healthy Foods: Shopping List

When it comes to your heart, what you eat matters. Follow these tips for heart-healthy eating:

- **Eat less saturated fat.** Cut back on fatty meats and high-fat dairy products. Limit foods like pizza, burgers, and creamy sauces or gravy.
- **Cut down on sodium (salt).** Read the Nutrition Facts label and choose foods that are lower in sodium. Look for foods labeled “low sodium” or “no salt added” — like some canned soups, canned vegetables, packaged meals, and snack foods.
- **Get more fiber.** Eat vegetables, fruits, beans, and whole grains to add fiber to your diet.

## Exercise for a Healthy Heart

Your **heart** is a muscle, and it gets stronger and healthier if you lead an active life. It's never too late to start exercising, and you don't have to be an athlete. Even taking a brisk walk for 30 minutes a day can make a big difference. Once you get going, you'll find it pays off. People who don't **exercise** are almost twice as likely to get heart disease as people who are active.

Regular exercise can help you:

- Burn calories
- Lower your **blood pressure**
- Reduce **LDL "bad" cholesterol**
- Boost your **HDL "good" cholesterol**

# Fun in the Clubhouse

## Staff Led Extended Hours

Wednesday Feb. 1st  
Movie & Snacks 4-6p  
With Amy



Wednesday Feb. 15th  
Valentines Bingo 4-6p  
With Jennifer



## Member Led Extended Hours

Saturday Feb. 11th  
Sunset Family Restaurant  
11a-1p



Friday Feb. 24th  
Sobelman's Fish Fry  
3-5p



## Spirit Days

Thursday Feb. 2nd  
80's Day



Tuesday Feb. 21st  
Mardi Gras



## Meditation With Larry

Join us for a time of  
relaxation and  
mindfulness

Tuesday February 21st  
at 2p



# JOIN US FOR FUN AND FREE FOOD IN CELEBRATION OF SHARON'S 10 YEAR ANNIVERSARY!



## Tuesday, February 21st 10a-2p

# Important Information for our Colleagues

## Upcoming February Events

### **49th Winter Wisconsin Antiques Dealers Association Show & Sale**

Fri, Feb 3, 10 am – Sat, Feb 4, 5 pm  
Waukesha County Expo Grounds

### **Chocolate 101**

Tues. Feb.7 10:30-11:30 am Waukesha Public Library

### **4th Annual Sweets and Treats Fest**

Sat, Feb 11, 11am – 3pm  
Waukesha County Expo Grounds

### **Genealogy 101**

Wed. Feb. 15- 6:30-7:30 pm Waukesha Public Library

## Director's Corner

As the second month of 2023 roars in, it appears I am in a rush to eat healthier, get back in shape and sleep better. All of these “things”, I did not have time in January to do. So, it is time to make time for myself.

I know I am busy, we all are. But, if I am important enough to myself, I will remember and act on what nourishes me and lifts me up to succeed in my everyday life.

If I don't, I already know how I will feel and how it will affect everything I do and say. I just have to remember that I am as important as the people I give my best to everyday. You are worthy, I am worthy. Let's remember this as we move through the New Year.

How we care for and love ourselves, allows us to better care and show love for others.

~Sharon

## ZOOM INFO

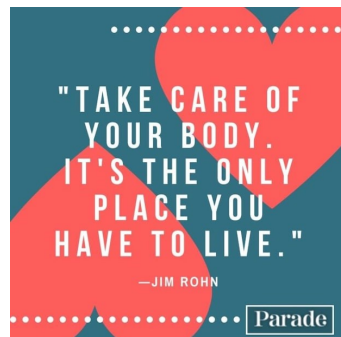
For ALL Zoom Meetings

Meeting ID: 832 2446 4930  
Password: 527197

Morning & Afternoon Task Board  
M-F 9 am & 1 pm

House Meeting  
Tuesdays 10 am

Call for lunch by  
10:15 am. Check out  
our Facebook page or  
call the Clubhouse for  
our Menu



## Quarterly Employment Support Dinner



*Thursday February 9th at 4p*

*Join us for dinner and support with work or  
volunteering*

*We will have Chili & Cornbread*

# The Break Room

## Words of Wisdom

For every minute you are angry you lose sixty seconds of happiness. ~Ralph Waldo Emerson

Asking for help is a sign of strength. Don't let your fear of being judged stop you from asking for help when you need it. Sometimes asking for help is the bravest move you can make. You don't have to go it alone. ~Author Unknown

Do not take life too seriously. You will never get out of it alive. ~Elbert Hubbard

## Fun Facts

Over time, the length of February kept changing. At one point, it had as little as 23 days.

February is the only month where it's possible to go the entire time without having a full moon.

February, March, and November always start on the same day of the week unless it is a leap year.

Originally, February was made the last month of the calendar year. Eventually (c. 450 BC), February was moved to its place as the second month.



## FRUIT & VEGETABLES

TEAM NAME \_\_\_\_\_



Instant Quizzes Ltd

Answers: 1. Collard Greens; 2. Brussel Sprouts; 3. Carrots; 4. Dates; 5. Leeks; 6. Fig; 7. Kiwi; 8. Jackfruit; 9. Artichokes; 10. Pomegranate; 11. Iceberg Lettuce; 12. Herb; 13. Asparagus; 14. Blackberry; 15. Cherry; 16. Peach; 17. Potato; 18. Lime; 19. Radish; 20. Apricot



- |                   |                     |
|-------------------|---------------------|
| 1-Feb. Caleb G.   | 17-Feb. Shelia H.   |
| 1-Feb. Andrew H.  | 20-Feb. Karen K.    |
| 2-Feb. Paula D.   | 20-Feb. Ashley P.   |
| 3-Feb. Kathy B.   | 21-Feb. Lee K.      |
| 4-Feb. Erika C.   | 21-Feb. Matt M.     |
| 10-Feb. John S.   | 22-Feb. William J.  |
| 11-Feb. Lukas o.  | 22-Feb. Margaret V. |
| 12-Feb. Laura M.  | 23-Feb. Chad H.     |
| 12- Feb Doug R.   | 24-Feb. Jennifer V. |
| 13-Feb. Chris R.  | 25-Feb. John C.     |
| 14-Feb. Kathy S.  | 25-Feb. Renee W.    |
| 15-Feb. Jerry D.  | 26-Feb. Erika A.    |
| 15-Feb. Gordon R. | 26-Feb. Cheryl K.   |
| 16-Feb. Edie B.   | 26-Feb. Randy S.    |

- |                   |                  |
|-------------------|------------------|
| 23yrs. Karen K.   | 13yrs. Tim C.    |
| 23yrs. Ray K.     | 11yrs. Chad H.   |
| 23yrs. William J. | 11yrs. Caleb G.  |
| 22yrs. Kathy G.   | 11yrs. Robert G. |
| 20yrs. John C.    | 10yrs. Keith K.  |
| 19yrs. Terry K.   | 9yrs. Vicky P.   |
| 18yrs. Kathy S.   | 8yrs. Sheila H.  |
| 16yrs. Rose H.    | 7yrs. Stephen F. |
| 15yrs. Cindy R.   | 6yrs. Tatyana R. |
| 14yrs. Jeff M.    | 2yrs. Ellen G.   |
| 14yrs. Sharon S.  |                  |

*Thank you*  
**FOR YOUR SUPPORT**

- Margaret Kasimatis—For being on our Advisory Board
- Larry Hopwood—For being on our Advisory Board
- Miranda Spindt—For being on our Advisory Board
- Robert Zilli—For being on our Advisory Board
- JoJo Zeilhofer— For being on our Advisory Board and for food & flower donations
- Pat Nekola— For Catering our Extended Hours

**Spring City's Wish List**

- Gift Cards for Extended Social Hours
- Restaurant Gift Certificates/Cards
- Advisory Board Members with Business Contacts
- Miscellaneous Office Supplies
- New Vacuum Cleaner

If you or someone you know would like to receive our newsletter, please email us at [springcityclubhouse@lsswis.org](mailto:springcityclubhouse@lsswis.org) or give us a call at 262-549-6460



**What is Clubhouse?**

*Spring City Corner Clubhouse is an environment that empowers individuals, socially and vocationally, affected by mental illness, to achieve and retain the confidence and skills necessary to lead vocationally productive and socially satisfying lives.*



Fundamental Rights of Membership

- A guaranteed right to a place to come.
- A guaranteed right to meaningful relationships.
- A guaranteed right to meaningful work.
- A guaranteed right to a place to return.

**HOUSE MEETINGS**

House Meetings are **Tuesdays** at 10am

During our House Meetings, we discuss Clubhouse topics, make decisions on Clubhouse goals, and implement action steps.

Your ideas and opinions matter! We need your voices at these important meetings in order to move our Clubhouse forward.

Spring City Corner Clubhouse  
247 Wisconsin Avenue  
Waukesha, WI 53186  
Monday - Friday 8:00-4:00 pm  
Phone: 262-549-6460  
[www.lsswis.org](http://www.lsswis.org)

A community based service of Lutheran Social Services, and Waukesha County Health and Human Services.

