



Neponset River News

A Publication of Neponset River House
A Service of Riverside Community Care

Spring 2009 Volume 1, Issue 3

Join Team Riverside for NAMI WALK 2009!

By Annie H.

On May 31st, Riverside will be walking in its 6th annual NAMI WALK and we want you to join us! The walk is three miles long and takes place at Artesani Park in Brighton. Registration is at 9:00 AM and the walk begins at 11:00.

This is a chance for friends, colleagues, family, members, and staff from Riverside Community Care to show their support for the National Alliance for the Mentally of Massachusetts and for each other! The NAMI WALK is a pledge walk - all the money you raise by getting sponsors, will be distributed to the NAMI MASS affiliate of your choice.

As always, we will have fabulous team t-shirts and are looking for design ideas and colors! This is a great opportunity to give back and be a part of a fun and rewarding event, so join us today!

If you would like to walk with **Team Riverside**, please contact Annie Hall at ahall@riversidecc.org.

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Representative Rogers' Visit to Neponset River House

By: Carmen B. & Tom B.

For the past several months, Neponset River House has been advocating to restore the million dollars cut from clubhouses statewide. On December 9th, 2008, twenty-five members and staff traveled to the State House to speak with our legislators; we met with aides from Senator Timilty and Representative McMurtry's offices. The next day, Representative John Rogers, who represents Norwood & Walpole, came to NRH!

"The visit meant a lot" Program Director Dannielle Ford-Allen said. "He's no stranger to our program; we remember his campaign slogan when he first ran for Representative, 'Every voice counts!' and he took the time and listened to every single member and staff. We have adopted that slogan for our fight now."

We explained to Rogers that NRH is an important place for us because here we can make friends and learn how to maintain stable lives. We told him how important it is that NRH remain open and located in Norwood. Representative Rogers was very supportive of our concerns and answered all of our questions. Though we were unable to restore the initial cuts, we are hopeful that the strong support from our legislators will help us avoid further cuts in the future.

Updates

To Date:

- 27K eliminated from NRH Budget, part of 1 Million from Clubhouses across Massachusetts.
- 100 DMH Case Managers eliminated, no future consumers of residential services will be given case management as a result of new residential contracts CBFS (Community Based Flexible Services)
- Elimination of CAUSE (Consumer Alliance United for Supported Education) supports
- Elimination of SEE (Supported Employment and Education Programs) in area.

On the Horizon:

- Contracts (RFR's) will be sought spring 09-timelines are fuzzy and change daily.

Rumors:

- 10 Clubhouses will be eliminated and/or only one Clubhouse per DMH site and/or DMH area will receive contracts.
- Clubhouses will be mandated to serve DMH eligible consumers only.
- Clubhouse RFR's may not be written in a way that actually maintain the integrity of the Clubhouse model and may not actually be called Clubhouses, but Community Day Programs.

The State has spent millions of dollars over the past 20 years building these communities as safety nets. While some argue that some Clubhouses may not be of equal quality-we argue that inadequate funding of 'these' Clubhouses (no new base funding in 17 years and the State's and/or agencies lack of incentive to maintain the ICCD Standards) has been the compromise of these programs. Most Clubhouses maintain the Clubhouse philosophy and training needed even if they have to do their own fundraising for trainings and conferences. Supportive agencies recognize the importance of Clubhouses and work with their Clubhouses to maintain the integrity of the program.

Clubhouses save the state monies in supporting consumers in the community regardless of their current status of DMH eligibility. We assist in keeping the referrals down to DMH and other state programs. DMH eligibility is based not solely on meeting clinical requirements, but the immediate needs the individual needs. We save the state money by minimizing hospitalizations and assisting people go back to employment which in return helps create revenue.

The NOW:

State Level

- Attend Clubhouse Legislative Day and Budget Hearings at the State House on March 20, 2009.
Save the Date: More information to follow

Local Level

- Join the Neponset River House Open Advisory Board and help build, structure, and incorporate the Friends of Neponset River House.

As part of this Advisory Board, help us with our immediate needs:

- The purchase of a 4 passenger/4 cylinder car, to make getting members to and from program and/or work more affordable.
- Employment opportunities for members help us network and introduce us to potential employers. Attend Neponset Valley Chamber of Commerce events with us or on behalf of us.
- Brainstorm and work on Community Awareness events we can host or be a part of. Help us get our name and mission out there.
- Volunteer your time to help us with: Advocacy needs of members. Food stamp applications, housing searches, social security forms, registry of motor vehicles to obtain ID's, employment and education forms, and our immediate need of assisting members File TAXES!!
- Recruiting people to the Advisory Board, bring potential people by for lunch and attend luncheons the Clubhouse has set up. Do you know a local Representative or Senator personally? And can you invite them to the Clubhouse with you.

A Night to Remember: Neponset River House's Annual Employment Celebration

By: Kathy I. & Annie H.

*"The first duty of a human being is to assume the right relationship to society
-- more briefly, to find your real job, and do it"
-Charlotte Perkins Gilman (1860-1935)*

Every year, Neponset River House sets aside an evening in February to celebrate the accomplishments of our members in employment. Tuesday, February 24th, Neponset River House held its annual Employment Celebration. We honored sixty members who have worked in Transitional, Supported, Independent and Seasonal Employment in 2008.

The evening began at 5:00 pm with around sixty-five members, their family and friends, arriving to celebrate. A buffet of stuffed mushrooms, tantalizing sweet & sour meatballs, our deluxe chicken wings and platters of vegetables and cheese and crackers was served and quickly devoured.

The awards began at 5:45 pm with George D. as MC. Ann A, who presented the Transitional Employment and Seasonal Transitional Employment Awards, put on a Hollywood show dressed in 80's attire. She prepared a rap about her experience as a bell ringer for the Salvation Army this winter which was a huge hit! Afterwards she presented the awards and finished with an acoustic rendering of *What's Going On*. She finished to a standing ovation.

Afterwards Wayne H. presented the awards to the members in Supported Employment and Joanna M. presented the awards to those in Independent Employment. Both presenters offered inspirational quotes about employment in their openings. Maureen R. was also honored for her volunteer work at the Medfield Library.

The celebration was a wonderful opportunity to honor the members for their work in the community and the clubhouse did a wonderful job! It was also a time to remember and thank all of the members who do not work in competitive employment but run the clubhouse everyday, ensuring that those who do work have a place to come back to.

Oh, and of course there was cake!

*"Without my Clubhouse, Neponset River House in Norwood, I would still be rotating in and out of state hospitals. I have friends now, a warm place to go and a healthy meal every day."
-Carmen, long-time member*



Neponset River House Calendar Raffle

This year, during the month of June, Neponset River House will be holding a calendar raffle! The money we raise with the raffle will be used to subsidize our annual cape trip! We are planning to return to Buzzards Bay for a second year, hopefully the last full week in June. Last year we sent 22 members to the Cape and this year we hope to accommodate around the same number.

Raffle tickets will be on sale beginning in April and each day during the month of June we will be picking a winner! Items will include a voucher to F1 Racing, an overnight stay at the Fox Run Bed & Breakfast and many other exciting prizes donated by businesses in the community. Good Luck!

FOR YOUR FRIDGE: SAVE THE DATE

Riverside Annual Appreciation Night

March 23rd, 2009

7:00 PM-8:30 PM

At the Newton Marriot, Newton, MA

Congratulations to James Harty & Ray Prince for being honored with Riverside Appreciation Awards!

Dual Recovery Anonymous Meeting Every Thursday 2:45 PM to 3:30 PM.

South Norfolk Alliance for the Mentally Ill

The Alliance for the Mentally Ill will hold its monthly meetings March 5th, 2009, April 2nd, 2009, and May 7th, 2009 at 7:00 pm in the cafeteria of Lorusso building at Caritas Norwood Hospital. Mental illness is a label for a variety of diseases of the brain. Often it strikes in late adolescence, devastating the afflicted person and the family. The Alliance is composed of such families who find mutual support and join together to advocate for their loved ones. This month as part of an ongoing project to educate the public about mental illness, the Alliance and sharing and caring. The Alliance welcomes families in the South Norfolk area who are dealing with mental illness and their loved ones.

For further information call (508) 668-2941.

Massachusetts Clubhouse Coalition Employment Conference

March 22nd-25th, 2009

Washington, DC

Advisory Board Meeting

April 14th, 2009

6:00PM-7:00PM

Meet and greet with light fare at 5:15PM.

Massachusetts Clubhouse Coalition Employment Celebration

April 29th, 2009

11:00AM-1:00PM

In The Great Hall

At The State House, Boston MA

Affordable Consumer Transportation, Inc. (617) 308-7014

ACT provides transportation to consumer to various day treatment programs, appointments and clubhouse events. We currently have openings for NRH transportation. If interested please call the number above.

NAMI Walk Boston 2009

May 31st, 2009

Artesani Park, Brighton, MA

Distance: 3 Miles

Check In: 9:00 AM

Walk Start: 11:00 AM

Contact Annie Hall at ahall@riversidecc.org to join Team Riverside.

Parents Support Meetings

2nd & 4th Tuesday of each month

7:00 pm to 8:30 pm

Riverside Community Care

190 Lenox Street, Norwood

(across from train depot)

Leaders: Jill Homer & Kerry Roberts

Case Management (781) 401-9712

Neponset River House, a service of Riverside Community Care, is a clubhouse based on the Fountain House Model. As a clubhouse, we offer our members four guaranteed rights.

1. The right to a place to belong.
2. The right to meaningful work.
3. The right to meaningful relationships.
4. The right to a place to return.

The purpose of our club is to help us to learn to better cope with our mental illness and gain a sense of accomplishment and empowerment through learning valuable vocational and social skills. Members and staff work side by side as equals to create an atmosphere of mutual respect and dignity. Our Transitional Employment Program is unique in that it offers direct help for members at various job placements to get them started. The Supported Employment Program offers members employment help by giving them a balance of support and independence. We hope that by publishing our newsletter we can help educate the community about mental illnesses and reduce the stigma and fear attached to them.

EMPLOYMENT CORNER

Salvation Army 2008 Kettle Drive

Every year starting in October, Neponset River House is bustling preparing for with the Salvation Army Kettle Drive. Members and staff work together to fill out applications for Bell Ringers and then in November and December, work 40 hours a week at three different sites! Many individuals work nights and weekends as well, to support the Salvation Army.

This year, Neponset River House worked to raise over \$20,000! Even with the troubled economy, people gave. In fact, we raised more money in 2008 than we did in 2007!

Over twenty individuals worked ringing bells, scheduling, counting money and providing transportation!

Wayne H.	Alton C.	Lea S.
Michael M.	Sandra C.	Kathy I.
Jim G.	Peter D.	George D.
Lynn M.	Elaine R.	Benz A.
Charles S.	Mary F.	Mario D.
Bill Mc.	Chris F.	Matt P.
Laura V.	Ann A.	Diana D.
Jerry O.	Rich S.	

Thank You to everyone who made our participation possible!

"My Clubhouse, NRH, helped me to go to college and explore my potential through many employment opportunities. I wouldn't have had the courage, if the Clubhouse didn't give me the hope."

-Jules, long-time member

Neponset River House Call for Help!

We need Transitional Employment Placements! Due to the economy, TE opportunities are becoming more difficult to locate. Neponset River House looks for part-time, temporary, entry level positions that pay the prevailing wage rate. NRH will screen and train candidates and guarantees 100% job coverage to the employer. No job is too small!

Some jobs that would be of interest to us include:

Food Preparation	Greeter
Hosting	Fitting Room Attendant
Dishwashers	Custodial/Maintenance
Stocking	Data Entry
Reception	Mail Room Positions
Customer Assistance Desk	

If you, or someone you know, have any employment leads please refer them to the Employment Coordinator, Raymond Prince, at (781) 762-7075. Thank You!

Join Neponset River House in Congratulating

Jeremy Scott from ServiceMaster

Jeremy will be honored on March 24th on Capitol Hill in Washington for the role he and ServiceMaster has played in encouraging others to follow their lead in hiring individuals with mental illness.

The celebration is an opportunity to recognize our employers who took the time to write reference letters to educate companies across the country about the benefits of hiring clubhouse members. This event is sponsored by the Massachusetts Clubhouse Coalition, the MCC, which helps its member clubhouses expand rehabilitative opportunities in all areas of clubhouse while promoting the leadership of individuals with disabilities.

The Second National Employment Celebration builds on the success of the first event when over 300 people from 63 clubhouses gathered in our Nation's Capital in 2007. The celebration will include two days of plenaries and workshops focusing on the theme, "Clubhouses at the Forefront of Change". Topics will include: Recovery, Employment, Work Ordered Day, Housing, Education, Advocacy, Engaging Young Adults, Wellness, Clubhouse Administration and Fundraising.

Neponset River House applauds Jeremy Scott and ServiceMaster for providing employment opportunities to our members for over 10 years, and for his leadership in helping dispel the stigma of mental illness.

Riverside Day Treatment of Norwood

Neponset River House has chosen Riverside Day Treatment of Norwood as the Employer of the Year. Every year NRH as part of the Massachusetts Clubhouse Coalition (MCC) chooses an employer to be recognized at the MCC Annual State House Employer Event.

Carol DuBois has accepted being our honored recipient this year on behalf of her program. During the ceremony at the State House, Riverside will be presented a plaque by one or more of our local Representatives/Senators.

The MCC Employment Celebration is April 29, 2009 at 11AM in the Great Hall of Flags at the State House. We will send out invitations and additional information shortly.

Spotlight On: Kevin M.

When did you find NRH? What were you doing when you found the clubhouse?

I found Neponset River House in 2003. I was referred here by a physician of mine. I was doing piece work at a hospital at the time.

What role has the clubhouse played in your recovery (how has the clubhouse helped you)?

I worked in two Transitional Employment Placements through Neponset River House— Amerisport (2005-2006) and TJ Maxx in 2006. The TE's definitely helped me get used to working again and Ray is always very helpful with any employment questions. The social program is a good chance to socialize and get out into the community. NRH definitely helped to assimilate into the community.

Where do you work? How long have you worked there?

I currently work at the Community Newspaper Company in Needham. I started there in March of 2007 and was doing general copy editing. I was soon assigned to the community calendar for the Needham Times, the Newton Tab, Parkway Gazette.

What do you think your greatest accomplishment has been?

I think my greatest accomplishment has been working independently and I've just recently started publishing the newspaper calendars on the web.

Future plans/goals?

I plan to go back to school in September for my Bachelors degree in English with a minor in Communications. After I finish school I might go to work full-time either in newspapers, radio or other media.

THANK YOU'S

We Had a Feast: Another Successful Holiday Season at Neponset River House

By Kerri K., Sandra C., & Annie H.

In the clubhouse tradition, holidays are celebrated on the actual holiday. This is nice for members who do not have family or for members who choose not to be with their families, since sometimes this causes more stress. To put on a successful holiday, Neponset River House has been fortunate enough to rely on the generosity of others to make the holidays successful for our community. This year was no exception!

Thanksgiving Day at NRH is always exciting, and thanks to all the generous donations we received from family, friends and the community, we had a FEAST!! We started off the morning watching the Macy's Day Parade and munching on some hors d'oeuvres. Then the real food began. We had all the fixings. Turkey, stuffing, mashed potatoes, squash, rolls from Brother's Bakery and my personal favorite, green bean casserole. Dessert consisted of apple, pumpkin and pecan pies— so many that we froze the extras and had them in the weeks after!

We would like to give a really big thanks to the Holstein family who volunteered their time to help make this Thanksgiving stress free! Mr. & Mrs. Holstein, their two children, and their niece and nephew took time during their holiday to come celebrate with us. They helped prepare for the meal and served dinner for us so that we could relax and enjoy.

Christmas Day, which was held in the evening for the second year in a row, was very special. Everyone had so much fun and the thoughtful donations we received were gratefully appreciated and helped to make our Christmas dinner memorable. We had between forty and fifty people turn out for a meal of ham, turkey, scalloped potatoes, and pot luck desserts. We had a wonderful family, The Schwartz's were here to help! Several members provided festive music for everyone's entertainment!

In a time when the economy is on a downturn and funding is tight, it is thanks to friends like you that we are able to continue celebrating the holidays with the same flair as in more abundant times. Thank You!



Neponset River House Gives Thanks To All Who Donated Throughout 2008

Neponset River House is immensely grateful to everyone who contributed to the clubhouse during 2008! We received tremendous support from many individuals and organizations, too many to name them all. However we would like everyone to know that their donations and time made possible many club activities and socials!

These include the traditional Thanksgiving and Christmas Dinners and our Annual Cape Trip. Last year we held numerous fundraisers to which friends, relatives and community members donated. The proceeds helped to subsidize a week long trip to Buzzards Bay for over twenty members plus many other socials! Not to mention the countless donations for food, clothing and other items that we have received!

Thank You again for all of your support!

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Help Support Our Clubhouse

NRH is a program of *Riverside Community Care*, a non-profit organization that helps build healthy communities. NRH is a rehabilitative community offering opportunities and support in employment, education and housing. We emphasize work, participation and choice. NRH provides a range of services to ensure member success in the work place. Individuals receive assistance in job preparation, placement, benefit management and career advancement.

Due to limited funding, both monetary and material donations are graciously accepted. If you are interested in giving to our community please contact Dannielle Ford-Allen, 781-762-7075.

Please enclose this form and monetary donations to the following address:
Neponset River House, 595 Pleasant St., Norwood, MA 02062

Name:

Amount:

Address:

Thank you for your support!

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