

# Neponset River News

## Genesis Clubhouse Visits NRH

By: Kerri

On October 27, 2011, the Stepping Stone Clubhouse, based out of Australia, and Kilde House Clubhouse, based out of Denmark, visited the Neponset River House during a Clubhouse training through the Genesis Clubhouse. Alicia, of Stepping Stone Clubhouse, and Mathias, of Kilde House Clubhouse, gave us a background on each of their Clubhouses.

Alicia is a rehabilitation worker at Stepping Stone, which consists of 4 units: the Hospitality Unit, the Clerical Unit, the Housing Unit, and the Employment/Education Unit. The Hospitality unit deals with lunches and finances. The Clerical Unit handles the general administration of the Clubhouse. The Employment/ Education Unit help members find and deal with current employment and education issues. At Stepping Stone, social recreation is offered Wednesdays, Saturdays, and Sundays. The chance to exercise is offered on Thursdays. Alicia explained in an interview that she really enjoyed seeing how each Clubhouse she visited works. She said our Clubhouse had a bigger member base coming in on a daily basis and that it was very different from where she works. Alicia commented that we have a great Clubhouse and that she enjoyed working with everyone. All of the members and staff made her feel very welcomed.

Mathias works at the Kilde House Clubhouse, which also consists of multiple units– Office Unit, Kitchen Unit and the Maintenance Unit. The Office Unit is in charge of the newsletters, census and computer work, while the Kitchen Unit prepare meals and is responsible for washing the dishes. The Maintenance Unit handles gardening and landscaping at the Kilde House Clubhouse. Mathias explained his experience at our Clubhouse as being very different from the one he works at in Denmark. "At Kilde House, members are responsible for more tasks and are always working." He was also very impressed by the gym that our clubhouse had to offer. Mathias enjoyed learning about our Clubhouse and had an overall great experience.

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### The Rotating Closet By: Sara J.

Is your closet full of clothes you don't wear? **DONATE THEM!!!** This can come in handy especially for people who are experiencing rapid weight loss as a result of surgery. We all know how expensive one shopping trip can be, imagine having to buy new clothes every few weeks. Once the clothes are donated, anyone can request sizes they need. Once you pay for shipping, you will receive your clothes!!! Once you outgrow your size, you can send your previous shipments back and request your new sizes!

**For more information log into [www.facebook.com](http://www.facebook.com) and add the group on "The Rotating Closet" or email Sara at [sjac117@gmail.com](mailto:sjac117@gmail.com)**



## **My Trip to Salem, M.A**

### **By: Patti**

It was fine weather for our trip to Salem, M.A. Ray, Suprena, Rob, Vinnie, Tony and I began our journey at 1 p.m. on Saturday October 22, 2011. Upon arrival, we could sense the excitement in the air. We made a brief stop at Dunkin Donuts and then some of us went our separate ways.

I walked through the crowded cobble stone streets and was very excited. My first stop was at a “Mystical Shop.” They had everything from tarot cards to gem stones, gargoyles and jewelry. There was a long line of people ahead of me who were all waiting to participate in a séance. I decided to pass on that and instead I purchased a pair of crystal earrings.

I went window shopping for a “spell”, and then I went to Dunkin Donuts to buy a pumpkin coffee and muffin. Somehow they seemed to taste better while watching the endless parade of costumes marching by. A group of friends asked me to take a picture of them with a digital camera and it came out great. After browsing a little longer, it was time to meet the rest of the group to get ready for the ride back to the club. All and all it was a good day and I look forward to the trip next year.

## **The Plant Man**

### **By: Jean B.**

When a person enters Neponset River House, they are greeted by the beautiful view of many different flowers and plants. Neponset River House has their own “Plant Man”, Stan W. Stan comes to the Clubhouse 2-3 times a week and while here he waters, fertilizes, and gently repots all of our plants. As everyone knows plants give off oxygen and take in our carbon dioxide, which helps clean the air. Our plants beautify and help lift our spirits, especially in the winter. It's so nice to look around the club when there is snow on the ground and see our green plants. It means spring is just around the corner! Thanks Stan for all of your hard work!

## 8 Healthy Foods for under 2\$

By: Kerri

### 1. Brown Rice:

**Great for-** Side dishes, rice salads, fried rice, casseroles, soups, and stews.

**One serving-** 1/4 cup dry rice

**Price per serving-** 18 cents. A 1-pound bag costs about \$1.75 and contains 10 servings.

**Nutrition info per serving-** 170 calories, 2 grams of fiber, and 4 grams of protein.

### 2. Whole-Wheat or Multigrain Pasta:

**Great for-** Hot and cold pasta dishes.

**One serving-** 2 ounces of dried pasta

**Price per serving-** About 24 cents. You can get a 13- to 16-ounce box or bag of store-brand dried pasta for about \$1.69.

**Nutrition info per serving-** About 200 calories, 7 grams of protein, and 6 grams of fiber.

### 3. 100% Whole-Wheat Bread:

**Great for-** Hot and cold sandwiches, bread stuffing, bread pudding, and toast

**One Serving-** 2 slices.

**Price per serving-** About 18 cents. You can get a 22-ounce loaf of store-brand whole-wheat bread for about \$1.99 (on sale). Each loaf has about 22 slices, or 11 servings of 2 slices each.

**Nutrition info per serving (2 slices)-** About 120 calories, 6 grams protein, and 3 grams fiber.

### 4. Nonfat Greek Yogurt:

**Great for-** A quick snack, parfaits made with fruit and granola, and smoothies.

**One serving-** 6-8 oz

**Price per serving-** Individual servings (6- to 8-ounce containers) cost about 89 cents each, and sometimes less when found on sale.

**Nutrition information per serving** (for a 6-ounce serving of honey vanilla): 150 calories, 0 grams of fiber, and 14 grams of protein.

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## **Christmas Wishes**

Once again, Neponset River House will be providing a free traditional Thanksgiving dinner on Thanksgiving Day! Dinner is open to all NRH Members, Family and Friends. Below is our wish list to make this holiday a great success. Please Donate!

4 turkeys  
20lbs of potatoes  
Vegetables  
Rolls  
Homemade or store bought pies or cakes  
Canned goods (cranberry sauce, gravy)  
Bags of nuts in or out of shells

**\*Please contact Joe Higgins or drop off at  
Neponset River House  
595 Pleasant Street  
Norwood, MA 02062**



Please help out by donating your time and resources to make our Holidays successful.  
Thank you!





## **5. Old-Fashioned Oats:**

**Great for-** Hot or cold cereal, granola, crumb toppings for desserts, and muffins.

**One serving-** 1/2 cup dry oats.

**Price per serving-** 13 cents. A 42-ounce container of store brand oats costs around \$3.99 and each container contains about 30 servings, based on a serving of 1/2-cup of dry oats.

**Nutrition info per serving-** 150 calories, 4 grams of fiber, and 5 grams of protein.

## **6. Frozen Vegetables:**

**Great for-** Side dishes, casseroles, and stews.

**One serving-** 1 cup

**Price per serving-** Around 25 cents. Frozen vegetables come in 12-ounce to 24-ounce bags that cost anywhere from \$1.75 to \$2.25 and contain 6-8 cups, depending on the vegetable and the size of the bag. At one national store, you can buy a bag of frozen organic green beans for \$1.79. A bag of petite peas will cost you \$1.19, and a 10-ounce box of frozen chopped spinach costs \$1.19.

**Nutrition info per serving-** A 1-cup serving of frozen mixed vegetables (classic mix) has 82 calories, 6 grams of fiber, 4 grams of protein, 115% of the Daily Value for vitamin A, 8% of the Daily Value for vitamin C, and 7% of the Daily Value for potassium.

## **7. Russet Potato:**

**Great for-** Baked potatoes, breakfast potatoes, salads, casseroles, and stews.

**One Serving-** 1 medium or large baked potato.

**Price per serving-** About 33 cents per potato. You can buy a 5-pound bag of Russet potatoes for about \$3.99, and a bag contains 11-13 potatoes.

**Nutrition info per serving-**(one medium-size potato): 168 calories, 3 grams of fiber, 5 grams of protein, 20% of the Daily Value for vitamin C, 10% Daily Value for iron, and 25% Daily Value for potassium.

## **8. Fresh Bagged Spinach:**

**Great for-** Quick salads, egg dishes, casseroles, soups, and stews.

**One Serving-** If you use it for a main-dish salad, about 4 cups makes a serving. If you sauté it and add to an omelet, or use it for a side salad, about 2 cups is a serving.

## How to Look for Healthy Frozen Foods in Grocery Stores By: Kerri

Although frozen foods can be a convenient option, they are often high in calories, fat and sodium. Here are 4 things to look for when purchasing frozen foods that will not compromise the taste, but will make for a healthier meal.

- Read the labels, make sure it is less than 400 calories. A person should consume between 1200-1600 calories per day, so about 400 calories per meal.
- Look for items with less than 800 mg. of salt. A person should consume no more than 2300 mg of salt per day.
- Look for items with less than 15 grams of fat. Look for labels that say low salt, low fat, or light.
- Purchase fruits and vegetables fresh as opposed to frozen.

## The Benefits of Exercise

By: Brianne

### Benefits of Exercise!

The advantages of daily physical activity are endless. It can be as simple as going for a 10 minute walk or visiting the gym.

#### Why YOU should exercise:

- Increases chances of living longer
- Controls weight
- Improves mental health and mood
- Prevents/delays diseases
- Strengthens bones, muscles, and joints
- Improves balance

Start small. Set a goal for yourself for each day. Replace habits such as taking the elevator and watching TV after meals, and **be active!**

#### Here are some other ideas:

- Park further away from entrances
- Visit museums, zoos, and aquariums to walk around
- Get off the bus one stop early if the area is safe
- Dance
- Ride a bike
- Garden
- House/yard work
- Morning walks

#### Other important things to remember before you exercise:

-Stretch!

-Have something in your stomach. (A small snack with protein or fruit)

## **The Harvard Massacre**

By: Wayne H.

I went to the Harvard game on Saturday October 15, 2011 with Mario, Gasner, Tony, Missie, Hamza, Vinnie, Paul, Joe and Ray. Harvard did an amazing job, they scored 42 points! They held Buckner to one field goal. I noticed one of the quarterbacks was way better than the others. Also, the Harvard cheerleaders did push-ups every time Harvard scored a touch down and the Harvard band played music during half-time.



After the game, we grabbed a bite to eat at McDonalds and I bought a six piece nuggets with sweet and sour sauce.

I thought it was a good and easy game for Harvard University, hopefully Harvard will continue to do well!

## **Employment Dinner**

By: Hamza M.

The Employment Dinner was held at NRH on October 18th, 2011. Thirteen members attended the dinner to talk about employment opportunities and to enjoy a home cooked meal. D.F.A and Wayne prepared a meal of pulled pork sandwiches with beans and salad. Ray, Joe and I set up the tables. After dinner, we spoke about employment. Everyone enjoyed themselves. It was the biggest dinner in a long time.

## **NRH Halloween Party** George D.

The NRH members and staff celebrated Halloween by having a festive party at the Clubhouse. This celebration included light snacks, dancing, karaoke, and prizes. There was a donut eating contest, which I won and received a 5 dollar gift card. There was also a candy corn tossing contest. I won that game as well! This prize was a pre-paid meal at the Rivers Edge Café. In addition, there was a mummy wrapping contest. James H. and Cynthia V. won that contest. Kevin M. won the most original costume. It was a fun celebration at NRH and I can't wait to do it again!

## HOS-POSS By Paul S.

Several weeks ago, Neponset River House initiated a new program called **HOS-POSS** - our **Hospitality Posse**. Each week, we load up the van with 5 to 6 members and 1 staff to visit a member or staff that has been hospitalized or relegated to a rehabilitation facility. In the past weeks, we have visited Julie F., Dave M., Corey T., Gerry O. and Garrett W. It is very gratifying to see our friends smile and their spirits uplifted when we visit.



### Free Lunch

Neponset River House encourages our community to get to know our program better.

The best way to do this is to see things up close and personal.

Please cut out and bring this coupon for a free lunch.

coupon for a free lunch.

Lunch is served daily

### Employment Meeting

Monday: 1:15 p.m.-2:00p.m.  
Wednesday: 9:45 a.m. – 10:30a.m.  
Thursday: 2:00 p.m. – 3:00p.m.



Affordable Consumer Transportation,  
Inc. 627.308.7014

ACT provides transportation for consumers to various day treatment programs, appointment and Clubhouse events.

### Join Us!

Neponset River House and CBFS will be having Yoga every other Thursday for the month of October. We will also be going every Friday to the Civic Center from 12:30 to 2:30pm for fun of basketball, dodge ball, and fun of movement.

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 Programs 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.

**A Publication of Neponset River House  
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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 Danielle Ford- Allen, 781.762.7075.

Please enclose this form and monetary donations to the following address:

Neponset River House, 595 Pleasant St., Norwood, M.A. 02062

Name:

Amount:

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