



NOVEMBER



This Issue

Clubhouse Remote Call
1-717-275-8940
Password
1739678#

“ Let your unique awesomeness and positive energy inspire others in confidence.”

From the Desk of: Ghinwah Karkaba, Hope House Director

Dear Clubhouse Community,



Hi Everyone,

I would like start by saying, thank you to all of our amazing clubhouse members, our supportive ACCESS family, Wendy Croll and our entire clubhouse community for making the clubhouse transition so smooth. Your support and guidance is valued beyond measure! Our mission at Hope House is to continue serving our members and community by way of accommodating the needs of our members. Supporting their goals and giving them the tools needed to achieve those goals, is what we continue to do even through these trying times.

Although we remain remote, Hope House members have been engaged in various activities to improve their social skills and continue thriving in their work ordered day. Members maintain a healthy way of life, by participating in our daily walk groups and learning about how nutrition balances their bodies as well as their minds. The Walk a Mile in my shoes rally was well received and many members put their sneakers on and participated in the walk. Bringing awareness to how imperative physical health is conjunction with mental health, is a daily reminder that you cannot have one without the other.



We anticipate to open our clubhouse doors as soon as it is deemed safe to do so. We will continue to keep our members and community updated on all decisions related to the reopening. At this time, we will continue our services and outreach to each and every Hope House member.

Yours in service,

Ghinwah Karkaba, Hope House Supervisor

Access Hope House Clubhouse in the days to come.....



- Happy Meal Delivery Service
- Recipes
- Schedule of Classes
- Exercise
- Member Spotlight
- Clubhouse Engagement
- Hope House Happenings
- Employment
- Engagement
- Happy Birthday
- Lucky Charm
- Community Shout Out

HOPE HOUSE DELIVERY SERVICE

ACCESS Hope House Happy Meal Delivery Service



We are here to help!

If you are in need of food or running low, we can deliver pre-made meals to your home.

Please contact ACCESS Hope House at: 313-820-4796

For every hand we don't shake, we should be making many phone calls.

For every embrace that we aren't able to give, we need to wrap words of love and encouragement around people.- Unknown



HOPE HOUSE RECIPES

Recipe of the Month:

Recipe Corner

[Pumpkin Pie Recipe | Taste of Home](https://www.tasteofhome.com/recipes/pumpkin-bread)

<https://www.tasteofhome.com/recipes/pumpkin-bread>



Ingredients : 2eggs, 1(16oz) can pumpkin puree or small pumpkin, 1 can sweetened condensed milk, 1tsp pumpkin pie spice, 1 unbaked pie crust

Combine eggs, pumpkin puree, sweetened condensed milk, and pumpkin pie spice in a large bowl and mix until combined.

Add mixture in pie crust

Heat oven to 425. Place pie in middle rack and bake for 15 minutes. Turn down heat to 350 degrees then bake for an Additional 35 minutes.

Anxiety Corner

Featuring Recovery, International Tools

This column features four-step examples of the practice of the Recovery method straight out of Recovery, International. Recovery is a community mental health, self-help organization which spans the entire globe. Here is one such example.....

1. **Describe a situation when you began to work yourself up (situations don't work you up, you work yourself up).** Today I started listening to my record, "Godspell" the musical, that my mother used to play when I was a little kid. I started reminiscing about the good old days and started working myself up.
2. **Describe the symptoms you had.** I spotted the crying habit.
3. **Describe the Recover tools you used.** I had a hard time spotting. Well, I can spot that symptoms are distressing but not dangerous. It is average (meaning that it happened to at least on other person) to have the crying habit when yearning for the past, and that the past is outer environment (something outside myself that is beyond my control).
4. **Describe what you would have done in former days before Recovery.** In former days, the crying habit would have continued and I would have lamented to my mother over the phone. This time around I moved my muscles (kept myself busy) to go on with my day and remembered that symptoms are phasic and not basic (this too shall pass).



HOPE HOUSE CLASSES



Monday

9:00-9:30 Walk and Talk (Salwa)
9:30-10:30 Hope House Member Meeting (Ghinwah Facilitates)
10:30-11:30 Supported Employment/or BINGO (Ghinwah/MEMBER Facilitates)
12:30-1:00 Grief Group (Ether Facilitates)
1:00-1:30 Hope House Member Meeting (Ghinwah Facilitates)
1:30-2:30 Craft Class (Member Facilitates)

Tuesday

9:30-10:30 Hope House Member Meeting (Ghinwah Facilitates)
10:30-11:30 Arabic Classes
12:30-1:00 Book Club (Member Facilitates)
1:00-1:30 Hope House Member Meeting (Ghinwah Facilitates)
1:30-2:00 Anxiety Group (Ghinwah Facilitates)
3:00-5:00 Garden Club (Tuama Facilitates)



Wednesday

9:00-9:30 Walk and Talk (Salwa)
9:30-10:30 Hope House Member Meeting (Tuama Facilitates due to Ghinwah attending the Managers Meeting)
12:30-1:00 Anxiety Group (Ether Facilitates)
1:00-2:00 Hope House Member Meeting (Ghinwah Facilitates)
2:00-3:00 Nutrition (Salwa Facilitates)

Thursday

9:30-10:30 Hope House Member Meeting (Ghinwah Facilitates)
10:30-11:30 BINGO (Member Facilitates)
1:00-1:30 Hope House Member Meeting (Ghinwah Facilitates)
1:30-2:30 Peer Support (Ghinwah Facilitates)
3:00-5:00 Garden Club (Tuama Facilitates)

Friday

9:00-9:30 Walk and Talk (Tuama)
9:30-10:30 Hope House Member Meeting (Ghinwah Facilitates)
10:30-11:30 Peer Support (Hassan Facilitates)
12:30-1:00 Music with Lamasa (Facilitates)
1:00-1:30 Hope House Member Meeting (Ghinwah Facilitates)
1:30-2:30 Craft Class (Member Facilitates)

Saturday

12:00-1:00 Member Lunch and Talk (Members Facilitate)
Sun 2:00-3:00 Member Lunch and Talk (Members Facilitate)



Free Legal Aid

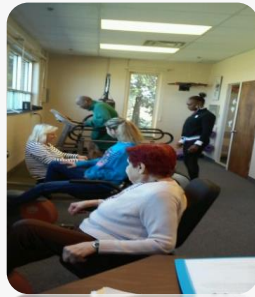
To Be Determined

Register with Ghinwah for an individual consultation with Ali.



HOPE HOUSE EXERCISE

-SALWA IS OUR HOPE HOUSE NUTRITIONIST AND MEETS WITH THE MEMBERS VIRTUALLY EVERY WEDNESDAY.
WE HAVE STARTED A WALK & TALK VIRTUAL MEETING EVERY MONDAY, WEDNESDAY AND FRIDAY FROM 9AM-9:30AM.



YES, OF COURSE IT'S HARD

IT'S SUPPOSED TO BE HARD

IF IT WERE EASY

EVERYBODY WOULD DO IT

HARD IS WHAT MAKES IT GREAT!

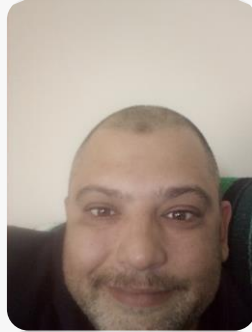
Schedule your appointment with Tuama today, to come help weed out garden while we socially distance and wear masks every Tuesday and Thursday from 3:00-5:00. (Appointment Required).





MEMBER SPOTLIGHT

MEMBER INTERVIEW: Michael Horvath



For this month's member spotlight, ACCESS Hope House is pleased to feature Michael Horvath. He became a member over 3 years ago. Mike is an Army veteran and received an honorable discharge in 2002.

Mike works on the Administration Team and works in the snack shop at the Hope House. During the clubhouse closure, Mike has taken on the responsibility of helping members with daily virtual walks and reaching out to members who may not participate in the member meetings. He participates in almost every group offered at the Clubhouse including the: Grief and Anxiety Group, Music group and enjoys the peer support groups. He conducts outreach and has become an integral part of the Hope House community.

He resides at his own residence and is very independent. He enjoys: exercising, frequent walks, attending EMT courses and completing homework assignments. Mike loves to listen to lectures from his EMT classes because he believes the more information you surround yourself with, the better your mental health will be overall.

Mike went to Wayne County Community College and studied to be an EMT. Currently, Mike is enrolled in EMTC facility and attends class twice a week. Mike is scheduled to graduate in January 2021. Once Mike graduates EMT school, his goal is to pursue a nursing degree to become an emergency room nurse. Mike is also looking for part time employment and is following the IPS model. This will better prepare him not only for future job opportunities but will also take the guess work out of how his employer will support him and his goals.

At ACCESS Hope House he is a friend to many of the members.

We all love and appreciate Mike for all he does for us and our Clubhouse and we are excited to feature him in this month's spotlight.



COMMUNITY ENGAGEMENT

Hope House members
participated in #Walk A Mile
in my shoes rally September
29th!

#walkAmile

Advocating for mental health
awareness #Ourvoicesmatter



Mark Kent



Michael Horvath



Charmaine Davis Robert Murray



Gloria Brown Charles Hakin



Leah Erickson Kevin Allen



Dana Funchar



Tadario Johnson



Jesus Nieves



You Make our clubhouse community proud!





HOPE HOUSE HAPPENINGS



New Members Alert!!!

In the month of October, Hope House Welcomed 3 new members. Please welcome our newest Hope House clubhouse members, Aldo Alvarez, Patricia Ball and Gary Martin! We are so happy to have you part of our Hope House Family!

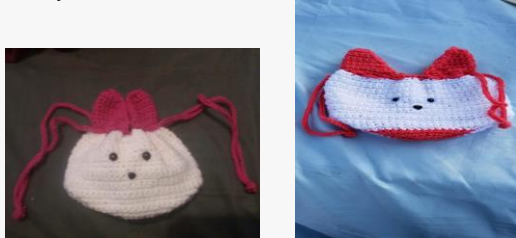
Creative Corner

Hope House members display their creative talents!

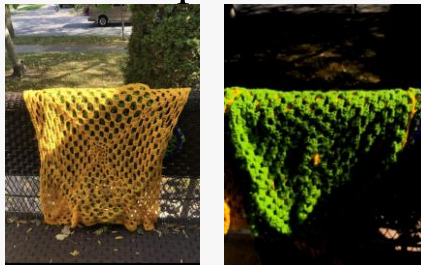


Lamasa Pace shows her creative side by crocheting baby blankets, baby onesies, slippers, booties and facemasks. Lamasa donates much of her work to local hospitals. We're so proud of you!

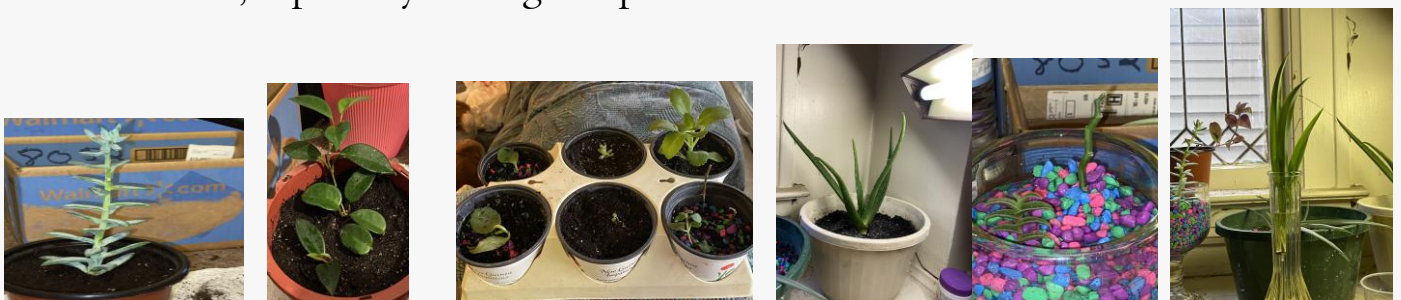
Zaynab Ali makes us smile with her adorable crochet cat and bunny string bags.



Daad Harp loves to crochet blankets for her family. Keep up the great work!



Charmaine Davis shows off her green thumb! Horticulture has become a passion for Charmaine, especially during the pandemic.





HOPE HOUSE HAPPENINGS



Creative Corner

Hannah Zaban's art is one of a kind. During this pandemic, Hannah shows us how she is able to manage stress by creating beautiful art pieces. We are so proud of you, Hannah!





S.O.U.L.S. CHAT

SUPPORTIVE, OUTREACH, UNDERSTANDING, LIFE-SITUATIONS

JOIN US FOR A CHAT

- Check-In
- Talk
- Support Each Other



WEDNESDAYS 6P - 7:30P

BlueJeans App
Meeting ID: 415 831 832
Passcode: 2016
Dial in: 408-915-6290
or
408-419-1715



Avoid the Three Cs
Be aware of different levels of risk in different settings.

There are certain places where COVID-19 spreads more easily.

- 1 Crowded places**
with many people nearby
- 2 Close-contact settings**
Especially where people have close-range conversations
- 3 Confined and enclosed spaces**
with poor ventilation

The risk is higher in places where these factors overlap. Even as restrictions are lifted, consider where you are going and #StaySafe by avoiding the Three Cs.

WHAT SHOULD YOU DO?

- Avoid crowded places and those with poor ventilation.
- Minimize contact with people from other households.
- Wear a mask and cover your nose and mouth.
- Keep hands clean and avoid touching your face.
- Wash hands if you are unwell. Stay home unless to seek urgent medical care.

If you need to talk, we're here to listen.

Certified Peer Support Specialist Warmline

For persons with mental health conditions in Michigan.

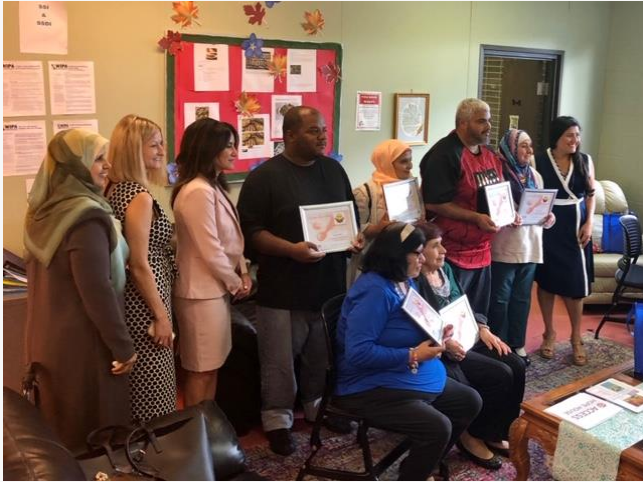
The Certified Peer Support Specialist Warmline is a peer run phone service providing peer support, resource referral and shared experience of recovery and hope.

- When you need someone to talk to
- When you want to share your triumphs or challenges
- When you feel alone
- When you feel like others just don't understand

Call 888-PEER-753 (888-733-7753)
10 a.m. - 2 a.m., 7 days a week

THE KEY TO BEING HAPPY IS KNOWING YOU HAVE THE POWER TO CHOOSE WHAT TO ACCEPT AND WHAT TO LET GO OF....

EMPLOYMENT



WORKING WITH BENEFITS: WHAT YOU SHOULD KNOW

You can begin to work and continue to receive SSI benefits as long as your wages and other resources do not exceed \$733.00 for individuals, and \$1100.00 for couples. However, monthly benefit amount will be reduced in proportion to your income. Here is how the SSA reduces your income. If your only income is from your job, the SSA does not include the first \$85 you earn toward your countable income. After the \$85 adjustment, the SSA will deduct 50 cents for every dollar you earn from your monthly benefits. Here is an example of a person who earns \$1,090 a month from working: $\$1,130 - \$85 = \$1,045 \div 2 = \522.50 . The individual's monthly SSI benefit amount would be reduced by \$522.50.



TRANSITIONAL EMPLOYMENT PLACEMENTS

ACCESS

Greeter-Huda Shanta POSTPONED

Greeter- Raqiya Alnuimi POSTPONED

FAIRLANE CAR WASH

Washer-Jesus Nieves

SUPPORTED EMPLOYMENT POSITIONS

FAIRLANE CAR WASH

Washer-Kevin POSTPONED

JEEP DEALERSHIP

Transporter-Frank Waderlow

Security-Frank Waderlow

ACCESS-Greeter-Elvira Zavala POSTPONED

EDUCATION

Wayne State University-Tracy Wilson-Engineering

Mike Horvath-EMTC



MEMBER DEMOGRAPHICS

Client Demographical Information: Clients

by Age

15-19YRS=0 Members

20-39YRS=17 Members

40-59YRS=26 Members

60-79 YRS=19 Members

80 +=1 Member

Clients by Gender:

Male: 35

Female: 33

Clients by Household Income:

Under \$10,000=59 Members

\$10,000-\$19,000=2

Clients by Race, Origin or Decent:

White=19 Members

African American=22 Members

Hispanic=4 Members

Arab=19 Members

Clients by Employment Status:

Unemployed (trying to work)=6 Members

Not in Labor Force (Not seeking employment)=47 Members

Employed=8 Members

Month	Encounters	
March	633	
April	943	
May	902	
June	1140	
July	960	
August	987	
September	1,100	
October	1,220	

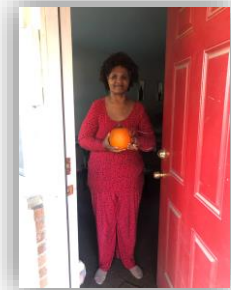
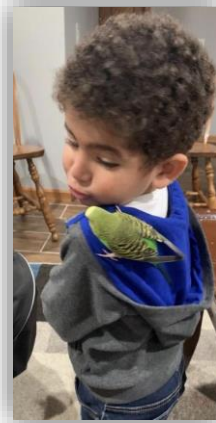
Outreach March – Oct. 2020



MEMBER ENGAGEMENT



Hope House member Samira Alsoofi is so proud of her son and wanted the members to see how much he has grown! Thank you for sharing. Please say hello to Esam Elhaddad.



Hope House members loving the Fall weather and their pumpkins!



Pictured above from top: Aldo, Dana
 Pictured below counterclockwise: Hannah, Chuck, Daad, Calvin, Gloria, Charmaine, and Robert

HOPE HOUSE BIRTHDAYS



HAPPY BIRTHDAY:

Gloria Brown 10/14/20

Gary Martin 10/19/20

Yousef Abbas 10/1/20

We hope you had a wonderful Birthday!!!



LUCKY CHARM

Please continue to provide referrals! If you know of anyone who is self isolating we have daily meetings over the phone.



COMMUNITY SHOUT OUT



Einstein Bagels:

We appreciate Einstein Bagels donating to Hope House twice per week.



Sinbads

Moe from Sinbads for offering members \$1.00 haircuts.

Moe has generously donated his time to the Hope House members offering weekly hair cuts. We are so grateful for his generosity.



DETROIT
INSTITUTE
OF ARTS

6470 Williamson Dr. Dearborn, Mi (313) 633-1361 Hours: M-F 8-4:00 Open the first Saturday of the month 10:00-2:00

ACCESS HOPE HOUSE

Hope House is a community of people working together for a common goal to get their lives back. Hope House offers people living with mental illness hope and opportunities to reach their full potential. We operate on proven standards which have been developed by Clubhouse International over two decades which are effective in over 320 clubhouses worldwide. The basic components of successful clubhouses are the work-ordered day, employment programs, evening, weekend, and holiday activities, community support, outreach, education programs, and self-governance.



ACCESS Hope House
6470 Williamson Dr.
Dearborn, Mi

Phone: 313-633-1361

wroll@accesscommunity.org

PLEASE
PLACE
STAMP
HERE

