



DECEMBER/
JANUARY 2025

Newsletter

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Bellevue Clubhouse

Bellevue Clubhouse, a program of HERO House NW, offers hope, empowerment, relationships, and opportunities for adults recovering from mental illness such as bipolar disorder, depression, anxiety, schizophrenia, etc. "Work-Ordered Day" is at the heart of this recovery process. Members are encouraged to work side-by-side with staff and other members to complete the work of the clubhouse. This work can range from helping prepare our daily meals, to running our reception desk, to writing and editing grants. By becoming part of this work, members are encouraged to use their unique talents and acquired skills to help strengthen their self-esteem and confidence.

New Membership:

1. Call (425) 614-1282 to schedule a personal tour of Bellevue Clubhouse
2. Complete a simple application
3. Ask your mental health provider to complete the referral form
4. Attend an orientation at Bellevue Clubhouse

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Facebook: [HeroHouse05](https://www.facebook.com/HeroHouse05)

Twitter: [@HEROHouse1](https://twitter.com/HEROHouse1)

Instagram: [@HeroHouse05](https://www.instagram.com/HeroHouse05)

www.BellevueClubhouse.org



If You're Experiencing a mental health emergency, please call 988

Clover Mellon-Jackson

Clover Mellon-Jackson (they/them)

After I found out about a job here, I started researching the clubhouse and what its mission and standards are, I was so excited to get the opportunity to go for a job. I am so happy working here and have made so many amazing connections and learned so much in just six months of working here. I'm so happy to be on this journey here and excited to see what's next!

I'd like you to know a bit about me:

During my junior and senior years of high school, I went to Grays Harbor Community College where I focused on developmental psychology and art which I absolutely LOVED! I graduated with both an AA and my high school diploma.

After that, I went to Central Washington University where I graduated with a BA in Psychology, and 2 minors in Studio Art and American Sign Language. While there I worked so many jobs and met so many interesting people. I worked jobs from janitor at the school in the morning before classes, to a caregiver/behavior support at the Trellis Center where I worked with four men diagnosed with autism spectrum disorder who owned and ran the entire farm and learning center. During my three years in Ellensburg, I worked at least eight different jobs, which I think really helped set me up for being a useful employment specialist here at HERO House.

After graduating in 2019, I moved back to Hoquiam (near Aberdeen), where I worked throughout the pandemic in the legal recreational cannabis industry for four years while also being a part time caregiver. I was also a substitute teacher and worker at a farm stand for a few months before moving to Everett in the summer of 2023.


Everett was a whole new experience for me, living in a much bigger city, and living so close to Seattle. There were so many new things to try (especially so many different yummy foods!). For about a year I worked as a Case Manager at a Transitional Housing Program for homeless youth ages 12-18. I learned so much while working there, including my strengths and limits with social work and the kind of organization I wanted to work for. When I found out about HERO House Bellevue, I knew it would be a great fit. I'm so excited to be here!





The History of Santa Claus

It all began with Saint Nicholas, a kind bishop who lived in what is now Turkey nearly 1,800 years ago. He became famous for secretly giving gifts to poor people, especially children. As stories about him spread through Europe, people in the Netherlands started celebrating him as "Sinterklaas." When Dutch settlers came to America, they brought their traditions with them, and "Sinterklaas" gradually became "Santa Claus."



The Santa we know today really took shape in the 1800s. A famous poem called "'Twas the Night Before Christmas" first described him as a jolly man with a white beard who rode in a sleigh pulled by eight reindeer. Later, an artist named Thomas Nast drew pictures that showed Santa living at the North Pole and keeping lists of good and bad children. Santa's famous red suit with white fur became his standard outfit in the 1930s, thanks to Coca-Cola's Christmas advertisements.

Over time, new details were added to Santa's story. Rudolph the Red-Nosed Reindeer joined Santa's team in 1939. Mrs. Claus became more important to the story, helping Santa make toys and care for the reindeer. Different countries have their own versions of Santa - like Father Christmas in Britain and Grandfather Frost in Russia - but they all share the same spirit of giving.

Two stage spotlights are positioned on either side of the title, casting a bright beam of light onto the text. The background is a dark blue, textured curtain.

Member Spotlight

RICHARD MARSHALL

Hi. You don't know me, but you've been reading some things I've been editing for the last six months. I've been doing the newsletter layout and making sure the content is interesting. So who am I? I'm a Poly Sci major from Western Washington University. I'm a Libra, but I also don't think that means anything. I follow the Seahawks and Mariners. I like reading books. My favorite author is Kazuo Ishiguro, and I'd like to publish a novel myself someday. The reason I chose Poly Sci is because I'd love to make a difference in government at some point.

I'm learning graphic design, which brings impressions from my mind to fruition. I hope you find this newsletter to be visually appealing, as I do my best to mix colors and design elements to make it easy and appealing to read.

If you have any thoughts on this newsletter, please let me know at info@bellevueclubhouse.org. I'd love to hear what you have to say, so don't be afraid to shout at me.



LEGISLATIVE FORUM

The 2024 King County Behavioral Health Legislative Forum took place on December 4th.

This yearly event about mental health had speeches from the King County Executive Dow Constantine, and other politicians. It featured testimonies from people on a mental health recovery journey and opportunities for members to speak with their legislators.

Ken, a colleague from HERO House Bellevue, especially liked the testimonies of people recovering from mental health and substance abuse disorders. One person's testimony was Ken's favorite. The person had been in and out of jail, facing a prison term, suffering from substance abuse disorder, PTSD, and unstable housing. His recovery journey is proof that with support and resources people can achieve and keep stable housing. With permanent supportive housing and mental health services people really can get back on their feet and thrive.

Ralph, another HERO House Bellevue colleague, sat with legislators at the forum. One was his state representative Tamiko Santo. He found her to be a very attentive politician that listened to the concerns of her constituents. Another was King County Councilor Chief Operations Officer Kamilah Brown. She wanted a follow up email from us about the difficulties a member is having getting Metro Access bus service. All and all the forum was a valuable experience for our members. It's likely that we'll attend next year.

What's New At Our Clubhouse

- We are finally setting up furniture at our Opportunity Unit down on the lower level. This unit will house employment, housing, and education aspects of HERO House.
- Two new staff were hired in December. Look for their introductions in upcoming newsletters.
- Kailey had a baby boy named Julian! Congratulations! We look forward to meeting him soon.
- Several members and staff attended the King County Legislative Forum which took place on December 4th, 2024
- Taylor from Recovery & Beyond stopped by sharing resources for outdoor activities.

Happy Holidays



JANUARY 2025 SOCIAL CALENDAR

Weds. 1st	<u>New Years Day Social</u>	11am - 3pm
Thurs. 2nd	<u>New Years Party</u>	5 - 8pm
Thurs. 9th	February Social Planning	3pm
	<u>Paint & Sip (with sparkling apple juice)</u>	5 - 8pm
Sat. 11th	<u>Cardboard Crafting</u>	11am - 3pm
Weds. 15th	Employment Dinner	5 - 6pm
Thurs. 16th	<u>Pizza & Games</u>	5 - 8pm
Mon. 20th	MLK Day Fair at Crossroads	10am - 4pm
Tues. 21st	Learning/Collaboration Day	1:30 - 3pm
Thurs. 23rd	<u>Karaoke</u>	5 - 8pm
Sat. 25th	<u>Aquarium</u>	11am - 3pm
Mon. 27th	Finance Committee	5 - 6pm
Weds. 29th	Employment Dinner	5 - 6pm
Thurs. 30rd	<u>Disco Party</u>	5 - 8pm



HEROHouseBellevue

A program of Hero House NW

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