

# Newsletter

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*Celebrating the 18th Anniversary of Bellevue Clubhouse*

## 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

Bellevue Clubhouse and the Bellevue Clubhouse logotype are trademarks of HERO House NW Incorporated. For more information on the Clubhouse International Clubhouse model, log onto [www.iccd.org](http://www.iccd.org).

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# Clubhouse at Crossroads Mall!

## MLK Health Equity Fair

**On Martin Luther King Jr. Day, a group of staff and members presented a display with information about Bellevue Clubhouse.**

**While engaging with the community and other organizations, we made available brochures and other information.**

**Talking to the public about what clubhouse is about and what we provide for adults with mental illness, many people became inspired!**



Candid colleague selfie!



Clubhouse colleagues with City of Bellevue, Mayor (Lynne Robinson)



# Staff Spotlight!

Please welcome, Ayanna to the team!

Interview by Alex. O

**How did you hear about Bellevue Clubhouse?**

By a job posting on Indeed!

**Why did you apply at Bellevue Clubhouse?**

It sounded exactly like what I was looking for, a fulfilling career in mental health.

**Where did you work before?**

I graduated from university before this.

**Why did you want to work at Bellevue Clubhouse?**

I loved that this job gave me the opportunity to work directly with people while forming meaningful relationships with them.

**Why did you want to work in mental health?**

I have seen how isolating mental illness can be and I want to use my experiences and education to help support others.

**How do you like working at Bellevue Clubhouse?**

I love working here!

**What is your favorite thing about working here so far?**

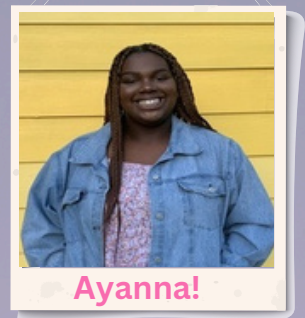
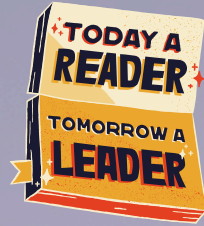
I like working with others and finding tasks that we can use our strengths for.

**Where are you from?**

Washington.

**What is your favorite hobby?**

Reading.



## 100 Women Who Care: Impact Award



**We are so honored to have been named the Impact Award recipient from 100 Women Who Care Alliance.**

**We are extremely grateful for their generous and heartfelt donation to our Clubhouse.**



# MLK Equity Fair Day: Review

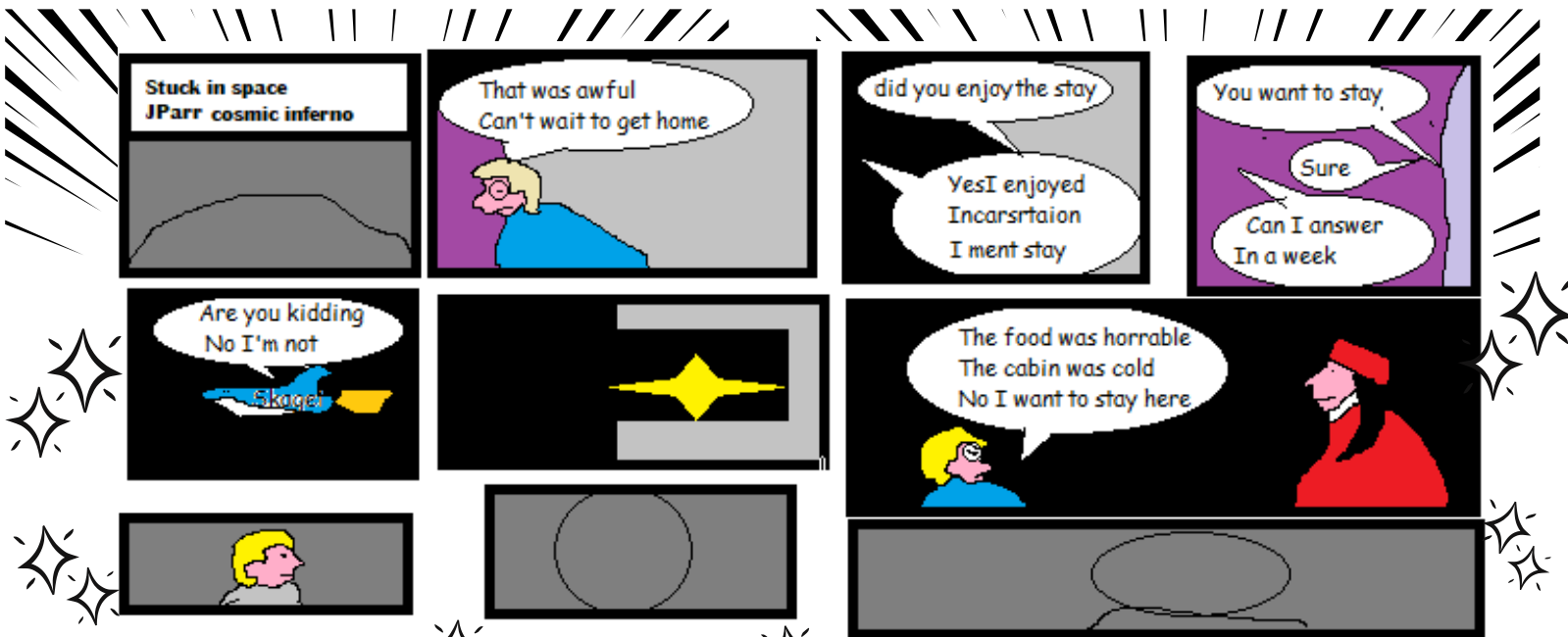
We started our event at the Crossroads Mall. The clubhouse table had our brochures and swag available for those that were interested. Not only were there many interested folks that stopped by the table for information, but colleagues also sought out folks who were open to learning more the Clubhouse. Colleagues connected with the Mayor of Bellevue and provided important information about our Clubhouse and even the clubhouse model of rehabilitation.

The responses received were very positive. We received comments from people at the event about employment, housing, and other clubhouse programs. There were many questions about what a day-in-the-life of a clubhouse member looks like. We explained what the work-ordered-day entails and the environment that clubhouse promotes. My cousin surprised me with a visit at the table and asked what type of jobs I work on while I'm at clubhouse. We had people who came up to us and grabbed all the swag we offered. They mainly grabbed stress balls and fruit snacks.

The people responded with yes, no, and I understand. People asked in detail what we were about I talked about and who I was with. I enjoyed the day because I was with people from the clubhouse who were there. The Mall that we were all at had great food and free food for us because we were hard workers. The food was for everyone who worked at the stands. It was delicious Thai Food from a restaurant in the mall. I'd have to say it was a good experience for me and I highly recommend we do it again and have members join us.



STUCK IN SPACE 14 by Jeff Parr







## Shyaka's Wellness Article

What I value for wellness, I admire the transformative power of meditation. Meditation serves as a potent tool to alleviate stress and worries, and there are excellent apps such as Headspace that facilitate this practice. On YouTube, you can find meditation playlists by Headspace, ranging from 10 to 20 minutes in duration. YouTube emerges as a valuable mental health resource, providing free access to content that effectively calms the overthinking monkey-mind.

The benefits extend beyond the mind, contributing to overall physical well-being. Rigorous research on Yogis and regular meditators has shown that they enjoy enhanced cognitive function. Meditation induces a state of calm in the body, promoting its natural healing abilities. Similar to the rejuvenating effects of sleep, meditation fosters a conducive environment for the body to heal itself.

Incorporating meditation into your routine streamlines the handling of day-to-day tasks, making them more manageable and less stressful.

Furthermore, meditation cultivates qualities such as empathy, compassion, love for all living beings, and kindness.





# Wellness Wednesday's Recap!

Join us, Wednesdays at 3:30pm at the  
Clubhouse or via Zoom!

*Wellness tips collected from amazing colleagues.*

- Break up difficult work by taking breaks often!
- Remember, it's important to stretch daily.
- Focus on your breathing every once in awhile.
- Do something daily that brings you joy.
- Stay creative - Try out musical instruments if possible!
- Don't forget to take your vitamins.
- Try to stay active & exercise to help your body.
- Meditate - try and practice being mindful.
- Take your medications as prescribed by your doctor!
- Eat fruits and vegetables to help nourish your mind & body
- No bright screens/lights before bed!
- Teaspoon of cinnamon helps our memory.
- Try to eat clean proteins (fish, birds, nuts)
- Clean as you go, keep things tidy.
- Always find something in your life to be grateful for!
- Remember, no matter how bad things get, they will get better
- Get enough rest (sleeping or naps)
- When about to react with anger, step away and count to 10









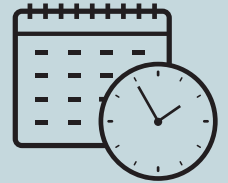
## FEBRUARY SOCIALS

Thu 1st	Videogames	5:00pm - 8:00pm
Thu 8th	March Social Planning	3:30pm
	Valentine's Day Card Making	5:00pm - 8:00pm
Sat 10th	Trip to Greenhouse	11:00am-3:00pm
Wed 14th	Employment Dinner	5:00pm-6:30pm
Thu 15th	Pizza & Games	5:00pm-8:00pm
Tue 20th	Clubhouse Learning Collaborative	1:30-3pm
Thu 22nd	Paint By Numbers	5:00pm-8:00pm
Sat 24th	Trip to Humane Society	11:00am-3:00pm
Mon 26th	HHNW Huddle	2:30-3:30pm
	Finance Committee	5pm-6pm
Thu 29th	Karaoke	5:00pm-8:00pm

## WEEKLY SCHEDULE

Mon	Finance Meeting	3:30pm
Tue	Clubhouse Pride	3:30pm
Wed	Wellness Wednesday	3:30pm
Thu	Program Meeting	1:00pm
Fri	Career Club	3pm

Orientations and Tours Upon Request  
Contact the Clubhouse For Info  
(425) 614-1282



Mailing Label

Address Service Requested



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