

Eagles Nest Clubhouse



EAGLES EYE VIEW

MAY 2024

Volume 10 Issue 5

Genesis Experience, Alice and Nick's Travel to Massachusetts .



Genesis Clubhouse Training

By Nicholas Splan



During my journey through the clubhouse community I've seen many of my colleagues go to the Colleague Clubhouse training. In my eight years I always wanted to do it but my anxiety would kick in. Finally I agreed to go and I'm glad I did. Me, Alice and Rich joined the training group #211 and new friends were made from High Hopes Clubhouse, Club Interactions, Tradewinds Clubhouse and over course Genesis Club. Upon arriving at the guest house we found our rooms and waited for the other club-

High Hopes got their first and went on a walk to scope the area out. On our first day we got a tour of Worcester by Izzy and Ken who showed us some of the many sites including a Vietnam War Memorial with letters to families. My first week at Genesis I went to the Business Unit where I learned their news broadcast, and got to visit a transitional employment site which was at UMass. Everyday we would meet and discuss the standards. On the weekend we went on trips. The first trip was to Boston on Saturday and we walked the freedom trail. We got some good pictures during that walk. On Sunday we went to the Worcester Art Museum, and again came away with some amazing pictures. On week two we swapped and I went to the membership unit, while Alice went to employment unit and Rich went to work in the kitchen. My take away from this training was no matter how long you have been in the clubhouse community there is always something more to learn. I want to thank Genesis Club for a fun two weeks of training.

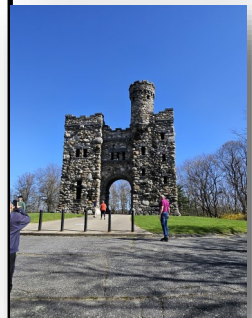
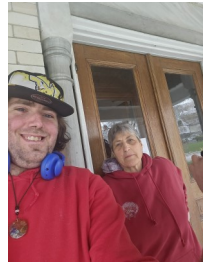
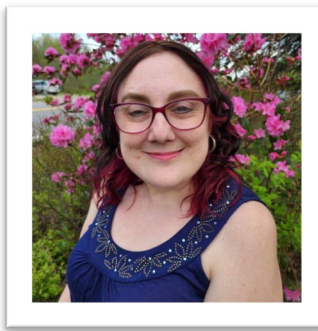
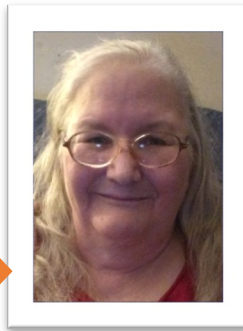
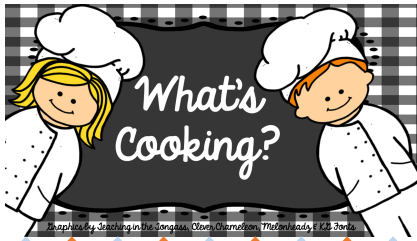


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Lunch Menu for May 2024

Mon	Tue	Wed	Thu	Fri
		1 Pork Loin	2 Barbecue Ribs	3 Leftovers
6 Tuna Casserole	7 Whole Chicken Potato Skins	8 Chop Suey	9 Turkey Boneless Taco	10 Leftovers
13 Roast Turkey	14 Chicken Thighs Mashed Potatoes	15 Chicken Legs Mac & Cheese	16 Breakfast Sandwiches	17 Leftovers
20 Eggs and Bacon	21 Cajun Chicken	22 Tater Tot Casserole	23 Chicken	24 Leftovers
27 Spaghetti	28 Pulled Pork	29 Whole Chicken	30 Meatloaf	31 Leftovers



Eagles Nest Clubhouse is doing a LIVE POD CAST This memorial day for our great, fund raising event of the year Yard Sale.

Come shop with us, and help support us...

Your loving friends from ENC (Eagles Nest Clubhouse).

Can't wait to see you!!!

Words of Wisdom from Clubhouse Members



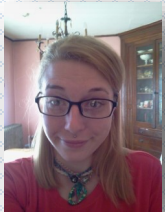
Dannie.

"Laughter is the best medicine."



Jessimine T.

"The Love you're seeking from those around you, is the Love you must first give yourself."



Mary B.

"IF you want to become fearless, Choose Love."



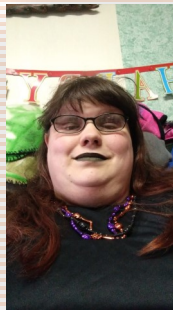
Andrew Y.

"Be willing to be wrong, that way you will keep learning."



B.J.

"You don't fail until you stop trying."



Tonya T.

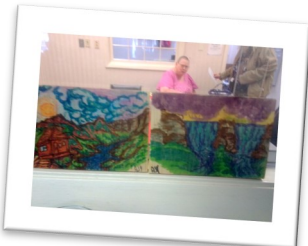
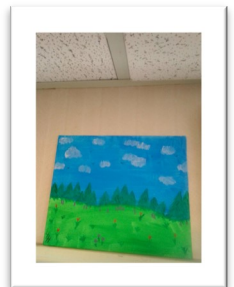
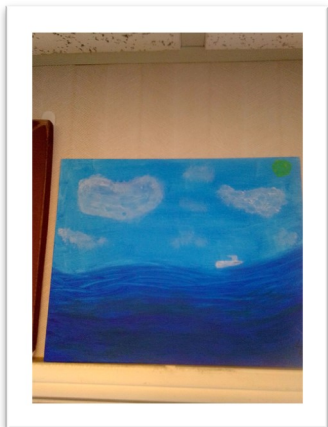
"Be strong, Be brave, Be fearless every-day, go out and give it your all. That way you always have a wonderfully fulfilling day."



Page G.

"Be kind to everyone, you never know what someone is going through."

Artist Corner





Mom

By: Jane L.

Mom, beautiful and graceful,

Teaches us each day,

The rays of a sunbeam smile upon her face.

She really loves the ocean, smell of sweet salt air,

Breezes warm and gentle, flow through her hair.

Calm words are spoken,

Mother all of eight.

We all miss her dearly.

The world is an empty place.

Now she will rest easy, with her
family oh so near,

Thoughts and prayers connect us,

and all that gather here.



Nov 24,2023



Psychological First Aid Training Held at ENC on April 26th

Janet Lewis, Northern Light



Clubhouse is a place for mental health recovery. Emotional Health is part of this and we have many who live with wounded emotions, fear, depression, and anxiety. It can be said that everyone lives with some degree of hurt, however we here at clubhouse sometimes deal with a more intense degree of hurt. An amount of hurt that can keep “regular” people from living full and joyful lives.

Janet Lewis from Northern Light came to our clubhouse on April 26th to present the “Psychological first aid” training. Psychological First Aid is a skill that is not just for us but something we can use when working with others. For example, people are starting to come out in the open after several years of isolation during covid. Those who suffer, suffer alone.

We learned that when people come to clubhouse, those who are hurting need special care.

Respect is the first “care” component that took me by surprise. No matter who someone is, where they come from, what their history is, even if there is substance abuse, outbursts of anger, or even procrastination. Give them the respect they deserve and let them approach healing in their own terms.



Budgeting Class at Club House on May 2nd.

Key Components of Successful Budgeting



Stuff We Learned at the Budgeting Class

Keep savings for incase things happen in life.

A budget is a written or electronic spending plan that changes from month to month. Look at information, set goals for how to use our money.

Start with a positive attitude about money.

Keep track of spending by category. Writing "\$65 Walmart" isn't specific enough.

If you categorize it you can choose what to cut back on if the need arises.

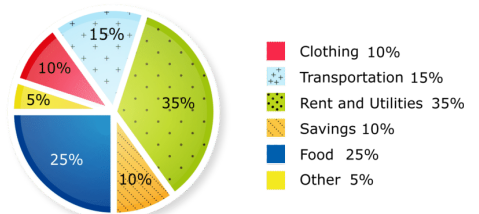
Evaluate your debts and adjust spending to manage those debts. A credit card is essentially a loan. What is important?

What is a need? Cat stuff is a *need*. Toiletries are a *need*. Candy is a *want*.

Take yearly expenses and divide by 12 to get an idea of the monthly cost to factor for a monthly budget.

Heat costs should be divided. If I spent 1200 on heating oil all year and divide that by

Patrick Family Budget





X-Men '97 Season 1: Specials interests and Autism

By
Daniel

So for Nerd Corner we are going animated from Marvel. X-men '97 is a continuation of the original series from the 90s. I grew up on the original show for at least the last 2 seasons and rewatched it from the beginning a few years ago. So I am going to dive into and review X-men '97 season 1. This is a continuation of a childhood show I grew up enjoying and my intro into the comic world. "To me, my X-men." This is my non spoiler review and dive into X-Men '97 season 1. Also Diving into special interests and Autism.

Autism and Special Interests: I am someone who is Autistic and it was a later in life diagnosis. Special interests are an intense focus on specific topics . For example there is a youtuber called Database Rangers Power reviews whose special interest is Power Rangers. For me I have many different interests but my special interest is definitely all things nerdy. One way this show has helped me is to relax after the work ordered day once a week. I grew up with the original 90s cartoon which is why I am such a huge fan of the X-men Cartoon and the movies that drew me into the comics and the movies when they started coming out. I wanted to review the show and educate people on this topic with it .

X-Men 97 Season 1: Wow this show went from 0 -100 in a manner of episodes. This picks up immediately from the end of Season 5. There is a lot of nostalgia mixed in with new story lines from modern X-Men comics. This brought back some of the old villains from the original 5 season run but also brought a central new big bad who has influenced a lot of the events that played out in the 10 episodes. There were a lot of twists and turns and surprises too that made me sit on the edge of my seat watching each week . The biggest change that happened was Magneto coming in to lead the team and hearing him say the iconic line and phrase "To me my Xmen" was the biggest surprise in the 1st few episodes. There were a lot of call backs to the original cartoon and a lot of the events that took place . Over all this reintroduction to the Mutants in an animated form was an amazing concept and I am definitely looking forward to how this will play into things as a whole.



THE REPUBLIC

For Socrates and Plato, there are four primary virtues: **courage, moderation, wisdom and justice**. Aristotle had a much longer list including friendliness, wit, generosity, and proper pride, among others.

seems to be a moralized version of the Specialization Principle: ‘justice’, he says, ‘is doing one’s own work, and not meddling with what is not one’s own’ (4.433a).

<https://books.openbookpublishers.com/10.11647/obp.0229/ch5.xhtml>

Wisdom (4.428a–429a)

The first virtue discovered in the city, wisdom (σοφία [sophia]), is the virtue of a particular class: the guardian-rulers. Wisdom is often thought of as an intellectual virtue, rather than a character virtue, as it is a kind of knowledge

Courage (4.429a–430c)

Courage, like wisdom, is also a virtue distinctive of a particular class: the soldiering auxiliaries. It becomes clear that the guardians, who emerge from the auxiliaries, will also possess courage, but their distinctive (rather than sole) virtue is wisdom, not courage. As above, their possessing courage makes sense when we remember that the auxiliaries’ function is to protect the city, which they can do well only if they possess courage

Moderation (4.430d–432b)

Unlike courage and wisdom, moderation is not distinctive of any particular class in the city; instead, ‘moderation spreads throughout the whole’ (4.432a). Socrates starts with the commonsense connection between moderation (also called temperance) and self-control. If you decline and I insist on a third slice of cheesecake, you seem to have and I seem to lack the virtue of moderation.

Justice (4.432b–434d)

Since three of the four cardinal virtues have been identified, Socrates thinks that justice must be whatever is left. ‘Justice: it’s what is left over’ does not exactly inspire confidence, either as a bumper-sticker or a philosophical methodology. But Socrates’ point is that the answer to the Republic’s first question is staring them in the face, so to speak. They have been talking about it without even knowing it, he thinks, because justice is based on, and indeed

In **Club House I** (Andrew) feel we adapt some of this.

The Courage to stand for our own beliefs, and to stand up for others’ beliefs.

In Moderation we are open to newness, and we realize we are always learning. To never be so perfect that we stop growing as a people.

The wisdom we know we need each other to live a happy life here. The wisdom to know we always learn and grow, there is no finish line.

And justice, to know we do have rights, and we have trust for staff, other members and overseers to help all in the aspect’s of the clubhouse community.

Final Note, we have the wisdom to know all walks of life are good, we just choose clubhouse for our own reasons. Baseball is good, people work in hospitals, schools, grocery stores, convenience stores, gardens, they all are good. We chose a clubhouse life, which is good also. We know better than to isolate, that is a club house standard, we don’t huddle in our community to hide in our little building. We choose to use the clubhouse with courage and wisdom to get back into the community. With good moderation we know our rights as people to be different, like everyone, yet also accepted for who we are.

We accept ourselves, and we accept everyone regardless of how they feel about us or anything. We all have the rights of courage, moderation, wisdom and justice.

Article Written by Andrew York, Clubhouse member since 2019

MAY 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Homeschool 10:30am Farm Drop 2:00pm Yoga for Beginners 5:30pm	2 Gaming Night Storytime 10:30am Book-a-Month Club 6:00pm Between the Covers Book Club 5:30pm	3 Baby Story and Play 9:00am LEGO at the Library 2:00pm	4 Fiber Arts Group 10:00am Humanists and Freethinkers 1:30pm
5	6 Move and Groove 10:30am Tai Chi 3:45pm	7 Messy Makers 10:30 AM Tuesday Readers 2:00pm Computer Tutor APPT 1:00 and 3:00	8 Farm Drop 2:00pm Author Talk with Martha Dudman 5:30pm	9 Gaming Night Storytime 10:30am Caregivers Support Group 2:00pm	10 Baby Story and Play 9:00 AM 4-H 2:00 PM	11 Games for Grown-Ups 10:00am Hancock County Genealogical Society 10:00am (Hybrid)
12	13 Move and Groove 10:30am Tai Chi 3:45pm Ellsworth Historical Society 7:00pm	14 Messy Makers 10:30 AM Computer Tutor 1:00 and 3:00 Kids Table Painting 3:00pm	15 Farm Drop 2:00pm	16 Gaming Night Storytime 10:30am Friends Book Sale 3:00-6:00 Caregivers Support 2:00pm Union River Stamp Club 5:30pm	17 Friends of the Library Book Sale 9:00-4:00pm Lady Whistledown Invites You... 6:00pm	18 Friends of the Library Book Sale 9:00-1:00pm Fiber Arts Group 10:00 am Mystery Book Discussion 12:45pm
19	20 Move and Groove 10:30 am Tai Chi 3:45pm	21 Messy Makers 10:30 AM Computer Tutors APPT 1:00 and 3:00pm	22 Farm Drop 2:00pm Yoga for Beginners 5:30pm	23 Gaming Night Storytime 10:30am	24 Baby Story and Play 9:00am Riverview Creatives 2:00pm	25 Community Crafts 10:00am
26	27 YARD SALE, CLUB HOUSE YARD SALE, CLUBHOUSE	28 Messy Makers 10:30am Computer Tutor APPT 1:00 and 3:00pm	29 Farm Drop 2:00pm Artists Reception 4:30pm	30 Gaming Night Storytime 10:30am Author Talk Moondoggle 5:00pm	31 Baby Story and Play 9:00am	