



Eagles' Eye View

*The monthly newsletter for the
Eagles' Nest Clubhouse*



Where Dreams Take Flight!



October was a busy month for us. There was tons to do, like the Apple Gleaning and Halloween itself, but there was also others things on the side like Active Shooter Training and tours of potential new buildings. The deadline is approaching but we are hopeful.



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HALLOWEEN EVENT!



We did a Haunted Clubhouse and let people tour through it for candy! It was a great time and there were so many cool costumes.



Apple Gleaning Event!

Our members went Apple Gleaning on the 21st to help pick apples!



Members had lots of fun and we got to bring a bunch of apples back for the Club-house!

Nerd Corner

With Daniel Schaeffer

Vox Machina Season 3: D&D and its role in today's mental health



For Nerd Corner I have decided to delve into the world of Vox Machina . An original creation of the YouTuber's Critical Role (which started as a group of voice actor friends getting together, and playing D&D at home before it blew up and became huge). This is an animated series covering their very 1st campaign in animated form. For the tie in this month I decided to cover D&D, and its role in today's mental health . So here is my review and thoughts on Vox Machina Season 3: D&D and its role in today's mental health .

The Legend of Vox Machina season 3: This season picks right up from the end of season 2 and the middle of the Chroma Conclave Arc (a group of powerful and ancient elemental dragons). This was dealing with dragons reigning hellish death and destroying whole villages. As well as retrieving magical artifacts that can counteract them or completely neutralize them. Well at least this was part 1 to this very long arc. The backstory for the conclave was revealed and where the main dragon Thordak (voiced by Lance Reddick R.I.P.) and what is causing him to subjugate Taldoria to his rule. This season has had twists and turns and a lot of betrayal and death. Some of my favorite parts were obtaining the vestiges, learning more about the everlight plus more about our main party. This season also brought more of an offensive front to the conclave and even brought down Thordax. There has been loss as well and it has a lot of ramifications that are going to come from it. This season has begun to set up the end game for the series. The dragons are all dead. This was an amazing season. A Lot of ups and downs, some deaths and fights galore. This will be interesting to see how season 4 will play out I give it a 9.5 out of 10.

D&D and its role in today's mental health : Dungeons & Dragons a game that is loved by a lot of nerds. It has now become a tool in counseling. Weird concept but a cool way to work through trauma and get people to open up. I personally got to experience this with a counselor last year. I thought it was weird but I enjoyed doing a 1 on 1 therapy session playing through the campaign as Bloodhedren. Where I was a noble halfling bard whose entire family was wiped out by dragons and his entire kingdom was destroyed and eradicated. This backstory took us to places that i never thought i could go within my therapy. Yes it brought a lot of painful memories and tears but I enjoyed it. It was cool to be able to have some control of the session but it also allows for more open dialogue. Yes there is a lot of rolling dice and fighting but that is only a small part of the game. The friendships and bonds that get forged make it worthwhile. I have played home-made campaigns. I've done pre-made ones. Regardless, it's so fun and enjoyable. Studies also back the idea behind using D&D as a therapeutic tool in therapy. It has been used to treat various mental health issues from PTSD to anxiety and depression.

Conflict Resolution On Among Us

Occasionally we play a simple game called Among Us. It's a goofy little cartoony game with a fairly simple concept. You are part of a space crew and are on a ship. The goal is to complete your tasks so you can get home, but there is a catch to this. There is an imposter among the crew.

Gameplay is divided into two roles and they are randomly decided at the start of the round.

Crewmate - The job of Crewmate is to do their tasks, which are little minigames across the ship like emptying the trash and fixing the wiring, and on top of that they should keep their eyes peeled for suspicious behavior.

Imposter - The job of an Imposter is to fit in and pretend to be like everyone else. They fake doing tasks while slowly killing off the crew and planning ahead to ensure they have an alibi. They can also sabotage the ship by locking doors and disabling vital systems.

You don't know who the Imposter is. Each time a body is found it can be reported, and a meeting will be called to talk things out. Where was the body found? What was everyone doing? Who was where? Why was Joe sitting in the corner for so long? Here, the group tries to figure out who the imposter might be so they can vote them out the airlock.

This is where it gets wild. The Imposter needs to play it cool and try to get innocent people voted out because their job is to kill off the crew. They throw innocent people under the bus while offering arguments as to why it might be someone else, but they need to be strategic about it. The group has no idea who the Imposter actually is, so it is possible to throw innocent people out the airlock.

The game is decided based on a few sets of criteria.

Crewmates - All tasks are completed, or the Imposter is discovered and voted out during an Emergency Meeting.

Imposters - They successfully kill off enough people so only they and one Crewmate are left which is a de facto win, or the crew fails to rectify the Imposter's sabotage attempt on vital systems like Oxygen or a Reactor Meltdown.

We could be yelling at each other and arguing, playing the blame game, insisting on our mother's grave that we are not the Imposter. Things get heated and spicy, but in the end we all get along knowing that it's just a game and lying is part of it. No hard feelings, BJ.



Poetry Corner

Seasonal Fun
Tonya Turton

As the days get shorter and the nights get longer,
praying that the rain showers will end and hoping Winter will be here.
We carve the turkey and had fun, now it's time for the snow to come.
Christmas is just around the corner and soon Santa will come and then New Years.
Then we can look forward to Spring and the flowers returning,
and the April showers that will bring May flowers.
Then summery longer days and shorter nights, no more school for three months.
Swimming, hiking camping, going to summer camp and on family trips to all kinds of different places.
Then comes Fall, the leaves falling off the trees, Halloween, and Trick or Treating, then thanksgiving.
The shorter days and longer nights as Winter and Christmas comes back around.
Then New years, then we start all over again.

Thanksgiving
Jane Winslow Lennon

Harvest time is done
colder temps are here
we can celebrate
this beautiful time of year.

Give praise and thanks
our turkeys golden brown
all the fixings on the table
we are gathered all around.

Fire burns so brightly
warms us on a snowy day
the children are enchanted
They laugh as they play

Feast from the gardens
Deepest thanks we give
To bless us and our food
Our home as we live

For thanksgiving is wonderful
And we all do shine
Blessings to the world
Thy will be done not mine



Art Corner



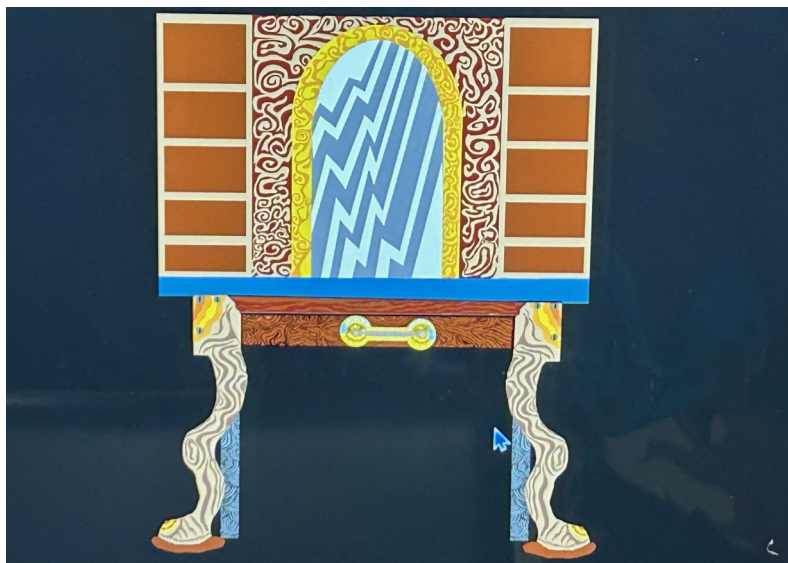
Einsoffor
Original Character by Laura



Vincent, Aster, Jack, and Leon
Original Characters by Laura



Lotus
Original Character by Laura



A Vanity
By Kevin

ENC Quilt Raffle!

We are selling Raffle Tickets for a quilt that was donated to us from Linda Saunders of our Advisory Board! The going rate will be 1 ticket for \$1 or 6 tickets for \$5! All proceeds will go to Eagles' Nest Clubhouse!

The raffle will last until the end of November, which we will then draw for the winner!

We only need your name and phone number on the back of each ticket so we can contact you if you win!



Congratulations!

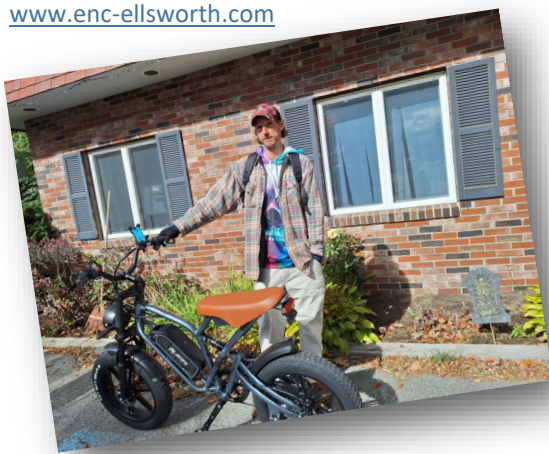
Alanna, one of our members who moved away has finally gotten her Driver's License!

Laura also just started Drivers Ed!

We also would like to congratulate Danny for getting into the College Transition course and completing it! He was also admitted to UMA!

Also, our Website is finally done! Congratulations to all who made this happen!

www.enc-ellsworth.com



Congrats to Janet on her new apartment!

Also, Paige is starting school for her MHRT-C along with College Transition, which is also exciting news!

Chris also got his E-Bike! Yay!

A Special Thanks!

A thank you to Jerry's Church for the donation of:

Office Supplies

Craft Supplies

\$110.97

and Food!

We appreciate the help!



View From the Boardroom

Congratulations to our new Board President Linda Saunders!

I've been retired since 2016, we were snow birds until this year and now we're back home in Maine. My hobbies are quilting and cooking. I'm married and have 2 little Yorkies and 7 great grand children. I'm honored to have been chosen to represent such a wonderful program.

Introducing our Advisory Board! (Those that we have gotten into contact with for this article at least)

Jerry Stone - I was raised some in Midcoast Maine, born in Rockland, living in Port Clyde & Cushing. My wife, Bette, & I live in Camden, ME, now 40 years. We raised our now 3 grown daughters here. They live nearby as do our 3 grandchildren. My mom passed early leaving 10 children. After growing up in an orphanage for 8 years, I went to teachers' college here in ME. I became a junior high teacher in Ellsworth in 1970 for 14 years & then taught middle school in Camden, ME. I continued as teacher & educator for 49 years. I've been bivocational, serving, too, as an ordained minister now for 46 years, pastoring churches in Brewer, Rockland, & Ellsworth. I'm still an active ordained minister, attending church here many years with my wife at Community of Christ on State Street in front of the Ellsworth High School. I hold high faith, family, friends, & community. I believe in all - as persons uniquely valued & gifted. I embrace diversity, inclusion, & collaboration. Peace & conflict management have defined a large part of my life experience. Decades ago I started & administrated 2 successful businesses in Camden. For 2 years, I learned much when helping administrate a Rockland-based charity. I retired 5 years ago but am busier than ever. The Eagles' Nest Clubhouse in Ellsworth has become an engaging part of my life since early 2024. I value each one here & the remarkable ENC process that makes change & growth possible for so many who still dream & believe!

Cary Figueroa - I moved from Louisiana to the Bucksport area 5 years ago, after spending many summers in Maine, visiting family. Maine called to my nature-loving spirit, and I spend my time living in the woods, writing, reading, and swimming (for a couple months of the year, anyway). My interest in mental health is both professional and personal. I've worked in the mental health field for over 10 years. Currently, I am a case manager at Bucksport Regional Health Center.

I have both witnessed and experienced mental illness in my personal life, including losing a dear friend who did not have access to the support she needed. I am passionate about the work of the Clubhouse, because it gives me hope that others will have the support they need and that the stigma of mental illness can be lifted.

John Fitzgerald - I live in Blue Hill with my wife Diane, daughter Carly, and her three daughters. I also have 4 step-sons and their families and spend time with them on a regular basis. Diane and I moved to Maine in 1977 and built our own house, having never built anything before, which made it a very unique adventure.

I have worked in residential treatment with youth at Kid's Peace (formerly the Homestead Project) and for the past 12 years as an LADC, CCS in the methadone treatment program in the Maine Coastal Regional Re-entry Center in Belfast, as well as two days a week in Knox County Jail in Rockland. By meeting people where they are at, I assist them to get on the road to recovery. I have been involved since 2006 with Your Place Inc. as a recovery coach in the 12 step meetings. For the past 12 years I have been on the Bay School Board in Blue Hill chairing their building committee's and finance committees.

I hope to be able to share my experiences to make your organization realize their full potential and meet their goals.

Jennifer Freese - I am originally from Northern Kentucky and moved to Maine in 2006 after graduating from Veterinary School in Alabama. I now work as an Assistant Professor for the University of Maine at Augusta Veterinary Technology Program on the Bangor Campus. One day a week I also work in a clinic so I can continue working with some furry friends. During downtime, I enjoy spending time with my husband and two boys. The boys both like sports so we are usually watching them play hockey, baseball, lacrosse, or soccer. We also like to go kayaking and hiking.

I know how important it is to feel supported by others during difficult times which is why I like being part of the Clubhouse. It's nice to hear about the friendships that form and how everyone works together.

View From the Boardroom

Advisory Board Staff (Continued)

Martha Harris - Martha Harris is one of the Advisory Board's members from OHI, Eagle's Nest Clubhouse's Auspice agency. She has been on the Board of OHI for more than 14 years and is its current chair. She is a passionate supporter of clubhouse and has been since she first learned about it. She spent many hours inspecting potential homes for Eagle's Nest and was thrilled when one was finally found and could be opened.

Martha lives in Winterport where she raised two sons. She is a trial lawyer in Bangor specializing in family law and criminal defense. She is passionate about education and served on the RSU school board for 22 years. She served on the State Board of Education until termed out this March, including 3 years as its Chair.

Her other passions are reading and traveling. She has been to all 7 continents.

Rebecca Hunter - I grew up in MidCoast Maine and moved to the Ellsworth area for 25 years ago. I moved here to work as a gardener on an estate and then as a farm hand. I stayed because I fell in love with the natural environment here. For many years, I had a landscaping business and worked part-time in residential mental health treatment facilities. I eventually went back to school to become a mental health counselor (LCSW). Now I have a counseling practice in downtown Ellsworth and I do landscaping and caretaking work on the side. For fun, I play with my dogs, work in my gardens, hike, ski, paddle, swim, bike, climb trees, read, volunteer in the community, get songs stuck in my head, and practice playing classical guitar – all while eating more chocolate than the average person.

I am excited about the Clubhouse because I have seen how much people's mental health can improve when they have more human contact, have meaningful work to do, and just basically get out of the house more. I hope I can help the Clubhouse develop a strong presence in the community.

Meet the Eagles' Nest Clubhouse Staff!

Alice Grindle - Director

Hi, my name is Alice Grindle, and I am the current Director at Eagles' Nest Clubhouse (ENC). I started at ENC in July of 2020 as a Unit Coordinator under BJ Sherman. We both worked together at Fedcap and after she left it was never the same. Luckily, we kept in touch, and she convinced me to come to clubhouse and work with her again. Unfortunately, shortly after coming to Clubhouse to work with BJ, her mom became sick, and BJ retired to take care of her. That's when I took over as the new Director and have been doing it ever since. I can truly say it has been one of the most rewarding and challenging jobs I've ever had. Everyone is so gifted, artistic, and talented. Everyday is a different day and a new learning experience with never a dull moment. I'm proud to be a part of such a unique program with such an amazing group of people and even more glad we convinced BJ to come back to work with us again.

BJ Sherman - Unit Coordinator

I'm BJ Sherman, Unit Coordinator here at ENC. I started my work here in April 2019 when we first began the program. In May of 2020 I became Director and supported a skeleton crew of members in keeping the doors open through the terrible Covid years. Following our first Accreditation I retired to care for my mother, leaving the Clubhouse in the competent hands of Alice Grindle our current director. Following the death of my mom I returned as Unit Coordinator and am excited to be a part of the huge growth of this amazing program. The Clubhouse Members are among the brightest, kindest and most creative people I've ever had the privilege to work with and I am blessed to be a part of this team.

Jessimine Turner - Unit Coordinator

I'm Jessimine, the newest Unit Coordinator at Eagles' Nest Clubhouse. The best thing about my job is watching members grow and come out of their shell and blossom into who they really are and truly have been all along. It's such a blessing to be a part of the whole sacred process.



Thanksgiving!



The Clubhouse will be open on Thanksgiving so all members who may or may not have family to celebrate with will not miss out. We're family here at Clubhouse!

And on a Community note, the Emmaus Shelter will be doing Food Baskets again this year!

The Elks Lodge will also be doing a Community Thanksgiving Dinner. Anyone who wants a hot meal can call to sign up. They may go in person to eat at the Elks Lodge, go for Take Out, or have it delivered. (Delivery only available in the Ellsworth Area!) This is a community effort and comes at no charge. To sign up, call 207-322-1728! Sign Ups end on Nov 17th!

Business After Hours Kids Peace



Jessimine, Alice, and Paige attended the Chamber of Commerce's Business After Hours event at Kids Peace!



Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Leftovers
4 Breakfast Lunch	5 Chop Suey	6 Pork Chops	7 English Pizza	8 Leftovers
11 Breakfast Lunch	12 Whole Chicken	13 Meat Loaf	14 English Pizza	15 Leftovers
18 Breakfast Lunch	19 Chicken Legs	20 Fish Sticks	21 English Pizza	21 Leftovers
25 Breakfast Lunch	26 Pulled Pork	27 Pork Tenderloin	28 English Pizza	29 Leftovers



Liberty Bay came to give us a presentation of their Rehabilitation and Recovery program along with pizza!



NOVEMBER 2024

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1

2

Online Game
Night—9:00 PM

3

4

5

6

7

8

9

Skill Share:
Computers 1-2PM

Skill Share:
Nutrition 1-2 PM

Game Night 2-4
PM

Group Wellness
Walk 1-2 PM

Online Game
Night—9:00 PM

10

11

12

13

14

15

16

Clubhouse is
Closed

Group Wellness
Walk 1-2 PM

Skill Share:
Nutrition 1-2 PM

Game Night 2-4
PM

Online Game
Night—9:00 PM

17

18

19

20

21

22

23

Skill Share:
Computers 1-2PM

Game Night 2-4
PM

Online Game
Night—9:00 PM

24

25

26

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28

29

30

Skill Share:
Mobile/Tablet 1-2
PM

Clubhouse is
Closed

Online Game
Night—9:00 PM