



Eagles' Eye View

The monthly newsletter for the
Eagles' Nest Clubhouse



Where Dreams Take Flight!

BIG NEWS!

After a long and arduous search high and low throughout Ellsworth, we have finally settled on a new building! We are packing up and getting ready for the big move! We need to be move in by the end of the month! It's kinda scary but also exciting! We will have much more space and will need to split our Units up a bit more to utilize the additional space.



The new location is 412 High Street, right next to Pat's Pizza!

Members will be helping with the cleaning efforts as well as painting to ready the building for the inevitable move. We are all very excited to have a bigger place with the potential for expansion in the future.



Announcement!

For the safety of our staff, members and transportation providers, Eagles' Nest Clubhouse will be changing its hours of operation to 7 AM to 3 PM starting on December 1st until April 30th, 2025. We will resume our regular hours of 8 AM to 4 PM starting on May 1st, 2025. Thank you for your support.

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Renovations!

Members have been going over to the new building to help clean and paint as well as move our stuff. We have a lot of work to do over the next month!



THANKSGIVING!

We always celebrate Thanksgiving here at clubhouse, and this year we celebrated by getting Thanksgiving Meals donated to us from the Elk's Lodge in Ellsworth! We got to eat a hot warm meal together, and watched the parade.



A big thank you to the Elks Lodge for providing the meals. We all appreciate the hard work you all put into this delicious meal.



Nerd Corner

With Daniel Schaeffer

Transformers One: Betrayal, Trauma, and its Lasting Effects

For Nerd Corner I decided to go to Robots in Disguise. I am reviewing the new animated origin film Transformers One. Which is a complete retelling of the origins for Megatron and Optimus Prime aka Orion Pax and D-16. With how the story is structured I wanted to tackle a unique subject matter. Betrayal trauma and how it affects mental health. So this is my review of Transformers one: Betrayal trauma and how it affects mental health.

Transformers One : This is a new spin & retelling of the origins of the classic protagonist and antagonist Optimus Prime (Orion Pax) & Megatron (D-16). One of the interesting things about this movie was that Peter Cullen aka the original voice of Optimus Prime / Orion Pax was not in this movie at all . Because this was an entirely different take on the character they decided to not have him cameo or voice Prime. Instead they had Chris Hemsworth do a new take on him. This movie was set on the Transformers home world of Cybertron before the days of the autobot and the Decepticon war. Taking certain characters and spinning them on their heads . For example, making Sentinel Prime's character change him from being a prime 1. Changing D-16 (Megatron) from a gladiator to a minor who was loyal was a game changer. Orion Pax's origin from being an archivist in the halls of Iacon to a minor bot. This changed the origins stories and how the war started on its head. I enjoyed seeing this retail and the implications that this will have on the Transformers fandom. Especially for Gen 1 fans and the Michael Bay films. This was not a perfect movie but I enjoyed it and got to react as I watched it. I give this a 8.6/10



Betrayal Trauma and how it affects mental health: While researching this topic I learned a brand new mental health term. It's called betrayal trauma. Betrayal Trauma is the emotional impact of having your trust or well being violated by someone or something you care about. For me why I switched to this topic is because betrayal plays a huge role in the plot of this re introduction to a classic animated franchise. I have been dealing with this trauma with own my own mental health recovery because of my family.



Poetry Corner

Friends of ENC

By Jane Winslow Lennon

I've had a gift of meeting people just like me,
We struggle with each hurdle then we do achieve.

We are very driven to do the best we can,
To reach our highest limits and work to understand.

For we are special people and gifted on the way,
Each day is an adventure we try harder every day.

My friends are honest people and kind and gentle too,
We combine work and play and we always make it through.

So my friends I thank you and know this heart of mine,
I stand with you and back you until the end of time.



Colors

By Mary Bonnin

Left in the dark and not afraid of it.
Never will the many shades of sadness take away from the colors I see.




A Winter's Tale

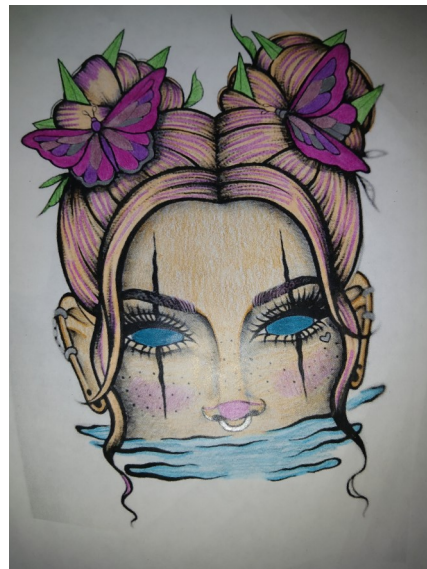
By Jane Winslow Lennon

A warmth of fire gleaming in the dark of night.
Snowflakes gently drifting wind does blow, all night cuddling in soft blanket.

Frisky mice in walls, we are tucked in safely, dreamland will come soon.
Mother and my father gently spoken work, smell of pizza wafting through our bedroom door.
Night gives way to morning, dimness fades to sun, frigid temps are calling.
No school busses run. Drifts of snow to jump in, rosy cheeks so bright.
The best of times is winter with everything so white.



Art Corner



Art by Danni



Test Art
By Kevin



Congratulations!



Congratulation to Paige on her 10 Year Anniversary of Sobriety! The journey wasn't easy, but it was worth it!

Laura completed Driver's Ed and got her permit, and Nick is starting Driver's Ed soon himself!

Congratulations to Zoey on her new job at the Warming Center! She will also be joining a Driver's Ed course!

Josh completed his MHRT/C class and is enrolling in EMCC for the Spring Semester in 2025!

ENC Quilt Raffle!

Congratulations to Sue Piper for winning the raffle!

We managed to raise \$171 for the benefit of Eagles' Nest Club-house! Great job everyone!



A Special Thanks!

A thank you to the Community of Christ Church for the donation of:

\$147.24

Food

Office Supplies

We appreciate the help!



View From the Boardroom

Thank you to everyone for your ongoing support and our effort to keep us moving forward.

October ended the month with 5014 billable units and an ADA of 8.78 and November is currently at 1188 billable units and an ADA of 11.33. We continue to have tours on a regular basis and have added four new members this month.

Now for the good news. After looking at close to 14 different places in Hancock County, we finally will have a new home as of January 1, 2025. Thanks to Mindy and Rich for being so proactive in making this work. We are moving into the old probation building located at 412 High Street in front of the new Ellsworth Police Station. Being this close to the police station will be a great opportunity for us to help educate them on Eagles' Nest Clubhouse and address the stigma attached to mental health. However, there is still a lot to be done before we can move in. If anyone is interested in helping us with the painting, cleaning, assembling furniture, and moving in general process, extra help is always welcome. I know it is going to be a little crazy with all the holidays, but our new landlord but I know we can do it.

Congratulations to Jessimine, Paige and Martha for completing the Comprehensive Clubhouse training at Genesis Club in Worcester, Mass. We hope you had a great experience and learned a lot of new ideas to help Eagles' Nest Clubhouse continue to grow and flourish.

Thanks to staff, members, advisory board members and everyone who contributed candy for another successful Halloween event at ENC. We had over 200 ghosts and goblins walking through our doors. See our newsletter and webpages for more information and pictures.

Eagles' Nest Clubhouse will be open on Thanksgiving Day with the help of the Elks Club delivering turkey dinners to all who attend. If you want to join us, please let us know by November 17th to sign up for dinner. If you can't join us but live in the Ellsworth area and will be alone, the Elks Club is willing to deliver a meal to you at home or arrange for you to be picked up to join them at the Elks Club.

We continue to work on developing a donor list for annual appeal letters that we hope to submit later this fall. Our goal is to raise enough funds to get an industrial kitchen.

Thanks again to Kelvin Mote from Ellsworth PD for our Active Shooter training on October 23rd, we had all staff, and nine members attend. Hopefully we will be working with him to do many more training courses.

Thank you to Ellsworth Farmer's Market for the \$200 donation for use of our parking lot on Saturday from May to November this year.

Finally, we want to congratulate our members for the following activities:

Daniel S. for being accepted at UMA for the spring semester starting in January 2025.

Josh C. for completing his MHRT/C class and enrolling at EMCC for the spring semester in 2025.

Paige G. for enrolling in College Transition through MEOC also starting in January 2025.

Laura H. for completing her driver's ed and successfully passing her permit test.

Zoe W. for being offered a job at the Inspire Warming Center starting on November 18th. We wish you much success. Zoe is also enrolling in the next driver's ed course through Voc. Rehab.

Shane A. for being accepted to UMA in their Early Childhood Education program starting in January 2025.

Nick S. for starting Driver's Ed in December through Voc. Rehab.

Eagles' Nest Clubhouse for finally getting their own website – check it out at ENC-Ellsworth.com.



Festival of Lights!

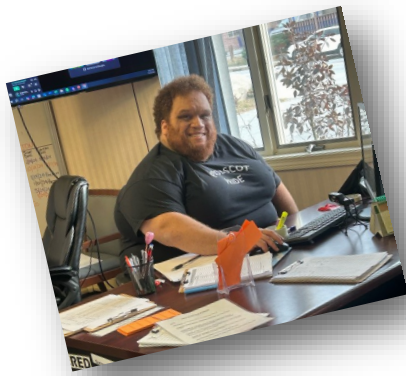
The Clubhouse will be celebrating the Festival of Lights on December 7th from 3 PM to 6 PM! It's a Saturday so Modivcare likely won't be transporting so it will be up to members to get their own transportation. The parking lot will be roped off so we can all sit outside and watch the parade together. We will have s'mores and hot cocoa!



Christmas!

The Clubhouse will be doing a Christmas Get-Together this year! Since people may be busy on Christmas day and we are not sure if Modivcare will be transporting, we have elected to have our Clubhouse Christmas on December 20th! Activities will include a Potluck, Yankee Swap, along with games and movies! There will be a \$10 gift limit on the Yankee Swap. We also will have member stockings to randomly stuff things into.

On the side, OHI will also have a Christmas Party that Members can attend near the start of the month!



Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Breakfast Lunch	3 Chop Suey Chicken Ham	4 Fish Chowder	5 English Pizza	6 Leftovers
9 Breakfast Lunch	10 Pork Chops	11 Whole Chicken	12 English Pizza	13 Leftovers
16 Breakfast Lunch	17 Fish Sticks	18 Chicken Leg 1/4	19 English Pizza	20 Potluck!
23 Breakfast Lunch	24 Meat Loaf	25 Boneless Pork Chops	26 English Pizza	27 Leftovers
30 Breakfast Lunch	31 Chop Suey Chicken Ham			



DEEMBER 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 Online Game Night—9:00 PM Clubhouse Festival of Lights!
8	9	10 Skill Share: Computers 1-2PM	11 Skill Share: Nutrition 1-2 PM	12 Game Night 2-4 PM	13 Group Wellness Walk 1-2 PM	14 Online Game Night—9:00 PM
15	16	17 Group Wellness Walk 1-2 PM	18 Skill Share: Nutrition 1-2 PM	19 Game Night 2-4 PM	20 Clubhouse Christmas!	21 Online Game Night—9:00 PM
22	23	24 Skill Share: Computers 1-2PM	25 Clubhouse Christmas	26 Game Night 2-4 PM	27	28 Online Game Night—9:00 PM
29	30 Skill Share: Mobile/Tablet 1-2 PM	31				