

Queen City Clubhouse

FEBRUARY NEWSLETTER

March 4th, 2025

A Fun Filled February at QCC



Introduction

Welcome to our monthly edition of the Queen City Clubhouse Newsletter! This is a space for our members to read about monthly clubhouse news, upcoming events, read submissions from other members, learn more about clubhouse standards, and learn more about a specific member of the community we call the “member spotlight.” If you are interested in becoming a newsletter writer or turning in a member submission, please let Meghan Seiler know during clubhouse hours or at mseiler@qcclubhouse.org. Thanks for reading!

Clubhouse News:

Two Week Training in New York

Written by Ken Ramsey

A Trip I cherish and won't forget. To shorten a long story, I'll start by saying thanks to director Natalie for enrolling me in Comprehensive Training Class. A special thanks for inviting me to join her and staff Ivanna and Sue on a trip to New York. Thanks for my first ride on an airplane. Thanks to the staff of QCC for the friendly treatment all the way. I must be a member.

Last, I'll say my thanks for receiving hospitality from friendly staff and members outside of our clubhouse. It felt like I'm still growing more due to the relationship I had with our teacher, Lisa, and members of Fountain House where we received our training. I would like to thank Emil, staff at Fountain House Welcome Center. He seemed like one of the outgoing workers who kept a welcoming hold on my training in a unit. They all were. I was treated in a friendly pull, as if I was on a quest to join the Fountain House Bronx. It's smaller than Fountain House and is co-owner of Foundation House Farm. Both houses are semi vegetarian and are stocked by Fountain House Farm in New Jersey. Being not too fond of just vegetables, the staff on my team were better yet, my colleague would invite me to go on a tour to stores and restaurants and offer me numerous meals a day. Ivanna, who used to reside in New York, would show me around to sights, such as the Memorial Museum, World Trade Center. We also took a ride on a ferry to view the New York Public Library. Ivanna led me out to Times Square, where the ball is dropped every New Year. We went on a taste test at different restaurants. We went on trips by taxis and subways. By the way, Lisa was our trainer.

We would meet in the lounge of our hotel and walk to the Fountain House, after having our fill of coffee to start our day. Sometimes we would have breakfast in a restaurant and other times, we would wait until we got to the Fountain House and eat. I thought their breakfast was alright, mostly scrambled eggs, bacon, orange juice, and coffee. I had to eat out to pass on their vegetable lunch and dinner and water.

I was stunned to see they didn't have a snack bar. They had a cafe shop and small cart. It's good to be home at our clubhouse. Due to my triumph I felt as if I grew after my trip to New York. I'm looking forward to making a better relationship with Queen City Clubhouse and our kin in other locations. We can benefit by visiting our kin and helping keep our standard up

to date. Giving my comment on what some of the new standards means was taken in thankfulness. Hopefully I can be selected for another trip to another clubhouse.



Valentine's Day Cookie Decorating

Written by Victor Thompson

On Valentine's Day, we had cookies, soda pop, treats, and goodies! I decorated a cookie for Valentine's Day. I used sprinkles and frosting on my cookie and I liked how it turned out. I also drank the soda pop and my favorite one was the Coca Cola . I had a nice time! Next year I hope we do something fun on Valentine's Day again.





A Fun Morning at Golden Corral

Written by Betsy Fischer

Bright and early, at 8:15 am on Saturday, February 22, 19 of us went to Golden Corral together! We enjoyed both the amazing big breakfast buffet, and each other's company. We took our time, and we stayed and talked and had fun until 11:00 am. And! It was Meghan's birthday so we surprised her in song after we arrived. It was a great outing. See photos on the next page!



Photos from the January & February Birthday Celebration





Upcoming Events

Written by P.A.D.

March 10, 11, 13, & 14: On Monday, Tuesday, Thursday, and Friday the week of March 10-14th, we will be visiting the art museum in small groups and getting shamrock shakes from McDonalds. Groups will leave shortly following the afternoon meeting. Each member can go a maximum of 1 time.

March 11: On Tuesday March 11th will be our next advisory board meeting from 6-8pm. All members are welcome to attend!

March 17th: March 17th is St. Patrick's Day! On this date, we will have a St. Patrick's Day party. For lunch, we will have Reuben sandwiches, green mashed potatoes, green beans, and rolls. We will have dessert and some other fun activities in the afternoon. See you then!

March 18th and 19th: On Tuesday March 18th and Wednesday March 19th is the Clubhouse Ohio Visit! We will welcome James and Michael from the Magnolia clubhouse. Stay tuned for more information about this visit!

Member Spotlight: Ricardo Mayfield

Interviewed by: Daniel Buckley

How long have you been a member of Queen City Clubhouse?

I joined last summer of 2024.

If you would like to share - why did you join the Queen City Clubhouse?

I was bored and had nothing to do.

What's your favorite part about being a member at Queen City Clubhouse?

I enjoy cooking and cleaning. Also, I enjoy playing pool.

What is your favorite work unit at the clubhouse and why?

I like working the kitchen, cleaning tables, and checking bathroom

What good advice would you give to a new member - or someone who doesn't know a lot about Queen City Clubhouse?

I would recommend working hard and having fun.

What is one thing you have learned in the last month?

I learned I can be more independent. I learned I like to give away food to others when I have extra.

Who or What inspires you?

My cousin, Mookie, is a cool dude. He is entertaining and funny.

How would you define a clubhouse?

It is a fun place that gives something to do and teaches you to cook.

What is something you like to do for the clubhouse - or what would you like to do with the clubhouse in the future?

I want to show up and participate in the work order day.

What are some of your favorite things to do in your spare time?

I like watching movies and hanging out with friends. I enjoy playing video games on my phone. I like to cook and hangout with my mom and dad. Also, I like to work out.

What is a fun fact that most people don't know about you?

I can be funny.

