

Spring City Clubhouse



October 2025

Seasons change, and as the old Clubhouse adage reminds us: the only constant is change. That doesn't mean it's always easy. Fortunately, at Spring City Clubhouse, decisions to change are not made by just one person.

Clubhouse is built on relationships, collaboration, opportunities, challenges, experiences, and growth. Standard 37 of the International Standards for Clubhouse Programs states: *"The Clubhouse holds open forums and has procedures that enable members and staff to actively participate in decision-making—generally by consensus—regarding governance, policy making, and the future direction and development of the Clubhouse."*

As time passes, Clubhouse must continue expanding the range of opportunities available to enrich members' lives. This requires building collaborative relationships with a diverse network of organizations and individuals. At Spring City Clubhouse, we encourage members, staff, and advisory board members to consider which consumer, family, support, advocacy, and social service groups we might engage with to enhance the quality of life for our members. Members, themselves, play a critical and influential role in shaping these collaborations.

Clubhouse Standard 36 requires us to also have support from appropriate mental health authorities, along with all necessary licenses and accreditations. It emphasizes collaboration with individuals and organizations that strengthen the Clubhouse's effectiveness in the broader community.

Currently, Spring City Clubhouse is partnering with Waukesha County and its Comprehensive Community Services (CCS) program. This collaboration will provide additional funding to support members' long-term recovery, while also empowering us to be stronger advocates for essential mental health services throughout Waukesha County.

These partnerships are only the beginning. We depend on our community—through food drives, holiday gifts, and personal care donations—to keep moving forward. At the same time, we're forging strong connections with employers and schools to fuel our members' vocational growth. Because the truth is simple: success is never achieved alone. And as always, at Clubhouse, We Are Not Alone. Not Now. Not Ever!

Waukesha County Health & Human Services 2025 Public Hearing



Hi my name is **Laurie H.** I have been a member of Spring City Corner Clubhouse since 2003. When I come to Clubhouse I feel like I have accomplished something. Spring City keeps me motivated to do tasks like answering phones, cleaning the snack shop and working in the culinary area setting tables. When I come to Clubhouse I eat more nutritiously and I am better hydrated. Clubhouse gives me a safe place to come that offers friendship with other colleagues like myself.

My name is **Lisa H.** I have learned a lot from Clubhouse. First, I learned about the skills that I needed to keep my volunteer job. Second, I received help with the webcasts I need for my recertification as a Peer Support Specialist. Third, Clubhouse helped me with the skills I needed to use the computer. Forth, I go to the after-hours events that I enjoy.

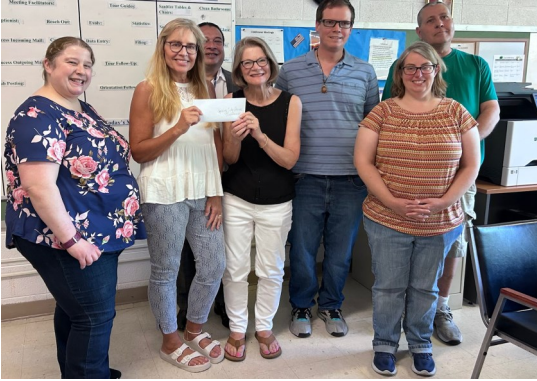
Hi my name is **Jacob B.** and I have been a member at Clubhouse for 2 years. I have made great friends at Clubhouse that helps support me throughout my time of being a college student. I have been attending college for 6 years. I am pursuing a degree as a data specialist. Along with that, I graduated with a front-end web development degree. Clubhouse has always been a great support in my education. I have been at my current job for 5 years. Clubhouse has helped me through work challenges and situations. The skills I use here at Clubhouse have prepared me to be a well-rounded employee. I am more comfortable asking for help at work since joining Clubhouse. Clubhouse has been a great place to find community and find new people.

Hi my name is **Charly P.** I have been a member of Spring City Corner Clubhouse since 2011. Clubhouse helps me to have structure in everyday life. Clubhouse helps me to have meaningful relationships and to accept people as they are. Clubhouse gives me purpose and belonging without judging me. Clubhouse keeps me from isolating. Spring City Corner Clubhouse is needed in the community so it can help people just like me.

My name is **Ellen G.** and I have been a member of Spring City Corner Clubhouse for 4 years. What brought me to Clubhouse was my interest in Psychology and the mental health field. Psychology was a subject that I did well in as a student at UW Eau Claire and also at WCTC. I feel Clubhouse helps me grow along with me working with my psychiatrist Jillian O'Grady at the mental health center in Waukesha. I was attracted to the ability to work independently as a person and also to have a volunteer activity focused day. Clubhouse changed my life because I have had more involvement with others and a chance to get out of my apartment. The reason I keep coming to Clubhouse is the opportunity to learn new skills and work together with people I do not ordinarily get to see.

My name is **Ken K.** Spring City Corner Clubhouse has been an essential part of my recovery for over seven years. Spring City Corner Clubhouse reared its head at a time when I was in crisis. It was literally a Godsend. Thanks to the compassionate and welcoming staff, not to mention members who could relate to my woes, I felt like I had found family. These special people *knew* what I was going thru, and they were willing to walk with me every step of the way. I am proof that despite having a mental illness, it is indeed possible to contribute to your community, support oneself, and have an overall purpose in life. Clubhouse is not only that "safe haven;" it is Home. Home to opportunity; second, third, (and more) chances; and unconditional acceptance. Spring City Corner Clubhouse is a blessing, and Waukesha is blessed to have it in our community!

100 Women Who Care & Clubhouse Updates



Spring City Corner Clubhouse was honored to receive an incredible donation from **100 Women Who Care Waukesha County** this past July. This group is made up of like-minded women dedicated to making a meaningful impact in the lives of those living throughout Waukesha County.

Our Clubhouse was nominated for this grant by a long-standing contact we developed through the Waukesha County Health and Human Services Public Hearing. This nomination affirms that our ongoing advocacy and support for Clubhouse members are being recognized within the community. It also highlights the vital importance of build-

ing strong relationships, especially when so many worthy causes are competing for limited financial resources.

We were awarded more than **\$16,000** from 100 Women Who Care—their largest donation to date! This generous gift is helping us strengthen our commitment to Clubhouse Standards while expanding our programs and services.

Already, some of these funds have gone toward enhancing our physical space for both current and future members. In our Employment and Membership Services room, we purchased new desks that allow staff to work more effectively alongside members. In our snack shop, we added a new welcome desk where members can greet visitors and manage sign-ins, as well as a cabinet to store donated personal care items for those in need. In our reach-out and clerical rooms, we added a new storage cabinet for outreach materials and Clubhouse projects, along with a new bookcase for our in-house library.



Looking ahead, we are focusing on increasing the visibility and accessibility of our Clubhouse. Some of the remaining funds will be invested in marketing and outreach efforts. Because we serve all of Waukesha County, new members sometimes struggle to find us, and existing members may face challenges in visiting. To address this, we have already begun expanding our social media presence and creating new branded materials, such as Clubhouse T-shirts and other

items. We are also developing a revitalized resource corner where members can easily access important information about housing, transportation, benefits, employment, education, and more.

The generosity of 100 Women Who Care, along with the support of our broader community, creates meaningful opportunities for our members to achieve both vocational and social goals. With these essential networks and partnerships, our Clubhouse and members continue to thrive—remaining both **Clubhouse Strong** and **Waukesha Strong**.



2025 Clubhouse Open House



Our 2025 Spring City Corner Clubhouse Open House was such a wonderful success! After last year's smaller turnout, we knew, if we wanted to go bigger and better, we couldn't do it alone. So, we reached out to our Auspice Agency, Advisory Board, members, and friends in the community for support. Together, we sent out more invitations than ever—both formal and informal—connecting with employers, providers, and community advocates. We also created Spring City Clubhouse apparel and swag, and refreshed and shared information on all of our programming opportunities.

A special thanks goes to **Lutheran Social Services (our Auspice Agency)** for their steady support throughout the entire process. The communications and advancement teams helped us open our doors even wider by inviting the

broader community and potential donors, as well as designing eye-catching signage for the event. Meanwhile, our **Advisory Board** shared the excitement in their networks and secured fantastic door prizes for our business card raffle.

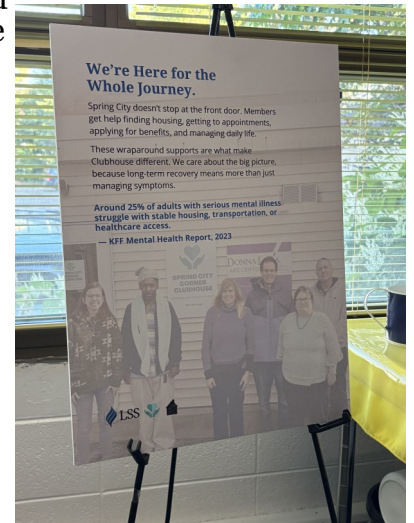
Our **members and staff** worked tirelessly in the weeks leading up to the Open House. We redesigned our employment and education boards, displayed moving testimonies of what Clubhouse means to our members, reached out personally to spread the word, and warmly welcomed guests with appetizers and tours on the day of the event.

The program was a particular highlight of the evening. We began with inspiring remarks from LSS CEO **Hector Colón**, followed by heartfelt testimony from our Advisory Board President, Jojo Zeilhofer, on her journey to supporting and advocating for Spring City Clubhouse.



Then, two of our members shared the deep impact and importance of their Clubhouse experiences. We closed with a gentle reminder of the **Five T's—Time, Treasure, Ties, Talents, and Testimony**—ways that everyone can support the Clubhouse. The program wrapped up with a humorous and lively business card raffle with several appreciative winners.

On behalf of our entire Spring City Corner Clubhouse community, we would like to thank everyone's generosity and support, for helping bring this year's Open House to life. It was more than just a gathering, it was a celebration of what we can accomplish together as a community.



OCTOBER 2025

<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>
		1 ROAST POTATOES CARROTS	2 SALSA BEEF SKILLET REFRIED BEANS	3 CHEF'S CHOICE
6 ONE POT EASY HAR- VEST CHICKEN SKILLET CUCUMBER SALAD	7 CHICKEN POT PIE PARFAITS	8 PIZZA HOT DISH SIDE SALAD	9 CHICKEN QUESADILLA PIE SPANISH RICE	10 CHEF'S CHOICE
13 TORTELLINI CHEESE BAKE GREEN BEANS	14 SAUSAGE AND ZUCCHI- NI SKILLET SIDE SALAD	15 TACO BAR PARFAITS	16 CREAMY TURKEY AND NOODLES WALDORF SALAD	17 CHEF'S CHOICE
20 PENNE CHICKEN WITH SUN-DRIED TOMATOES STEAMED CAULIFLOW- ER	21 ITALIAN BROCCOLI CHEESE BAKE RICE	22 CHEF'S SALAD GARLIC BREAD	23 HEARTY VEGETABLE BEEF RAGU MIXED FRUIT SALAD	24 CHEF'S CHOICE
27 SPAGHETTI SQUASH WITH PUMPKIN ALFRE- DO GARLIC BREAD	28 STIR FRY EGG ROLLS	29 NACHO CHEESE BEEF BAKE GUAC & CHIPS	30 CHILI CORN BREAD MUFFINS	31 CHEF'S CHOICE

October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10a House Meeting Rec w/ Sami 4-6p	2 1p Clubhouse Coalition 2p Job Support Meeting	3 3p Team Building	4
5	6 8:30a Grocery Shopping 1-3p Carroll U Students	7 9a Menu Planning 2p Newsletter Meeting	8 10a House Meeting	9 1p Clubhouse Coalition 2p Job Support Meeting	10 3p Team Building	11 Rec Hours w/ Peggy & Patti 11:30a (See pg. 8 for details)
12	13 8:30a Grocery Shopping Meditation w/ Larry 12:30-1p 1-3p Carroll U Students	14 9a Menu Planning 2p Newsletter Meeting	15 10a House Meeting Birthday Lunch Rec w/ Amy 4-6p	16 1p Clubhouse Coalition 2p Job Support Meeting	17 3p Team Building	18
19	20 8:30a Grocery Shopping 2p Wellness Group	21 9a Menu Planning 2p Newsletter Meeting	22 10a House Meeting	23 Meditation w/ Larry 12:30-1:30p 1p Clubhouse Coalition 2p Job Support Meeting	24 3p Team Building	25
26	27 8:30a Grocery Shopping 2p Wellness Group	28 9a Menu Planning 2p Newsletter Meeting	29 10a House Meeting Halloween Lunch (Costumes Optional)	30 1p Clubhouse Coalition 2p Job Support Meeting	31 3p Team Building	

Wellness Break

Words of Wisdom

"Be courageous! Whatever setbacks America has encountered, it has always emerged as a stronger and more prosperous nation. Be brave as your fathers before you. Have faith and go forward." ~Thomas Alva Edison

"The health of the people is really the foundation upon which all their happiness and all their powers as a state depend." ~Benjamin Disraeli

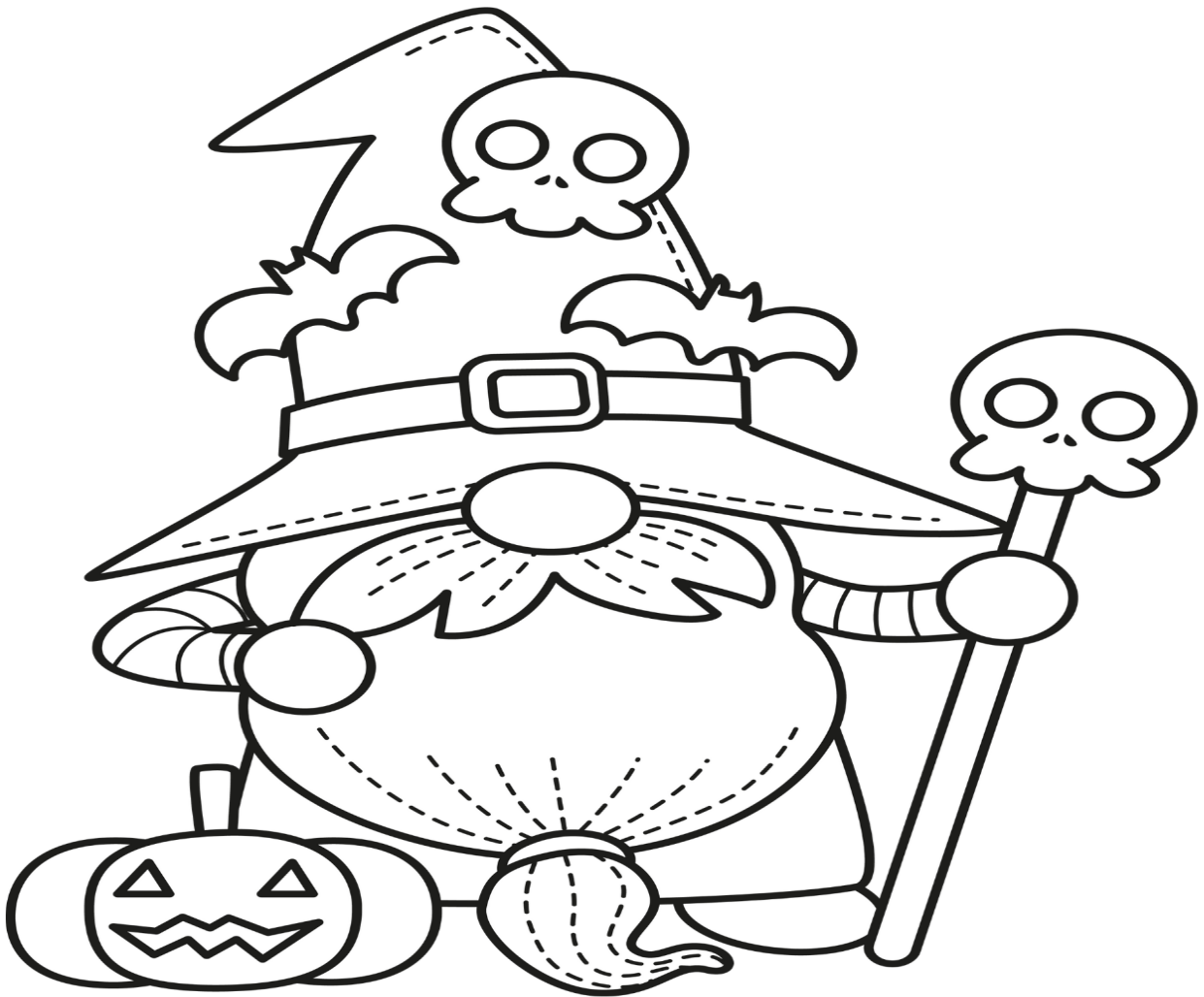
"October was always the least dependable of months... full of ghosts and shadows." ~ Joy Fielding

Fun Facts

The name "October" comes from the Latin word "octo," meaning eight, as it was originally the eighth month in the Roman calendar.

NASA was officially established on October 1, 1958, marking the beginning of civilian space exploration in the United States.

Although nearly half of all presidential first ladies were born during the summer months, more United States presidents have been born in October than in any other month.



There's Gnome
Time Like Halloween

What is Clubhouse?

Spring City Corner Clubhouse is an environment that empowers individuals, affected by mental illness, to achieve and retain the confidence and skills necessary to lead vocationally productive and socially satisfying lives.

Fundamental Rights of Membership

- A guaranteed right to a place to come.
- A guaranteed right to meaningful relationships.
- A guaranteed right to meaningful work.
- A guaranteed right to a place to return.

Clubhouse Recreation Hours

Saturday, October 11th

Carroll University Homecoming Parade
w/ Peggy & Patti
Meet at 11:30a

Grab some seats, stay to chat, and take in the view of the Carroll U Pioneer's Parade!
Meet near the corner of College and Barstow Ave, look for the Spring City Lawn Sign

Clubhouse Food Pantry

We have a small pantry of donated food for our Clubhouse Members. The pantry includes mostly non-perishable items. We have also expanded to have some personal care items available as well.



 **Lutheran Social Services**
of Wisconsin and Upper Michigan, Inc.

Act compassionately. Serve humbly. Lead courageously.

Spring City Corner Clubhouse

247 Wisconsin Avenue

Waukesha, WI 53186

Monday - Friday 8:00-4:00 pm

Phone: 262-549-6460

Email: springcityclubhouse@lsswis.org

A community based service of
Lutheran Social Services. Support by United Way and Waukesha
County Health and Human Services

Do you or someone you know live with mental illness? Consider joining our membership for meaningful work, relationships, and a sense of belonging.

The process is easy:

1. It starts with filling out our online membership application. You can scan the QR code or come in and fill one out at our kiosk.
2. After we receive your application, our membership team will call you to schedule a tour, which is a great snap shot of what our program is and what we can offer.
3. After the tour, we fill out brief paperwork to send out to your providers to verify eligibility.
4. Then, after eligibility is verified, we schedule an orientation to give you an opportunity to work with us and get a better snap shot of who we are.



Director's Corner

Community, Connections, Relationships WORK!
Did you ever wonder why Clubhouse says, "You are not alone, not now, not ever!" It's because we know that we are only strong when we stand together. No isolation, no stigma, no judgement. It is not unattainable. This is a world we can build together, but we need all of you to want it as much as we do. We are here for you to work with us, learn with us, teach us, laugh with us. Come in and tell us what you are interested in. We can build a task around your idea or interest. This is a safe space to step out of your comfort zone, because here we lift each other up. Here, we grow and walk our recovery, step out into our community and shine our light for others to follow.

~Sharon