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Newsletter Date
April 2023



Welcome To the Clubhouse!

The John Murray Center is now John Murray Clubhouse!

A Clubhouse is a working community that is purposeful, respectful, and engaging. Established to benefit the health and wellness of people who live with mental illness, it is based on the research-proven Clubhouse Model.

Members and staff work side-by-side the run the Clubhouse, completing Clubhouse work and reaching its goals. By doing so, Members are able to make friends, gain confidence, and learn new skills. It is a safe and supportive environment, meant to help members build a better life.

John Murray Clubhouse currently has two units, Hospitality and Membership. The Hospitality unit consists of the kitchen, grocery shopping lists and budgeting, the Clubhouse garden, and food inventory. The Membership unit consists of making the Clubhouse newsletter, outreach phone calls, planning social events/special Clubhouse programming, running the snack bar and coffee station, reception, providing tours to potential new members, and advertising. Members are able to choose which unit they would like to work in and change periodically.

For more information please visit: <https://clubhouse-intl.org/resources/how-clubhouses-work/>

Meet A Member!

Introducing: Summer!!!

Summer came to the Clubhouse to get out of the house and find something to do. Summer has gained friendships, new life skills, and has been a consistent member during the Clubhouse transition. When she is not at the Clubhouse, Summer loves spending time with her daughter, watching TV, reading, and even writing.

When asked what she would tell someone who was interested in possibly joining the Clubhouse, she said "Everyone's welcome, you meet people, you feel wanted, makes you feel good, gives you something to do..."



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Upcoming Socials

- **April 7th at 1:00 PM**– Spring Has Sprung Dinner and Celebration
- **April 28th at Noon**– April Showers Bring May Flowers Birthday Celebration

Soaring Spirits



The Clubhouse, in addition to Ravenwood Health's maintenance guys, Dave and Nate, were able to rescue a wounded bird found at the Clubhouse.

The Clubhouse was able to find veterinarian to rehab the bird at West Geauga Veterinary Hospital in Chesterland.

After one day and night, a warm place to sleep, food and water, the bird (that the Clubhouse named Morning), was ready to be released.

Members and staff brought the bird back to the Clubhouse and released in a safe space.



"The Clubhouse is for its members and everyone sticks together"

Clubhouse Standard of the Month

STANDARD #2

The Clubhouse has control over its acceptance of new members. Membership is open to anyone with a history of mental illness, unless that person poses a significant and current threat to the general safety of the Clubhouse community.

Clubhouse News and Updates

- John Murray Clubhouse will no longer be putting out an activities calendar, instead will be putting out a newsletter.
- Clubhouse is ran Monday thru Friday.
- The Clubhouse recently acquired two new vans, which means more transportation spots are open to members. Remember to schedule all transportation ahead of time.
- Interested person or members can call or email the Clubhouse to schedule or with questions.
- 440-214-9124 ext 1 or clubhouse@ravenwoodhealth.org
- It's an exciting time at the Clubhouse, we are starting the updates for the new kitchen!
- In April, we will be starting our Health and Wellness group! This is open to all Clubhouse members and will be on Friday afternoon at 2:00 PM. The starting date will be announced, once determined.