

Elliot House

A SERVICE OF RIVERSIDE COMMUNITY CARE

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ELLIOT HOUSE WEEKLY TIMES

Monday, September 7 (Labor Day!) - Saturday, September 12



Members are in every day this week at Elliot House!

Update from Alison your Director

This was our first week with members every day at the Clubhouse. It was a small start but great to see some familiar faces and a glimpse at our routine again. We are looking forward to seeing more of you soon and we will keep everyone up to date as our new practices evolve.

All of you have been wonderful to work with and so understanding of the ever-changing situation. I am proud to regularly report to Riverside Community Care and DMH about how flexible and adaptive you all have been through this crisis. Change is not easy but the support from this community to one another has been extraordinary. Whether virtually or in person, we are still a strong Clubhouse Community.

Please also remember throughout this entire transition to in person services, our remote services will continue in full. We hope to connect with you in some capacity.



Members are taking the lead on Zoom calls to connect with other members and friends at the Clubhouse.

Zoom in with **Debbie G.** on **Wednesdays and Sundays at 7:00pm** join the conversations and connect with other members. Zoom in using *forum login*

Zoom in with **Nick G.** on **Fridays at 7:30pm** for some stimulating discussions, bring your topic and join the conversations. Zoom in using *forum login*

Zoom in with **Steve G.** Starting on **Tuesday, September 15** for some musical fun with karaoke **at 7:00pm.** Zoom in with the information below:

<https://us04web.zoom.us/j/72909733627?pwd=SG5FREVEQXNpcEIxMlZReVM2YUx0dz09>

Meeting ID: 729 0973 3627 - Passcode: P21Med

Protect you, your colleagues, family, friends and neighbors from getting sick by following the steps below.

1. Use face coverings



and try not to touch your face.

2. Social distance and stay at least 6 feet apart or more.



3. Wash your hands often.



4. Sanitize frequently.



5. Take your Temperature and stay home if you feel sick



More about your health and wellness, as the Occupational Therapy Students are back from Regis College to work with us this fall via Zoom!

Julia and Erin will be with us for the next 5 weeks which started two weeks ago and will concentrate on the 8 dimensions of wellness. Through a series of sensory exercises.

This past Thursday, both of these talented students focused on an activity called My Flower. Members and staff enjoyed the session which focused on an activity called My Flower. It started out with an ice breaker question. The students asked us to get a pencil and paper. They then asked the group to draw an eight petaled flower with a circle in the center with our name on it. Then they gave us questions and asked that we give only one word answers to describe ourselves; and place them on each petal. Everyone shared what inspired them to respond the way they did. The goal of the activity was to get to know one another better and identify what makes everyone themselves.

For next week's activity on **September 10th**, all members Zooming in will need a piece of paper and a pencil. Just like we did this past week. For **September 17th**, we will be conducting a survey with members to find out who would be interested in Zooming in on that day. The Clubhouse will distribute materials to members who expressed an interest in participating. Members will be able to create a lap pillow from the provided materials. Join us at forum every Wednesday to hear more about the future topics and as always we will have more details next week in this publication.

RETURNING TO ELLIOT HOUSE by Rita P.

I was happy to return to Elliot House last week to help out. It doesn't quite look or feel the same since the last time I was there due to the extra precautions that have been set up to keep us all safe. It's also much quieter than I have been used to.

As I entered the Clubhouse, I was asked to stop to get my temperature checked. Then I was given a new mask to put on and asked to sanitize or wash my hands (new: only one person in the bathroom at a time). I was in on a Monday which is a food prep day and we had three meals on the menu to prepare for 40 people (on Wednesday 40 more meals will be prepared). I kept very busy in the kitchen doing meal prep working alongside Maria and a few members. The time flew by so fast and before I knew it, it was lunch time.

We were all asked to eat at our own individual table so we could keep a distance from others. During lunch, we watch a Riverside video on COVID safety at work. We also had a short meal planning group conference call at 1 pm. Afterwards, Donna and I got the meals bagged and organized for the Monday deliveries. We worked as a team all day to get the work done and we got a lot accomplished.

I was amazed at the end of the day, how much work the staff has been doing behind the scenes to get the meals out to members. Bravo to them!!! It was really great to work again with Maria, Donna and Alison and some of my Clubhouse friends. Thanks to the staff and Riverside who have set up the Clubhouse to make it safe for some members to return.

I hope now that Elliot House has invited members back, that everyone in our community that comes through its doors, will work hard to keep the Clubhouse COVID-free so it can remain open to our members.



Meditation via Zoom with Lisa - Every TUESDAY at 3 pm



Kudos to Jack for another great show. Remember to Zoom in One WEDNESDAY a Month at 2pm for cooking with Jack via Zoom. Bon Appetit!

One WEDNESDAY a Month at 2pm Name that Tune with Bob via Zoom. Check out our forum notes for more details on the next event. Come join us and have some fun listening to all types of music.



One WEDNESDAY a Month at 2pm "Frannie's Funnies" Comedy Show Live via Zoom. Come join us and have some laughs.

One WEDNESDAY a Month at 2pm BINGO with Rita or Tracy via Zoom. Come join us and have some fun and win lots of prizes.



Every FRIDAY social activity: Meet at a park in your neighbourhood
Friday, Sept. 11, 3pm meet us at Artesani Park, 1255 Soldiers Field Rd, Boston, MA
- Find **Robin** and the Elliot House Banner



Public Outings/Summer Socials! Every Friday at 3pm we have a social event somewhere in the community. Last week's outing was held in Newton Center. We have a nice group of regular members who attend these socials and it's been a wonderful opportunity to connect with those individuals. All of us love seeing new faces though too so please try joining us this week. **Friday, Sept. 11, 3PM at Artesani Park, 1255 Soldiers Field Rd, Boston.** [Look for Robin and the Elliot House Banner!](#)

Upcoming socials:

- Friday September 18th - Waltham Commons, 610 Main St. Waltham
- Friday September 25th - Town Hall Park, 1471 Highland Ave. Needham
- Friday October 2nd - Newton Center, Across from Panera, 1241 Centre St, Newton
- Friday October 9th - Artesani Park, 1255 Soldiers Field Rd, Boston

If it's raining between 2PM and 4PM or if it is above 90 degrees, the event is automatically cancelled!

If attending these events, remember these protocols MUST be met in order to continue doing them.

- Members and staff are required to get to the location on their own.
- Everyone must keep at least a **6 foot distance** the entire time.
- Everyone must **wear a mask** during the gathering.
- Everyone is encouraged to bring their own lawn chair or blanket to sit on.
- Food and drinks cannot be shared but you are encouraged to bring your own snacks.
- Activities are limited to only activities that allow for a six foot distance.
- All members and staff will be **pre-screened via phone** prior to attending the gathering.
- **Pre-screening questions. If you have any of the following, YOU CANNOT ATTEND.**
 - Take your own **temperature** at home the morning/day of the gathering. **If you have a temperature of 100.4** or higher. Please talk with us if you do not have your own thermometer.
 - **If you are feeling ill.**
 - If you have been **around anyone who has COVID-19.**

Our **FANTASTIC** staff members are cooking up some good food this week!

Got an idea for a meal? Join us via Zoom for meal planning every **Monday at 1 pm Follow the forum instructions to join the conversation**

This Week's Menu:

Hamburgers - Potato Salad - Hot Dogs

Food Delivery Schedule

<p>Mon-Sept. 7 (Labor Day) Allston, Boston, Brighton, Brookline - Framingham, Natick, Wellesley,</p>	<p>Tues-September 8 Needham - Dedham, West Roxbury Norwood, Sharon, Walpole</p>	<p>Wed-September 9 Newton: Nonantum, Waltham, Watertown</p>	<p>Thurs-September 10 Newton: Chestnut Hill, Oak Hill, Waban, Centre, Highlands, Upper and Lower Falls</p>	<p>Fri-September 11 Newton: Auburndale, Newton Corner, Newtonville, West Newton</p>
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Forum Highlights: From Wednesday, **September 2nd**



- Members wanted more information about the reopening. See update on your Clubhouse reopening from Alison your Director on cover page one
- A consensus was reached about the time that our Wednesday Zoom events should be changed to: starting on September 16 the new time now will be at 2pm directly after Forum. Members would take turns hosting their events, for example, Jack's cooking show will now be once a month rather than every Wednesday.
- Steven G. has volunteered to lead a karaoke activity via Zoom starting on Tuesday, September 15 at 7pm. His program will include requests that members make for popular music with words printed that come up on the screen and their selections will be played in the background. Zoom in to participate in a rock star studded experience karoake style and hear members who sound like rock n' roll or rhythm and blues artists imitate some of your favorite singers. This sounds like lots of fun
- Alison had a call from the transportation company and they said that we will now have more reliable transportation. Members will get a call from Boston MA Transit to let them know if they will qualify for the service. If you don't get a call from them the staff at Elliot House will try to get members on a waiting list. Another reason for not getting on the waitlist is if some members may be from a town that is too far away.
- On Monday, September 7 Labor Day, only members who are scheduled to be at the Clubhouse on Monday are allowed in on that day. Holiday hours are from 10am-2pm for members and Staff will be working from 9am-3pm.
- Since the DRA (Dual Recovery Anonymous) group is experiencing low attendance on Mondays, everyone agreed that it would be better to have DRA start earlier in the afternoon. Members who would be in the Clubhouse that day would be able to participate and others could join in via Zoom at the newly scheduled time starting on: Monday, September 14 from 2-3pm with Robin.
- For the members who have been getting lunch deliveries they will now be scheduled after 3pm since the Clubhouse has reopened and staff has a limited amount of time to attend to activities during the work ordered day. Robin will be reinforcing the schedule change while she makes daily phone calls.
- Members asked about Holiday parties this year, and Alison told us that there will be a version of Thanksgiving and Christmas that could include a virtual Santa.



Thanks to our Clubhouse members for their dedication and contribution to the publication of this document. We appreciate you all for your support, especially in these difficult times. Bob B., Debbie C., Fran T., Grace F., Jack J B., Jamie D., Kristen H., Larry R., Mary P., Rita P., Susan N., Tracy C. B., Vanessa A., Valerie S

Want to know what's going on at the Clubhouse? Join us for **FORUM on Wednesdays at 1 pm.** Follow these instructions for **Zoom Video Calls** now for **all our daytime conference calls** using a **phone** or via **computer/smart-phone.**

CALL in by any PHONE	Use the link through COMPUTER or SMART-PHONE:
1. Dial +1 646 558 8656	1. Click https://zoom.us/j/8708772971
2. When prompted by the automated voice, enter this Number: 870 877 2971	2. You can run the application or download the app.
3. If calling from a smartphone with a camera, you can switch on your video!	3. Type in your name when prompted. If using a computer with speakers/headphones, you may need to select "Use Device Audio" to hear everyone properly.



The group conference calls every week have been very beneficial to members. We encourage all members who need support to join the conversations! **Now those calls will be Zoom Calls** and are **Monday to Friday at 11 am and 1 pm, Saturdays at 1 pm**

Our evening **Member only Group Calls hosted by Debbie G** are **Wednesdays** and **Sundays** at **7 pm.**
Call **425-436-6328**, access code **201683#**

Topics for our Weekly Group ZOOM Calls and * Wellness/Social Activities

Mon-September 7 1:00 pm Meal Planning Zoom Video Calls 3:00 pm DRA	Tues-September 8 1:00 pm Job Club Zoom Video Calls 3:00 pm *Meditation	Wed-September 9 1:00 pm Forum Zoom Video Calls 3:00 pm *Cooking with Jack	Thurs-September 10 1:00 pm Health & Wellness Zoom Video Calls 3:00 pm *Name that Tune with Bob	Fri-September 11 1:00 pm Housing Zoom Video Call 3:00 pm *Summer Social/Public Outing
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Frannie's Funnies

Question: *What do Alexander the Great and Kermit the Frog have in common?*

Answer: *They have the same middle name; the!*

Happy Birthday and Congratulations to: Three of our members celebrating their birthdays this week:

Jim S., - September 9 - Zach Mac., - September 10 - Grace F., - September 13