

Elliot House

A SERVICE OF RIVERSIDE COMMUNITY CARE

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What's going on around the club

25th Annual BBQ Fundraiser

Wednesday June 14th at 2:30pm. Will be our next meeting. Come join the conversation, sign up to participate. Bring your ideas for another fabulous event this year. Tell us what you would like to see happen at our milestone 25th year's event celebration come and enjoy some fun snacks too.



Wednesday 14th
Clubhouse open till
7pm for dinner

Friday June 16th
Welcome new staff
Zak to the clubhouse

Friday June 16th
Softball 12:30 -2:45

Saturday June 16th
Clubhouse open
11-3 Free Lunch

Elliot House

The Spotlight is on Michelle J. our Intern— By Mary P.



Michelle was born and raised in San Diego, California. She goes to school at McGill University in Montreal, Canada.

She is double majoring in Sociology and Gender, Sexuality, Feminist and Social Justice Studies. She has two more years of her undergraduate degree before she finishes school, and she wants to become a social worker afterwards.

The thing she likes best about her internship at Elliot House is getting to interact with so many dif-

ferent people. She also likes the community atmosphere. She is of great help to Donna in the Admin Unit especially with planning events like the 25th Annual Barbeque.

Michelle enjoys embroidering as a way to have fun and relax in her spare time. She also likes to watch TV; her favorite show is Buffy the Vampire Slayer.

She likes going out to movies and has recently seen "Wonder Woman". She says; "I cried because the main character was so awesome". She also loves the Harry Potter books.

Michelle is so versatile that she is like one of her favorite characters, Wonder Woman! She is a fantastic, energetic and friendly person that brings smiles to peoples faces at the Clubhouse. Say hello to her when you see her!

Appreciations

Thanks to all of our clubhouse members for contributing to this publication. Especially:

Colin K., Tom B., Christina L., Marc L., Fran T., Tom S., Ben D., Alex O., Larry R., CNR, Mary P., Alicia, Jonathan P., Sue M., Leanna G., Debbie C., Lori Jean G., David F., Ben S., Alex O., Ed T., and our fabulous intern Michelle J.

Elliot House

June 12th-June 17th
Volume 1, Issue 24



Employment Update – Job Testimonial

We have an opening for a **Supportive Employment** position at Marshalls in Newton. Check out this testimonial – **By Mary P.**

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My S.E. at Marshalls is great! I have been a back room associate for two and a half years. Originally, I was working at another TJX company, Home Goods; which I transferred from with the help of Ian a former Elliot House Employment Coordinator.

The work space that I have been assigned to is in the basement of the store near the employee

lounge. I am responsible along with other workers to prep new merchandise: sports wear, intimates, dresses and suits, before they go upstairs to the floor where the items are sold.

The tasks keep me moving quickly and I can always ask questions to anyone; staff as well as other employees who are supportive and friendly.

After working, I join Elliot House members and staff at lunch time and always feel happy talking about questions or decisions to be addressed about career plans and expectations for my employment future.

I recommend Marshalls to anyone who wants to find a new job working with a great team.



Employment tip of the week from Jim Cotter. Dealing with Stress at Work (or anywhere Else)-Part 2

Tip 3: Reduce job stress by prioritizing and organizing

When workplace stress threatens to overwhelm you, there are simple steps you can take to regain control over yourself and the situation. Your newfound ability to maintain a sense of self-control in stressful situations will often be well-received by coworkers, managers, and subordinates alike, which can lead to better relationships at work.

Tip 4: Reduce job stress by improving emotional intelligence

Emotional intelligence in the workplace has four major components:

- **Self-awareness** – The ability to recognize your emotions and their impact while using gut feelings to guide your decisions.
- **Self-management** – The ability to control your emotions and behavior and adapt to changing circumstances.

- **Social awareness** – The ability to sense, understand, and react to other's emotions and feel comfortable socially.
- **Relationship management** – The ability to inspire, influence, and connect to others and manage conflict.

This week's Clubhouse Standard

29

Clubhouse housing programs meet the following basic criteria.

- Members and staff manage the program together.
- Members who live there do so by choice.
- Members choose the location of their housing and their roommates.

Cancelled



Tip for Healthy Eating

Leafy greens

- Always include a salad with your meal.
- Blend fresh or frozen greens like spinach with your favorite fruit and almond milk, soy milk or yogurt for a smoothie. Spinach is a good source of vitamins A, B2, C and K and also contains magnesium, magnesium, folate, iron, calcium and potassium.
- Include leafy greens in every meal. It is important to get you should consume between at least 4 and 5 servings of fruits and vegetables each day.
- Kale is good to include in your diet. It's filled with so many nutrients, vitamins, folate and magnesium.
- Chop and stir greens like spinach, kale or collards into soups, stews and pasta sauces, cooking until tender.
- Make soup: the amount of greens appropriate for soup varies greatly depending upon the type of soup but just about any soup can easily be made more nutritious by adding green leafy vegetables.

Our Weekly Scheduled Small Group Meetings

Mon	Tue	Wed	Thu	Fri	Sat
Health and Wellness 2:00-3:00 (Classes will continue in the fall)	Job Club 2:00-3:00 Dual Recovery Anonymous 3:15-4:15 No DRA this week	Forum 1:00-2:00 25th Annual BBQ Fundraiser Meeting 2:30-3:00	Dual Recovery Anonymous 3:15-4:15 No DRA this week	Computer Class 3:00-4:00 Softball	Fun-Day Club-house Closed because of DRA Retreat

This Week's Delicious Menu

Mon-12th	Tue-13th	Wed-14th	Thu-15th	Fri-16th	Sat-17th
Calzones	Chicken and Rice Stir Fry	Lunch Tuna Salad Sandwiches on Bulky Rolls Dinner Coconut Salmon with Veggies	Veggie Hummus Wraps	Tortellini and Sauce	Free Lunch Brunch

Last Week's Best Meal - Salmon Stuffed Peppers

Ingredients:

-2 teaspoons mince Garlic, Cloves; 1/2 cups dice Onion; 1/2 cups dice Zucchini; 1/2 cups dice Squash, Yellow; 1/2 cups dice Tomato; 4 cups cook Brown Rice, Long-Grain; 1 cup water; 2/3 pounds cook Salmon Fillet; 1/2 teaspoons Basil, Dried; 1/2 teaspoons Oregano, Dried; 1/2 teaspoons Thyme, Dried; 1/8 teaspoons Salt; 1/8 teaspoons Black Pepper; 1 medium Bell Pepper, Green; 1 medium Bell Pepper, Red; 1 medium Bell Pepper, Orange

Directions:

1. In a large pan, cook the garlic and onion until light brown.
2. Add zucchini, squash and tomato. Cook 1-2 minutes.
3. Add brown rice and water, stir for 1-2 minutes.
4. Reduce heat, add salmon and season with basil, oregano, thyme, salt and pepper. Remove from heat.
5. Place peppers in baking dishes and add filling to each.
6. Bake at 350 degrees for 25-30 minutes.



Recipe from oncemonth-meals.com

Call us at 781-449-1212

Visit us online @riversidecc.org

Don't forget that Sunday is Father's Day!

Happy Father's Day to all our Elliot House Dads!



What did you want to be when you were small?

Michelle: fashion designer - ballerina
Donna N.: fashion designer - artist - musician
Scott: race-car driver
Bob: toy maker
Kathy: ballerina
Robin: Minnie Mouse
Tom S.: Ronald Reagan
Jeanie: writer
Joe: cop
Alex: police officer

Marc: actor
Colin: professional athlete
Fran: priest
Anna: truck driver
Catherine Fl.: teacher
Mary: painter - artist
Alison: a doctor or ballerina
Leanne: a pink princess
Julie: bigger
Catherine Fi.: a hairdresser
Tony: super man
Jeff: a teacher

Nectar: a missionary
Donna A.: a teacher
Larry R.: a civil engineer
Howie: a doctor
Steve: underwater archeologist
Maria: a teacher like her mom
Jay: a pilot
Jerry: taller
Nikki: an astrophysicist
Linda: an artist

Health and Wellness

HOW TO IGNORE NEGATIVITY

Set boundaries. Don't feel pressured to sit and listen to a negative person. Their negative energy will seep into your own life and affect your attitude.

Avoid complainers: people who complain about everything will never enhance your life. They

don't offer solutions, only point out problems...Develop a support system: Build a network of friends, acquaintances and professional contacts...Choose your own battles: don't engage every time someone irritates you. Rather than argue, try to ignore any negative comments.



Update From The Blue Parrot

From now on, The Blue Parrot will be open daily from 8:30 - 9:15am, 10:30 - 11:00am, and 2:00 - 3:00pm.



Who is Having a Birthday this Week?



Alex O. - June 12th
 Valerie M. - June 17th
 Adrian F. - June 18th

Frannie's Funnies

Q. How did they catch the crooks at the pig farm?

A. Someone squealed

