

Your Weekly Times has a New Look this Year!

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# Elliot House-Weekly Times

## Feb 12<sup>th</sup> - Feb 17<sup>th</sup> 2018

### Wellness Tip-

#### Nuts

Go ahead and get a little nutty.

Eating nuts every day decreases the risk of dying from heart disease by 29 percent (as compared to people who didn't eat them over a period of 30 years).

They contain unsaturated fats, which improve cholesterol by lowering "bad" cholesterol and raising the good kind.

Walnuts, in particular, contain omega 3 fatty acids, which may prevent blood clots and the development of irregular heart rhythms. Nuts also contain an amino acid that helps ease blood flow—**proof that something small can be mighty.**



Liz (Jennifer) D. - Feb. 16th

### Did you hear the NEWS about Steve and Zak!

They are now our TWO Employment Coordinators .

Remember to stop by  
 and say **Congratulations**  
 to them:

Steve C. and Zak A. Our new  
 Employment coordinators.

Lets welcome them both as a  
 part of our new administrative  
 unit and employment team.



Steve C.



Zak A.

Mon-12th	Tue-13th	Wed-14th	Thu-15th	Fri-16th	Sat-17th
Pasta W/ Meatballs	BLT's W/ Roasted Veggies	Sweet Potato Bisque W/ Grilled Cheese Sandwiches  <b>VALENTINE'S Day Party</b>  Apps and Desserts  <b>Open Till 7pm</b>	Brunch for Lunch	Roasted Chicken W/ Veggies	<b>FREE LUNCH:</b>  Meatball Subs  <b>Open 11am- 3pm</b>

### Clubhouse Standard

#22 The Clubhouse offers its own Transitional Employment program, which provides as a right of membership opportunities for members to work on job placements in the labor market. As a defining characteristic of a Clubhouse Transitional Employment program, the Clubhouse guarantees coverage on all placements during member absences. In addition the Transitional Employment program meets the following basic criteria.

A. The desire to work is the single most important factor determining placement opportunity.

### What's happening at the Club-

Wed, Feb 14<sup>th</sup> 2018

Remember it's fun Wednesday, and Rita will be doing Bingo with lots of cool prizes. Come to the party and socialize with your community.

We look forward to having you join us!



It's games with Matt and Steve



Elliot House  
 is having it's Annual  
 Valentine's Day Party

**Wednesday February 14**  
**3:30-6:30 pm**

Come enjoy the music, food,  
 dancing and **FUN!**

**Wear something red.**



Thanks to all of our clubhouse members for contributing to our publication, especially: Tom B., Fran T., Larry R., Marc L., Florence C., Mary P., Sue M., Leanna G., Debbie C., Lori Jean G. and Ben S.