

NEWS FLASH!

Seacoast Pathways Newsletter

April 2024

A NOTE FROM OUR DIRECTOR:

It's hard to believe that ten years have passed since a small group of us had a vision for a meaningful mental health recovery program in our seacoast community, and Seacoast Pathways is stronger than ever! Our membership continues to grow and we are now welcoming brain injury survivors to experience the benefits of the powerful recovery clubhouse model.

Seacoast Pathways is humming along as we venture towards all of our exciting events that are right around the corner. Our annual Groovin' for Good Dance Fundraiser on May 11th is fast approaching and we are grateful for the support we have received so far. In this newsletter, you will read about the great work that members are doing in preparation for the dance, as well as the accompanying silent auction, and our online auction happening this summer!

Continue reading and you will meet some new faces around the Clubhouse, highlights of some of our members, a peek at our furry friends, a recap from our clubhouse work units and more!

We are so proud of our Clubhouse community and are grateful for the support we receive from our Seacoast community! The next ten years will be amazing!
Happy reading!



Ann Strachan, Director

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DONATE TODAY

SEACOAST
PATHWAYS

Celebrating 10 Years
of Seacoast Pathways!

YOU'RE INVITED

A FUNDRAISER TO SUPPORT SEACOAST PATHWAYS

GROOVIN' FOR GOOD

**SATURDAY
MAY 11TH
6-9 PM**

Get your dancing shoes on!

Join us for the fourth annual Groovin' for Good event and enjoy a silent auction, great food, dancing, and live music from Rockingham Groove! All while supporting the important work of Seacoast Pathways toward mental health recovery.

Service Credit Union - 3003 Lafayette Rd. Portsmouth, NH

Contact us:

- ◆ Visit us at 155 Brewery Lane, Suite 102, Portsmouth NH 03801
- ◆ Check us out on Facebook at Seacoast Pathways: A Clubhouse
- ◆ Give us a call at 1-603-812-9031
- ◆ Send us an email at seacoastpathways@gmail.com



FUNRAISING WHILE FUNDRAISING!

Come one and all! Bring your family and friends, put on your dancin' shoes and come help us dance the night away while supporting Seacoast Pathways. May 11th is our 4th annual Groovin' for Good event featuring the musical talent of the funk-soul-rock band, The Rockingham Groove. This is a unique, high energy band that combines the love of music, dance, and supporting local non-profits. Special guests include Seacoast Pathways' volunteer Maggie Lemay, proudly aka Ms. Continental Worldwide, and the return of Mayor McEachern who knows how to move on the dance floor!

Seacoast Pathways invites you to join in on this fun night of groovy music, wonderful dancing, food and drinks all while helping end stigma and improve the lives of those in our Clubhouse community!

[You can purchase tickets to our dance here!](#)

[Not a dancer but still want to support Seacoast Pathways? Donate here!](#)

SEACOAST PATHWAYS MEMBER HIGHLIGHTS!

SERVE SAFELY AT THE CLUBHOUSE!

By Adam and Patten

Every day, we prepare a fresh, healthy lunch to serve members at the Clubhouse. Not only do we prepare it with care and love, we prepare it safely as well. We handle food according to food safety guidelines to ensure the safety of all our members.

How do we do this? By being aware of safe food handling procedures! How are we aware? We are ServSafe Certified! Meet Adam, our officially certified Hospitality work unit member. In February, Adam completed the ServSafe food handler course and earned his certificate. This is a real-world certification that is good for three years. If Adam wants to work in a restaurant, this certification will help him stand out from other candidates.

"I'm very proud to have earned this certificate," Adam says. "I have worked for Hannaford for twenty years, and now that I have the ServSafe certification, I will be able to work in different areas if I choose."

Adam is very active in the Hospitality Work Unit and has learned much about preparing nutritious daily lunches for members and staff. He confidently coaches other members and staff on elements of food safety in the kitchen. It's great for food safety at home too!

Adam is also a great artist, take a peek at his amazing artwork later in this Newsletter!

A LOOK INTO GINA'S JOURNEY

By Gina and Josh

Josh: *"What brought you to working in the peer support setting?"*

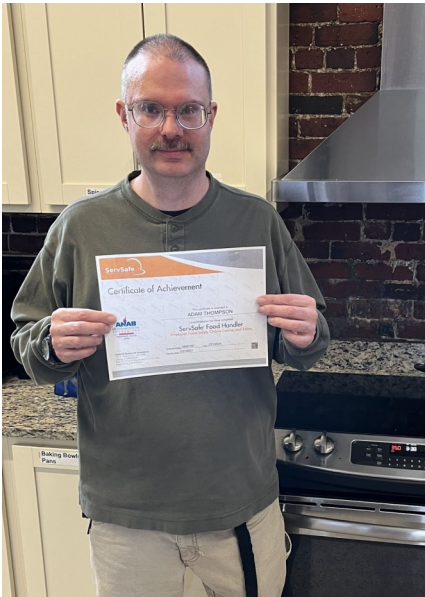
Answer: I like helping other people through their challenges - I have lived experience of my own which allows me to connect with those I help. During my initial recovery I felt really alone - I didn't understand why I had to go through my own recovery alone as an adult. My family didn't understand what it is like to have a mental health diagnosis. I felt isolated. My story is relatable and being there for others also helps me with my own recovery.

Josh: *"I heard you recently got a new position, tell me about it!"*

Answer: I was working on the warmline at Connections Peer Support for a few months. A few weeks ago I was approached about transitioning to being a peer support specialist at the Step-Up Step-Down (SUSD) house in Northwood. Initially I was per-diem, and I have grown to being a full-time peer support specialist there, with the support of the Seacoast Pathways Supported Employment Program. It is fun working there! It is a 90-day residential program so I am able to meet, support, and connect with new people throughout their stays.

Josh: *"That is awesome, Gina! What is on the horizon for you at SUSD?"*

Answer: I'm developing my skills as a peer support specialist to run check-ins, and groups, which they call "Gatherings", and I'm excited to continue learning more!

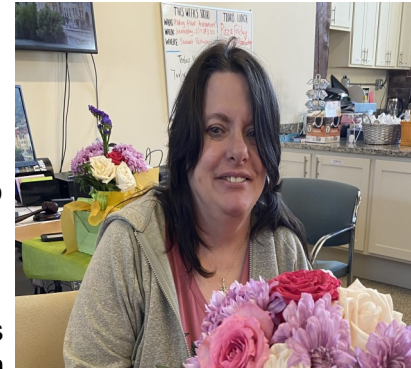


SEACOAST PATHWAYS PET HIGHLIGHTS!

My Cat, Bell

By Maria

I am grateful to have my Bell. My mom's neighbor drove all around New Hampshire to get Bell from her aunt. I didn't know how old he was, so his made up birthday is August 7th, 2017. He is a regular tuxedo feline. He is black and white. He is a riot. I love to play hide and seek with him and he always ends up under the bed. He has three favorite toys, his ball, his crocheted ball, and his tunnel. He is a people cat. One of his favorite hobbies is looking at the birds outside. He's an indoor cat but always begs to go outside.



Miss Willow, Service Dog

By Lauren, Alex, and Maria

My dog is like a nice soft pillow,
And her name is Miss Willow.
She does a great job with her service.
She is never nervous.
Unless she sees a tall man.
Then you will be banned.

She loves to sleep.
So don't make a peep.
But it's not the peep
That you eat,
So make sure you give her a treat.



Pet Pixy Pet Pixy

By Rebekah

Pixy, is a cool dog with a fashionable wardrobe. Her winter clothes include homemade sweaters, and her personal favorite is a Snoop Dogg t-shirt. Pixy is a mix of many breeds: 56% chihuahua, 16% miniature toy Poodle, 7% dachshund, 6% American Cocker Spaniel, and 5% Miniature Pinscher. She just turned two years old. Pixy loves to go for walks, run around, chew bones, and play with her stuffed animal toys.

Pixy is a friendly dog. She is black and white. Pixy was adopted from a Conway Animal Humane Society in Conway, NH. She is such a happy dog she shakes with excitement all the time. She will always sleep under the covers. She gets along with everyone and all of the other dogs here at Seacoast Pathways.

I love Pixy, I can't get enough of her - she is like my best friend" ~ Rebekah



SEACOAST PATHWAYS NEW FACES!

MEET NATHAN, OUR UNH SOCIAL WORK INTERN!

Q: What was your first impression of Seacoast Pathways?

A: Even though it's my first day. Everyone was very welcoming and nice. When I first came in all of the staff went over to say hello.

Q: What is your favorite class at UNH?

A: Race and Racism. It talked about race in the US, current policies, and the history of race in the US.

Q: What are you looking forward to experiencing here at Seacoast Pathways?

A: First and foremost, the clubhouse model and how it runs day to day.

Q: What is your favorite hobby?

A: Playing the bass at school and improv comedy.

Q: Is Seacoast Pathways different than you expected?

A: I didn't really know what to expect. My professor didn't tell me much. Josh didn't tell me much. So, I looked on the website and came in without any expectations.

Q: How do you want to contribute to Seacoast Pathways?

A: Hearing what the people and the organization has to say and contribute where I am needed.

Q: What is your favorite quote?

A: "To bring about change you must not be afraid to take the first step" - Rosa Parks

Q: What is your favorite food?

A: Pad Thai

Q: "Where do you envision yourself within the social work field?"

A: As of now I am on track to graduate with my MSW specializing in school systems. The last couple summers I spent time being a camp counselor. It's really fun working with children, and I believe I can play pivotal role in alleviating the barriers that students face inside and outside the classroom."



MEET DEREK!

By Derek, Rebekah, and Josh

Newly joined member of Seacoast Pathways!

In rolls spring, as well as a cordial gentleman, Derek. We are pleased to share our interview with Derek, as it has been exciting to get to know our newest member! Hearing about us through the BIA marketing campaign, Derek has joined Seacoast Pathways looking for a supportive community that includes other brain injury survivors, and those who experience similar experiences as well as mental health challenges. Derek was drawn to the work-ordered focus of Seacoast Pathways, and how the Clubhouse delivers employment, education, and social services within its programming.

Rebekah and Josh asked Derek about his interests and hobbies. "I'm into succulent gardening. I like how resilient these plants are, and the unique way they bloom differently. They are hearty, and depression proof. I find a lot of parallels between my experience and succulents". Interestingly, Derek also enjoys video games, strategy games such as Magic the Gathering, and chess. Derek also has interests in psychology, philosophy, and interior design—his first job was working at Homegoods where he discovered his eye for modern design!

Derek envisions himself being an integral colleague in our Membership, News and Media Unit! He wants to assist our community in developing our newsletter, and join in on all of our creative media endeavors. All while assisting himself, and others, in their pursuits of employment, education and reintegration into society!

Come on in and meet these friendly faces!



SEACOAST PATHWAYS UNITS IN REVIEW!

HOSPITALITY UNIT

The Hospitality Unit has been cooking up a storm! Over the past few months, we have been trying out different recipes and the meals are “going down well”! We have added many new dishes and are recording recipes so they can easily be duplicated. Meals have been designed to be easy to make and offer a consistent experience for everyone. We are incorporating many favorites such as Adam’s Lasagna and Maureen’s Shepherd’s pie with newly designed creations with new favorites such as Stuffed Peppers and Meatloaf. We have also ventured into “con-fusion cuisine” with huge Belgian waffles accompanied by (ahem) General Tso’s chicken! While not the most ideal pairing, they were spectacular on their own, and who doesn’t want to celebrate National Waffle Day? Seen in our picture is Adam, Maria, and Patten.



We are also grateful to have received a Basic Needs grant from the Portsmouth Rotary. This allows us to expand our offerings of nutritious meals that members can take home on weekends and share with our homebound members, and helps to ensure our Hospitality Unit is sustainable in the future. Thank you, Portsmouth Rotary!

MEMBERSHIP, NEWS, MEDIA UNIT

The Membership, News, and Media Unit (MNM) has been working nonstop this month! We have officially introduced our in-house news show, The Weekly View, every Monday. The Weekly View is a news show where members and staff team up as newscasters to deliver highlights about the weeks upcoming announcements, events, and happenings, all while sharing their own humorous flair. This has been a fun addition to the media work and opens a lot of opportunities for our members to engage. Make sure to go into the MNM Unit and the Hospitality Unit to get some updates about what is going each week.



The MNM Unit has also been focusing on our many fundraising activities this month, especially the upcoming Groovin’ for Good dance. The unit also conducts community outreach to our service partners and to prospective members as well as checks in with any members who have been absent. We send birthday and get well cards to members, and we track member outcomes and daily attendance as part of the important work needed for the clubhouse. We work together to help members find community resources and services to meet personal needs and goals!

COFFEE TALK

BY EMILY C

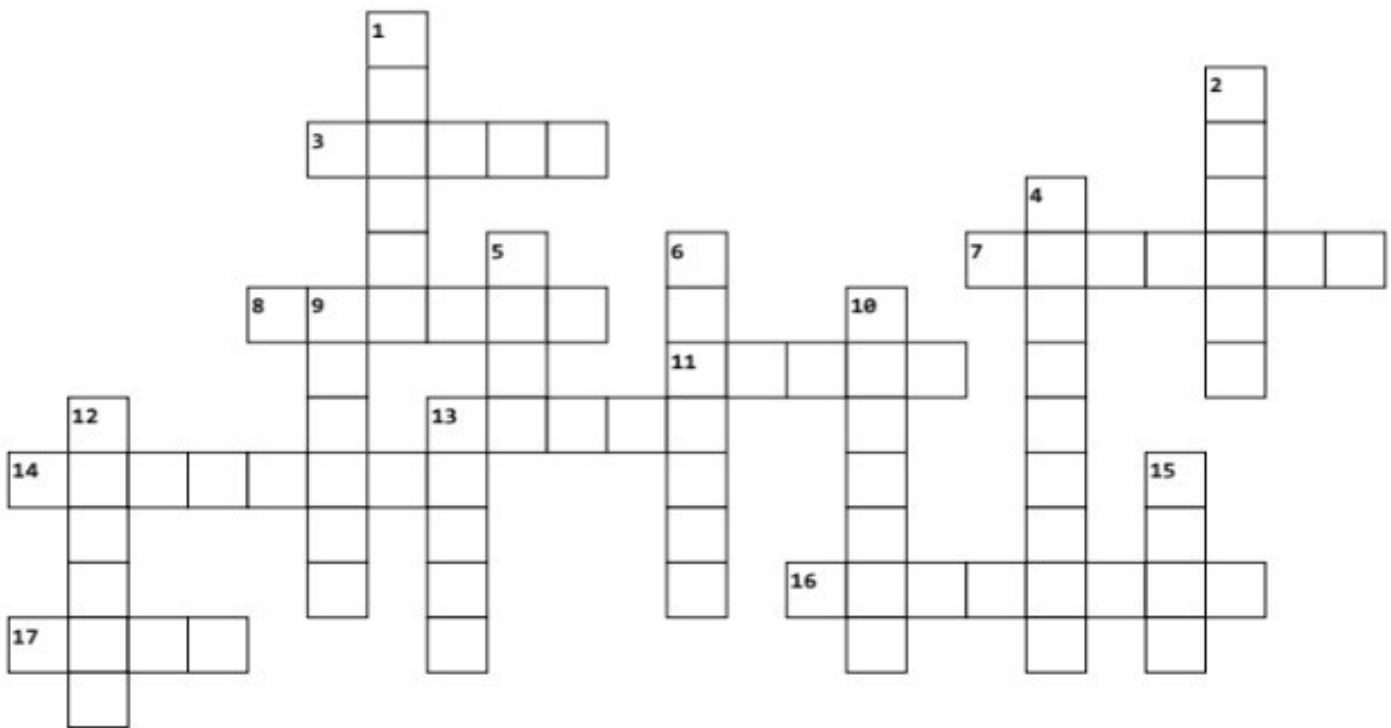


Coffee talks are the best at the Clubhouse. Coffee can help you jog your brain for ideas while having one of our daily meetings. The meetings help us prepare for our day of work order activities, going over our daily schedule and planning meetings. We also talk about upcoming meetings and our social activities schedule.

Coffee is enjoyed during our daily meetings and work order tasks. One of the best ways of having coffee is with one scoop of cocoa powder. Our daily meetings consist of work order day activities, fun trivia and positive messages to get us through our day. Coffee boosts our energy so we can get tasks done.

Coffee can also be the driving force behind social events. With the weather getting nicer, we can start doing coffee crawls again. We can also grab a box of joe and head to a park and enjoy the afternoon together. No matter what we do, we stay grounded with our coffee!

Foodie



Across

3. Campfire treat
7. Helps the chicken crush rocks
8. _____ Monster
11. Raw fish on rice
13. A Clubhouse favorite
14. Pasta shape whose name means "butterfly"
16. A great singer and comfort food
17. It's used to thicken sauces

Down

1. This fruit didn't arrive in Italy until the 15th century
2. Kabocha, Fortune and Pattypan are types of these
4. Adam's least favorite food
5. A small fruit or small New Zealand bird
6. Adam's favorite food
9. Eggs filled with cheese and other items
10. _____ Challenge
12. A fish that can be served raw, smoked or cooked
13. Georgia's pride
15. Spanish custard



ADAM'S DRAWING OF CYCLOPS, COLOSSUS, JEAN GREY,
AND WOLVERINE!

SEACOAST PATHWAYS

SEACOAST PATHWAYS DATA

ACTIVE MEMBERSHIP: 40

AVERAGE DAILY ATTENDANCE: 12

MEMBERS IN EDUCATION: 2

MEMBERS INDEPENDENTLY EMPLOYED: 15

MEMBERS IN SUPPORTED EMPLOYMENT PROGRAM: 2

CONTACT US!

GIVE US A CALL, OR EMAIL, TO FIND OUT
MORE!

Seacoast Pathways

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Click [here](#) to find our website, and
see our social media platforms!

**Our mission is to support adults living with mental
illness and or brain injury on their paths to recovery
while ending social and economic isolation**