Volume 2, Issue 4, April 2021

Lexington House Ledger

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In-Person Hours:
8:30 am—3:30 pm
Monday - Thursday

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Check out our virtual tour!

Zoom Virtual Meetings:
9:15 am and 1:00 pm
Monday—Thursday

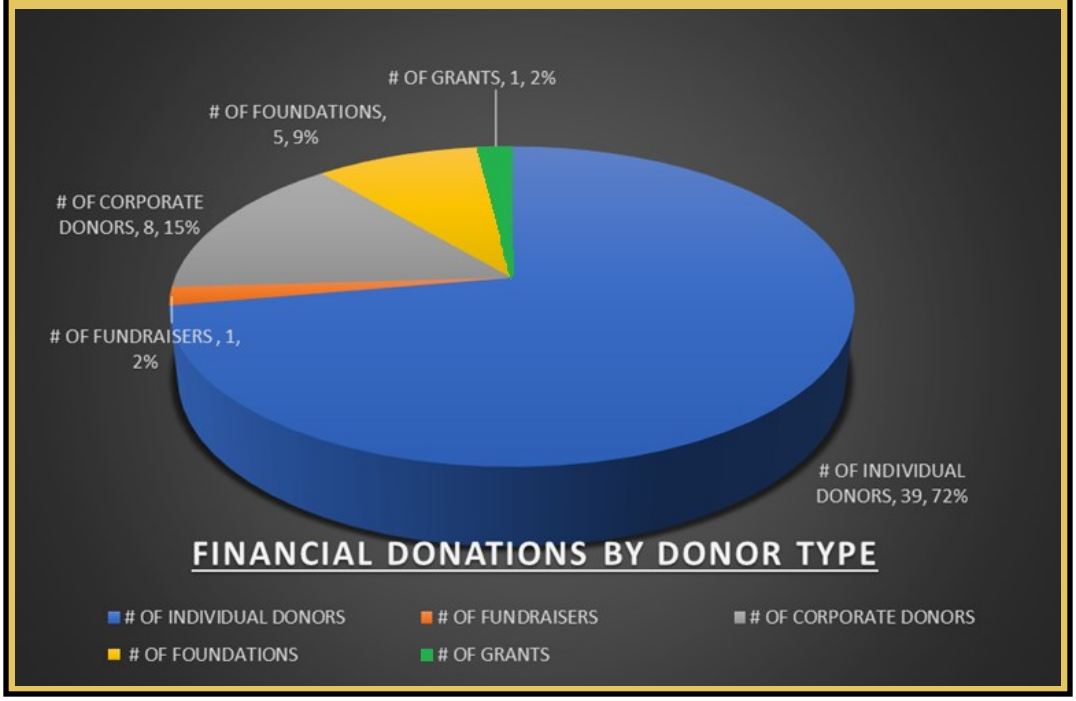
Raise 100K to Get 100K

REVIEW: In late September of 2020, the Lexington House of Elkhart, Inc. was awarded a Community Foundation of Elkhart County challenge grant of $100,000.00 for three years, totaling $300,000.00. As you may recall, challenge grants work like this: when you raise $100,000.00, you become eligible to draw down $100,000.00 from the foundation.

CURRENTLY: We have reached out to potential donors to assist the Lexington Clubhouse in our effort to raise $100,000.00 over the last six months. The response back yielded a great bounty of financial support by the community of Elkhart! As of April 25, 2021 the numbers are in and Lexington House is in the process of submitting the necessary paperwork to be awarded the first of its three challenge grants.

GOING FORWARD: Within the next 30 days, it is anticipated that the Community Foundation of Elkhart County will make a check to Cora Dale House as Lexington House of Elkhart, Inc fiscal sponsor honoring the challenge grant. To all who contributed to making this possible: please accept this THANK YOU!

- Francis D.



Walk at Studebaker Park

On Saturday March 13th at 11:00 am, Lexington House went to Studebaker Park located in Elkhart, IN. The day began with the arrival of six colleagues from Lexington House.

At Studebaker Park the members walked the trails while exploring nature. It was a warm sunny day and was a perfect day for strolling through the woods.

As the group walked through the park, they got the experience of hearing birds sing, while listening to the rushing waters, feeling the gentle breeze, and watching the small critters scurry about.

It was so peaceful, because nature had a calming effect on the group that was both relaxing and refreshing. This trip gave its observers a chance to find tranquility in the scenery at Studebaker Park.

- Tati H.

Trivia Showdown!

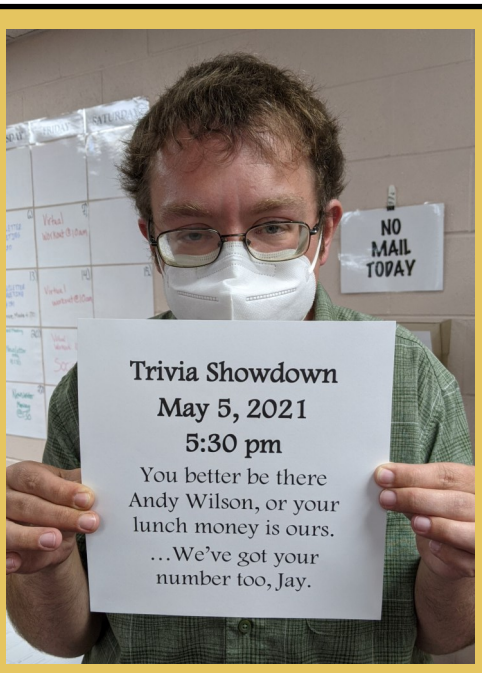
On April 4, four Clubhouses from Indiana gathered together on Zoom once again for our fourth round of trivia. The participating Clubhouses were: Circle City, Lexington House, Wabash Valley Friendship Clubhouse, and Carriage House.

The competition was fierce, and ultimately, one Clubhouse came out on top. Carriage House has won two rounds, and both Lexington House and Circle City have won one round.

Our final round of this rotation of trivia will be on May 5th at 5:30 pm. All Indiana Clubhouses are welcome to join us. There will be more trivia competitions in the future, so stay tuned!

We sincerely hope for a truly competitive showdown, even if Andy Wilson backs out at the last minute in fear.

- Andrew Borntrager



Member Spotlight: Nik

Reptiles, Small animals, and Clubhouse. That's how I'd describe my life right now. I live in Mishawaka, where I've lived since I was 4. Growing up it was my parents, my older brother, and me. My brother has since moved to the Chicago area. So, now it's just me and my parents, however my brother and I are still pretty close.

I've had many animals throughout my lifetime. I've had Dogs, a guinea pig, rats, firebelly toads, fish, crested geckos, a rabbit and a water dragon. Right now I have 3 crested geckos, Thor, Tal, and Jeremiah, a water dragon named Arkham and a rabbit named Harley Quinn. They keep me going.

After graduating from high school, I went to the Vet Tech Institute at the International Business College located in Indy, because let's face it, I love animals of all shapes and sizes. After about a month of it I decided to come back home to my parents because I was being bullied to the point that I was going to kill myself. It didn't help that I was diagnosed with depression, anxiety, and ADD my senior year of high school and my medicines weren't quite right yet.

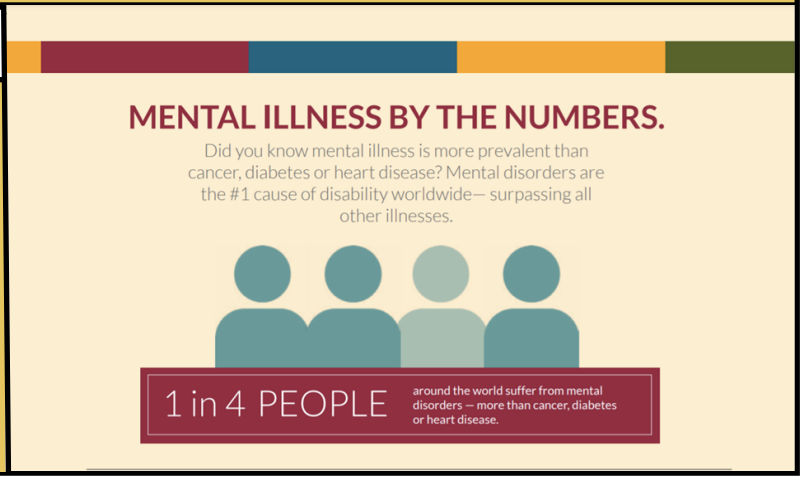
Eight years later, I found out about Clubhouse when my therapist told me that she had another client who found Clubhouse to be helpful. I was sleeping about 20 hours a day at this point, and she realized I needed somewhere to go so I wouldn't sleep so much. When Lexington House opened, I decided to try it out and I've loved it ever since. Now I only sleep 10 hours a night. In a little over a year, I cut my sleeping in half. Clubhouse really does work.

- Nik H.

Mental Health Awareness Month

1 out of 4 adults in the USA struggle with mental illness every year. Since 1949, May has been observed as the month to acknowledge those individuals and let us know we are not alone (#WANA). It also raises awareness, educates people, and fight stigma.

- Tati H.



Virtual Clubhouse Exchange

Since our opening, Lexington House has held Zoom meetings with 12 Clubhouses and/or Clubhouse colleagues from around the world. From the beginning, our goal was to seek advice from a wide variety of experienced colleagues, particularly regarding common mistakes that new Clubhouses make. Here are some highlights from our meetings:

Jen Cardenas from Austin Clubhouse encouraged us to focus on connections in our local community early. She also noted a tendency for new Clubhouses to visit established ones, and come back with ideas that may not fit with a different community.

Mashood Kamal from Pathways Clubhouse in Richmond, BC stressed that, when choosing which Clubhouses to observe, we should focus on the ones that have already been through the accreditation process.

B'More Clubhouse remarked that the work of the Clubhouse needs to support the mission, and that there needs to be a variety of tasks in order to facilitate a vibrant work-ordered day.

Robby Vorspan, Senior Program Officer of Clubhouse International, talked about the importance of relationships in a Clubhouse, especially within a start-up's core group.

Summer Berman, director of Fresh Start Clubhouse in Ann Arbor, MI, gave us advice on finding the right balance between a professional environment and a comfortable environment, and the importance of taking pride in our space.

These are only a few examples of the great advice we've received over the course of our virtual exchanges. We're slowing down to one exchange per month rather than one per week, but we're still excited for what future meetings hold!

- Andrew B.

By the Numbers

Lexington House of Elkhart, Inc has posted some very encouraging numbers over the past six months about its growth as a Clubhouse. Below are twenty examples of "By The Numbers".

		#
01	Average Daily Attendance in April:	6.25
02	90 Day Active Members:	20
03	Highest One Day Attendance:	12
04	Highest Attendance of Colleagues on a Zoom Social:	45
05	Lexington House Board Members:	11
06	Employed Staff:	3
07	Community Partnerships:	10
08	Newsletter "Ledger" Email Subscriptions:	101
09	Facebook Following:	190
10	Tours of the Clubhouse:	86
11	Clubhouse Professional and Business Affiliations:	3
12	Different Clubhouses Visited in Virtual Zoom Format:	13
13	Square Footage of Lexington House Space Utilized:	4,190
14	Days of the Week Open:	4
15	Hours Open Each Day:	7
16	Work-Ordered Day White Boards in Use:	12
17	January's Virtual White Board Accomplishments:	33
18	Financial Grants Engaged:	3
19	Monthly Operational Budget in Dollars:	10,722.22
20	Dollars in Fundraising:	210,000.00