

Issue 42

APRIL





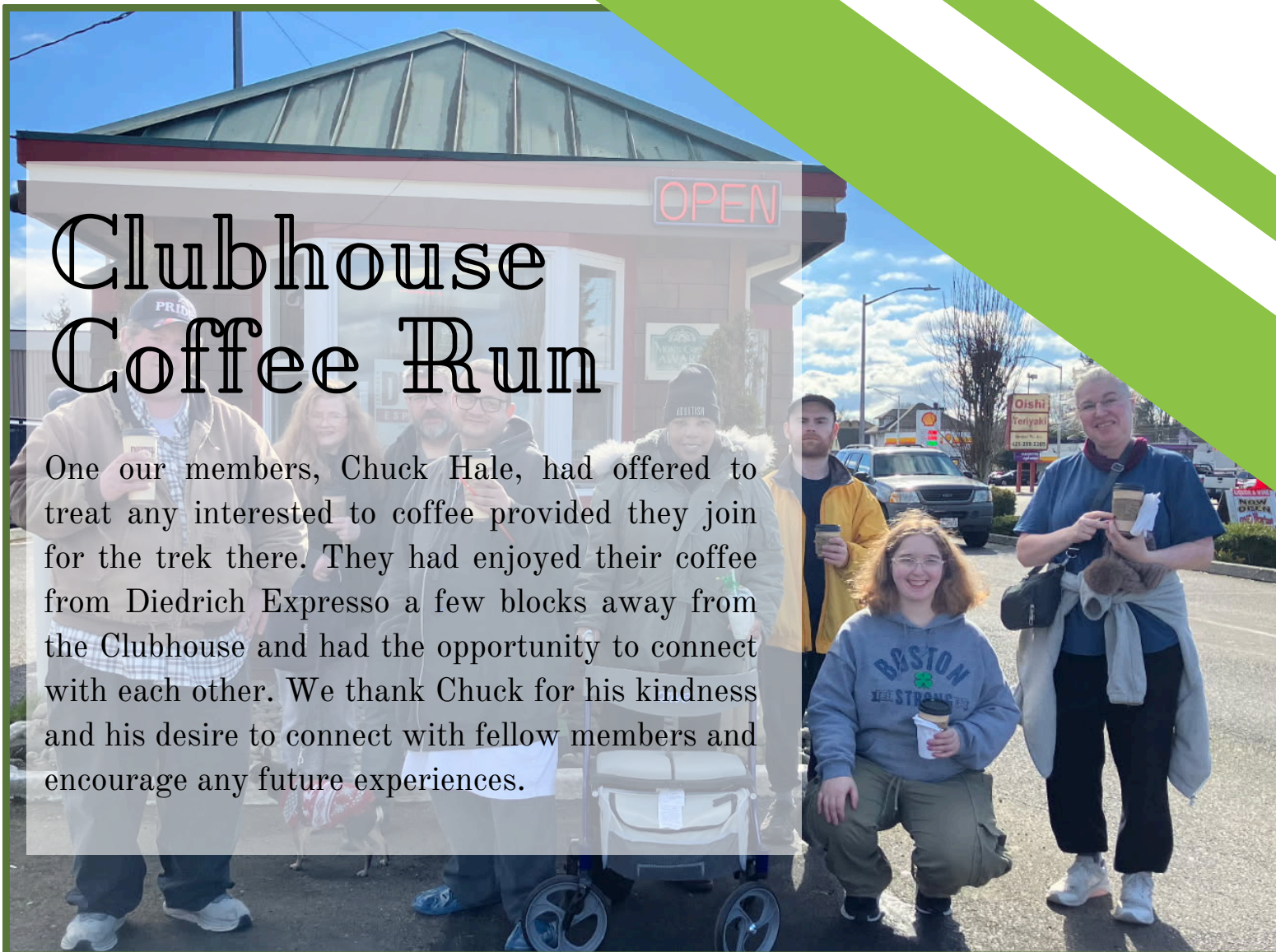
**We'd like to thank Farms For Life for continuing to reach out to the clubhouse with support. Their fresh vegetables have helped to feed many of our members here with nutrition in mind.**



**In botanically related news, our first bell pepper has been harvested and fully grown in the Clubhouse. It's merely the size of a golf ball, but it tried its best.**

## Clubhouse Coffee Run

One of our members, Chuck Hale, had offered to treat any interested to coffee provided they join for the trek there. They had enjoyed their coffee from Diedrich Espresso a few blocks away from the Clubhouse and had the opportunity to connect with each other. We thank Chuck for his kindness and his desire to connect with fellow members and encourage any future experiences.



# Standards of the Clubhouse

## **Standard #5:**

**Members at their choice are involved in the writing of all records reflecting their participation in the Clubhouse. All such records are to be signed by both member and staff.**

HERO House Everett keeps records of goals and attendance using our Clubhouse Operating System (COS).

These goals are used to help members grow and evolve as people and are signed off by staff and the member.

A Clubhouse should be a place to further goals, even if its through small steps.

## **Standard #6:**

**Members have a right to immediate re-entry into the Clubhouse community after any length of absence, unless their return poses a significant and current threat to the Clubhouse community.**

A Clubhouse should be open to members at any point after an absence since situations can prevent them from visiting.

We continue to be understanding and welcoming to returning members.

*Every two years the worldwide Clubhouse community reviews these Standards and amends them as necessary. The process is coordinated by the Clubhouse International Standards Review Committee, made up of members and staff from Accredited Clubhouses around the world. The Standards insist that a Clubhouse is a place that offers respect and opportunity to its members.*





# MEMBER STORY

## MARY HINZ

We went many places from the local Natural History Museum to the Phoenix Zoo, as well as a fun Mariners spring training game. We even went to the local Phoenix clubhouse, Community 43. They were so kind and welcoming.

They gave me a tour of their facilities where they showed me their art rooms and garden and other departments along with a lunch on the house cooked by a professional chef and other members. Community 43 had a room with many musical instruments where they will hold classes and open mic nights with tip jars for the individual performers. The man who gave me my tour turned out to be the very first member to join that particular clubhouse. They also hold art shows and the profits go to the artists.

Now my little niece Maly was a hoot, calling me Mimi which is my moms title as grandmother. She called me Tia all of three times (my title as Tia in Spanish means aunt). My brother Alex is a great chef and made most of our dinner, he was a gracious host, and from all observations, a great father. My sister-in-law Yomaly really likes her tele novellas and was a wonderful person to be around and is also a great parent.



# NEXT MONTH BIRTHDAYS

May 5th

Justin Harrigan

May 10th

Mark Hoover

May 8th

Nicholas Slagle

May 10th

Renee Porter

May 8th

Renee Porter

May 14th

Justin McLain

May 16th

Erik Dittmore

May 19th

Michael Cady



*The full HERO House Everett Calendar and Social event information can be found here.*



HEROHouseEverett

FOUNTAIN  
HOUSE  
UNITED

## CLUBHOUSE STATS

This would be equivalent to one person staying at the clubhouse for 24.24 days straight.

Total Time Spent at the Clubhouse: 34,905 min.

Average Daily Attendance: 9

Unique Members in Mar 2025: 32

Lunches Served in Mar 2025: 98





# Related Links & Research

75 Ways to Boost your Mood  
Right this Second



Self-Soothing Techniques to  
Cope with Anxiety