

CLUB CADILLAC CHRONICLES

May 2026



What is Mental Health Awareness Month?

It's a month we normally attempt to bring awareness to Mental Health and how common it is. No matter if its addiction, bipolar disorder, major depressive disorder, anxiety, autism spectrum disorder, or ADHD/ADD, everyone needs help sometimes.



Membership Statistics

Average Daily Attendance
27 Members per day

Active Membership
81 Members Attending

3,785 hours spend at
Club in April 2026

Standard # 1

Membership is voluntary and without
time limits.



Unfortunately, the Club Cadillac 2nd Annual Chili Cookoff has been postponed until November 2026; date TBD. Due to weather events and hardships on the community, we have decided as a group that a later date will make for a more positive event. Please feel free to contact Club Cadillac for more information or look for more information in future newsletters.



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Awareness Walk

Regardless of some chilly and drizzly weather, the Mental Health Awareness Walk was a success! Stop the stigma around mental health!



A special thank you to the YMCA Teen Center for making our signs for the walk!!!



Wellness Corner: April is Super Wellness at Club Cadillac!

by Sara and Kelley

This month, the club dedicated ourselves to extra wellness activities and we are documenting those statistics. Generally, we enter Wellness per person in our Flourish database, but that number differs from the number of events because one person can do multiple Wellness events in a day. Events that count toward wellness include yoga, choir, walking, biking, meditation and the YMCA. This month we decided that many of us are going to train for an upcoming 5K! The month of April, Club Cadillac kept track in detail of members, staff, and individual events of working out activities each day. Last month, we counted 310 separate workout and wellness activities! We have learned that if we really put our minds to it, we can accomplish wellness that helps our bodies and minds.



Kitchen Unit:
Skills Set & Menu Planning
by Jasmine

Teaching and practicing different skills throughout the Kitchen Unit is important for independence and learning how to navigate food preparation in a safe and financially sound way. Members voluntarily learn to sharpen their skills with budgeting, food prep, and planning for current and future meals. The Kitchen Unit works side by side to ensure the gaining of skills that accomplish the daily Clubhouse lunch, activities, and self-reliance for at home use.

Clerical Unit:
Attendance & Outreach
by Sara and Kelley

Outreach to members has proven to increase attendance. It seems the most effective reach out is done by members as it feels more genuine to the person receiving the calls. A good Outreach system will make sure to include those members who are not attending currently, and those who are sick or in need. This makes members feel that they are loved and cared for, which is critical to having thriving relationships and a vibrant clubhouse.

What it means to have membership without time limits by Jamie



I started attending Club Cadillac in 2010 and attended off and on for a few years. I took several years away from Club and decided to return in 2025. A friend and Club Member returned to the area and encouraged me to return to the Clubhouse. I was not aware of the new staff or any changes that were made. Even though I knew I could return because “once a member always a member” I was very nervous to return but at the same time I was excited. When I walked in and saw new staff and so many new faces of members and things running much more smoothly, my mind was blown in a positive way. I immediately felt welcomed. I felt like I was home. Since returning my social skills have improved so much, and I’m even on the Advisory Board. I’m more outgoing and I don’t isolate like I used to. I’m thankful for the standards and the ability to return after any length of time. Club has been a life saver!

Employment:

Charlene H. recently began her Transitional Employment Placement at Munson Hospital as a Patient Transporter. She was very interested in the position as soon as she learned of it and made her desire to work apparent by participating in Clubhouse and asking many questions. She is proving to be a valuable asset to the Munson team and truly enjoys the work she is doing there. Charlene will be at Munson for the next 6 to 9 months, at which time another member will be chosen for the position.

TEP’s provide our member colleagues with job experience and builds confidence which serves to enable and inspire members to continue their employment journey. Charlene says of her position, “It’s very fun and care giving is exciting. It makes me feel special to work with the patients that are in need of assistance.”

Kerry & Charlene



New Colleague Development Training

Club Cadillac hosted a few Clubhouses on April 20th and 21st for development training. We presented and discussed Clubhouse relationships and the structure of the Clubhouse Work-Ordered Day.



A Message from the Board President: Awareness and Belonging

May marks **Mental Health Awareness Month**, a time for us to shine a light on the journeys we share and the community we continue to build together. As we reflect on our mission this month, it is the perfect opportunity to ground ourselves in the very foundation of the Clubhouse model: **International Standard #1.**

The Power of Membership

Standard #1 reminds us that **"Membership is voluntary and without time limits."**

This simple statement carries profound weight. It means that Club Cadillac is not a program you are assigned to or a clinical service with an expiration date. It is a community that belongs to you. You choose to be here, and that choice is the first step toward empowerment. Whether you have been with us for years or are just walking through the doors for the first time, your place here is secure.

Why Voluntary Participation Matters

In many areas of life, we are told where we have to be and for how long. By ensuring membership is voluntary, we honor the autonomy of every individual.

Ownership: When you choose to participate, the goals you achieve are truly yours.

Security: Knowing there are no time limits provides a sense of permanent belonging, which is essential for long-term recovery and stability.

Support: Our community remains a constant resource, ready to welcome you back whenever you need the "work-ordered day" or the connection of friends.

Looking Ahead

As we move through May, I encourage everyone to think about what "voluntary membership" means to them. Mental health awareness isn't just about understanding a diagnosis—it's about recognizing the right of every person to lead a self-directed, meaningful life within a supportive community.

Thank you for being the heart of Club Cadillac. Your presence, your voice, and your choice to be part of this Board and this Clubhouse are what make us strong.

In Partnership,
Kristen

Board President, Club Cadillac

