

“
Making waves for
mental wellness
”

Shore House's Welcome Back Barbeque

By Bree S.

In July, our clubhouse was damaged when a woman accidentally drove her car into the side of the building. For the next five weeks we used borrowed and rented spaces to keep our community together while the clubhouse was repaired. We were finally able to return to the clubhouse on August 24 so to celebrate we held a huge “welcome back/Labor Day weekend” BBQ on August 28.

We had an enjoyable time with Dominique making delicious burgers and hot dogs. Renee, our driver Dennis’ wife, made a yummy potato salad, and Jackie, our unit coordinator, made a fantastic cucumber and tomato salad all from vegetables grown in our garden.

It was good for everyone to come together as a big family. I got to see some old friends and make some new ones. Some of our members invited their family members to come and Assemblywoman Margie Donlon stopped by and presented us with a Proclamation.

In honor of our BBQ here’s a BBQ joke:

I accidentally burned dinner on the grill...

It was a mis-steak!



THANK YOU to Our Supporters

Thanks to the overwhelming generosity of these organizations and private donors, Shore House was able to resume programming during the month of August and return to our “home” on August 24.

Grunin Foundation
H. Hovnanian Family Foundation
Stone Foundation of New Jersey
Mary Owen Borden Foundation
Monmouth Park Charity Fund
New Jersey Natural Gas
OceanFirst Foundation
John Ben Snow Memorial Trust
Rising Treetops Oakhurst
St. James Episcopal Church Long Branch
Clean Ocean Action



Member Spotlight

Bree S.

Fun Facts About Bree:

I am a vintage record and retro toy collector

I like modern/vintage clothing

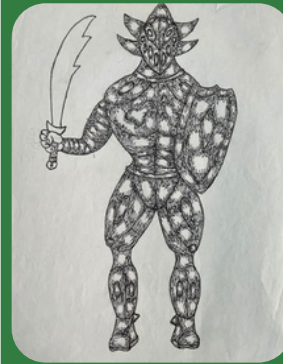
I love old movies like VHS/DVDs

I love old movies like The Wizard of Oz and love watching Turner Classic Movies

I love classic novels like Little Women, Jane Eyre and A Christmas Carol

Shore House Art Gallery

Many Shore House members are talented artists that have been featured at art galleries in the community including the annual Art of Recovery show in Long Branch. Here is a gallery of some members' original creations. Each month we will feature work from different members.



by Ian H.



by Ian H.



by Lauren R.

Announcements



Employment Dinner at Shore House: Tuesday, September 29



Project Write Now: Every other Thursday at 1 p.m.
Next Dates: September 24 and October 8



Rock the House: Thursday, October 15 5:30pm-8:00pm
Whitechapel Projects, Long Branch, NJ



CPC has invited us to the Holiday Express this year! More information to come. Save the date for Monday, November 30



Trip to Sandy Hook

With Clean Ocean Action



While we were waiting for the Clubhouse to be repaired in August, the environmental organization Clean Ocean Action was kind enough to host Shore House members and staff at Sandy Hook. We had the option to climb to the top of Sandy Hook Lighthouse, the oldest lighthouse in the country. We also joined Clean Ocean Action seining in Sandy Hook Bay. We caught hermit crabs and other cool sea life during our seining adventure and finished out the day with a delicious lunch provided by board member Rowena.





By Colin T.



The game was great! The Blue Claws were winning 1-0 in the beginning of the game. In the second inning, they started to throw the shirts. Nick caught the first one and I was next to him looking down and a shirt landed right in my lap! In the third inning, the Yankees farm team hit a 3-run homer. Also in the third inning, I caught a foul ball! The Blue Claws made it 4-3 in the fifth inning with 2 runs. In the sixth inning, the Yankees farm team hit a home run to make it 4-4. Nick also caught another shirt in the sixth inning. Then the Blue Claws hit a home run making it 5-4. In the top of the seventh inning, I gave Doriana my t-shirt because I felt bad. In the bottom of the eighth inning, the Yankees farm team hit a home run and made it 6-5. They ended up winning the game.



Brian Kirk & The Jirks

At The Great Lawn in Long Branch



By Colin T.

I had a great time at the Brian Kirk & The Jirks show in Long Branch! They opened up with "Jersey Girl" by Bruce Springsteen. They did Alanis Morissette's "Ironie." They did "Scenes from an Italian Restaurant" and "Always a Woman" by Billy Joel. They performed "Money for Nothing" by Dire Straits. They slowed things down with Van Morrison's "Into the Mystic." Then they ramped things up with Springsteen's "Thunder Road." At the end of the show, the fireworks display started and the band continued to play with the fireworks in the background. A female back-up singer belted out "Sweet Child of Mine" by Guns-n-Roses as the fireworks lit up the sky over the ocean. The concert overall put me in a good mood, I was excited and happy and not concerned with any problems. When I got home, I was on a natural high, I was so amped up I couldn't sleep! What a show!



September Birthdays

Shore House Celebrates Our Members



Each month, Shore House celebrates the birthdays of our members and staff with handmade birthday cards and an end-of-the-month birthday celebration. Shore House wishes the following members a Happy September Birthday!



Andrew B.
Ty W.
John L.
Dennis (our driver)



Shore House Garden Harvest

Join Us for 'Farm to Table' Cooking!



This summer, with the help of Rutgers Master Gardeners and staff, members were able to tend to and grow various vegetables that we have been using almost every day in our kitchen. We have made fresh kale salads, salsa from our fresh tomatoes and peppers, fresh roasted carrots, coleslaw and much more!



World Mental Health Day is October 10

Shore House and Grand Avenue Club in Wisconsin Will Honor the Day Together

Through Clubhouse International, Shore House is partnering with Grand Avenue Club in Milwaukee, Wisconsin to plan a week-long observance of World Mental Health Day. Members and staff from both Clubhouses recently met via Zoom to brainstorm ideas. Keep a lookout on social media for updates and information on this exciting partnership with our friends in the Midwest!



Congrats to Our Program Director, Bailey!

By AJ

Shore House and its members proudly recognize Program Director Bailey Taft for receiving the Phenomenal Women Under 40 Award. A dedicated mental health advocate, Bailey has been with Shore House for nine years and is the heart of the Clubhouse community. She also supports the community in many meaningful ways as a community outreach specialist, clubhouse social planner and organizer.



Our Mission

To empower and restore hope, independence and self-worth for people living with a mental illness by providing access to social, education and employment opportunities.

ShoreHouse
MAKING WAVES FOR MENTAL WELLNESS



Stay Connected

