Compass Chronicles

978-696-5171 novustogether.org/compass-clubhouse

NO-BAKE APPLE PIE

INGREDIENTS

- 1 PACKAGE (3 OZ.) LEMON GELATIN
- 1/2 TSP. GROUND CINNAMON
- 1/4 TSP. GROUND NUTMEG
- 1 3/4 CUPS WATER, DIVIDED
- 5 MEDIUM TART APPLES, PEELED AND SLICED
- 1 PACKAGE (3 OZ.) COOK-AND-SERVE VANILLA PUDDING MIX
- 1/2 CUP CHOPPED NUTS
- 1 PREPARED 9-INCH GRAHAM CRACKER CRUST
- WHIPPED TOPPING (OPTIONAL)

DIRECTIONS

1. COOK THE APPLES: IN A LARGE SAUCEPAN, COMBINE LEMON GELATIN, CINNAMON, NUTMEG, AND 1 1/2 CUPS WATER. ADD SLICED APPLES AND BRING TO A BOIL. REDUCE HEAT, COVER, AND SIMMER FOR ABOUT 5 MINUTES, UNTILL THE APPLES ARE TENDER.
2. THICKEN THE FILLING: IN A SMALL BOWL, MIX VANILLA PUDDING MIX WITH THE REMAINING 1/4 CUP WATER. STIR INTO THE APPLE MIXTURE AND COOK FOR ABOUT 1 MINUTE, UNTIL THICKENED.
3. FILL THE PIE: REMOVE FROM HEAT, STIR IN CHOPPED NUTS, AND POUR THE MIXTURE INTO THE GRAHAM CRACKER CRUST.
4. CHILL AND SERVE: REFRIGERATE FOR AT LEAST 2 HOURS BEFORE SERVING. TOP WITH WHIPPED TOPPING IF DESIRED.

ENJOY!



Community Updates

The Cozy Coat Drive



AS THE COLDER MONTHS APPROACH, COMPASS CLUBHOUSE WAS PROUD TO PARTNER WITH THE SHERIFF'S OFFICE FOR A COMMUNITY COAT DRIVE, BRINGING WARMTH, KINDNESS, AND CONNECTION TO THOSE IN NEED.

MEMBERS SHARED HOW MEANINGFUL THE EVENT WAS TO THEM. BILL ENJOYED INTERACTING WITH THE SHERIFF'S OFFICE, WHILE ANGELA APPRECIATED THAT THE OUTDOOR EVENT WAS WITHIN WALKING DISTANCE FOR COMMUNITY MEMBERS. ANDRE WAS ESPECIALLY GRATEFUL TO RECEIVE A PAIR OF WARM, HANDMADE GLOVES AFTER LOSING HIS OWN.

COLLEEN FELT THE EVENT CREATED A GENUINE CONNECTION BETWEEN COMPASS AND THE COMMUNITY. KARINA EMPHASIZED HOW IMPORTANT IT IS FOR PEOPLE TO HAVE ACCESS TO FREE WINTER CLOTHING, WHILE ABBEY REMINDED US THAT PROVIDING THESE ESSENTIALS ALSO SUPPORTS PEOPLE'S WELL-BEING AND DIGNITY.

SHARON PRAISED THE KINDNESS AND PROFESSIONALISM OF EVERYONE INVOLVED, ESPECIALLY SHERIFF LEW, WHO PERSONALLY HELPED PEOPLE PUT ON THEIR COATS AND TOOK TIME TO CONNECT WITH ATTENDEES. SHE ALSO HIGHLIGHTED THE GENEROSITY OF WARMER WINTERS, WHO DONATED HANDMADE HATS AND GLOVES. A HEARTFELT THANK-YOU TO THE SHERIFF'S OFFICE, WARMER WINTERS, AND EVERYONE WHO HELPED MAKE THIS EVENT POSSIBLE. AT COMPASS CLUBHOUSE, WE'RE REMINDED THAT SOMETIMES THE SMALLEST ACTS OF KINDNESS BRING THE GREATEST WARMTH TO OUR COMMUNITY.







Upcoming Events & Programs Calendar

As we head into November, the clubhouse is still full of fun activites and outings for everyone to enjoy. We are so excited to share that time with everyone!

4TH MARKET BASKET

5TH MCC EMPLOYMENT SYMPOSIUM

10TH NORTH END DINER

11TH VETERANS DAY 10-2

12TH BARNES AND NOBLE

21ST SATUDAY SOCIAL

24TH WALMART LEOMINSTER



Compass Clubhouse proudly hosts its annual Employment and Education Banquet, a formal evening dedicated to recognizing and celebrating our members who are working toward their employment goals or furthering their education. This year's theme, "Full Steam Ahead," celebrates the determination, growth, and accomplishments of our members as they continue moving toward a brighter future. We are pleased to welcome Rupali Potnis of Central Massachusetts Employment Collaborative as our guest speaker. Dinner will be served as we come together to honor our members' hard work, dedication, and success.

Monthly Events

6th Fall Open House Sherrif's Office
18th Hobby Night
19th Education & Employment Banquet
26th Thanksgiving Day



MEMBER SPOTLIGHT:

FOR JULIE, COMPASS CLUBHOUSE HAS BEEN MORE THAN JUST A PLACE TO VISIT. HAVING BEEN A MEMBER SINCE THE CLUBHOUSE FIRST OPENED, SHE'S WATCHED IT GROW WHILE EXPERIENCING SOME INCREDIBLE PERSONAL GROWTH OF HER OWN. WHEN JULIE FIRST JOINED, SHE WAS NERVOUS ABOUT MEETING NEW PEOPLE AND STEPPING INTO AN UNFAMILIAR ENVIRONMENT. SHE WANTED A PLACE WHERE SHE COULD SOCIALIZE, MAKE FRIENDS, AND SUPPORT HER MENTAL HEALTH. WITH ENCOURAGEMENT FROM THE FRIENDLY STAFF AND WELCOMING MEMBERSHIP, SHE GRADUALLY FOUND HER PLACE.

OVER THE YEARS, JULIE HAS ENJOYED HELPING IN THE SNACK SHOP, SPENDING TIME IN THE KITCHEN, ATTENDING PEER SUPPORT MEETINGS, AND PARTICIPATING IN CLUBHOUSE OUTINGS, ESPECIALLY TRIPS TO THE BEACH. BUT WHAT SHE ENJOYS MOST IS SIMPLY BEING AROUND HER FRIENDS AND THE STAFF.

ONE OF JULIE'S PROUDEST ACCOMPLISHMENTS HAS BEEN STEPPING OUTSIDE HER COMFORT ZONE. "TEN YEARS AGO, I WAS REALLY SHY. I DIDN'T TALK TO ANYONE. I WAS A TOTALLY DIFFERENT PERSON," SHE SHARED. TODAY, JULIE ENJOYS MEETING NEW PEOPLE AND EVEN GIVING TOURS TO HELP WELCOME OTHERS TO THE CLUBHOUSE. FOR ANYONE NERVOUS ABOUT JOINING, JULIE OFFERS SOME REASSURING ADVICE: "PEOPLE HERE ARE VERY FRIENDLY, AND THERE'S NO PRESSURE. YOU CAN SOCIALIZE OR HELP WITH RUNNING THE CLUBHOUSE."

WHEN ASKED WHAT COMMUNITY MEANS TO HER, JULIE SPOKE ABOUT THE IMPORTANCE OF HAVING PEOPLE WHO UNDERSTAND, RELATE TO ONE ANOTHER, AND OFFER SUPPORT THROUGH SHARED EXPERIENCES. AND AFTER ALL THESE YEARS, WHAT DOES COMPASS CLUBHOUSE MEAN TO JULIE? "IT'S A SAFE HAVEN FOR ME. A SAFE PLACE TO COME."

JULIE'S STORY IS A WONDERFUL REMINDER OF WHAT THE CLUBHOUSE IS ALL ABOUT: FRIENDSHIP, BELONGING, PERSONAL GROWTH, AND HAVING A PLACE WHERE EVERYONE CAN FEEL WELCOME.

Clubhouse Standard

15. The work-ordered day engages members and staff together, side-by-side, in the running of the Clubhouse, focusing strictly on strengths and abilities rather than clinical or therapeutic interventions

Outreach

WE MADE CONTACT WITH 20 MEMBERS

Outreach is based on member preference and needs. Calling, visiting in person, and virtual programs help us stay in contact when folks can't get into the Club.

Referrals

WE ENROLLED 2 NEW MEMBERS

The Clubhouse is steadily growing! It makes us all so happy to see new people joining our community!

Attendance

MORE AND MORE PEOPLE ARE COMING EVERYDAY!

On average, we have 24 in the Clubhouse per day. We hope to keep growing membership over the next year!

A Pop Culture Halloween Party to Remember at Compass Clubhouse!

THE COMPASS CLUBHOUSE WAS BUZZING WITH EXCITEMENT AS WE CELEBRATED HALLOWEEN WITH A FUN-FILLED POP CULTURE-THEMED PARTY! MEMBERS CAME DRESSED AS THEIR FAVORITE CHARACTERS AND AN ARRAY OF OTHERS, BRINGING PLENTY OF CREATIVITY, LAUGHTER, AND HALLOWEEN SPIRIT TO THE CELEBRATION.

THE PARTY HAD SOMETHING FOR EVERYONE, INCLUDING DELICIOUS FOOD, FUN GAMES, PLENTY OF DANCING, AND, OF COURSE, LOTS OF CANDY! EVERYONE ENJOYED SPENDING TIME TOGETHER, SHOWING OFF THEIR COSTUMES, AND GETTING INTO THE HALLOWEEN SPIRIT.

ONE OF THE HIGHLIGHTS OF THE EVENING WAS OUR COSTUME CONTEST! WE HAD SOME FANTASTIC ENTRIES, AND THREE SPECIAL AWARDS WERE PRESENTED:

MOST CREATIVE COSTUME: CASEY, WHO HAD EVERYONE SEARCHING FOR WALDO!

SCARIEST COSTUME: HENRY, WHO GAVE US A FRIGHT WITH HIS SLASHER COSTUME!

FUNNIEST COSTUME: LOGAN, WHO BROUGHT PLENTY OF LAUGHS AS PATRICK STAR!

ANOTHER BIG HIT WAS MUSIC TRIVIA! SO MANY PEOPLE JOINED IN TO TEST THEIR MUSIC KNOWLEDGE, GUESS THE SONGS, AND SING ALONG. THE COMPETITION WAS LIVELY, THE ENERGY WAS HIGH, AND LOTS OF CANDY WAS HANDED OUT TO PARTICIPANTS!

MADAME SHARON READ TAROT CARDS GIVING MEMBERS A GLIMPSE INTO THEIR FUTURES OR ANSWERS TO DEEPEST QUESTIONS.

A HUGE THANK-YOU TO EVERYONE WHO PARTICIPATED AND HELPED TO MAKE OUR COMPASS CLUBHOUSE HALLOWEEN PARTY SUCH A SUCCESS. IT WAS WONDERFUL TO SEE EVERYONE HAVING FUN, SHARING LAUGHS, AND CELEBRATING TOGETHER.

WE HAD A SPOOKTACULAR TIME, AND WE'RE ALREADY LOOKING FORWARD TO OUR NEXT CELEBRATION AT COMPASS CLUBHOUSE!



Did you know Compass has a new website? Scan the QR code with your camera app and check it out!