



NEW YEAR'S RESOLUTIONS

happy
New Year

FROM EAGLES' NEST CLUBHOUSE!



Nick "Be more open with myself"

Alanna "Spend more time with friends!"

Alice "To grow clubhouse and move to a larger building."

Mike "Better year for younger son in school!"



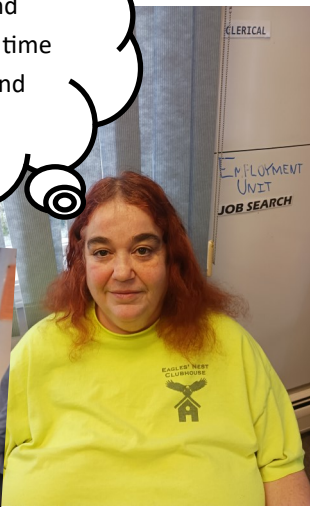
Kimmy "Spend more quality time with family and friends"



Jim "Find true love"



Paige "Practice Better Self"



Sally "Eat more fruits and vegeta-



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My Son Noaha- Part 1

Noaha was born in Maine as a full term baby; who required a C-Section because he was also 9.1lb and 4oz;and his older brother was an emergency C-Section also.

He was rushed to Bangor from Bar Harbor to the child care unit because his sugar level was so low and he was there for 2 weeks before coming home with us.

At the age of two we were told that he was Autistic stage 2, Non-verbal, and that he may never speak normally. We had all kinds of people come into the house to work with him for physical therapist to occupational therapist staff. Then at the age of four he started at special children's friends school which was to help him learn. He was there two years and graduated to regular school, which had special needs program for him. At this time we also got to meet a special woman who became him and his brothers care manager.

During this time is when the head banging began, and he had to have a special helmet made for him. Which meant we had to go to Bangor to measure his head. He refused to do a lot of things at school and his head banging persisted and we had been on several waiting lists that ok a long time to get on the programs that he needed.

When he head bangs, we have to watch out for his head because once he has almost broke my nose. We have been on waiting lists for over 6 years now for extra help both at home and school. He is not doing occupational therapy anymore for refusals, and not working towards his goals. Going to school he has been sent home a lot due to safety of teachers and helpers. Now we are slowly getting into a routine with him about doing things for himself and peers.

So as of now, there is no helmet, but his head banging still continues and he is still being sent home now for bathroom refusals. He will not potty train and so wears pull ups still.

Noaha still has to have special wipes and pull ups because his

skin is so sensitive to certain things.

We have also had problems with him doing what we want him to do and telling us what he wants. Now he goes to the cupboards and refrigerator and points or get what he wants to eat or drink.

He is very active, on the go all the time, and gets into trouble a lot, but we try to take care for his safety and keep him occupied with phones for YouTube and certain cartoons and movies that he likes. When the school sends Noaha home I have to leave work to go and get him and bring him home.

Doctors have put him on certain medications for his aggression and sleep because he does not sleep the eight hours he is supposed to. We have tried a lot of medications but only certain ones will work for him and he continues on the same medications till this day.

Our issues with Noaha are ongoing and we share more of struggles with him in future news-

Autism Caregivers Support Group in Ellsworth

November 16, 2016 @ 5:30 pm - 7:00 pm

YOUTUBE: NICKXTREME

The Devious, The Awesome, The NICKXTREME





THE CLUBHOUSE IS A GLOBAL CONCEPT THAT HAS BEEN AROUND SINCE 1977.



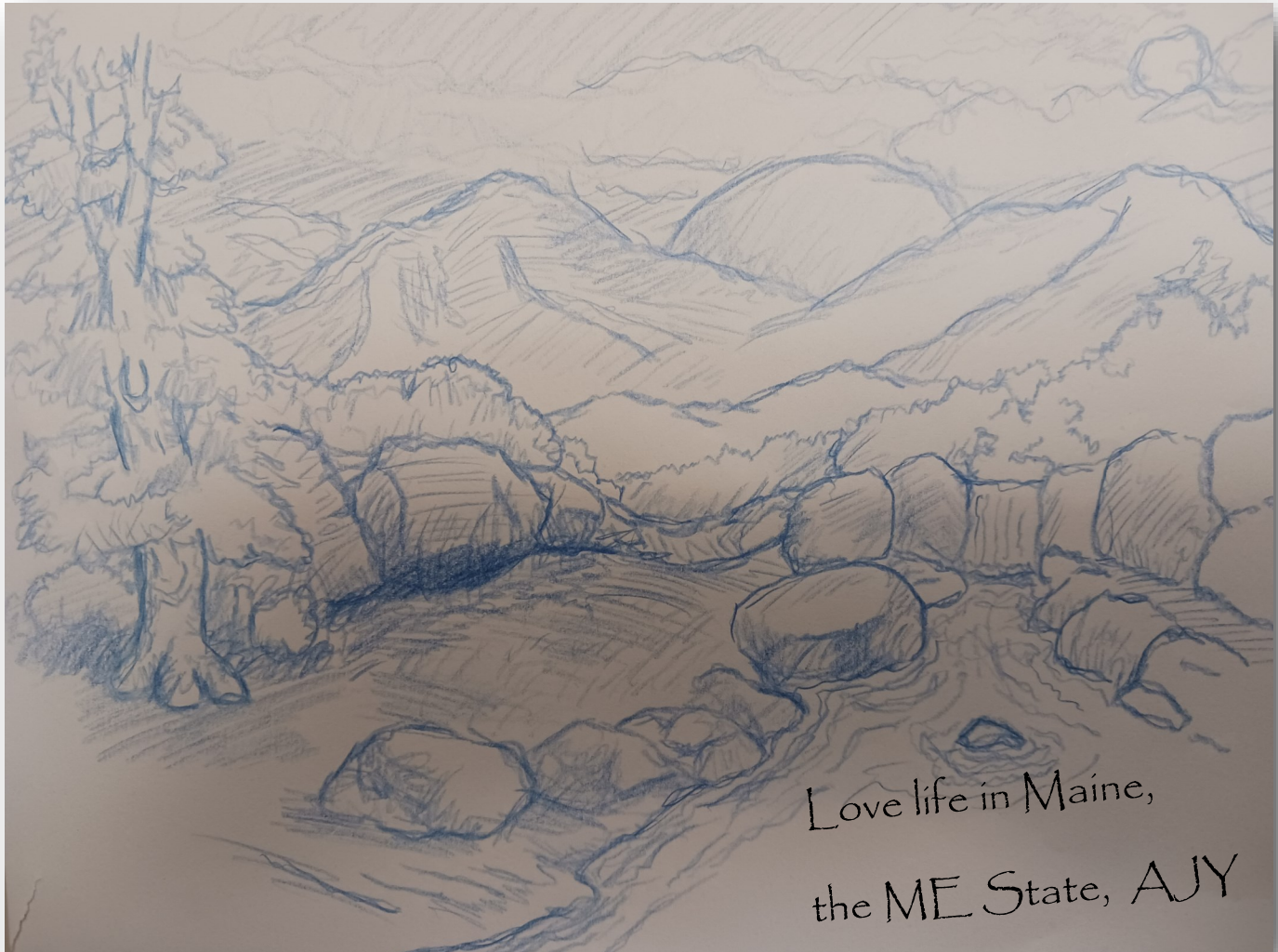
Lunch is Served Daily at 12:00 p.m. for \$2.00.

ONCE A MEMBER
ALWAYS A MEMBER
WITH NO DUES OR
FEES
WHATSOEVER.

Eagles' Nest Clubhouse Menu

Monday	Tuesday	Wednesday	Friday
Pulled Pork Sandwiches	Leftovers	Spaghetti & Meatballs	Leftovers
Tacos	Taco Salad	Breakfast For Lunch	Leftovers
Shake N' Bake Chicken Mashed Potatoes	Pancakes Scrambled Eggs	Hot Dogs Mac & Cheese	Pizza
Ham Italians	Spaghetti	Hot Ham & Cheese	Leftovers
Chilli	Chilli Dogs	Leftovers	

The Times for Clubhouse Zoom Sessions:
9:00 AM To 11:00 AM
1:00 PM to 2:30 PM



OHI is a 501(c)3 non-profit agency registered by the State of Maine as a charitable organization and licensed by the Maine Department of Health and Human Services (DHHS). We receive financial support from DHHS, the United States Department of Housing and Urban Development (HUD), private insurers and from donations from private donors, foundations, and corpora-

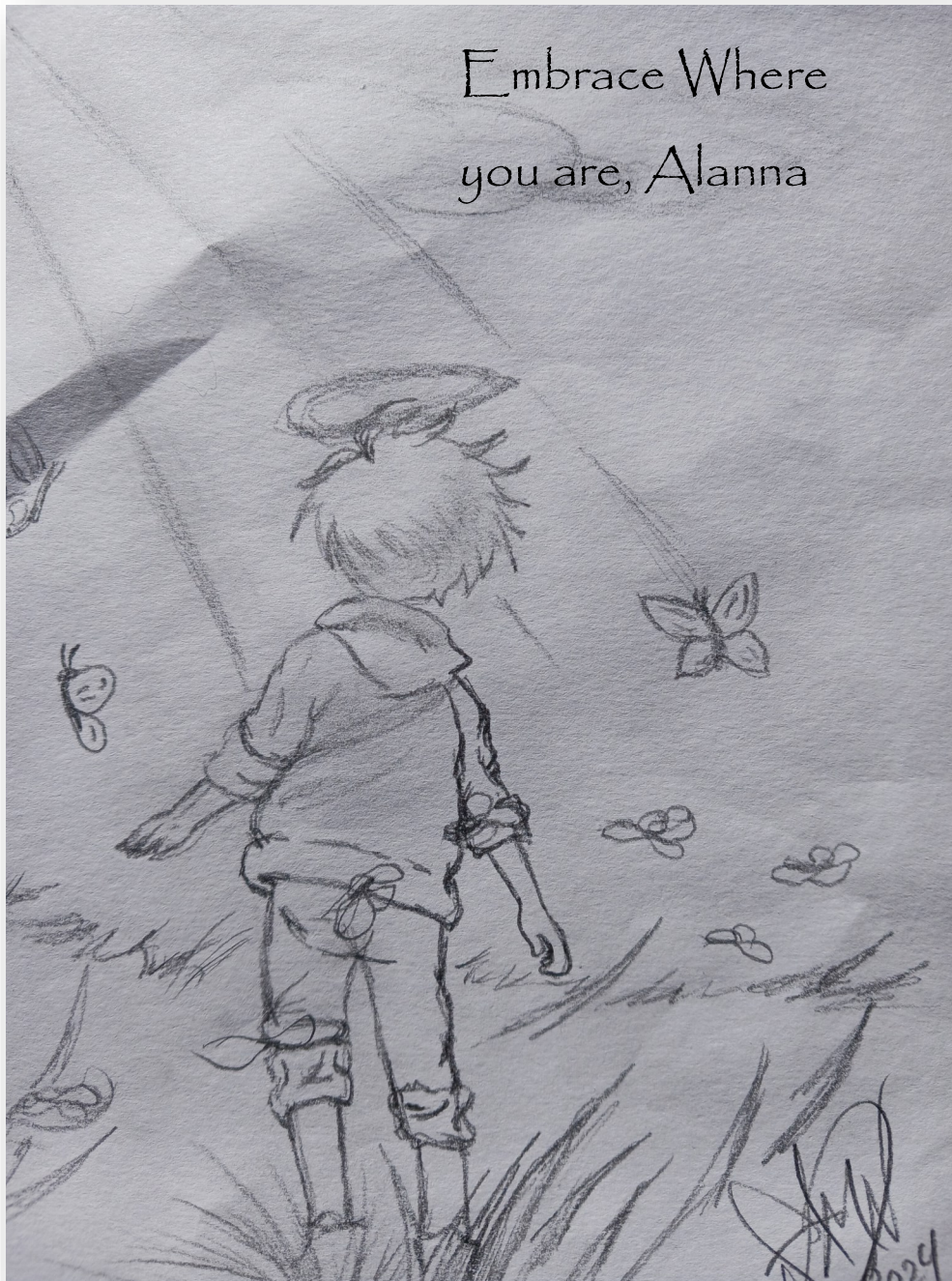
Not that long ago, adults and children with mental illness or mental disabilities were warehoused in institutions. Their basic needs were met but that was all.

When people realized that quality of life was important. Institutions were closed.

OHI was one company, that took in adults with mental disabilities into homes, to give them a better quality of life.

OHI has been trying to fill basic needs to improve the lives of adults whom most have forgotten about. OHI became aware that people with mental illness needed more support in Hancock County. They helped open Eagles' Nest Clubhouse over four years ago. OHI became aware of a program called "The Clubhouse" that was created 40 years ago in New York City. This Clubhouse was called Fountain House.

This program was created to get people with mental illness out of their homes and to get them to meet others who would understand. The program starts with getting through the door, and enjoying a well rounded homemade lunch.



Jim's Story

Jim is a new member here at Eagle's Nest. He first heard about Clubhouse from his granddaughter who found out about us online. Before becoming a member here Jim was bored at home. He now enjoys coming to clubhouse daily and working side by side with other members. Jim says he would recommend joining a clubhouse because it, "gets you away from home doing nothing and out into the world." His family and friends have also noticed a difference in him he says since he has joined The Eagles' Nest Clubhouse. They say he has not appeared as angry or bored.



January

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		Homeless Coalition Meeting Zoom 11:30am		Book-a-Month Club Ellsworth Public Library (EPL) 6:00pm-7:00pm Yoga in the Forest 589 Surry Rd 8:00am-9:00am Stress Reduction Zoom 5:00pm-6:00pm Game Night ENC 2:00pm-4:00pm	Bob Marley The Grand 7:30pm-9:00pm Storytime Friend Memorial Library 10:30am-11:00am	Bob Marley The Grand 1:00pm-5:00pm 8:00pm-9:30pm Fiber Arts Group (EPL) 10:00am-12:00pm Humanist & Free Thinkers (EPL) 1:30pm-2:30pm Monder Cooking Class Steamy Budda 2:00pm-5:00pm
7	8	9	10	11	12	13
	Trivia Finn's Irish Pub 7:00pm Union River Lecture Woodlawn Museum 6:00pm Ellsworth City Council Meeting City Hall 6:00pm	Homeless Coalition Meeting Zoom 11:30am Senior Comedy Hour Friends in Action Auditorium 1:00pm	Welcome Table Free Community Meal First Congregational Church Ellsworth 2:30pm-4:00pm	Caregivers Support Group (EPL) 2:00pm-3:30pm Adult Ed Resume Writing tips 5:30pm Game Night ENC 2:00pm-4:00pm	Curbside Queens Drag Show The Grand 7:00pm-9:00pm Danny Holt Piano Soloist Ellsworth Music Institute 1:00pm	Hancock County Genealogical Society (EPL) 10:15am-12:00pm Artificial Intelligence (EPL) 2:00pm-3:30pm Gawler Family Concerts Bagaduce Music 10:00am

<p>14</p> <p>Bob Marley The Grand 4:00pm-5:30pm & 6:30pm-8:00pm</p> <p>Gawler Family Concerts Bagaduce Music 5:00pm</p> <p>Everybody Eats Meal Pickups 1:30pm-3:00pm</p>	<p>15</p> <p>Best II Fitness Friends in Action 9:00am-10:00am</p>	<p>16</p>	<p>17</p>	<p>18</p> <p>Oyster Aquaculture in Maine (EPL) 1:00pm-2:00pm Union River Stamp Club (EPL) mM 5:30pm-7:30pm</p>	<p>19</p> <p>Bob Marley The Grand 7:00pm-9:00pm Glitter A-Go-Go The Grand 7:00pm</p>	<p>20</p> <p>Maine Mystery Book Discussion (EPL) 12:45pm-1:45pm</p>
				<p>Chamber of Commerce After Hours Downeast YMCA 5:00pm-7:00pm Game Night ENC 2:00pm-4:00pm</p>		
<p>21</p>	<p>22</p> <p>Move & Grove (EPL) 10:30am-11:30am :</p>	<p>23</p> <p>Homeless Coalition Meeting Zoom 11:30am</p>	<p>24</p>	<p>25</p> <p>Eagles' Nest Advisory Board Meeting Via zoom 5:30pm-6:30pm Game Night ENC 2:00pm-4:00pm</p>	<p>26</p> <p>Friends EPL Book Sale (EPL) 2:00pm-4:00pm</p>	<p>27</p> <p>MET Live Bitzet's Carmen The Grand 1:00pm-5:00pm Community Crafts (EPL) 10:00am-12:00pm</p>
<p>28</p>	<p>29</p>	<p>30</p> <p>Homeless Coalition Meeting Zoom 11:30am</p>	<p>31</p>			