

TOB CHRONICLES

TRANSITIONS OF BOSTON CLUBHOUSE NEWSLETTER



A NOTE FROM THE EDITOR

As we move through the May/June season, I'm reminded of how much our Clubhouse community grows when we create side-by-side. This issue reflects the shared energy of our writing sessions, the thoughtful conversations, and the willingness of members to explore new ideas and express themselves in their own voices. From cultural celebrations to everyday moments of connection, each piece in this newsletter represents the unique perspectives that make TOB vibrant and welcoming.

Thank you to every member and staff partner who contributed, supported, or encouraged the creative process..

-Editor, Valerie Lucien

TABLE OF CONTENTS

Page 1: A Note from the Editor
Upcoming Events

Page 2: Notable Events

Page 3: Unit Updates

Page 4: Clubhouse Activities

Page 5: Member Outing
Member Spotlight
Creative Corner

UPCOMING EVENTS

Make sure you are stopping by TOB for our upcoming events and activities, including

- Revere Beach and Mini-golf!
- Birthday Celebration and Recipe of the Month- next up is Chicken Alfredo Pizza made by Aneivah!
- New recipes from the Bake Club
- Book Club, reading Chicken Soup for the Recovering Soul.
- In August, we will be having our Bi-Annual Contract Monitoring Meeting with DMH on the 29th

JUNETEENTH

BY VALERIE LUCIEN

We celebrated Juneteenth at the Clubhouse to mark the end of slavery in the United States, a time to honor freedom, resilience, and African American history. The celebration was filled with poetry, songs, and reflections, followed by a soul-food luncheon feast with rice, mac and cheese, fried chicken, and more.

Sharing this moment together gave members a chance to reflect on what freedom and community mean to each of us. Celebrating Juneteenth reminds us how far we've come and how important it is to keep lifting each other up. It's more than a holiday; it's a reminder of strength, unity, and the power of belonging that we experience every day at the Clubhouse.



CANOBIE LAKE

By Valerie Lucien



The heat was warm and welcoming as members strolled through the park, debating which rides to try and which food stands to visit for a bite or a drink. Some cooled off with ice-cold lemonade. Valerie even added a caffeine shot to keep up with the gang as she patrolled the park for fun and excitement! Fries were shared, slushies enjoyed, and big bags of popcorn carried home as souvenirs.

The bumper cars were a highlight, with Valerie and Donnette gleefully bumping into others while Alexis had a slow start; everyone was cheering and shouting directions to "keep turning the handwheel!" to steer away from the edge.

Laughter filled the air as members raced, bumped, and pretended to drive like pros. Throughout the day, members and staff snapped memorable pictures expressing all the fun: smiles, laughter, and moments of pure joy that captured the spirit of the outing. It was a day full of sunshine, teamwork, and connection; the kind of adventure that reminds us how good it feels to just have fun together.



EMPLOYMENT AND EDUCATION PAUL MASSOP

On August 12, 2026 BostonHire is having a career fair. Located at DoubleTree Suites by the Hilton Hotel Boston- in Cambridge MA. This event is at 11am sharp to 2pm.

"Attendees of the Boston Hire Career Fair on August 12, 2026 should wear professional or business casual attire (e.g., a suit, or pressed slacks and a blouse) and bring 5 to 10 physical copies of their resume".

See the Education and employment unit to get registered for this event!

RECIPE OF THE MONTH- LASAGNA BY DEXTER HESTER

Club house member Dexter Hester has made a special dish. It was a juicy, mouth watering, lovely plate of Lasagna. Dexter was in the kitchen working hard alongside the staff. I'm sure the Lovely Lasagna danced, exercised, and swam on the members taste buds.

Members were stuffing their faces, laughing hard and enjoying Dexter's lovely made Lasagna. Members complimented Dexter as their stomachs begged for more. As a kid Dexter's mom made him Lasagna. Lasagna is in the family of Dexter's favorite foods. Dexter's Lasagna was the best.
-as told by Dexter himself



MEMBERSHIP UNIT BY MANUEL BRUNETTE-SILVERA

Membership unit has had some exciting updates! By changing the way the clubhouse does unit work Membership has been giving more members an opportunity to participate in hands-on work. We've started sending email blasts so people have weekly updates and we also post daily on social media. Some of the blasts mention outings, celebrations and meetings.

Most importantly, our beloved Kemisha has returned and moved into the Membership Unit. Welcome back Kemisha! We missed you!

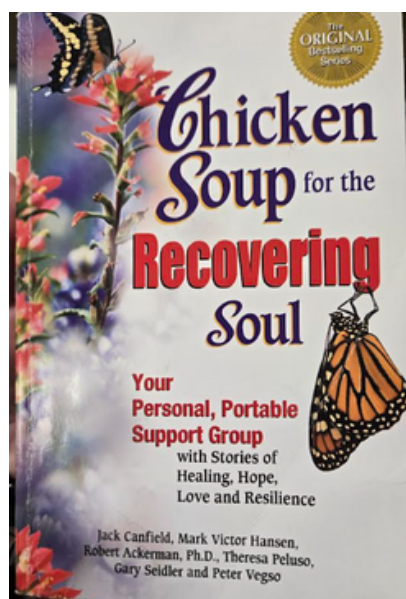
HEALTH AND WELLNESS: THEN AND NOW

RITA HAWKINS

There was a time in my life when I weighed 260 pounds, which was not a healthy weight for me. I had to make some changes with my diet and exercise and doing that changed me for the better! I was happy to share my recipe with TOB for Recipe of the Month. Change is key to good health, and being intentional about what you consume will get you to your goals.

Lots of fruits, vegetables and water etc. are essential for our well-being. Eating healthy and exercising will definitely benefit you and have a lasting impact on your life.

Cupcake and Buttercup, my granddaughters, are the ones that keep me inspired- not for me, but for them. Despite her nickname, Cupcake actually takes after her Nonna and is very active, even eats her fruits and veggies! Physical benefits are not the only thing that have improved, it has shifted my perspective and made me proud of the fact that I know this is something I did to care for myself. No matter who you are, or where you end up, it is the commitment to change that will make all the difference.



BOOK REVIEW

BY T-BOZ

The book "Chicken Noodle Soup for the Recovering Soul" covers people who have a hard time with their mental health or drug related problems. One example of this is the chapter titled "4c woman". Someone would probably think it is about a woman's hair but it's about sobriety and a person showing great improvement from addiction.

Reading a story about people recovering from addiction was encouraging. This is a story of being capable, competent and compassionate. It shows an example of someone mentally coming from a mess to a woman with goals and structure.

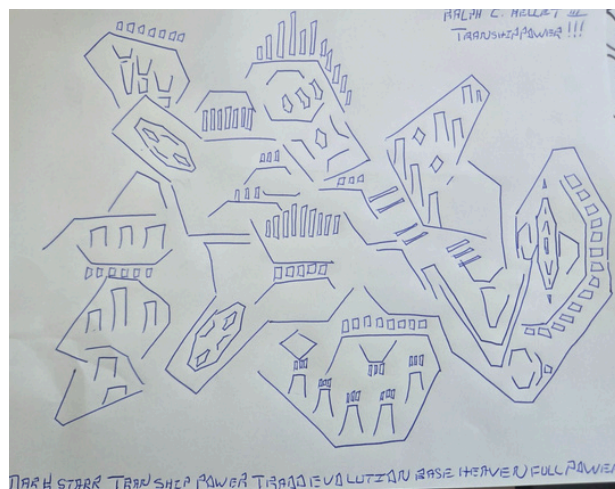
CREATIVE CORNER



**BY:
DONNETTE
HENRY
AND
VALERIE
LUCIEN**

Our Baking Club is full of creativity and teamwork! Members have been learning new cooking and baking tips, from understanding the difference between dry and wet ingredients to mastering recipes like chocolate chip cookies, cheesecake, banana bread, and even vegan treats such as zucchini bread.

TRANSSHIPFORMER BY RALPH KELLEY III



MEMBER SPOTLIGHT

MICHAEL SCHULTZ



Fun Facts about me:

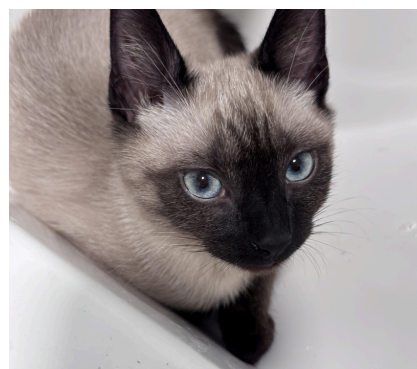
My biggest comic book collection was at least 300 comic books and 1 manga

One of my favorite comic book characters is Captain America.

I love going to shows and am really into live music.

PET OF THE MONTH

MILO LUCIEN OWNER OF VALERIE LUCIEN



My daughter's cat, Milo, was welcomed into my home on January 7, 2026. He's curious about everything and loves to be right in the middle of whatever I'm doing.

When I sweep, he insists on helping until his claws get stuck in the bristles and he cries for help! His favorite spots are napping in my closet and lounging in the bathtub. I love holding him like a baby, cuddled in my arms, and I can't help but make googly eyes and silly sounds while watching how adorably cute he is.

Bay Cove Human Services
Transitions of Boston Clubhouse
66 Canal St
Boston, MA 02114

NONPROFIT ORG
U.S. POSTAGE PAID
BOSTON, MA
PERMIT NO. 55903