

# TOB CHRONICLES



TRANSITIONS OF BOSTON CLUBHOUSE NEWSLETTER



## A NOTE FROM THE EDITOR

This month's issue reflects the heart of TOB — connection, creativity, and community care. From shared experiences to new skills and moments of remembrance, April reminded us how much we grow when we show up for one another. Thank you to every member and staff contributor who helped shape this edition

- Editor, Valerie Lucien

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## UPCOMING EVENTS

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

- Juneteenth Celebration
- Scooperbowl
- Birthday Celebration and Recipe of the Month
- New recipes from the Bake Club
- Book Club, reading Chicken Soup for the Recovering Soul.
- Outings.....and more!

# EMPLOYER CELEBRATION AT THE STATE HOUSE

By Paul Massop and Marie Martin

Every year we take the time to acknowledge the upstanding employers that support our members in their employment. The event took place at the State House in the Hall of Flags, bustling with over 60 clubhouses in attendance. The tone was uplifting, supportive and inclusive.

This year, TOB was honoring Moises Jackson, supervisor and mentor to Paul Massop at G2 Secure Staff. Moises has been a terrific supervisor, always smiling and easy going. His generous and supportive leadership style ensures his staff always receives the dignified and fair treatment, above and beyond the call of other employers.

Moises is a consistent collaborator with Transitions, and always showing up to support Paul and embrace the clubhouse community as a whole. Moises is the quintessential employer that we wish all our members had the privilege of working with.



## MEMORIAL FOR LOST MEMBERS

By Valerie Lucien

In April, TOB held a Memorial Service for members that have unfortunately passed away in the last two years. It was important to both staff and members that we take time to not only express our condolences and grief, but also to celebrate and remember the good memories we have for Kali Chung, Clemente Morris, Aaron Jerome and Luis Gonzalez.

For the Memorial, members planned a lovely service. They decorated the clubhouse, planned the menu, created a commemorative posterboard, and delivered touching speeches, poems and songs in tribute.

TOB extended the invitation to other teams in Bay Cove who also served the members.

"The event created a sense of togetherness, a chance to say goodbye. Everyone chipped in-singing, poems. It was sad, but also uplifting. It also brought awareness to health issues and isolation."- Apollo



When a person dies, we weep.  
We're sad, we cry, but memories we keep.

Though we may not know, what happens next- or where we go.  
Birthdays, holidays, yearly events  
Make you nervous, shake and tense.  
For they could not stay another day-  
to laugh to love, they had to go away.  
To not be able to see them, only a vision

Is not our choice, or our decision  
At the end it is all a waiting game  
yet we can hold on to laughter,  
thoughts, and I know everyone is not the same.

It's time for me to end this rhyme-  
time to go, out of time - **Tina Smith**



## EMPLOYMENT AND EDUCATION

### ANEIVAH ALLEYNE

This April, the Education and Employment Unit welcomed a new staff member, Olivia Williams. One of Olivia's long-term goals is to open her own private practice providing birthing and postpartum services as a certified doula.

She also hopes to continue her education by earning certificates in substance abuse and mental health, and she is considering law school or a master's program in the future. During her time at TOB, she has loved the sense of community and the way staff collaborate to make things happen. She is excited to see what the clubhouse has in store for her.

## KITCHEN UNIT AND RECIPE OF THE MONTH

### ALESSIO BAGGIO AND MANUEL BRUNETTE-SILVERA

The Kitchen Unit has some exciting updates this month. Bake Club continues to thrive, with pumpkin bread being their most recent creation. Unit involvement has been wonderful, and members have been attending regular trainings led by Lisa every other Friday. These trainings cover essential kitchen skills such as measuring, using the stove safety, prepping and labeling food, and creating recipes. New members — or anyone who wants a refresher — are encouraged to join. Members can also now sign up to come in at 8:30 a.m. to help with breakfast prep.

This month's featured recipe was **Panzerotti**, chosen by staff member **Alessio**, whose recipe was pulled from the unit's recipe box. Panzerotti is a southern Italian fried pizza from the Apulia region, typically filled with mozzarella, tomato, and basil. Similar in shape to an empanada but made with pizza dough, they're crispy, comforting, and very delicious.



## MEMBERSHIP UNIT

### BY VALERIE LUCIEN

Writers Wanted!!

TOB is seeking members with an interest contributing to the Monthly Newsletter. No experience needed and tutorials will be provided. Topics include (but are not limited to) Unit Updates, outing coverage, special events at TOB, member highlights, clubs and activities, funny pet articles, creative content (such as poetry, art, etc.), and more to be determined at Newsletter Planning Meetings.

Attend Newsletter Planning Meetings to learn more!



## MUSEUM OUTING

**BY OLIVIA WILLIAMS AND DANTE DEANS**

Members visited the Museum of Science this month, beginning with the Arctic exhibit in the Blue Wing. We saw real slabs of ice, which made the experience feel authentic.

Next, we explored the Illusion of Light exhibit, where we discovered how convex and concave mirrors form images.

Our final stop was the planetarium, which featured a model of the solar system. Saturn, with its rings, stood out as the largest.

## GARDENING WITH MEIMA BY VALERIE LUCIEN

This month, TOB welcomed Meima, a community garden ambassador, for a hands-on gardening workshop. She taught us how to prepare soil for planting, explaining how to check its texture, moisture, and readiness. We used starter soil that felt soft, airy, and slightly crumbly — perfect for helping new roots grow.

Meima supplied soil, pots, and seeds, and guided us as we planted six different herbs, flowers, and vegetables, including basil and other beginner-friendly varieties. She reminded us that a garden doesn't need to be big — anyone can start one at home, on a windowsill, or in a community garden. As a community garden ambassador, Meima offers free gardening workshops and in-home consultations throughout Boston, making gardening accessible to everyone.



## TEA WITH MARIE BY ISHMAEL SHAHEED, MARIE MARTIN AND SUE NGUYEN

Tea with Marie is a new Friday group that has quickly gained popularity. Members looking for a cozy, warm, and wholesome experience come together to bond with their community.

One member shared, *"I like Tea with Marie because it helps me learn about the health benefits of the ingredients, and I leave feeling better mentally and physically."* Another added, *"We all participate in journaling prompts and discussion, which helps us use introspection to process our emotions. The group promotes a sense of peace and harmony."*



## UNDER DA SEA

BY MANUEL BRUNETTE SILVERA AND MARIE MARTIN

In late March, with the weather warming we were able to adventure out to the Aquarium for our monthly outing. Tickets were a steal if you brought your EBT card, and we knew we were in for a blast. After we passed the cute little bobbing seals and performing sea lions, we moved into the main building where we passed tank after tank of colorful fish, jellyfish, enormous sea turtles, smooth sting rays and so many other species. The visit was both fun and educational, and a refreshing change that brightened everyone's day.

"Refreshing experience, seeing different types of sea life up close. Seeing the sea lions stand up on its front legs was so fresh! 8/10 would recommend! Excellent selection of merchandise in the gift shop."



## GET TO STEPPIN'

BY TINA SMITH AND MARIE MARTIN

In November of last year, we decided to try and improve TOB's health and wellness activities and were inspired by Bay Cove's recent Step Competition, so we began to 'step' up our game and have a contest of our own. It was important that everyone was able to participate, no one left behind. There were prizes for not only the highest number of steps, but also for the most improved, making success a possibility for everyone. Members, driven by friendly competition, encouraged each other to 'Get to Steppin'.

Since the competition began, members have been utilizing the treadmill and other clubhouse initiatives in this mission to improve their health. The incredible member peer support system has inspired everyone around them to become more active.

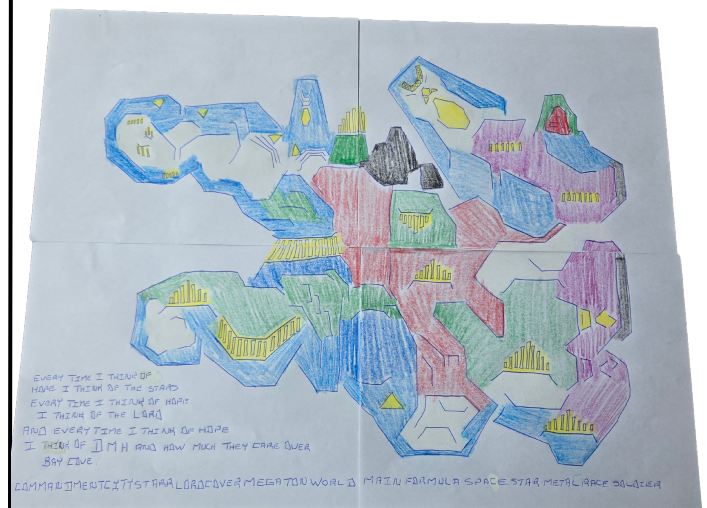
The Winners for March were Manny, with 456,008 steps total, Tina winning the Most Improved, with an honorable mention to Donnette for joining the contest for the first time!!!



## MEMBER SPOTLIGHT

A huge congratulations goes out to Elliot Muller, who just graduated from the JVS Pharmacy Tech training program and is currently completing an internship at Tuft's Medical Center. We are so proud of his accomplishments!

## CREATIVE CORNER



**RALPH KELLEY III**