

# The Meeting Place News

February 2018

## Helping Matt and the Importance of Clubhouse Support by Chris and Matt

A major function of being a Clubhouse community is providing support to members in need. Whenever one of our colleagues shares personal emergencies and requests assistance at unit meetings, it is part of the **Clubhouse's standards that we do what we can to help**—this includes getting help from both members and staff. A great example of our Clubhouse rallying together to help a member is what The Meeting Place recently did to assist Matt. Back in the fall of 2017, Matt's landlord began the process of evicting him from the apartment he was renting for several years. On top of that, because of misunderstandings relating to his bank accounts, he was faced with the potential loss of his Supplemental Security Income (SSI). In the span of just a few weeks, Matt was in danger of losing his home and monthly entitlements.

**After months of ongoing support, the Clubhouse helped sort out Matt's standing with Social Security.**

The Clubhouse also set Matt up with a new apartment at The Meeting Place-managed apartment complex, Boston Villas. A couple members helped Matt clean up his old apartment and pack his belongings before the move. **A few members and staff also helped get Matt's new place cleaned up and ready to pass a Section 8 inspection.**

The Clubhouse called and arranged for movers to help him get his things settled at his new location, called the cable company to have his cable and landline phone set up as well as transfer his gas & electric.

It may have been a long and difficult period for Matt, but with **The Meeting Place's help, he was able to move into a new home and maintain his SSI.** He is thankful for **all the support:** "I couldn't have done it without the members and staff helping me out. I really like my new place." **Supporting Matt through his rough patch is a true testament to a Clubhouse working together to help get a member's life back on track.**



Our Peer-Support Specialist, Jason (left), helped Matt extensively throughout the process of moving, getting back his SSI and managing all his paperwork.

**The Meeting Place is open Monday thru Friday 8:00 am until 4:00 pm  
with Introductory Tours Mon, Tues., Thur., & Fri. at 9:30 am and 1:30 pm.  
Our Unit Meetings are held at 9:00 am and 1:00 pm.  
Check out our monthly calendar for mid-week and weekend recreational activities.**

# SPOTLIGHT

February Birthdays

## Welcome our Newest Clubhouse Member Katherine, Amber, Jason S., Lee and John



Mildred  
11th



Miguel  
13th



Vita  
18th



Erica  
19th



Jesse  
22nd



Aaron  
28th

### Welcome, Lee! by Jaki

Although raised in Daytona Beach, Lee considers himself A San Diegan. He has lived in Miami, New York City, Santiago Chile, Pennsylvania and Washington, D.C. Lee is the former Director of the 100,000 strong in the Americas Innovation Fund. He anticipates a return to the non-profit sector in education and development.

Lee enjoys going out to eat with friends and family. One of the dishes he enjoys is Paella. He also enjoys travelling which is on the top of his list of things to do as a hobby. For entertainment Lee watches International Independent films.

Lee came to the Clubhouse at the suggestion of a family friend. **Since becoming a member, Lee's impression of The Meeting Place** is that the diversity of members enriches the Clubhouse and the empathy of the staff makes him feel at home. Being in a more structured environment is an asset to his recovery.



### Unit 1 Update by Christina

In addition to making food to be sold in the café and for the daily organic lunches, Unit 1 prepared the meal for the Birthday dinner to Portugal. Everyone looks forward for this monthly activity. The monthly health topic was the immune system. As usual, we did a lot of research which included hygiene and dietary tips to keep our immune systems extra healthy.

Finally, the unit has been working extra hard to come up develop new TE positions. A few of the members and staff have been working together looking through online listings for possible placements that fit our part-time, entry-level, low stress criteria. **We're optimistic we'll find employers who will be happy to work with us.**

We served 363 delicious and organic meals.



Robert G. helping prep lunch.

### Unit 2 Update by Victor

**We had some tasks in January we don't frequently do, but the unit stepped up and got them done!** We are planning a retreat and team building activity for late February. Staff and Unit 2 members participated in brainstorming possible goals we can accomplish in the unit.

**January's birthday dinner was a trip to Portugal. We worked together to look up facts and trivia about the country. The unit came up with great decorations, which were handmade. What a team effort!**

We have three new members who joined the unit, Lee, Katherine, and Jason S. A new year comes with new faces! Lindsey also had help from the members updating all the social security packets. A lot of us got to practice using the new copier. What a terrific month!

We made 15 cards this month.



Chris and Aaron making a card.

# SCHOOL & EMPLOYMENT

## Steps to Go Back to School by Chris R.

1. Invest plenty of time and energy in the planning process when considering going back to school. Before applying anywhere, ask yourself: Am I ready for school? If yes, what is my goal? You may be considering getting your GED, attending a vocational or certificate program to hone a job skill, or working toward a degree. Also think **about whether you'll want to attend as a full- or part-time student** while also keeping in mind your current obligations. If you need guidance in making the right decisions, you can seek help from Clubhouse Staff.
2. **Based on what your education goals are, you've probably narrowed down the type of school you'd like to attend. The best way to learn more about the school and the enrollment process is to visit the school's website.** You can also find a catalog of courses to see what classes are available and when they start.
3. **If you've been out of school for a while, it would be helpful to schedule an appointment with a guidance counselor on campus who supports adult learners with applying and registering for classes.** If you feel that you **need more accommodations, consider registering with the campus' Disability Support Programs and Services (DSPS).** DSPS will offer a selection of services for you to choose from, including an initial counseling session where you can get help selecting classes and getting help with signing up for financial aid.
4. If you are thinking about attending one of the many Continuing Education campuses in San Diego, **tuition is usually free unless you're taking a course that requires material fees. Enrollment at a community college or a vocational school** requires tuition, enrollment fees, and material/textbook costs. If finances are an issue, consider signing up with the Department of Rehabilitation (DOR), FAFSA to determine if you are eligible for financial aid and the California College Promise Grant (formerly known as the BOG Fee Waiver) which can help you with enrollment and book fees.
5. Make sure you have everything you need to succeed including reliable transportation to and from school, supplies to keep you organized (notebooks, pens, day planners, book bags, etc.), reliable Internet connection **(especially if you're taking online classes), and extra support of you need it (DSPS) or The Meeting Place.**

## *Need Help Filing your 2017 Tax Return?*

It is that time of year again folks...tax time. If you are an active member of The Meeting Place and need FREE assistance filing your 2017 tax return, please call or come on by the Clubhouse to set an appointment with Lindsey. She will only be able to assist members' filing basic tax returns such as the 1040EZ and the 540A. For difficult tax situations it is best that you use a paid for service from a professional tax preparer.



It typically takes about 30 minutes to an hour to complete the federal and state tax return. Also, filing both returns is free. Please remember that the filing deadline for your 2017 federal tax return is Tuesday, April 17th.

Again, if you need help, please schedule an appointment with Lindsey once you have received all your tax papers and are ready to file.

# THE CLUBHOUSE

## Tributes to our Friends, James and Jolene

2017 ended with some very sad news with the passing of two beloved Clubhouse members, James in November and Jolene in December. James and Jolene will be missed. They both brought so much of their **enthusiastic personalities to the Clubhouse Community and we're left with countless fond memories that will keep us smiling.** Here are a few words from Clubhouse friends and colleagues.

### James

*What I'll remember most about James is his energy. He would come in for a bit and stir up enthusiasm for a Clubhouse-scheduled workout and people would enjoy being around him. He really liked talking to people. We will miss him.* - Chris R.

*I'll always remember how special James made beach outings for us. He was a great boogie boarder!* - Tina

*James always seemed to be happy. We got along easily because he was also a fellow Beatles fan.* - Denise

*James always gave me a heartfelt greeting when he saw me. In the summer I called him and left a message to let him know we were planning a beach outing because I heard he loved going to the beach, and the very next day he showed up to sign up! We had a blast boogie boarding and hanging out around the fire pit. While I only met him a handful of times, my impression of James was friendly and caring. I will remember him fondly.* - Caleigh



*My favorite memory of Jolene is when I sang the song "Jolene" by Dolly Parton to her. I was so surprised to learn that she had never heard it. We downloaded it from iTunes and played it. Another member had the Miley Cyrus version and we listened to that one as well. We all had a good laugh and every time I saw her after that, I would always sing the first few bars. It never failed to bring a smile-which was easy to do with Jolene.* - Sharron

### Jolene



*Walking into the Clubhouse on Friday morning seeing her smiling and happy, made my day better.* - Erica

*Remembering that she was encouraging while being at the front desk as well as smiling and being helpful.* - Christina

*The thing I remember most about Jolene was her sense of humor. She and I talked about things we experienced, with the knowledge that we both overcame so much. And, we were always laughing together.* - Jason B.

*Jolene was always smiling when I worked in the kitchen with her, and, she always thanked me for each task I had done. She gave off the appearance of being the happy camper and she was.* - Thom

*I wish there were more people in this world like Jolene. She always came in with such positive energy and a light heartedness that lifted the spirit of those around her.* - Lindsey

# HEALTH & WELLNESS

## Ways to Improve Your Immune System By Christina and Jason

This month our Clubhouse Wellness On Wednesday topic focused on the Immune System. Each week Lindsey led us through different aspects of boosting your immune system to prevent illness.

First, getting a good night sleep is very important, as is exercising regularly, even walking just 10-20 minutes a few times a day. These solid habits are a good way to start. Take care of your immune system by eating healthy foods rich in vitamins A, B6, C, D, E, Folic acid, Iron, selenium and zinc. Trying to stay positive and developing a healthy lifestyle will help you get a clean bill of health.

Practice keeping yourself and your environment clean in order to maintain health, avoid sicknesses, and prevent disease. Other things that you can do to keep your immune system strong include: practicing good hygiene by cleaning away germs, minimizing risk of infections, and getting vaccines when needed to stimulate the immune system. White blood cells are the first to recognize and fight off infections, and keep you healthy.

If you would like to learn more about Wellness and steps you can take to be more healthy, join us every Wednesday for W.O.W. – Wellness On Wednesday. You will come away with the knowledge to be healthier and happier. For February, our focus is on heart health.



## Paleo-Meals at TMP: Sweet Potato Waffles Recipe

In the last few months, TMP has incorporated paleo-meals into the weekly menu. The diet typically includes vegetables, fruits, nuts, roots, and meat and typically excludes foods such as dairy products, grains, sugar, legumes, and processed oils. The diet does not include processed foods. Here is an example of **one The Meeting Place's Paleo-Meals**, something that can easily be made at home if you have a waffle-maker. At TMP, we paired the sweet potato waffles with an over easy egg and fresh salad. Delicious and healthy!

Servings: 4 waffles  
Calories: 98 kcal per serving

### INGREDIENTS

3 cups grated sweet potato about 1 large sweet potato  
4 eggs whisked  
1/4 cup chopped spring onions  
3 tablespoons coconut flour  
1 teaspoon garlic powder  
1 teaspoon salt  
1/2 teaspoon ground black pepper  
coconut oil for greasing the waffle iron

### INSTRUCTIONS

- ◆ Squeeze out any excess juice from the grated sweet potato and place in to a bowl.
- ◆ Add the eggs, spring onions, coconut flour, garlic powder, salt and pepper and mix well.
- ◆ Grease your waffle iron, well.
- ◆ Use a 1/4 cup to scoop out the batter and gently drop the batter onto the preheated waffle iron and cook according to waffle iron instructions.
- ◆ Continue until the batter is gone. This should make about 4 waffles

### RECIPE NOTES

makes about 4 waffles 6 inch in diameter

# SOCIAL ACTIVITIES

## Members March for Women's Rights by Mariah and George

Staff and members attended the second annual Women's March this month at the Waterfront Park. It felt wonderful to show our solidarity with the movement to show that women's voices matter and to stand up for equal rights.

Before the march started, we prepared by making signs at the Clubhouse. We wanted to keep our signs classy and in line with the overall message behind the protest. From there, we walked to the Waterfront Park where multiple political speakers addressed the crowd of thousands of fellow demonstrators. From the Park, we joined the other marchers on a 1.3 mile route along the San Diego Harbor. The marchers carried all types of signs with different empowering messages. Walking past Naval headquarters, we stopped for lunch and then finished the march. At the end of the march, we walked back to the Clubhouse. It was a truly impactful event.



*Clubhouse members and staff proud to be at the Women's March.*

## Portugal Birthday Dinner by Jaki

For the month of January Clubhouse members celebrated a Portugal-themed birthday dinner. Visiting a new country every month to celebrate member and staff birthdays is one of the great perks of our Social Activity Program. We enjoy learning about different countries and trying out great international cuisines.

**In lieu of games for January's party, the members** were given a cutout of the Barcelos Rooster, which is an important symbol of the country. Everyone had colored markers to decorate their rooster. Each member showed off their artistic talent and we had a beautiful array of Roosters.

For Dinner, we had a delicious Portuguese Salted Cod Bacalau, Caldo Verde and a Portuguese Orange Butter Cake for dessert! Before we ate, we learned facts about the country. Included among these facts was that half of the "New World" once belonged to Portugal and that it is the oldest country in Europe. We had a terrific time and look forward to visiting Israel in February.



*We had a big showing for our trip to Portugal.*

# ODDS & ENDS

*A Picture is Worth a Thousand Words*



## The Meeting Place Wish List

Trader Joe's and Sprouts Gift Cards  
for our healthy, organic meals  
Monetary donations  
Individual Hand Sanitizers  
Gas Gift Cards  
Transitional Employment Leads



**WARMLINE**  
**Peer to Peer**



Funded by the County of San Diego  
HSSA

1 (800) 930-9276

Or

1 (619) 295-1055

What is The Warmline?

The Warmline is a friendly telephone support line, answered by Peer Support Specialists. We listen to concerns, offer referrals and provide understanding because we have been there, done that.

The Warmline is a non-crisis, non-emergency phone service.

*The Warm-line is in operation from 3:30 P.M. to 11:00 P.M., 7 days a week (except holidays).*

## YES! I WANT TO SUPPORT THE MEETING PLACE CLUBHOUSE

Here is my gift to help The Meeting Place Clubhouse

\$10    \$25    \$50    \$75    \$100    Other \$\_\_\_\_\_

Your generous donation will go toward the growth and advancement of The Meeting Place Clubhouse, Inc., as one of the leading Mental Health Recovery Programs in San Diego County.

I would like to receive The Meeting Place Clubhouse monthly Newsletter

Name: \_\_\_\_\_

E-mail: \_\_\_\_\_

Thank you  
for  
your gift!



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*The First Clubhouse International Accredited Clubhouse in California  
Recipient of the San Diego Mental Health Director's Program of the Year Award  
and Lilly Reintegration Award*

### **WHAT WE GUARANTEE**

#### **A PLACE TO COME**

*The Meeting Place is open to any adult age 18 or older with a diagnosed mental health disorder who resides within the county of San Diego. We are open Monday through Friday from 8:00 a.m. until 4:00 p.m.. We also offer evening and weekend activities for fun and relaxation. Individuals who participate in our Clubhouse are called members.*

#### **MEANINGFUL WORK**

*At The Meeting Place, we believe everyone has something to contribute. Members and staff work side by side to facilitate the day-to-day operations of the clubhouse and perform numerous tasks to ensure smooth operation of the program.*

*Examples of tasks performed by members include: answering phones, preparing breakfast and lunch, gardening, typing, filing, entering data and maintaining records, tutoring, mentoring, writing, and coordinating the publication of the monthly newsletter, **The Meeting Place News**, and everything that goes into creating our daily in-house newscast, **KTMP Daily News**.*

#### **MEANINGFUL RELATIONSHIPS**

*Through the shared work of the clubhouse, meaningful relationships are developed between members and staff. But it's not all work at The Meeting Place! Membership has its privileges. These include outings to local restaurants, plays, tourist attractions, and other special activities.*

*Members and staff celebrate holidays, birthdays and achievements together. The Meeting Place is a place to come when you're happy or when you're sad—you're always welcome and you're always among friends.*

#### **A PLACE TO RETURN TO**

*Membership is for life. No matter how long you've been gone, you can always come back home. Returning members are welcomed and they are immediately returned to active status if they request it.*