

# The Meeting Place News

April 2024

## April Showers Bring May Flowers: Adapting to Adversity By Chris Rull

Life is all about balance. It brings momentary periods of joy and then either predictably or unexpectedly, it'll bring periods of adversity. Accepting a "you gotta take the good with the bad" mentality doesn't mean one should wallow when things get tough. Many of our members tend to agree that isolation and dissociation make things worse. Accepting adversity is one thing, but taking necessary steps to learn how to deal with one's misfortunes in a more positive way helps build a greater sense of confidence. It also helps in the long-run. When another round of adversity arises in the future (and it's certain that it will), someone who has developed coping skills and routine will get through in better shape. This is where the Clubhouse takes an important role in a member's wellbeing.

Whatever may be going on in a member's personal life, the Work-Ordered Day is on hand as a tool where burdens and uncertainties take a backseat to meaningful work and social interactions. When someone is fully engaged in a positive environment amongst their peers, there's very little room for ruminating on the negative.

Consider Ken Karsh, a longtime member who returned after a long absence after Covid-19 restrictions and now attends the Clubhouse five afternoons a week. Although he lives with cognitive-health issues and recently lost his father, he has developed a Clubhouse-centered routine that has helped him cope: "Although I deal with my own share of adversity, The Meeting Place gives me a community and meaning in life. It's difficult spending time on my own, especially on the weekend." Ken enjoys working in Unit 2 where he helps out with data entry and housekeeping tasks. He also frequents Saturday Social Activities. "I'm glad to be part of something meaningful, have responsibilities, and socialize," he continued.

In this April issue, our stories are centered around the idea of overcoming adversity through Clubhouse support and problem solving. Enjoy.



Rose, Katherine, and Ken keeping busy in the kitchen.

The Meeting Place is open Monday thru Friday 8:00 am until 4:00 pm  
with Introductory Tours Mon., Tues., Thur., & Fri. at 9:00 am and 1:00 pm. Wed. tour is only at 9:00 am.  
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.

## Welcome our Newest & Returning Clubhouse Members

Brant Day, Neil Weisman, Michael Dunlop, Helena Cisneros, Nico Gaeta



Ken K.  
1st



Neil  
5th



Nate  
16th



Nico  
16th



Luis R.  
17th



Linda  
18th



Valentina  
23rd



Jose R.  
18th

### Welcome to TMP, Helena by Shiloh Beckett

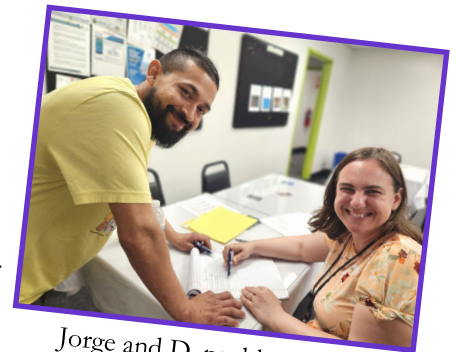
The Meeting Place Clubhouse would like to introduce our new member, Helena! She was born in San Diego in December 1993. During her free time, she enjoys watching movies and is looking forward to the documentary "Bob Marley: One Love." Music is also something she enjoys. Her favorite group is Blue October, and favorite song from them is "I Hope You're Happy". She found out about TMP through the Mission Valley IMPACT program. Helena is very excited to join a supportive community and receive help for her mental health in more than one way. The roles she's excited to learn through TMP are becoming a receptionist, learning to work on the computer such as data entry, and continuing immersing herself in the community. She likes the veggies and healthy meals that TMP offers. Additionally, Helena has noted that she enjoys taking walks as it helps her calm down. Her goal at TMP is to look for stocking jobs at Target, Ross, or DD's. A health goal she'd like to work on is eating less candy.



### Unit Updates: Navigating Adversity During the Work-Ordered Day

#### UNIT 1 by Jason Baker, Jorge Meza, & Shana Healey

Unit 1 had some challenges recently, but we have conquered many of these. Getting members to sign up consistently for the Café schedule as a cashier or ticket writer had become a big problem. However, we increased our reach-out efforts, and now have the Café scheduled out a week in advance with enthusiastic members. For example, John D. has stepped up to cover shifts for other members who can't make their shift. We're also trying to be much more efficient. Trying to figure out the supply and demand of needs of the Clubhouse requires organization. Given the variety of work in our Unit, we must stay on top of things like supply inventories, freezer inventories, meal reports, shopping lists, health and wellness reports, and other tasks designed to keep our Unit running smoothly.



Jorge and D. problem solving in Unit 1.

#### UNIT 2 by Albert Cortes

As the month of April rolls around unit 2 will be facing plenty of challenges. The biggest obstacle we will be facing is preparing for our annual charity event in May. In order to ensure this event goes smoothly every member and staff will play a crucial role in the necessary preparation. The unit came together masterfully to organize the save the date invitation to donors. Aside from the challenges the unit faces members also strive to overcome obstacles frequently as well. For example, Ciarra's commitment is unmatched. On the days she works she also comes into The Meeting Place in order to help out with the various tasks that need to get done to keep our projects running smoothly. Many of our members exemplify this quality and better themselves each day by attending, The Meeting Place and growing alongside their fellow members. We look forward to the opportunity to grow from the tribulations we will face and the obstacles we will overcome.



Charlie and Michael working hard.

## Christian Will Continue Her Education in the Fall

By Albert Cortes & Christian Kellogg



Christian has decided to go back to school this fall in order to pursue a bachelor's degree in child development. She will be attending classes at San Diego City College. The first two classes she will be taking will be child development 101 and her English one course. Christian's primary purpose for returning to school is to create a non-profit for disabled children to be able to pursue their passions in the music field. Whether it be through learning instruments or practicing choir she wants to be able to give minors the opportunity to pursue it. Christian herself grew up in the church and also has a mental health disorder which is why she has such a strong desire to give others the same opportunity she had. Originally, she wanted to return to school to pursue fashion design, but when she really started thinking

about the reasons for going back she decided on child development. The Meeting Place looks forward to everything Christian will achieve!

## Overcoming Struggles through the Work-Ordered Day and Clubhouse Support

By Rose Perry and Jason Baker

Spring is a time of renewal. For many Clubhouse members, Spring is a time to evaluate their lifestyles and how this is affecting their mental wellness journey.

Longtime Clubhouse member Jovi has committed to making improvements in both her physical and mental health to get prepared for employment. She has increased her exercise and set a goal to walk at least 10,000 steps three to four times a week. Jovi is also learning more about healthy eating by attending TMP groups like H.O.T. {Health on Thursday}. She also joins daily walks on days she attends the Clubhouse.

Jovi also said she sometimes isolates, and that being around other people at TMP helps her feel more connected. One of Jovi's goals for this year is to go back to work. By attending Job Course and asking for Clubhouse assistance with employment issues, Jovi is on track to reach her goal of going back to work. "I would tell people who are struggling to just keep trying," she said.



## Janet Gorrie: Another Wonderful Addition to our Board of Directors

by Janet Gorrie

Janet Gorrie is excited to join the Board of Directors and join her husband, Wil Gorrie. With over 30 years of being a registered nurse, health issues are paramount importance to Janet. Through Wil's involvement with The Meeting Place, she admires the programs available for the members and will work with the staff and Board to enhance the present programs.

Janet is currently on the Board of the San Diego Symphony and has served on several other boards in the past.



## Milestone Alert!: Maggie and Jorge Reach One Year

by Jorge Mesa, Maggie Kirwan, and Michael Howley

### *Maggie*

I spent the first 4 years of living in San Diego working at the little coffee shop "Moe Coffee" across the street from the Clubhouse. Through this job, I created relationships with members who would frequent the coffee shop. I wasn't entirely sure of what the building across the street did, but I did know that I adored about 7 members who would walk across the street for a coffee almost daily, and even some staff. Fast forward to March of 2023, Chris Rull came walking across the street to tell me the devastating news of Erica's passing. Erica was one of my regulars. I learned so much about her in those 4 years. I felt so sad for Chris as he told me the news with tears in his eyes. Right around this time, my brother had passed away. I knew after my brother's passing and through my own struggles I wanted to work in mental health.

One thing led to the next and before I knew it I was dropping off my resume across the street. I was so eager and grateful to even be considered. I interviewed with Sharron and started 2 weeks later. This past year I have learned so much about myself, the world, and my members. The Meeting Place has changed my life. I'm so proud to be a part of this Clubhouse. I look forward to spending my 2nd year here continuing to learn and grow alongside members.

### *Jorge*

I will always remember the first week of being hired at TMP, there was a flood at the Clubhouse due to the heavy rain, and it was hard to concentrate because every room had a fan so that the carpet could dry. I was also afraid because this was my first job going into this type of career since the majority of my job descriptions were working in a kitchen. I did not want to mess up anything and most importantly, I did not want to make a bad impression with the members.

I remember my first social activity we went to try out Korean hotdogs at H-Mart off Convoy and everything was going great until I lost Ken, I did not know I could sweat so much and so quickly when that happened, luckily we found him wandering around the market.

A year has past and I feel like I have gotten a lot of the members confidence in me, not only to have them in sight when we go on our social activities but have them talk to me about anything. I also feel what is important to me is my patience has improved, because it takes time to explain some tasks and guide members to show the right way on getting things done. So I thank you all for providing me insights on doing my job better each and every day.



# The Meeting Place Calendar April 2024

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	<b>1</b> <b>Cesar Chavez Day</b> <b>10-2 Pm</b> <b>\$2.00</b> <b>DL: 3/25</b> <b>W/ Maggie</b>	<b>2</b> 8:30 Stretching 9:00 Unit Mtg 11:00 Food Distribution 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg. 1:30 Crosswords/3:00 Walk	<b>3</b> 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness/12:30 Walk 1:00 Newsletter Planning & Community Meeting 3:00 PM walk	<b>4</b> 8:30 Stretching 9:00 AM Unit Mtg 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg./2:00 HOT 3:00 Strength Training	<b>5</b> 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:30 Job Hour 3:00 Coffee Clique	<b>6</b> <b>Food Distribution</b> 10:30 <b>Park Day</b> 11-2pm <b>Free</b> <b>DL 3/29</b> <b>W/Shana</b>
<b>7</b>	<b>8</b> 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:30 Job Course 3:00 Music Movement	<b>9</b> 8:30 Stretching 9:00 Unit Mtg 11:00 Food Distribution 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg. 1:30 Crosswords/3:00 Walk	<b>10</b> 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness/12:30 Walk 1:00 Newsletter Planning & Community Meeting 3:00 PM walk	<b>11</b> 8:30 Stretching 9:00 AM Unit Mtg 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg./2:00 HOT 3:00 Strength Training	<b>12</b> 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:30 Job Hour 3:00 Coffee Clique	<b>13</b> <b>Food Distribution</b> 10:30 <b>Spring Market</b> 11-2pm <b>Free</b> <b>DL4/5</b> <b>W/ Jorge</b>
<b>14</b> <b>Clubhouse Address:</b> <b>2553 State St</b> <b>San Diego, CA</b> <b>92101</b> <b>619-294-9582</b>	<b>15</b> 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:30 Job Course 3:00 Music Movement	<b>16</b> 8:30 AM Stretching 9:00 AM Unit Mtg 11:00 Food Distribution 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg. 1:30 Crosswords/3:00 Walk	<b>17</b> 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness/12:30 Walk 1:00 Community Meeting 3:00 PM walk	<b>18</b> 8:30 Stretching 9:00 AM Unit Mtg 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg./2:00 HOT 3:00 Strength Training	<b>19</b> 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:30 Job Hour 3:00 Coffee Clique	<b>20</b> <b>Food Distribution</b> 10:30 <b>Chicano Park Day</b> 11-2pm <b>Free</b> <b>DL 4/12</b> <b>W/Chris</b>
<b>21</b>	<b>22</b> 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:30 Job Course 3:00 Music Movement	<b>23</b> 8:30 AM Stretching 9:00 AM Unit Mtg 11:00 Food Distribution 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg 1:30 Crosswords/3:00 Walk	<b>24</b> 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness 1:00 Community Meeting 3:00 PM walk <b>B-Day Dinner \$3.00</b> <b>DL 4/17 W/ Chris &amp; Jorge</b>	<b>25</b> 8:30 Stretching 9:00 AM Unit Mtg 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg./2:00 HOT 3:00 Strength Training	<b>26</b> 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:30 Job Hour 3:00 Coffee Clique	<b>27</b> <b>Food Distribution</b> 10:30 <b>Coffee &amp; Chill</b> 11-2PM <b>Free</b> <b>No Deadline</b> <b>W/Albert</b>
<b>28</b>	<b>29</b> 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:30 Job Course 3:00 Music Movement	<b>30</b> 8:30 AM stretching 9:00 AM Unit Mtg 11:00 Food Distribution 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg 1:30 Crosswords/3:00 Walk				





## Learning to be Uncomfortable

By Jason Baker

*"Impossible is just a big word thrown around by small men who find it easier to live in the world they've been given than to explore the power they have to change it. Impossible is not a fact. It's an opinion."*— Muhammad Ali (1943 - 2016)

Living with a mental health disorder is never easy. For those of us who suffer symptoms day after day, existence can quickly become overwhelming. We become isolated, ostracized, impoverished, shamed and frequently told we will never live up to the expectations of others. But we don't have to accept this fate.

In fact, people like us can thrive under the right conditions with compassion and a little bit of help. But relying on others can only take one so far on their recovery journey. Eventually we must decide we want more than what life is currently offering. This is when we must face our fears and learn to be comfortable with being uncomfortable.

A good analogy for this comes from the world of sports. Athletes know that improvement in performance comes only by challenging themselves to be better than they are right now and setting goals and training schedules designed to foster the improvements to reach those goals. In boxing for example, a fighter who enters the ring the day of the match did not wake up that morning with finely honed skills. Their training started months and sometimes years before. And the training is not fun. It's mentally, physically, emotionally and spiritually taxing. But the reward of becoming a champion supersedes the pain and suffering required to reach that level.

In addition to medication and therapy, the mental wellness tools available to people are too varied and vast to list here. The problem is many of us don't embrace things like therapy, exercise, healthy eating, meditation, mindfulness, volunteerism or even social vocational opportunities. Instead, we add and subtract medications looking for a silver bullet and adjust nothing else about our lifestyle. We become stuck, not because of lack of resources but more because we lack the discipline to pick up our tools and use them.

I don't enjoy going to bed at the same time every night and getting up at the same time every morning, but I do it. There are days that I struggle to sit and meditate when I would rather be doing something active. My body often hurts from exercise and there are days I want to eat nothing but ice cream instead of chicken and broccoli. But I have learned the mental health benefits of these habits, and I have seen positive results in my own life.

Meditation and mindfulness in my opinion are the most underused mental health tools. Mindfulness requires a commitment to the practice of learning to accept reality as it is and recognizing that thoughts are just thoughts, even when they are troubling or uncomfortable. Mindfulness doesn't require a beach retreat or a trip to an exotic locale. It is available to all of us right now in the present moment in the form of focusing our breath. Respiration. Re-spirit. It's simple, but not easy, and requires practice.

I equate a phrase also from boxing in my own mental health journey – protect yourself at all times. I have learned the hard lesson that all the coping skills and wellness tools in the world won't help if you don't practice them. If we wait to try these things only when we are in full blown crisis, the chances of success are low. This is why the practice of action before motivation has become my approach to recovery. It's much easier to develop discipline and hone skills that make life less challenging than to live from crisis to crisis and hope things will magically be okay someday.

# SOCIAL ACTIVITIES

## March 2024 Event Highlights: **Easter Eggs-travaganza at TMP**

by Maggie Kirwan Spencer & Terry Stone

On Monday April 1st TMP hosted an Easter Extravaganza Brunch. We played games, had snacks, coffee and a delicious meal. Shana said "it was a hoppy day!" We played games like egg toss, an egg race, word scramble and guess how many jelly beans. We hid some big golden eggs with prizes on the inside for members to find. Ciarra scored on a Clubhouse snack card. Alysse and Gloria won target gift cards for guessing the correct amount of jelly beans, 205! We created 2 teams of 3 for the egg race – it was a high intensity battle to say the least! We had so much fun we played it 4 or 5 times. Deja was the MVP with her quick moving feet. We all broke a sweat by game 3. Ciarra said the brunch was "fun and exciting, can't wait for next years brunch!" Mary said, "we got to celebrate and have a delicious brunch." We ate a waffle casserole, ham and cheese croissant sandwiches, and my personal favorite; the strawberry, goat cheese and spinach salad YUM!



## **Jorge's Jeopardy Saturdays Continue to be Bangers**

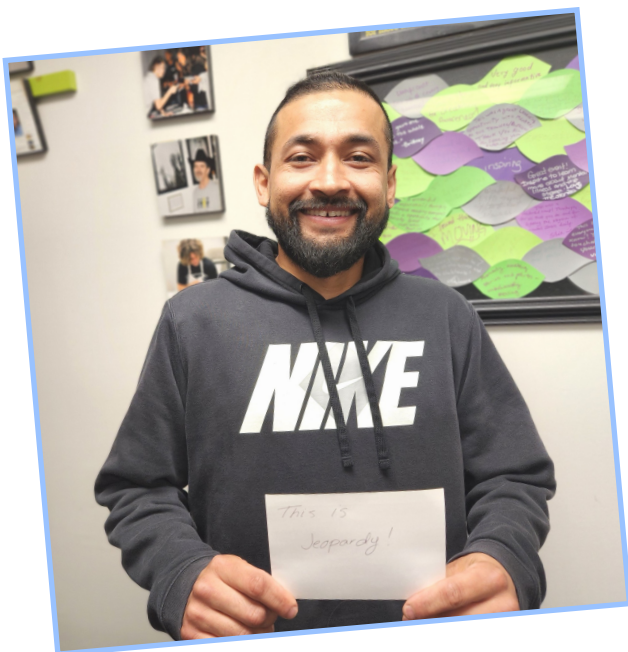
by Denise Warner & Jorge Meza

It may have been a cloudy, cold, and a rainy day, but inside the clubhouse on Saturday March 23rd, it was beginning to warm up. The reigning champ Denise and her team were ready to challenge Corey and the gang on our team Jeopardy, hosted by yours truly, Jorge.

We all first enjoy a coffee since a clubhouse staff member will host a coffee and chill one Saturday of the month. It is always a great time for our members to gather around and welcome all with some good laughs and great conversations.

Then the competition starts and everyone turns into competitors. The game goes off by Denise and her group soring through questions, leaving the other team behind the dust. You think the game is done by the first couple rounds of questions, but do not question Corey and team 2's ability to come back. "It was the best game of Jeopardy we went through" says Denise where at the end of the game they won by only 200 points.

Ciarra also says "I would do it again, it was very entertaining," and that is the motto we embrace in these activities, to entertain enough to walk out the clubhouse having a great time. Plenty more to come, the door is always open.





## A Picture is Worth a Thousand Words



Excitement around office supplies!

### The Meeting Place Wish List

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

Follow us on Facebook and Instagram to get the latest updates on what's happening at The Meeting Place Clubhouse!



### 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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**Clubhouse International**

Creating Community: Changing the World of Mental Health

*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.*