The Meeting Place Clubhouse  
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The Meeting Place News  
August 2020

The Meeting Place Readjusts and Perseveres

For The Meeting Place, the past five months have been a time of readjusting, experimenting, and fine tuning. What has remained is the same tight-knit and active Clubhouse community that has gone through a temporary move toward virtual activities and remote support. Members have not only adjusted to working from home, they’ve also shown resilience and creativity during a time when so many question marks still hang over TMP re-opening its physical location.

For a few weeks in June, members were invited back by appointment to get support and help out with tasks at the Clubhouse. In early July, the Clubhouse had to once again readjust and reclose due to spikes in positive Covid-19 cases in California. As they’ve been doing since the middle of March, Clubhouse staff have continued to come into work and facilitate TMP’s Virtual Clubhouse.

In this issue, we offer more insights into members’ and staff’s experiences working together, exercising together, and enjoying social activities together remotely. We also go over some members’ successes and struggles as they return to jobs after being furloughed. We also have some great member artists who have used their time during quarantine to sharpen their crafts to create beautiful pieces. We hope you enjoy our stories.

Counter clockwise from top left: Jake working on Clubhouse tasks at home; Steven N. enjoying another delivery of data entry sheets; Alina hosting a KTMP Newscast meeting

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.
Welcome To Our Newest & Returning Members
Daniel, Kai, Kelsey, Katharine

Getting to Know Kai
by Marie

Born in Florida, Kai lived in San Francisco for 20 years and moved to San Diego five years ago. She is one of TMP’s newest members who joined virtually two months ago. She found out about the Clubhouse through a NAMI online support group.

Her hobbies and interests are socializing, exercise, learning new things, reading self-help and spiritual books, and going to chronic pain 12 Step Meetings.

She enjoys our virtual activities a lot, especially the workouts, the weekly Tech Support Discussion, and Job Course. Her future goals are to go back to school and work. She looks to continue a doctorate in psychology through California Institute of Integral Studies, San Francisco and aspires to work in life coaching and lecturing in seminars. She hopes that the Clubhouse will facilitate all these through Job Course and Job Hour.

Units Keeping Busy While in Quarantine

UNIT 1 by Mark & Alina

In Unit 1 this month, we hopped right back into the kitchen! We were making lunches and providing snacks for the cafe as members slowly made their way back into the Clubhouse. With that, we prioritized maintenance and cleanliness. As COVID-19 entered its first wave, we wanted to make sure all members were staying safe and our health codes not only were up to par, but also exceeding expectations.

Additionally, we had a chance to make our July birthday members a decorative cupcake holder with, of course, a cupcake inside! Our members were very excited about their surprise gift. Unit 1 is also excited to share, that we had our first newscast air on August 1st. We hope you all stay tuned to our newest addition to Virtual KTMP NEWS.

UNIT 2 by Victor

Recently, there were spikes of Covid 19 cases, but before that LIMITED members of the Clubhouse were coming in and now we’re closed again; Clubhouse work is still on nevertheless. Most of the job assignments being done by the members are Unit 2 tasks. A lot of paperwork is centered on keeping tabs on members of the Clubhouse especially attendance or the different activities on Zoom.

The Clubhouse seems to be getting busier. Staff help stay connected with the members and also keep them busy. Staff also drop off paperwork to members who are volunteering from home. Still the show must go on!
DENISE
Denise started working at HomeGoods in 2013 as a Transitional Employment placement. Seven years later, she’s still working there part-time on a permanent basis. But as with many workers in the retail industry, her job was put on hold due to the pandemic. Although she was furloughed and her company was able to pay her for an additional three weeks, she was left with a big void in her weekly routine. Fortunately, the Clubhouse was still operating virtually and Denise continued to receive support and opportunity to connect with staff and fellow members remotely.

“At first, I stayed in and didn’t go out much,” Denise said while reminiscing on the first few days of lockdown. “Staff continued to keep in touch with members and the work I was able to do from home kept my mind working, which I’m always grateful for.”

At the end of May, Denise received a call from her employer saying that with taking special precautions recommended by the CDC, HomeGoods would be reopening on June 4th. Although she was happy to be returning to the job she enjoys, there has been some difficulty readjusting to the new protocol for both associates and customers.

“I struggled a bit getting used to working with a mask and trying to help customers understand the new rules. There has been some anxiety,” Denise says. “I’m very happy to be back at work though and the support I get from TMP has been wonderful. Eventually, I’ll get used to everything.”

JACOB
Jacob loves his new job as a Merchandising Associate for The Salvation Army in Chula Vista, which he acquired earlier in the year. A couple months into his job, Covid-19 forced the thrift store to close temporarily. Feeling anxious and unsure if he would be able to return to work.

“I was depressed for a few days after being furloughed. I was also unsure if the Clubhouse would be up and running. Fortunately, they were operating virtually and I stayed connected through ZOOM and Facebook while I waited for answers from The Salvation Army,” Jacob said.

A couple of months went by and Jacob finally got his call. The thrift store would be reopening in June. As with Denise’s experience of returning to HomeGoods, new rules were put in place. “Obviously, we all have to wear masks,” Jacob said, explaining the new procedures. “There’s a lot more space in the store now for social distancing. I love being back because I love the customers so much. I appreciate The Meeting Place for keeping me positive during a strange time.”
THE CLUBHOUSE

Members Find Comfort in Making Art While Quarantining
by Erin

During these challenging times, TMP artists are finding strength and release through a beautiful coping skill: creativity. Clubhouse member Mary said art helps her relax and focus. Rudy said it helps him be centered with what is going on. Jake said his artwork gives him a way to “park his brain.”

Several members, including Rudy and Jake, have shared their artwork with the Clubhouse. Jake’s ‘Faces of Mania’ impressed us all and Rudy’s animated member faces and ventriloquist skeleton made us laugh!

The pandemic also has had an interesting impact on these artist members. Mary now attends Zoom virtual art classes with over 30 students! Rudy said he’s backed off of making animated kids pictures and now makes pictures depicting love versus war.

Jake said he hopes to help those who experience mental health challenges, including those in the Clubhouse, “to relate and to find healing.”

You don’t have to be an artist to enjoy art. If you have any interest in learning, being creative or just having fun, consider joining one of TMP’s virtual art meetings. They’re very cathartic, like the recent vision board project or even making cards for holidays including Mother’s and Father’s Days.

Counter clockwise from top left: Mary’s watercolor piece; One of Rudy’s many computer animated characters; Jake’s “Faces of Mania”

Volume 20 Issue 2
HEALTH & WELLNESS

Low-Carb Pad Thai Recipe
by Erica & Alina

The Clubhouse has a variety of different ways we assist/support our members. Healthy living is an area we continuously support. It is important that we not forget about keeping ourselves healthy though these times. While we assisting in low-carb meal preps, we also help our members see how meals are made. Being in the kitchen gets the creative blood flowing, as well as showing how simple it can be to eat healthy! Lately, we have been remaking recipes that we all know and love, and adjusting them to our low carb lifestyle. This Pad Thai recipe had great feedback! I hope you give it a try at home. Enjoy!

1. Cucumber
2. Large carrots
3. Spring onions
4. Handful of fresh coriander
5. Handful of fresh mint
6. Handful of peanuts
7. A couple of handfuls of shredded protein

Dressing:
8. Juice of 1 lime
9. 3 tbsp Sesame oil
10. 3 tbsp Soy sauce
11. 1 tbsp Fish sauce
12. 1 tbsp chili flakes
13. 1 tsp honey
14. 1 Clove of garlic

1. Start by turning your carrots and cucumber into noodles/ribbons using a spiralizer. Pop them into a large bowl.
2. Use scissors to snip the spring onions over the top.
3. Add your protein. We used shredded chicken, but feel free to add whatever you love.
4. Snip your coriander on top of the bowl. And your mint.
5. Now make your dressing. Peel your garlic, mince it, add the rest of the ingredients.
6. Now, Shake it up!
7. Pour it over your salad and toss it up.
8. Bash up your peanuts and sprinkle over the top.

TMP’s Full Slate of Virtual Exercise Classes

By Abby and Erin

Here at the Clubhouse one of our core values is health and wellness and continuing to nurture the balance of mind and body. We have not let the pandemic interrupt our weekly program and continue to provide daily virtual stretching groups, walks, and afternoon workouts.

We start our day at 8:30 with stretching and balance. “Stretching is refreshing and a wonderful way to start the day by doing something for my health,” says Erin. In addition, Erin says the neck stretches are very beneficial because that’s where we carry a lot of tension.

Each day we go on a walk, sometimes twice a day. These virtual walks have become a time to chat with friends and catch up while getting our steps in. “My favorite health and wellness activity are the daily walks because I get to talk with friends from TMP and it makes the time go by faster,” says George.

“I’ve enjoyed getting to know the members through our walks which also motivates us to continue to walk together. Time flies when you’re having fun!” says Abby.

Boot camp and Zumba are our afternoon health and wellness activities. It’s a nice change of pace because these groups challenge us to push ourselves, get our heart rates up, and have fun. Abby says, “My favorite health and wellness activity to lead is Zumba. I love to dance and Zumba provides that creative outlet to exercise while enjoying the music and dancing with members.”

You don’t have to join them all, the great part is you can choose which activities you want to participate in and they all benefit you one way or another. “Stretching, boot camp, and walking make me physically strong, healthy, and alive. They all leave me feeling good and energized,” says Victor.
**Virtual Murder Mystery** by Erin

The Clubhouse held an online murder mystery in July of epic proportions. The TMP social activity definitely was a lot of fun! Alas TMP member George was the “murder victim.” As the facts were revealed, we learned of a financial twist to the story. Many of the members had a motive for murder. They owed money to Rick, who played a powerful businessman.

Many of the characters thought something about Rick was a little “fishy,” especially when a note found next to George’s body said “pay or die!” Even with all the clues and misdirection, the members had a great time playing their different roles. Rudy said he “felt like he was in acting class again,” and noted he loved changing his voice to match his character.

Erica also said she “really enjoyed her part and acting it out.” She attended an Murder Mystery in-person at TMP last year and said she enjoyed this one, too. Rudy added TMP murder mysteries definitely are a “must do.”

In the end, nobody guessed Erin was George’s killer prompting people to wonder if she’s a really good liar or a great actor! She even was the person who “planted” the note by George’s body.

**Vision Boards with Alina** by Victor and Alina

One Wednesday afternoon between 4-5pm, Alina hosted a vision board making activity. There, everybody created their board out of cuttings we went through days prior. Alina brought boards, magazines and glue to participating members. It was up to the members to get creative with the board with the resources they had. One of our newest members, Kelsey, really got creative and did her vision board on her phone! Everyone was busy working and chatting at the same time. The vision was expression of yourself and your hopes and dreams. Everybody took pictures of their creation and sent it them in for posting! A few of us explained what our vision boards expressed. It was interesting learning about the members and Alina. Of course we had to do it while in quarantine!

Some of our members’ final vision boards, including Marie’s (top right)
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Members with July birthdays receiving cupcakes.

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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.

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Thank you for your gift!
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.