

The Meeting Place Clubhouse

Funded by: San Diego County HHS



The Meeting Place News

December 2021

TMP Looks Back at a Year of Adjusting and Fine-Tuning

After a long, difficult 2020, January brought hope to TMP members and staff. A fresh start. A brighter tomorrow. A return to normal.

The spring saw Covid-19 cases on a slight downturn, widening of vaccine availability and member and staff eagerness to work together in-person again, along with TMP's novel virtual Work-Ordered-Day and social program. The Meeting Place also secured a grant to fund "Bridging the Digital Divide" whereby members received Samsung smart phones and tablets, all equipped with unlimited data. This technology allows members to access TMP services remotely, communicate with doctors, connect with friends and family on Zoom, submit job applications and improve tech mobility.

The Summer season brought much positive change to TMP. Team-building picnics which foster camaraderie and teamwork were able to resume. We saw an encouraging increase in member attendance and welcomed new members.

As September ushered in Fall, TMP looked forward to building on progress made over the summer. With COVID-19 cases again decreasing, more job opportunities are becoming available. TMP continues to operate virtually and in-person. In October, TMP presented two virtual panels in the Clubhouse International World Seminar, entitled "Meeting the Challenge of Change" and sent two staff and two members to Clubhouse Training at Gateway House in South Carolina.

November's Thanksgiving Day Celebration also marked a return to a tradition that was put on hold in 2020. Over 20 members, including David C.'s daughter Monica, came to an outstanding in-person party that couldn't have been accomplished last year due to restrictions.

With more holidays on their way in December, the Clubhouse looks forward to a busy close to a calendar year that still sees the arrival of new potential members, new carpeting, the rearranging of furniture the Clubhouse space, the continuation of a bustling Work-Ordered Day, and the start of a new State of the Clubhouse fundraiser (see Page 4). We hope all of our friends in our outstanding Clubhouse community can join us for the end of a busy year!



Scenes from a much-awaited in-person Thanksgiving.

**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.**

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.



Suzy
6th



Sharron
9th



Casey
12th



Chris
13th



Heidi
30th



Shana
31st

The Spotlight's on Katherine

by Matthew

Katherine has been a member since August. She is a native San Diegan and enjoys tennis, fishing, and bowling. At the Clubhouse, Katherine enjoys the structure of the Work-Ordered Day, learning new skills, eating nutritious low-carb lunches, meeting new people, and taking brisk walks. Katherine heard about the Clubhouse through Community Research Foundation. Katherine's goals are to go back to school and look for work. Welcome Katherine!



Unit Updates: Building on a Very Busy Year

by Reilly, Chris R.

UNIT 1

The holiday season is in full swing, and Unit One has been busy preparing for all the exciting activities that come with it. Thanksgiving was a huge success, the turkey turned out perfect, and we were so grateful to have so many members help and attend our Thanksgiving Dinner. Unit One is looking forward to planning all the delicious and nutritious meals this month. The cafe is also fully stocked with tasty snacks and refreshing drinks.

The newscast is back in full swing! Our former Warmline room was renovated to be the new KTMP News Studio. Steve has been doing a great job of training members on the many responsibilities of the newscast. One of our new members, Ciarra has been working closely with Steve--assisting with filming, producing, and even acting. She has done a wonderful job so far: Go Ciarra and Steve!

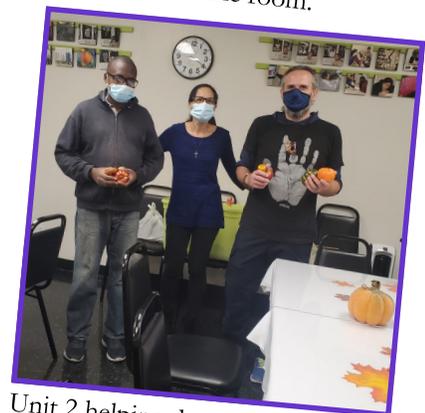


Steve working hard to clear the old Warmline room.

UNIT 2

Unit 2 has been lively the past few weeks. With an influx of visitors coming in for tours, the unit has been figuring out new ways to streamline the process of orientation. New Staff Generalist, David has been learning the ways of the unit, including running the front desk, helping out with entering data into both databases, and working with other members on different tasks.

The end of November proved to be a really busy time for Unit 2. Not only did we help decorate for Thanksgiving, the Clubhouse as a whole had to move furniture to clear the floors for new carpeting. Overall, it was a productive month with a lot of tired people at the end of the Word-Ordered Day. We look forward to balancing it all out with outstanding holiday events scheduled throughout the month of December.



Unit 2 helping decorate the dining room for Thanksgiving.

David C.: The Start of a Transitional Employment Placement

David Castillo has over 20 years of experience in the construction industry. He has successfully made the transition to processing furniture and product for the retail store Home Goods. He is completing his second week building furniture and sorting products for the sale floor. This role requires him to be equipped with gloves, a box cutter, and pencils to mark the furniture with its price and department.

The Meeting Place Clubhouse is supporting David by working with him on his shift for his first two weeks. David says that “the guidance and help from the TMP staff has been very beneficial for me as I transition into a new field.” Each day David has learned a new skill or task at Home Goods, and he is grateful that the transitional employment opportunity could offer him that.



Nate: Considering New Education Goals by David W.



Nate Nicholson already has a bachelor’s degree in English from SDSU and is eagerly applying for admission and financial aid to Mesa College to become an X-Ray Technician. Nate plans on starting in January for the Spring Semester of 2022 and will need from 2-3 years to complete the program.

Nate said one of the first classes he will be taking is Physics. Nate will need to take 4 prerequisites: Biology, Anatomy, Physiology, and a math course. Nate has taken some of the prerequisites, but it has been over 10 years so Mesa College is making him take them to refresh his knowledge.

In summing up his endeavor to become an X-Ray Technician Nate said, “It’s going to be difficult, but it will be worth it.” Chris and all The Meeting Place Clubhouse will be supporting Nate all the way and we wish him all the best.

2021 State of the Clubhouse Fundraiser

DOUBLE YOUR IMPACT

**OUR
GOAL IS
TO
RAISE
\$20,000
by
year-end**

Please consider giving a donation that will be **DOUBLED** to help The Meeting Place Clubhouse.

Even the smallest gift helps in **BIG WAYS!!**

Thanks to TMP's Board of Directors,
all donations up to \$10,000 will be matched.

Your gift of \$100 will be matched = \$200

Your gift of \$250 will be matched = \$500

HOW YOU CAN GIVE

Here are a couple options for making a Tax-Deductible donation to
The Meeting Place Clubhouse:

Check: Sent to and made payable to The Meeting Place Clubhouse (address below)

Debit/Credit Card: Click on the DONATE button via our website at
www.themeetingplaceinc.org

Our Federal Tax ID # is 33-0473530

For more information about TMP or the Double Your Impact Campaign please contact our
Executive Director, Sharron Hedenkamp, at 619.294.2058 or
e-mail at themeetingplace@tmpclubhouse.org

Thank you!

It's because of you The Meeting Place Clubhouse continues to thrive! TMP's success is based on the relationships we have built over the years, and we really wouldn't be where we are without you. Your donation represents more than an exchange of money - it represents hope.

Hope that your contribution will create a miracle, small or large.

Address: 2553 State Street, San Diego 92101 Phone: 619.294.9582. Website: www.themeetingplaceinc.org



*"TMP helped me so much throughout the pandemic. I was kept engaged via Zoom with tasks I could do from home. It sure doesn't beat coming in in-person. I love it here."
~ Alan*



*"Attending the Clubhouse keeps my mind at work, which is better than staying home and wasting the day."
~ Clearra*

Shana's Weight Loss Journey Starts Now by Chris

Our energetic and hardworking Staff Generalist/Peer Support Specialist, Shana, has been in talks with our resident certified fitness trainer, Lindsey, about changing her unhealthy habits improving her lifestyle.

Lindsey and Shana discussed the importance of eating mindfully and working up to 30 minutes of cardiovascular exercise per day. Shana also does a daily 7 minute fitness challenge from Lindsey's website, www.groundedmbb.com.

Part of her plan is to lower her intake of cigarettes per day. "It'll be a difficult road ahead but I really want to improve my quality of life and live longer," Shana says. "I also feel like the Clubhouse is a great support system."

Steve L., Shana's colleague in Unit "I'm excited about Shana's decision to work with Lindsey. She's a big part of Unit 1. By making changes, she will most definitely be leading by example."



TMP's Butternut Squash Soup

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 large yellow onion, chopped
- ½ teaspoon sea salt
- 1 (3-pound) butternut squash, peeled, seeded, and cubed
- 3 garlic cloves, chopped
- 1 tablespoon chopped fresh sage
- ½ tablespoon minced fresh rosemary
- 1 teaspoon grated fresh ginger
- 3 to 4 cups vegetable broth
- Freshly ground black pepper

The holiday season is here and temptations usually mount for festive sweets and unhealthy treats. The Meeting Place has made it a regular practice of finding healthier options. Here's an example of a healthier lunch option using seasonal ingredients.

For serving

- Chopped parsley
- Toasted pepitas
- Crusty bread



Instructions

1. Heat the oil in a large pot over medium heat. Add the onion, salt, and several grinds of fresh pepper and sauté until soft, 5 to 8 minutes. Add the squash and cook until it begins to soften, stirring occasionally, for 8 to 10 minutes.
2. Add the garlic, sage, rosemary, and ginger. Stir and cook 30 seconds to 1 minute, until fragrant, then add 3 cups of the broth. Bring to a boil, cover, and reduce heat to a simmer. Cook until the squash is tender, 20 to 30 minutes.
3. Let cool slightly and pour the soup into a blender, working in batches if necessary, and blend until smooth. If your soup is too thick, add up to 1 cup more broth and blend. Season to taste and serve with parsley, pepitas, and crusty bread.

SOCIAL ACTIVITIES

November Event Highlights

by Reilly, Rob O.

Back Together for Thanksgiving

Giving thanks and being thankful—that's what Thanksgiving is dedicated to each year. This year The Meeting Place was especially thankful to have had the opportunity to host an in-person celebration! The day was a success filled with delicious bites and friendly faces. Members and staff worked hard to get the clubhouse ready, and man did we pull through!

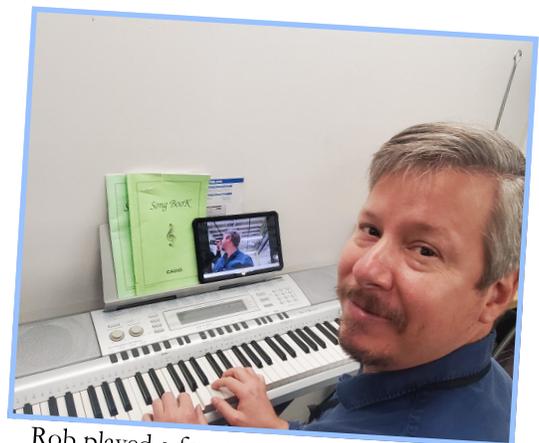
Participation was garnered in both units to ensure that food was prepped, and decorations were set up. It was great to see members assisting with tasks they would not normally do, such as Erika who peeled potatoes, or Steve who carved the turkey! We enjoyed some fabulous traditional dishes such as mashed potatoes, gravy, turkey, and cranberry sauce! A special thanks to Denise who volunteered to come in early to help Chris and Reilly.

The highlight of the day, however, was really centered around our amazing members! We know the holidays can be a lonely time for some, but spending thanksgiving together really proved the strength of the relationships fostered in the Clubhouse. A new member, Donna, proclaimed this was the "Best Thanksgiving" she has ever had. Thank you to members and staff who made this day so prosperous!



Can You Feel the Zoom Room Tonight?

Every Tuesday at 6 pm all TMP members who are free join us for Zoom Room. We spend an hour chatting about any number of things like pop culture. It is really nice to spend time with all of our favorite TMP members in an unstructured setting. All it takes is a Zoom call to the TMP line and one of your favorite TMP staff will let you in for a little socialization. The staff host the Zoom Room from their home so when I joined the Zoom Room, I got to see Chris's shutters over his window. On the occasions that I can join the Zoom Room I even play some simple melodies on the keyboard to spice up our time together. The Zoom Room is a popular activity. The times I have joined there have been upwards of 20 members in the room. Next time you have an opening from 6 to 7 pm on Tuesday we would love to have you join us.



Rob played a few tunes on his keyboard for Tuesday night's Zoom Room.

A Picture is Worth a Thousand Words



(L-R): Nate, Casey, and Ken during the Sunset Photography Walk

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.

