

The Meeting Place Clubhouse

Funded by: San Diego County HHS



The Meeting Place News

December 2022

Thirty Years of Celebrations at The Meeting Place by Chris

December 2022 marks The Meeting Place Clubhouse's 30th anniversary! As an established resource serving San Diego's adult mental health community, TMP has a track record of supporting its membership with their life goals, whether it's moving toward making better health choices, finding employment, building confidence, aiming toward independence, or simply leaving the house. As one component of members' recovery plans, our non-clinical program is also a source for building relationships and celebrating one another's meaningful successes. The Clubhouse has gone through many improvements through the years, including becoming the first Clubhouse International-accredited program in all of California. TMP continues to be the sole accredited Clubhouse in all of San Diego and its surrounding counties. Members and the Clubhouse community alike have countless reasons to rejoice in the last three decades.

As we hit our 30th year, larger celebrations are in the works including a Friends of The Meeting Place (FOTMP) Fundraising Event at the home of Wil Gorrie, our Board of Directors Vice President. Although we've been able to hold



Always a smiley crowd at TMP

recent fundraisers that worked within Covid-19 social distancing mandates, December 11th's FOTMP's event will be the first in-person fundraising get-together since 2019.

On top of that, December at TMP is a happening time. Members can look forward to an Advent Calendar full of fun surprises, a holiday party with our infamous gift exchange game, Christmas Day brunch, and our New Year's Eve extravaganza. We look forward to you joining us as we celebrate the holidays and 30 years of achievement!

**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.

Welcome To Our New and Returning Members

Christian & Jannelle



Terry
4th



Suzy
6th



Sharron
9th



Chris
13th



Don
13th



Heidi
30th



Shana
31st

Christian Finds a Perfect Fit w/ the Work-Ordered Day by Jake

Please join us in welcoming a new member to the Clubhouse: Christian! She has been attending the Clubhouse since September and is now responsible for helping with administrative tasks as well as contributing to the various events we hold regularly.

During her free time, Christian enjoys singing, viewing movies at the cinema, as well as spending time with her family. She is a San Diego native who has lived in the city her whole life. She is currently working towards getting her drivers license and hopes to attend school in the future. Christian looks forward to celebrating the holidays with the Clubhouse this year and for many years to come!



Unit Updates: Busy Time as Holidays and Events Approach

UNIT 1 by Lonnie

This month, Unit 1 has been a bunch of busy bees. With the December holiday cheer in full swing, members and staff have worked together to put up decorations and to welcome in the holiday spirit. Unit 1 has also been working diligently to round up the charcuterie board we'll be serving at The Friends of The Meeting Place Fundraising Event.

Lonnie has been learning the ropes of Unit 1 and the members are and have been an excellent resource. Unit 1 has been collaborating diligently with Unit 2 on raising more member participation on the popular TMP Newscast. We look forward to seeing different faces and personalities onscreen.

Happy Holidays from Unit 1!



Lonnie (center) learning the ropes

UNIT 2 by Chris R.

Unit 2 has been working with a sense of urgency and a level of pressure lately that few workplaces see. As the highly anticipated Friends of The Meeting Place Fundraising Event looms, the unit had been tasked with sending out hundreds of invitations and working on last minute details, all the while keeping up with data entry, securing a tight receptionist schedule, making outreach cards, training members on different aspects of the unit, maintaining an organized workspace, decorating the receptionist area, vacuuming, upholding basic human civility and understanding amongst members and staff, cleaning the bathroom, and tossing the flowers every Friday.



Jake, Juni, & Renee addressing invites

Working Together to Find Meaningful Employment for 30 Years

by Rob

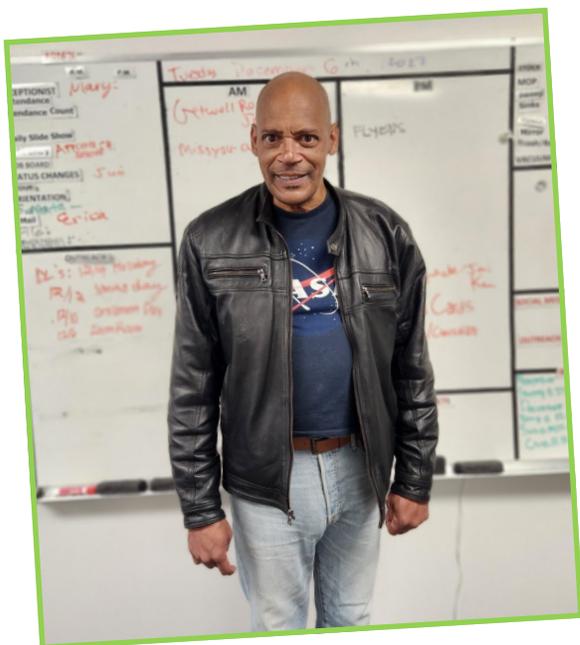
The Meeting Place Clubhouse is the first to be Clubhouse International accredited in San Diego and because of this we follow 37 standards that ensure members have the support they need to get back to work. We offer Job Course, which is a class designed to improve members' job search skills. We also offer Job Hour, which is a one-on-one meeting with a staff to help a member with a job search and is often used for mock interviews, resume help, applications, or any other need. For members that would like more support we offer the Supported Employment program which means that TMP maintains a relationship with the working member and the employer. For those that would like further assistance we offer the Transitional Employment program which has an assigned staff member who will learn the job, train the member, and back up the member during a transition period with the typical goal of becoming a permanent, independent placement. The standards that we follow to guide us in supporting members we have used for decades and they have served us well. When, as a team, we find a job for a member who has been out of work for awhile we celebrate that victory as we have for 30 years.



David benefitted from TMP's T.E. program and continues to be an employee

Steve's Story: How TMP's Helping Me Acquire a CNA Job by Steve G.

My name is Steven Greer. I have been a member of the Clubhouse for several months. I joined in hopes of meeting new people and participate in the many activities they offer here. Since joining, I was able to apply and get accepted into a Certified Nursing Assistant program at the local community college. It was my goal to gain employment after not working for several years. It was a process to get in the class because there were so many applicants. But with Clubhouse support, I persisted. I did all that was required of me. I was lucky to get a seat in the class. I found the classes rather enjoyable because we learned a lot. There was a lot to learn very quickly. We were tested weekly. Along with that we had a workbook that had to be completed in order to pass the class. We were taught and got to practice nursing skills during the class. After completing the class and passing the finals, we then had to be tested by the State of California in order to be certified and work in the state of California. I was able to pass the state board and received my certification!



I can now work as a Certified Nursing assistant. Right now the Clubhouse is helping me write a resume along with other things I need for employment.

I look forward to my new career. And I feel confident that will do well caring for patients and utilizing the skills I have learned.



Christine opens up the advent for a fun surprise!

what to do. There are so many kinds of things for each day of the month. George, a member of the Meeting Place states, "The advent calendar is the most fun part of the year where we have a little gift at the beginning of each day". Some of the activities from last year included having hot chocolate, getting Christmas socks, free lunch, and the staff sharing their favorite things.

A Holiday Tradition: Advent Calendar Brings December Surprises to the Work-Order Day

by Mary

Each year we celebrate the holidays by having an advent calendar which has different activities for each day up until Christmas. We gather together at the front desk and a member picks a number based on what day it is. Then

there is a message on a piece of paper telling us



John prepares for the first advent of the season

A PACKED MONTH: What you can expect in December

- * **Daily Advent Calendar surprises leading up to Christmas**
- * **Put up the Christmas Tree together with a cup of hot cocoa**
 - * **Decorating the entire Clubhouse together to raise the holiday spirit**
 - * **Our Annual Friends of The Meeting Place Fundraising Event at the home of Wil & Janet Gorrie on Sunday, December 11th**
 - * **Our Annual Holiday Party w/ Special Guests and infamous Gift Exchange**
 - * **Making and distributing scarves to the homeless**
 - * **Our Christmas Day Brunch with entertainment and surprises at TMP**
 - * **A Daytime New Years Eve Party celebrating with another country with a time-zone hitting 12:00am**



Denise hangs ornaments on ornament day!

The Meeting Place Calendar December 2022

Sun	Mon	Tues	Wed	Thurs	Fri
				1 8:30 Stretching 9:00 AM Unit Mtg 10:00 WHAM 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg. 3:00 Strength Training 3-5pm Xmas Tree	2 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 3:00 Coffee Clique
4	5 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:45 Job Course 3:00 TBA	6 8:30 Stretching 9:00 Unit Mtg 11:00 Food Distribution 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg. 1:45 Crosswords/3:00 Walk 6:00 Zoom Room w/ Lonnie	7 8:30 AM Stretching 11:00 Job Hour 12:00 Mindfulness/12:30 Walk 1:00 Community Meeting 3:00 PM walk	8 8:30 Stretching 10:00 WHAM 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg. 3:00 Strength Training 8day Dinner (\$2.25) w/ Chris & Lonnie DL:12/1	8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 3:00 Coffee Clique
11 Clubhouse Address: 2553 State St San Diego, CA 92101 619-294-9582	12 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:45 Job Course 3:00 TBA	13 8:30 AM Stretching 9:00 AM Unit Mtg 11:00 Food Distribution 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg. 1:45 Crosswords/3:00 TBA 6:00 Zoom Room w/ Juni	14 8:30 AM Stretching 11:00 Job Hour 12:00 Mindfulness 12:30 Walk 1 PM SA Planning/Community Mtg. 3:00 PM TBA	15 8:30 Stretching 9:00 AM Unit Mtg 10 AM WHAM 12:30 Walk 12:30 Mindfulness 1:00 Newsletter Planning/Unit Mtg. 3:00 Strength Training	16 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk Holiday Party 1-4 PM DL: 12/9
18	19 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:45 Job Course 3:00 PM TBA	20 8:30 AM Stretching 9:00 AM Unit Mtg 11:00 Food Distribution 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg 1:45 Crosswords/3:00 TBA 6:00 Zoom Room w/ Chris	21 8:30 AM Stretching 11:00 Job Hour 12:00 Mindfulness 12:30 Walk 1:00 Community Meeting 3:00 PM TBA Scarf Making	22 8:30 Stretching 9:00 AM Unit Mtg 10 AM WHAM 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg. 3:00 Strength Training Scarf Making	23 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 3:00 Coffee Clique Scarf Distribution
25 Xmas Day DL: 12/12 10-2pm Lonnie & Shana	26 CLOSED Christmas	27 8:30 AM stretching 9:00 AM Unit Mtg 11:00 Food Distribution 12:00 Mindfulness/12:30 Walk 1:00 pm unit mtg 1:45 Crosswords/3:00 PM TBA 6:00 Zoom Room w/ Lonnie	28 8:30 AM Stretching 11:00 Job Hour 12:00 Mindfulness/12:30 Walk 1:00 Community Meeting 3:00 PM TBA EEMD 4-6 PM \$1.75 DL:12/21 w/ CHRIS	29 8:30 Stretching 9:00 AM Unit Mtg 10 AM WHAM 12:30 Walk 12:30 Mindfulness 1:00 Unit Mtg. 3:00 Strength Training	30 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 3:00 Coffee Clique

Promoting Healthy Aging at TMP by Rob

The HHS.gov website says that “taking it easy” is risky and Inactivity is more to blame than old age when people lose the ability to do things on their own. Research shows that physical activity helps to reduce the risk of falls, manage and prevent some diseases like arthritis, improve sleep, reduce stress, reduce anxiety, reduce depression, maintain a healthy weight, maintain a healthy blood pressure, and possibly improve cognitive function. The Meeting Place Clubhouse has stretching, weightlifting, and walking groups to encourage members to stay active and even does squats after every Unit Meeting. The NIH says on its niddk.nih.gov website that if you consume more calories than you use for physical activity your body may store the calories as weight gain and weight gain may increase your risk for type 2 diabetes, heart disease, stroke, high blood pressure, high blood cholesterol, kidney disease, fatty liver disease, certain types of cancer, dementia, and Alzheimer’s. At TMP, we enjoy meals that are nutrient-dense, low-carb, portion controlled and with a wide variety of food groups to provide energy and sustenance without packing on the pounds. The Meeting Place also provides friendship and community for us, and the NIH says on its National Institute on Aging website that older adults who are socially isolated or lonely experience higher rates of heart disease, depression, and cognitive decline. We are also aware that our activities not only prolong life but improve the lives of members who actively participate and for all these reasons we invest in our health.



The members flex their muscles at strength training!

Celebrating Our Healthy Clubhouse Friendships by Arturo and Rob



Juni and Katherine connect at the Clubhouse!
ed to add that, “The Meeting Place gets people out of their own space. It gives people an opportunity to work together.” Thanks for being such an awesome friend, Suzy!

The Meeting Place has been fostering friendships for 30 years. To celebrate this we got feedback from Suzy on how TMP has affected her social life. She said, “It gave me a social life. In New York I never really had a social life. I never really had friends until I came here.” Suzy experienced health benefits of this socialization, “It helped me lose weight. I lost 100 pounds in 4 years.” Furthermore, Suzy said that the socialization that TMP provides is a good thing and helps keep people from isolating. Suzy said that her favorite part of socializing through The Meeting Place is going on walks. Because the day I interviewed Suzy was her birthday I asked her what role TMP played in her birthday and she said, “They gave me a birthday card and a free meal at the birthday dinner.” Suzy want-

SOCIAL ACTIVITIES

November Event Highlights: **Celebrating Thanksgiving at TMP**

by Erica

On Thanksgiving Day, we were once again able to celebrate the holiday together in person as a Clubhouse. As always, we were delighted to enjoy a full traditional spread of turkey, stuffing, mashed potatoes, cranberry sauce, and pies among all the other standard dishes. We had a huge turnout of 30 people including, members, staff (Chris and Shana), and Board President Cynthia and her husband Mark. Celebrating holidays on



Everyone lines up for a Thanksgiving feast!

the day of is a core part of the Clubhouse International standards. Standard 32 states: The Clubhouse has recreational and social programs during evenings and on weekends. Holidays are celebrated on the actual day they are observed. This is important as holidays are especially difficult for those with mental illness due to loneliness and isolation. Many don't have family to celebrate with and therefore they struggle. For many members TMP is the only support system they have. "I am fortunate to have family that I live with but this year they were both in the hospital on the holiday and I would've been home alone with my dog otherwise," Erica said. Many members are looking forward to all of the holiday celebrations coming up this month.



Mark carves up the turkey



Terry bastes the turkey to keep it tender and moist



Eddie and Cynthia are happy helpers this Thanksgiving!

ODDS & ENDS

A Picture is Worth a Thousand Words



Mary helping us decorate to ring in the holiday season!

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.