

The Meeting Place Clubhouse

Funded by: San Diego County HHS



The Meeting Place News

February 2021



Emily and John getting together virtually.

The Clubhouse: A Meeting Place to Make Colleagues & Friends

Many members who've joined the Clubhouse with the intention of simply avoiding self-isolation tend to reach a life-altering realization: people actually make healthy and lasting friendships at The Meeting Place! Through the years, TMP has provided not only a place where members can realize their strengths and potential, but it has also served as a space where meaningful relationships are formed. Relationships are strengthened by team-based tasks during the Work-Ordered Day and fun during weekly social activities. Even with Covid-19 cutting off in-person meetings and hangouts, members have used their tech devices at their disposal to stay connected.

"I'm more outgoing than I ever was," Suzy said. She moved to San Diego three years ago from Long Island after her mother's death. "I made a lot of friends through the Clubhouse. I never had friends in New York. It was just my me and my mom. I joined the Clubhouse to keep from self-isolating. I didn't know I was going to make as many close friends as I have."

Emily, a member who is a transitional-aged youth, had a similar experience: "I used to be very shy. My anxiety was very high at the start of my membership and my psychosis was really bad. Everyone was still very welcoming. I was also encouraged to take on tasks and step outside of my comfort zone. TMP accepted me for who I am. My confidence increased and now I look forward to all my interactions with my friends."

Without working together and having opportunities to build relationships, a Clubhouse International-accredited Clubhouse would not be a community. In short, it wouldn't be a Clubhouse at all. We're proud of the relationships we've developed at The Meeting Place and we hope you enjoy our stories!



Pre-Covid 19: Suzy, Erica, and Mary hanging out.

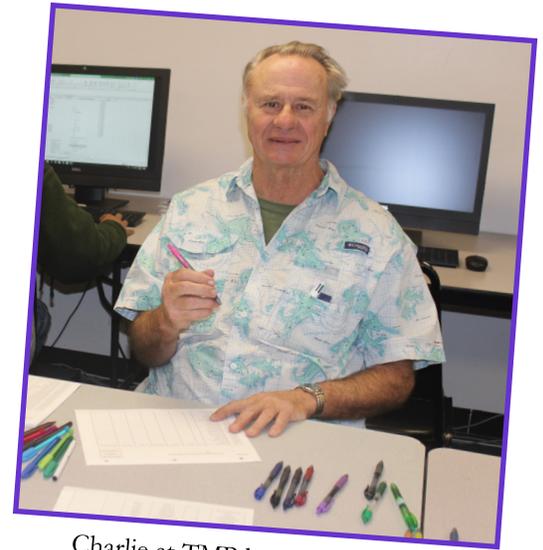
**The Meeting Place is open Monday thru Friday 8:00 am until 4:00 pm
with Introductory Tours Mon., Tues., Thur., & Fri. at 9:30 am and 1:30 pm.
Our Unit Meetings are held at 9:00 am and 1:00 pm.
Check out our monthly calendar for mid-week and weekend recreational activities.**

Mr. Reliable: Thank You Charlie for Your Hard Work

by Angela



For this month's newsletter, we wanted to spotlight one of our hard-working members, Charlie. Since the beginning of the Corona Virus lockdown last March, Charlie has worked hard every week to ensure that the clubhouse has up-to-date, properly assigned activity sheets for all of our meetings and activities. Typically, during the pre-pandemic times, as a member of Unit 2, Charlie would work alongside other members to complete this task. Now that we have moved towards a virtual work-ordered-day format, Charlie takes it upon himself to come out to the Clubhouse twice-a-week to pick up the blank activity sheets, and return them artistically filled out, the very next day. We very much appreciate Charlie's work and dedication to the clubhouse. With exquisite penmanship and bright colors, Charlie makes our activity sheets fun and easy to read! Charlie says, "I write in color to make it a little more exciting. It's one of my favorite things to do."



Charlie at TMP before Covid-19.

Unit Updates: Building Relationships Through Work

UNIT 1 by Chris & Steve

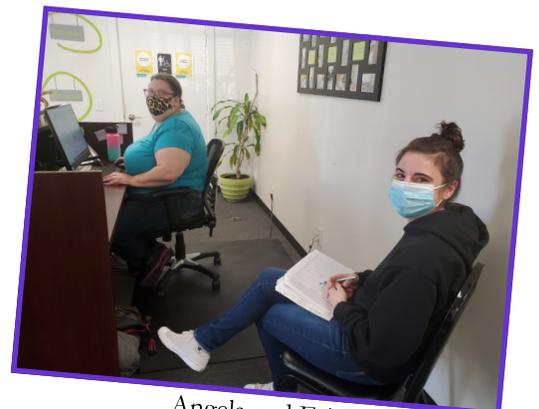
The KTMP Newscast has been up and running throughout the pandemic thanks to the hard work and persistence of Steve L. Twice a week, we broadcast the newscast for members to see remotely from home. It continues to consist of weekly announcements, health tips, job tips, Community Meeting updates and of course, the Joke of the Day. Because Steve has taken on a leadership role when it comes to the direction and production of each broadcast, he's had the opportunity to make a lot of working relationships with members and staff: "Coming into the Clubhouse has allowed me to develop and strengthen friendships. I really don't know what I would do if I wasn't able to see my friends at TMP."



Steve filming with Carlo.

UNIT 2 by Angela

In thinking about this month's theme of friendship and building relationships, I've been reflecting on the work I've done and the people I've worked with. I've realized through the work I've been doing I've been able to start building relationships with many of the members here. For example, I've had the pleasure to work with members such as Erica, Denise and Steve L. on data entry. Despite members not being able to come to the clubhouse, I feel the work we accomplish together has allowed me to make some great connections with the amazing members here at TMP.



Angela and Erica.

What Taking Classes Can Do For Your Social Life

by Melanie, Mary

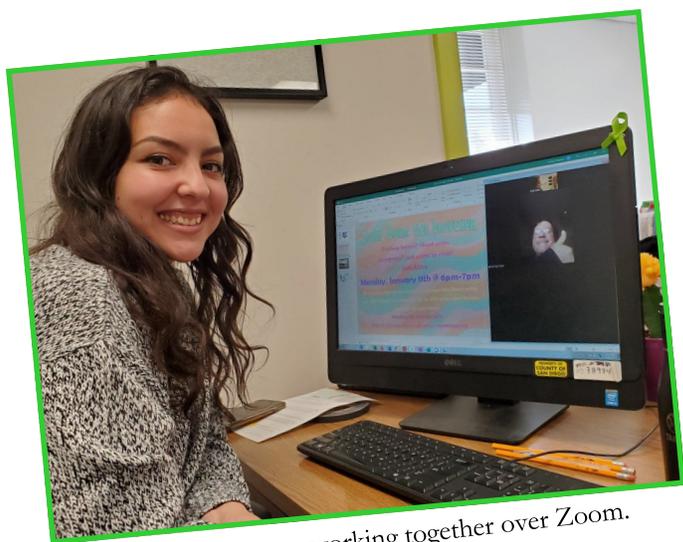
When we decide to pursue educational opportunities, the first thing we think about is what we want to learn, how many classes to take and things directly related to the education we are seeking out. One thing we don't realize is the added benefit of meeting new people. While talking to Clubhouse member Emily about her classes, she said, "By taking classes such as sign language, it will allow me to communicate with people I otherwise wouldn't speak with. I have also found it's allowed me to meet new people and to explore environments and skills I was originally intimidated by."

One way people connect and become friends is through common interests. Therefore, many people become friends in school by attending the same classes or sharing the same major. This allows them to connect over their shared interest or passion about a subject or profession. Mary, who is currently attending a Zoom class on Japanese watercolors, shared, "She has something to look forward to. She has met people through her class with similar interests as her and feels close to them."

So, if you're looking to meet new friends, increase your socialization, or just grow your knowledge, a great place to start is by taking a class! You can up for activities at the Clubhouse to help increase your knowledge and meet people who share similar interests as you.



Mary doing some painting.



Abby and George working together over Zoom.

The Importance of Developing Social Skills for Work by Chris

Having good social skills in the workplace is a critical part of becoming a valued employee. Taking part in the Work-Ordered Day is a great place to start building the ability to interact effectively with future colleagues, especially if landing a job is a goal for 2021. Here are some important social skills to have that will boost your job readiness. If you need help developing work-appropriate social skills, you can schedule a Job Hour appointment with Chris.

- Written and oral communication skills: From emails and phone calls to collaborating on a group task, effective communication skills can be developed by clarifying misunderstandings, using professional language and finding ways to engage your coworkers while working in a team.
- Interpersonal skills: You may develop your interpersonal skills by engaging with others, learning common social cues in the workplace and finding ways to fully understand your colleague's ideas and input.
- Listening skills: Listening and the ability to follow directions are two important social skills in the workplace because most employers have expectations that their instructions be carried out. Improve your listening skills by applying your nonverbal communication skills, asking questions if you misunderstand and offering input at the appropriate times, such as when asked or at the end of the conversation.

Starting February Right with National Get Up Day

by Chris



February 1st was National Get Up Day. As a group, along with members over Zoom, we took a long morning walk the entire length of Little Italy, stopped by Starbucks for some coffee, and walked back to the Clubhouse for our first Unit Meeting for the month. It was great seeing a few of the members in person and have a chance to catch up while staying 6 feet apart.

The hourlong walk was a great lead up to the rest of February, a month where the Clubhouse has added new fitness activities to the schedule. Move It will be a half hour aerobics class that will be held twice a week in the morning and will complement our stretching, chair yoga, daily walks, and mindfulness classes.

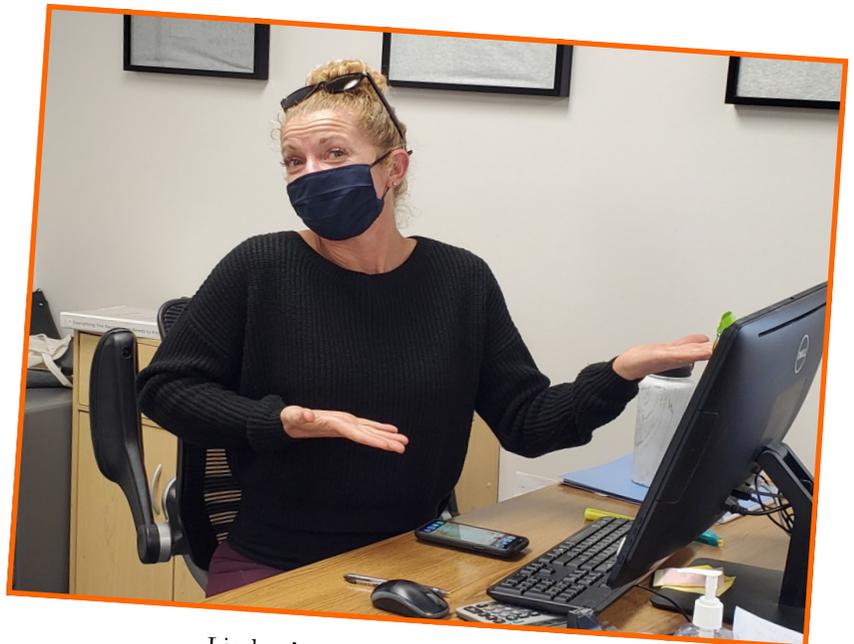
Need Help Filing your 2020 Tax Return?

By Lindsey

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 2020 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 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 2020 federal tax return is Thursday, April 15th. Lindsey will be taking appointments only until the end of February.

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



Lindsey's ready to help you file.

Health Benefits of Friendship by Abby

Establishing relationships and friendships within the Clubhouse is one of TMP's main goals and priorities. Teamwork is always strongly encouraged between staff and members to complete the tasks for the Work-Ordered Day, along with getting to know each other through Social Activities and working one on one on a specific task. There are also various health benefits of friendship and working with others such as lowering stress levels, increased happiness, improved self-confidence, and stronger immunity! That's why at TMP, we advocate for daily walks and workouts, and always work together on tasks. "I have made long time friends from being a part of The Meeting Place, our friendships have grown from helping each other complete Work-Ordered Day tasks," Mary said. We discussed what qualities we look for in friends and what benefits they have gained. Emilio said, "I believe friendship is about give and take. I also think having similar interests and honesty are important. Establishing friendships at the Clubhouse has made me more confident to make friends outside the TMP community."



Shana leading a stretching class..

Workout With Your Buddies

by Melanie

Struggling to get up and get active during the pandemic? The Meeting Place has a weekly workout schedule that promotes working out in groups. Although the pandemic led us to virtual workouts, seeing a group of members joining our stretches, dance routines, half hour walks, and cardio exercises on Zoom is an encouraging sight, but as with most things, the more the merrier! Here are three reasons why working out in groups may be a benefit to those of you looking for that extra push to get up and go:

- Increases your commitment to a fitness routine: By working out with others, it provides you with motivation and accountability from others.
- Encourages you to work harder: By working out with others, it can trigger the competitive streak within us. You will work harder to have the advantage over the others you are working out with.
- Allows you to diversify your workouts: When working out by yourself, there are only so many things you can do. In working out with others or even just one other person, you can try other workouts and perform other exercises that you may not otherwise been able to do.

SOCIAL ACTIVITIES

January Event Highlights

Virtual Tour of MLK's Short, but Impactful Life by Erin



Watch Party: MLK Jr. on Meet the Press

The MLK Jr. virtual event at the Clubhouse was informative, educational, and fun all at once. We learned all about MLK Jr.'s life as a crusader and a minister, including his infamous March on Washington for jobs and freedom and his all powerful "I have a dream" speech. None of us knew the trials he went through to present these brave messages, including dealing with suicidal ideations as well as acting on these, and being arrested 29 times for insurrection. We also listened to music related to the times, and even watched an interview with MLK Jr. on Meet the Press. TMP member Denise said she learned a lot from the event and especially that MLK Jr., who never thought he would live to be an old man, still believed in, "Peace side by side white man and black man."

Valentine's Day Photo Transfer Project by Erin



Suzy's piece.

The Valentine's Art Day was a "lovely" hit, as we prepared gifts for those we love in our lives. These loved ones could include traditional boyfriend and girlfriends as well as parents or partners. TMP staff provided free art supplies including nice wooden slats and Mod Podge. Abby coordinated with members to find the perfect graphic to transfer onto our wood. Members were also encouraged to write a creative text to include with the graphic. Staff member Chris held poetry workshops where members were guided to express themselves in a beautiful way, with either poems or shorter haikus. In the end, everyone joined for a Saturday Zoom Art Day to finish our gifts by working together for a wonderful finished product. Staff Abby was happy

with the results and said she was surprised how little supplies the members used since "We didn't have to draw or paint." Emilio agreed saying, "Yeah, we are not all Da Vincis!"

Sunset Walk & Photography by Abby

Afternoon walks and watching the sunset is one of our favorite Social Activities lately. The health and safety of staff and members are our first priority, so we have coordinated our Social Activities based on current restrictions. For our Sunset walk, Abby and a few members met at the front of TMP just before dusk, kept six feet apart, and walked the couple blocks down to the harbor with their cameras. They also had a few members connected over Zoom who were watching and photographing the serene and colorful sky from their own neighborhoods. "I had a great time, I joined this activity virtually and got a great view of the sunset in my neighborhood. I was also able to see the sunset from the Harbor thanks to Zoom!" George said.



A pretty shot.

A Picture is Worth a Thousand Words



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



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
HHSA

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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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.