

The Meeting Place News

February 2023

Strong Relationships: An Essential Component of A Successful Clubhouse

by Chris

For many people, socialization is something that effortlessly happens in their everyday lives. They've gotten used to meeting with friends and family and enjoying meaningful time together. For someone recovering from a mental health diagnosis, socialization could be considered a challenge. Many individuals with mental illness stay home and tend to isolate from society. As a non-clinical mental health program where the focus is on vocational and social rehabilitation, The Meeting Place provides a voluntary work environment where members can build meaningful work relationships and quite frequently, friendships. Social encounters and being able to work alongside other individuals are valuable to one's overall mental health. Staying connected with others and taking part in activities, whether work-related or in a social setting, play a very important role in every individual's life.

As a Clubhouse International-accredited program, the only one of its kind in all of San Diego, The Meeting Place takes pride in offering an environment where strong relationships can be formed. After all, as the Clubhouse International Standards suggest, a Clubhouse cannot survive without strong relationships between members, staff, and volunteers. The Clubhouse could not survive without its various relationships with the outside community as well, including our beloved **Friends of The Meeting Place**, a collection of supporters who have contributed to our mission.

The Friends of The Meeting Place are proudly featured on the next page of this issue.



Members & interns from Point Loma Nazarene University working together on birthday decorations

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.

Thank You to our Friends of The Meeting Place Clubhouse!

The Meeting Place is blessed to have such a wonderful group of supporters. We also want to extend a special thank you to both Cynthia Fissel, our Board President, and Wil Gorrie, our Vice President, who welcomed our Friends of The Meeting Place in his home in December for our 30th Anniversary Celebration!

Rick Baker	Graeme Lazarus
Ginny & Andy Barnes	Peter & Linda Levine
Sheryl Baron	Jack & Judith Lief
Larry & Susan Barraza	Barbara & Fred Lucky
Susan Belardi	Mike & Maria Luskin
Judith Bellinsky	Dr. Steve Mannis & Kane Handel
Mr. & Mrs. James Botticelli	Joe & Moira Markowitz
Pete & Margie Boyes	John Marchand & Joanne Solimine
David Bradley	Nancy McFarland
Harriet Brown	Caleigh McLaughlin
Kent & Eileen Brown	Lenea & Michael McMahan
Alan Brue	Rhonda & Bob Meyer
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Seth & Emily Gorrie	Ann Schwartz
Richard & Barbara Gorrie	Liz Sharp
Larry Green	Ray & Suzanne Shea
Barbara & Larry Greenstein	Murf & Michi Smith
Cliff & Cindy Hagan	Anna Smyke
John & Karen Hayes	David & Kathy Spiegel
Bob Hebbler	Matt & Robin Spiegel
Douglas Hedenkamp	Ahouva Steinhaus
William & Sharron Hedenkamp	Brad Stoner
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Kent & Barbara Johnson	Patrick & Julie Van Buskirk
Terry & Roxie Johnson	Keith & Margarite Walker
Arden & Marjorie Joramo	Mary Walters & Mark Warmbrand
Linda Joramo	Denise Warner
Marty Kalish & Rochelle Eisenberg	Rich & Audrey Weeks
Adley & Sally Kantor	David & Sherry Winkler
Sharon Lawrence & Darin Boles	

Welcome To Our New and Returning Members

Amber, Pamela

February Birthdays



Antonio Loves to Contribute & Make Friends by Jake

February's spotlight is on Antonio, better known as "Hollywood" amongst his Clubhouse peers. Since becoming a member, his charisma has shined through.

I asked Antonio what he likes about The Meeting Place Clubhouse. He said he likes "the fact that we have tasks to offer him to do throughout the day but the thing that keeps me coming back is how the Clubhouse has a structured Work-ordered Day."

Antonio would like to continue his education and enroll in English/Reading Comprehension classes at a community college.

I asked Antonio what his hobbies and interests were. He said, "Playing basketball and watching sports".

Antonio is in Unit 1. He enjoys the people here at the Clubhouse. He also is considered the dancing king at TMP Clubhouse. Welcome to TMP, Dancing King!



Unit Updates: Building Relationships During the Work Ordered Dday

UNIT 1 by Lonnie

Socialization is self-care! Unit 1 has been integral in providing ample opportunities for members to engage in social activities through menu planning, preparing the meals for social events, and strength training program in the clubhouse while maintaining a professional level of necessary productivity.

The ability to care for one's home is also a part of self-care! Unit 1 emphasizes cleanliness and household skills both in the kitchen and elsewhere in the clubhouse. We join forces with Unit 2 in preparing for and engaging in social events and enjoy the fruits of our labor together as a community at meal times.

Social activities are a community effort here at the clubhouse. A communal effort peppered with strong relationships and shared interests allows for a wonderfully smooth and engaging work ordered day as well as the opportunity to connect with each other in a way that only the Clubhouse can allow!

UNIT 2 by Lonnie & Suzy

Unit 2 has welcomed a number of nursing students from Point Loma Nazarene as new volunteers to The Meeting Place!

The Clubhouse thrives on facilitating member to member relationships as well as member to community relationships and accepting volunteers is a great opportunity for such relationships to flourish. The primary focus of staff as well as volunteers is member engagement, member engagement- and guess what? That's right! Member engagement! Taking on a number of new volunteers here at The Clubhouse helps spread awareness throughout the community as well as allowing for members to see some wonderful new faces and personalities to engage with throughout the work ordered day.



Power-couple, Christian and Ramon met during the Work-Ordered Day

Our Clubhouse Artist is Back At It Again!

by Rob

Alan, who is already an accomplished artist and does the chalk art in our café, starts a watercolor class on Wednesday at 10:30 am called Art on January 30th. The class will be until 1:30 pm weekly and will last for a couple of months. Alan found out about the class, which is taught by Gabriel Stockton, from his sister Brenda (who he affectionately calls "Peaches and Cream"). The class is on El Cajon Blvd. and Texas despite the name and Alan will get a ride from Peaches and Cream for the first class then take the #6 from his apartment thereafter. Alan is looking forward to making friends and building community in the class and he already has planned subject matter including some drawings on large watercolor paper. One of his watercolors will be of Tony Gwynn wearing sunglasses, swinging a bat at a pitch thrown by Greg Maddux. This watercolor will be for Tony Gwynn Junior. Another of his watercolors will be the backyard of Peaches and Cream including boulders with grass and is of course for her. Also in the works is a watercolor for The Meeting Place, possibly for the next fundraiser. Thanks, Alan, for sharing your talent with us and the world.



Alan's latest masterpiece.

Supporting TMP Members at Career Fairs by Lonnie



Katherine, Ciarra, Mary, and John at the service industry career fair.

On January 26th, four members got to practice their job interview skills at a service industry hiring event. On the day of the event staff gave a quick run down of some interview tips such as body language, eye contact and effective communication to help the members feel prepared and confident. One member was very nervous and almost bailed out but she persevered and pushed through her discomfort to find

"It was not what I expected... but I am happy I participated in the experience!" Upon reflection, one member recalls "it was really informative. It helped me have a sense of independence." Another member is not currently looking for a job but found the experience to be very informative and the members left the hiring event feeling capable, confident, and competent. It's experiences like this that allow for members to grow beyond their discomfort, heal through taking on challenges and allows for a higher capacity for connection with not only each other as peers, but connections with the world.

The Meeting Place Calendar February 2023

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1 8:30 AM Stretching 11:00 Job Hour 12:00 Mindfulness/12:30 Walk 1:00 Community Meeting 3:00 PM Walk Ocean Beach Trip 3:30-6pm \$1.75	2 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 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 Food Distribution 10:30 Pizza Day w/ Lonnie 11am - 2pm
5	6 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:45 Job Course 3:00 Walk	7 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	8 8:30 AM Stretching 11:00 Job Hour 12:00 Mindfulness/12:30 Walk 1:00 Newsletter Planning/Unit Mtg. 3:00 PM Walk	9 8:30 Stretching 10:00 WHAM 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg. 3:00 Strength Training Bday Dinner (\$2.25) w/ Chris & Stephanie DL:2/2	10 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 Food Distribution 10:30 Art Day w/ Stephanie 11-2 PM Meal: \$1.75 DL: 2/3
12 Clubhouse Address: 2553 State St San Diego, CA 92101 619-294-9582	13 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:45 Job Course 3:00 Walk	14 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 Walk Valentine's Dinner & Movie 4-6pm DL: 2/7 \$2.25	15 8:30 AM Stretching 11:00 Job Hour 12:00 Mindfulness 12:30 Walk 1 PM SA Planning/Community Mtg. 3:00 PM Walk	16 8:30 Stretching 9:00 AM Unit Mtg 10 AM WHAM 12:30 Walk 12:30 Mindfulness 1:00 Unit Meeting 3:00 Strength Training	17 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 3:00 Coffee Clique	18 Food Distribution 10:30 Tide Pools in Point Loma w/ Chris 11-2 PM Meal: \$1.75 DL: 2/10
19	20 President's Day w/ Stephanie 10-2 PM Meal: \$1.75	21 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 Walk 6:00 Zoom Room	22 8:30 AM Stretching 11:00 Job Hour 12:00 Mindfulness 12:30 Walk 1:00 Community Meeting 3:00 PM Walk	23 8:30 Stretching 9:00 AM Unit Mtg 10 AM WHAM 12:30 Walk 12:30 Mindfulness 1:00 Unit Meeting 3:00 Strength Training	24 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 3:00 Coffee Clique	25 Food Distribution 10:30 Coffee & Chill w/ Shana 11-2 PM No Meal
26	27 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:45 Job Course 3:00 Walk	28 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 Walk 6:00 Zoom Room				

Let's Welcome our Wonderful Student Interns from Point Loma Nazarene University

by Rob



Throughout the length of the Spring Semester 30 students can be seen around TMP from Point Loma Nazarene University. They will be here on Tuesdays and Thursdays from 9am until 3pm with 2 to 4 students coming for each day. Jack Campbell, the instructor, said that

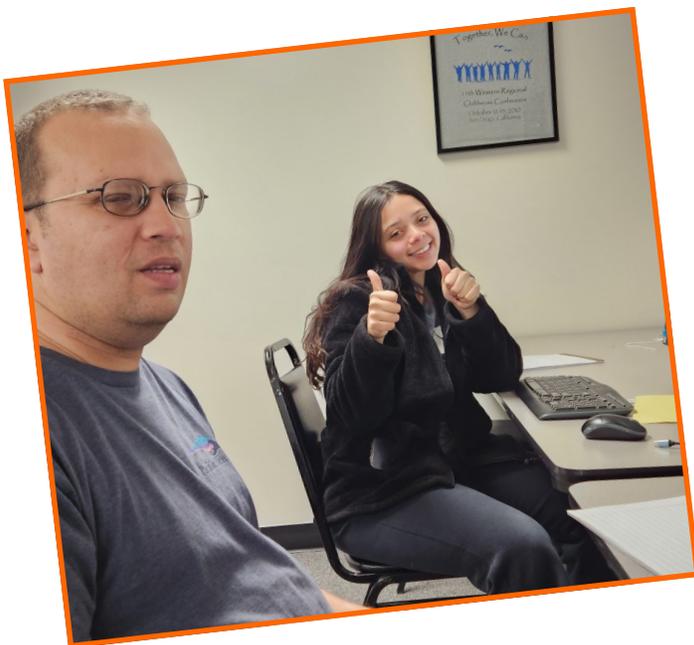
individually the students will spend 16 hours at TMP and 104 hours at Sharp Mesa Vista to get credit for the Mental Health Rotation. Jack said that his goal is to interact with volunteers and members. He learned about TMP from Lead Instructor Larry Rankin. Jack said "The members are very friendly, very welcoming to the students and are getting them involved already." Jack said that the Nursing Program that the students are in teaches values of caring and being compassionate toward the people they care for. Jack was himself once a student at Point Loma Nazarene where he got his master's in nursing education. Jack said, "It's nice to teach students and to contribute to the future." When you see Jack and the students, please welcome them and show them our TMP hospitality.



Saray's Back to Volunteer by Nate

Saray Martinez is our new volunteer. She is originally from San Diego and is in her senior year at California State University, Fullerton. She works for a program called Character Builders through the YMCA. Character Builders is a before and after school program for elementary aged children that provides academic assistance and after school care. Saray has a passion for working with children and Latin music, particularly Bad Bunny. Saray wants to work with different types of people. She wants to form bonds with people. She likes the clubhouse so far and hopes to make a difference here. She looks forward to contributing any way she can. Saray wants to help our

members achieve their goals. We are glad she is joining us and we hope she is successful.



Boost Your Fitness with Group Exercise

by Rob

Sometimes when we go solo it can be easy to skip a workout and think "It won't matter if I miss one workout." But I don't think it takes research to see that if I have a community or a friend that is depending on me I will be more consistent and consistency leads to better results. Another benefit of having support for a fitness regimen is you get the expertise of that support. A partner, instructor, or group can give you tips, new exercises, and a consistent warm-up and cool-down rou-



Lonnie leading Strength Training

tine which can all help to prevent injury and ensure you get the best results. On nbcnews.com research is cited which says that we tend to gravitate toward the exercise behaviors of those around us and we enjoy that exercise more. On the uwhealth.org website Fitness Instructor Karla Bock says that "Exercise is a way for people who like spending time with each other to get together." So, build some relationships and fitness and join your fellow TMP members on a Walking group (twice daily most weekdays), Stretching/Functional Training group (8:30 am M, Tu, W, Th), or Strength Training group (3:00 pm Th).

Having a Positive Relationship with Yourself Takes A Lot of Practice

by Erin

The journey to self love and self compassion is a long one that takes a lot of self-realization. It is something that does not happen in one day, and will likely take more like months and even years! But the payoff is big.

Self-realization is the truth of who we are, and what we are. It is an understanding of self. Before we are comfortable with loving our selves we need to understand where we are in life.

A lot of times before individuals can reach self-realization, there are certain barriers that prevent them from doing this that include a negative relationship with self.

Before members come to the Clubhouse, many are plagued with negative relationships with self that include isolation, ruminating thoughts, lack of self-confidence, loneliness, hopelessness, and anxiety and depression (which only make things worse). Some members also put others before themselves all the time.

TMP helps those on the road to recovery and thus gaining a better grip on self-realization through mind and body with organic lunches and exercise classes, as well as through social interaction. Many members say the TMP work of the day gives them a sense of purpose.

Having a positive relationship with yourself takes a lot of practice. Even the smallest things can sometimes make a difference. Our member Denise started getting her nails done every two weeks and she loves it. She also enjoys coloring on her tablet!



Denise treats herself with getting her nails done

SOCIAL ACTIVITIES

January Event Highlights:

TMP Members Sing All the Songs at Karaoke Day

by Chris

January's Karaoke Day was outstanding. Not only was there crooning from vocalists like Marie, Katherine, and Luis, there was a lot of dancing. Ken and Katherine sang a beautiful rendition of Leonard Cohen's Halleluiah and Marie sang some classics from one of her favorite groups, One Direction.

We ended the social activity with all of us singing "Your Song" by Elton John. What a party!



MLK Day at TMP!

by Stephanie

This event was a success! We had a record number of members attend. The menu consisted of barbeque shredded chicken, coleslaw and a dessert. We watched the documentary MLK/FBI. It is the most recent documentary about Martin Luther King, Jr and his trials and tribulations.

We learned that he graduated from high school at the age of 15 and then entered into college. After college, he decided to attend seminary school and become a pastor like his father.

We had famous quotes and short paragraphs that detailed his heroic efforts to bring about Civil Justice for the American people. His famous speech, "I have a dream" was the last speech he ever gave, but he had quite a few other speeches that are well known to the Civil Rights advocates and others.



Christian and Katherine enjoying MLK Day at TMP

A Picture is Worth a Thousand Words



Ross, the master of getting rid of carpet stains!

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.