

The Meeting Place Clubhouse

Funded by: San Diego County HHS



The Meeting Place News

January 2020

With Help From Friends of The Meeting Place, the Clubhouse Looks Forward to 2020

Friends and family who give their support are essential in the journey toward recovery from mental illness. In this issue of The Meeting Place News, the first of 2020, the Clubhouse community not only looks forward to another year of individual growth and the continued progression of our 25 year old program, but we also acknowledge individuals who have donated to us in the last year. We know that the Clubhouse would not be able to continue helping members with their goals if it wasn't for our Friends of The Meeting Place, a collection of generous donors who have contributed to our Clubhouse. More than 80 guests, supporters, donors, and longtime advocates for mental health recovery gathered for the Fifth-Annual Friends of The Meeting Place event on December 8th at the home of our new TMP Board Member, Wil Gorrie.

The goal of the event was to celebrate Friends of The Meeting Place supporters and introduce invited guests to the vital work TMP does to support men and women living with mental health disorders in San Diego County. Club-

house members and staff want to extend our gratitude to all TMP Board Members and Friends of The Meeting Place for your commitment to supporting The Meeting Place Clubhouse and the vital work we do to help members recover and reach their dreams.



To see a full list of the Friends of The Meeting Place and more pictures from the event, turn to pages 2 & 3.

Left: A scene from the event at Wil and Janet Gorrie's home on the night of December 8th, 2019

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.

FRIENDS OF THE MEETING PLACE

Friends of The Meeting Place Celebration by Jaki B.

The Fifth Annual Friends of The Meeting Place Celebration was attended by wonderful supporters of the Clubhouse community. It was certainly a fun-filled evening, just like previous celebrations. This year's hosts were Wil and Janet Gorrie. Wil is one of the newest Board Members of The Meeting Place Clubhouse. The evening was a combination of good conversation, wonderful speakers, and delicious food exclusively catered by members and staff at TMP, which has become a tradition since the first celebration. According to the guests, the food was once again outstanding.

A moving testimony was given by TMP member Suzy M. about her journey to better mental health and physical wellness. Her sister Colleen spoke about how she witnessed her sister make the positive transition since her Clubhouse membership. Another high point was the Silent Auction, which was filled with a very wide display of great choices. There were what some considered "must have" items and the bidding created its own fervor until the end when the winning bids were announced.

The fundraiser was very successful with a new and growing list of Friends of The Meeting Place. Furthermore, our financial goal exceeded \$22,000 in donations! Understandably, the excitement has already begun for next year's event.



More scenes and wonderful faces from the fundraiser.

DONORS

Thank You For Being A Friend!

619 Spirits North Park
Martha Ackermann
Carol Adams
Align Pilates
America's Finest Carpet Company
Suzanne Auld
Bali Hai
Ginny & Andy Barnes
Beer Fish
Burt & Ellen Bialik
Blank Anvil Tattoo Parlor
Harriet Brown
Kent & Eileen Brown
Robert & Mary Jane Brue
Sandra Brue & Chris Carstens
Dan Cadena
Dr. Marilyn & Bruce Carlin
Jack Cassidy & Janice Steinberg
Robert & Remedios Clarke
The Color Collective Salon
John & Joanne Danssaert
Brian & Kathleen Daugherty
Scott & Grace Degnan
Maria Desantis
Carl & Debbie Dorfman
Ken Dorfman
Wayne & Ellen Dosick
Bryan Drum
Alina Duran
David Engstrom
Harold Feder & Gloria Sandvik
Dr. Bruce & Pat Feldman
Filippi's Pizza Grotto — Little Italy
Cynthia Fissel & Mark Glickman
Sharon Fornaciari
Bryan & Sonja Fraser
Dr. Dan & Dianne Gardner
Andrew Gilligan
Harriet & David Glaser
Judy Glickman

Wil & Janet Gorrie
Seth & Emily Gorrie
Wil & Kelsey Gorrie
Gossip Grill
Larry & Toni Green
Laura Harvell
Douglas Hedenkamp
William & Sharron Hedenkamp
Tom Hess & Tara Burke
Eleanor Jacobs
Kent & Barbara Johnson
Marty Kalish & Rochelle Eisenberg
Harris & Judith Kehrmann
Mike & Joanie Kolman
Betsy & Joe Kostas
Barbara & Sheldon Krueger
Darrel N. & Antonia Lawrence
Sharon Lawrence & Darin Boles
Lorna & Paul Leyton
Jack & Judith Lief
Carol Gracey Lough
The Lot — Liberty Station
Irene Lowe
Mike & Marie Luskin
Paul Marquis & Anna Smyke
Mike & Nancy McFarland
R.J. Mical
Mimmo's Restaurant
Sue & James Moore
Tom & Polly Morelli
Colleen & Suzy Mullen
Nathan Nicholson
The Old Globe
Tamara Palmer
Pappalecco Restaurant
Philz Coffee
Pilgrimage of the Heart Yoga
Jeff & Mona Platt
Ponces Mexican Restaurant
Terez Quainton

Tony Quainton
Tracey Quainton
Rabbit Hole Restaurant
David Rafsky & Rhonda Mason
Erin Raskin & Ken Simmons
Lynn & Bruce Richards
Paul & Lynne Ringwood
Kathy Robbins
Dr. Steve & Lisa Ruderman
Lauren Chapin Salazar
Saiko Sushi Bar
Salt & Straw
San Diego Symphony
Deb & Steve Schmal
Caryn Schwab
Erica Schwab
Walter Schwab
Liz Sharp
John & Krystle Skelly
Murf & Michi Smith
Joanne Solimine
Kelsey Somsom
Sprouts Farmers Market —
North Park
Ahouva Steinhaus
Rose Straney
Michael Swanson
Candy & Don Szalay
Julie Thomas
Trader Joe's — Hillcrest
Urban Mo's Bar & Grill
Rachel Vigil
Keith & Margarite Walker
Mary Walters & Mark Warmbrand
David & Suzanne Warren
WilPower Fitness
David & Sherry Winkler
Cyndie Woodbury
Susan Wyman
James & Julie Young



January Birthdays



Welcome To Our Newest & Returning Members

Trey, Steve N.

Steve's Exciting 2020 by Jaki

Steve N. is a native New Yorker. He was born and raised in Brooklyn until he was 15 years old. He then moved to Queens where he lived briefly. After leaving New York as a teenager, Steve moved to Milwaukee, Wisconsin where he lived most of his adult life. Because of health issues, he was encouraged to go to a part of the country with warmer weather. That place was Arizona. After long periods of extreme heat, he left and moved to beautiful San Diego. Steve's goal is to soon complete Peer Employment Training (P.E.T.). When asked about how becoming a member of TMP can improve his life, his response was, "I have the freedom to get outside of the box and not stay curled up at home alone. It also keeps me connected. I am also looking for socialization and the support I will get among peers." The Clubhouse looks forward to meeting Steve's expectations!



The Units Look Forward...

UNIT 1 by Alina

Unit 1 is excited to once again keep on track with our low carb lifestyle. Last year we experimented and mastered how to prepare both low carb snacks and lunches for our Clubhouse. This year we only plan to do better. We have high hopes for our café to continue its excitement around this lifestyle for a greater longevity. Unit 1 is also keeping up maintenance of our wonderful fitness area in order to support our Clubhouse members who have health and wellness goals for the New Year. We welcome 2020 with open arms and are excited to see what the year brings us.



Jake helping with low-carb meals in 2020.

UNIT 2 by Chris and Suzy

2020 looks to be another exciting and busy year for Unit 2. Besides continuing our important work entering and managing Clubhouse data (i.e. attendance stats), the unit looks forward to fully transitioning to the new database, ClubHOMS. Both staff and members will continue to learn how to use ClubHOMS and all its new features. Unit 2 also looks forward to welcoming a new staff member to work alongside Chris and continue to support the members in planning decorations and games for upcoming in-house social activities like birthdays and holidays. Both units are built on great leadership and strong camaraderie. Unit 2 anticipates more of the same in 2020. It's going to be a great new year and decade!



Suzy and Rob thriving in 2020.

Looking Forward to My Eighth Year at Ultrastar by Nate

It's hard to believe but 2020 marks my eighth year at Ultrastar Theaters. It has been a journey to get where I am. I am greatly appreciative of TMP for placing me there. This proves that people with a mental illness are capable of successfully holding a job. The world can be a dark place for people with a mental illness. There is a lot of stigma. However, I hope we can prove those stigmas are not always true. I am so glad to be working. It really gives me a purpose in a world where purpose can be difficult to achieve. I think working is good for your

soul. We can combat stereotypes with every position we give to members. Not only does Transitional Employment give jobs to members it gives hope in a world where hope can be hard to find. I look forward to continuing to hold my position at Ultrastar and build on the relationships I've made with my co-workers. I also look forward to another year of great films.

I am so glad I came to TMP. I had been looking for a job for years but with no success. TMP helped me profoundly. I hope we continue to place members in positions in 2020. It really makes a difference.



Nate through the years.

Looking Forward to Reaching New Vocational and Educational Goals

"My goal is to complete my Peer Employment Training and eventually get help from The Meeting Place to hopefully land a job; this includes getting support with crafting a resume and cover letter, doing mock interviews, and receiving the encouragement I need to thrive." - **Steve N.**

"I took my WRAP and Peer Employment Training with Recovery Innovations International last year and I intend to really try and get a part-time job as a Peer Support Specialist with the support of Clubhouse staff and members." - **Erica S.**

"In 2020, I'm looking to take an English Class and continue with my general education. My long-term goal is to eventually get a certificate in Child Development. I will also continue to volunteer at the preschool helping children with intellectual disabilities." - **Emily**



Emily at the Clubhouse.

HEALTH & WELLNESS

Working Toward 2020 Health Goals

"My goal for 2020 is to go to the gym at least twice a week to stay fit and maintain my muscle mass. I also look forward to eating less sugar, which the Clubhouse helps me to do."

- **Jake**

"Balance and flexibility are two things I need to improve. I look to join Chris for chair yoga at TMP more often and set a regular schedule to get some stretches in."

- **Jose A.**

"My goal in 2020 is to avoid falling because of bad balance and aging. I'm looking to be more consistent with daily squats and more stretching during the morning."

- **Victor**

"I hope to continue making low-carb meals at home and at the Clubhouse while keeping up with a regular strength training and mindfulness schedule."

- **Alina**



Jake looking to get a workout in.

What is Seasonal Affective Disorder and How to Cope

by Christina and Chris R.

Seasonal Affective Disorder (SAD) occurs during winter months and affects approximately 500,000 people in the United States each year. For many, symptoms start in the fall and continue into the winter months. Symptoms include lack of energy, feelings of hopelessness, and moody behavior. The good news is that there are ways of coping that can make these months less "SAD".

Exercising regularly is one of the best remedies. Not only does it improve your physical health, it can stabilize your mood. Endorphins can give you more energy and bring about positive feelings. The Meeting Place offers fitness activities such as Yoga and Zumba throughout the week to help combat the Winter Blues and help keep our members on track with physical health goals.

There are other things you can do to maintain your wellness throughout the holidays. For example: try your best to maintain your routine (don't cancel appointments or meet-ups with friends), rise early and get a morning dose of sunshine, eat less sugar, and go outside and exercise (winter kind of feels like summer in San Diego!). If none of these coping mechanisms seem to work, don't hesitate to contact your doctor or ask for help from Clubhouse staff and members.



Member's attending Lindsey's personal training session.



SOCIAL ACTIVITIES

December Event Highlights

A Very Merry Holiday Party by Mary

The TMP holiday party was a hit. We had lots of good food including lumpia and pancit provided by the Codero Family. We played holiday games including Name that Christmas carol and decorated people like Christmas trees. We had people wearing ugly Christmas sweaters. There was a gift exchange where we could take each other's gifts. There were two blankets, Lottery Tickets, chocolate, an owl mug with tea, and other interesting items. It was nice to have everyone together celebrating the festivities. George said, "It was extra special day and a good way to meet Santa Claus".



George and Suzy decorated like Christmas trees.

Advent Calendar Fun: A Wonderful Yearly Tradition by Chris



(From left) Jaki next to the Advent Calendar. Denise serving latkes.

December at TMP wouldn't be the same without our 25 days of surprises courtesy of our Advent Calendar. The Advent Calendar gives TMP wonderful surprises that really raise the festiveness in the Clubhouse for folks who may not observe the holidays at home. December treats included Latkes on the first day of Hanukkah, cozy socks, apple cider while decorating the Christmas tree, free snow globes, and cheeseballs!

Christmas Day Brunch at TMP by Rob O.

Christmas day featured a cool, rainy weather pattern for San Diego. So our Christmas Brunch started with coffee for most. While they were sipping on coffee and snacking on cake Alina led a Christmas trivia contest. Most of the questions were about Christmas music and Bob Hebbler, Darin and Rob O. seemed to know their stuff (or guessed well). Then we played a team game of picking up marshmallows with a straw (through suction) and depositing them in a bin. Leslie, Jannell and John Diu were fastest for the first round. Then Darin, George, and Rob O. were fastest for the second round. We were unable to play a tiebreaker due to lack of time. For the meal we had a delicious Glazed Ham, French Toast Bake, Egg Scramble, potatoes, pickles, olives and to drink Mock-mosas and Sparkling Apple Cider. To wrap things up we all got beautiful, thoughtful gifts and then played Find the Pickle In the Christmas Tree.

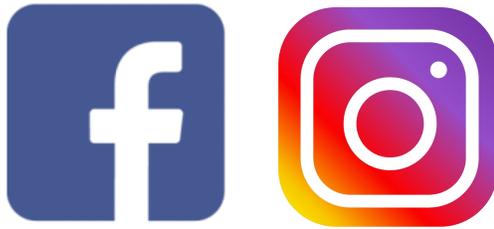


Leslie receiving her Christmas gifts at TMP.

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 Warmline 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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*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.