

The Meeting Place News

January 2021

A New Year Calls for a Hopeful 2021

by Jason

What is the meaning of the word hope?

For members and staff here at The Meeting Place Clubhouse, hope means everything.

To members like Jovi, hope means having the desire to persist. In her case, the start of a New Year inspires her not to give up on life. She has struggled with work in the past, but is now finding success. She currently works part-time as an on-call receiver at Burlington, a job she says, "is only part time, but helps pay the bills." Jovi recently moved to downtown San Diego, and other than a few parking challenges, loves her new location.

For longtime member Christine L., hope means persistence. She says that despite a Covid-19 related shutdown at Big Sister League of

San Diego where she currently resides. Big Sisters is a

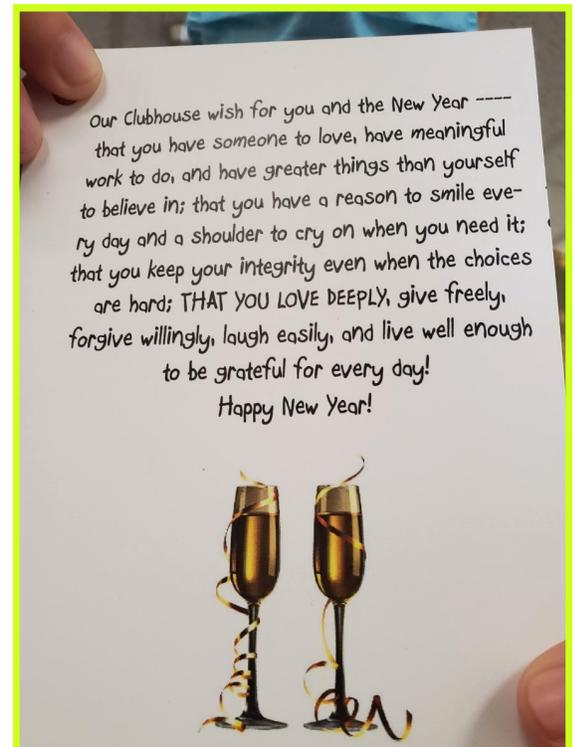
non-profit that helps local women in need. She also welcomes the end of 2020. Christine says it's important to have hope that things will work out. "We have to believe in something and have a positive attitude," she says.

To Chambers, a new Clubhouse member, hope means a return to normal. She says she has benefitted immensely from our program. Navajo also says she hopes Covid-19 will become a distant memory.

Finally, for people like myself who have struggled with mental illness all of my life, hope represents a fresh start to everything. Sometimes hope is all that we have, but sometimes it's all we need for a brighter tomorrow.



Rick picking up his New Years Celebration kit.



A New Year message to all!

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.

January Birthdays



TMP's New Peer Support Specialist: Melanie by Erin

Welcome Melanie, our newest addition to the crew! Not only is Melanie intelligent and skilled, but she is full of compassion and empathy. As a peer support specialist, she has front line experience with mental illness and knows how important support is.

Melanie first started volunteering for the Clubhouse in 2019 and in October 2020 she accepted a position on The Warmline. She now also works in the Clubhouse.

Melanie is inspired to work with the Clubhouse because "it is a tight knit community where everyone is welcome and open."

Melanie hopes "to help members find strengths within themselves and realize their own path to recovery."

So far, she has been great at trying things for the first time including leading mindfulness. Her mindfulness topic was positive body image. Her meditation taught us that we are all beautiful. She looks forward to leading more activities.



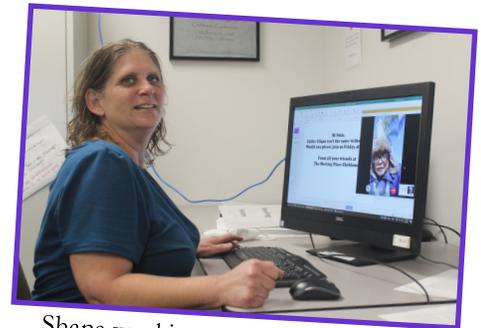
Unit Updates: Making the Holidays Special

UNIT 1 by Denise and Jason

Even with social distancing guidelines, Clubhouse staff and members persevered and made the holidays special while keeping up with the usual Work-Ordered Day tasks.

Shana had the opportunity to get cross-trained on Unit 1 and Unit 2 tasks. She helped out with data entry and making cards remotely with members. Steve kept the unit on top of the KTMP newscast. He always does a terrific job.

Sharron, Denise, and Shana worked diligently to prepare the traditional Hannukah, Christmas brunch, and New Year's Eve fare. It was a bit challenging as we were short staffed and had to deliver many meals to members struggling to get around with the pandemic. Overall, December was a very satisfying month despite the changes!



Shana working with Victor remotely on an outreach card.

UNIT 2 by Erin and Abby

Unit 2 has been keeping busy during the holiday season, from sending out hot cocoa for Christmas Eve to keeping up with data entry. We kept up with the work of Unit 2 including doing our best to keep everyone's spirits high. This holiday season was a challenge for us all during the pandemic. With teamwork from members contributing to the Work-Ordered Day from home, we made it through the daily routine as well as our virtual celebrations.

"Sometimes I felt the tasks I volunteered for were daunting because there wasn't the opportunity for me to ask for help right away from other members or staff as if they were standing beside me. That has been the difficult part about working from home," says Erin, "However, after I complete a task, I feel accomplished and have more self confidence."



Erin working from home.

Steve Staying Hopeful for a Return to Work with the Padres in 2021

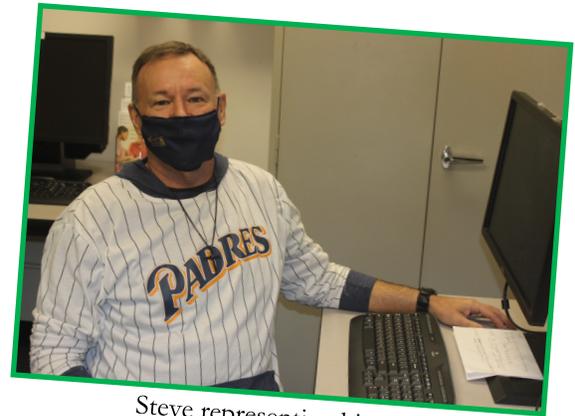
by Chris

The Covid-19 pandemic led to many of The Meeting Place's employed members to be out of work, either being laid off or furloughed. In Steve's case, as a Guest Services Representative at Petco Park, the temporary halt to the 2020 baseball season led to him being furloughed. As the new season soon approaches, many stadium employees are still left wondering if they will be called to work in 2021. "I'm grateful I'm still employed with the Padres, but I really want to go back to work," Steve says.

As the virus is still a prevalent part of our lives and the full circulation of the vaccine still looks like months away, Major League Baseball has yet to announce if they'll allow smaller crowds into stadiums the same way some NBA and NFL teams have done this winter.

Steve is hopeful he'll be working games this year: "Besides the Padres winning it all, my biggest hope for this year is going back to work and doing what I love. I've been getting e-mails from the Padres that have sounded very positive."

For now, Steve is keeping busy with the Clubhouse by tuning into Zoom activities every day and working on the KTMP Newscast. "TMP has been a big part of keeping my mind off the situation at work. I'm being productive and staying socially connected. That's all I can ask for," he says.



Steve representing his team.

Jovi Sets Her Sights on a Nail Technician Certificate in 2021

by Chris

Jovi has been a "nail art" enthusiast for as long as she can remember. Her interest has made her consider a potential career as a licensed nail technician at a spa. In 2018, she took an initial course at San Diego City College. "I really loved the class," she says. "But by the time I was enrolled in the second course, I had to drop out for personal reasons." Despite leaving the class, her interests have not gone away. At a couple of TMP Spa Day social activities, Jovi shared her expertise to other members who wanted manicures. She even added some flair by including some art techniques to willing participants. "Spa Days at TMP were so fun. I got to apply what I learned from the classes I took and my experience with nail art over the years," Jovi says.

2021 looks to be the year that she jumps back into pursuing her certificate. After leaving the course in 2019, she still had 85 hours of applied experience left to complete for the City College course. She looks to re-enroll and after completing the class, she needs to pass a State Board exam to be able to work at spas. "I feel like I'm ready. Nail art is definitely a passion," she says.



Jovi's work.



Jovi at City College.

December 2020 Holidays: A Fun-Filled and Collaborative Effort

by Abby

This holiday season was quite different this year. I started as a volunteer at TMP in 2019 and had always helped prep for our big holiday parties and other celebrations. However, due to COVID, we were unable to celebrate and gather as we usually do. We were determined to roll with the punches, adapt and accommodate to the current restrictions while keeping things fun and positive as possible. We thoughtfully picked out special Christmas presents for each member attending our virtual Christmas Brunch. It was fun getting to pick something unique for each member and put a smile on their faces. Denise, Shana, and Sharron did a great job preparing our holiday treats such as our Hannukah Latkes and Gingerbread cookies. In the end, we successfully packaged everyone's Christmas goodie bags and kept the holiday spirit alive.



Erica putting together Hanukkah goodie bags.



Denise in the kitchen getting ready to bake the gingerbread cookies for Christmas Eve.



Our Christmas Eve goodies including hot chocolate mix, gingerbread cookies, and a holiday mug for members to keep!



Abby wrapping up members' Christmas gifts.

Hopeful for a Healthier 2021? Safely Lose or Avoid the “Covid 15” with These Weight Loss Tips

By Melanie

With COVID-19 keeping many of us at home, it is easy to fall into eating more and exercising less. Here are tips on how to maintain a healthy weight during the pandemic:

Take a Break: Give yourself permission to snack on some fries, eat a slice of cake or some other indulgence! Just try to moderate how often you do indulge, such as eating a cookie only a few times throughout the week.

Making a Schedule: Sometimes we fill our time with eating if we don't have other ways to spend it. Making a schedule helps us to engage in other activities while also planning when our meals will be. An example could be attending a Zoom meeting with the Clubhouse (Morning Meeting, Community Meeting, etc.), taking time to exercise. Then taking time to relax or enjoy entertainment such as watching TV or attending a recreational event through the Clubhouse. You can then schedule your meals around the activities you have throughout the day.

Preparing Healthy Snacks: If you like to snack throughout the day, there are many options for healthy snacks. You can easily prepare healthy snacks such as sliced apples with peanut butter, or low-fat cottage cheese with fresh fruit.

Portion Control: It can be very easy to eat a box of cookies or an entire bag of chips when at home. Try to measure out smaller amounts of food into a smaller bowl or plate to help with portion control

Consistent Exercise: Participating in regular physical activity helps maintain your weight. If you want to get out of the house for some fresh air, try walking on your own or participating in the morning or afternoon walks with the Clubhouse. If you can't leave the house, you can also do a 20-30 minute at-home workout or join Lindsey's Zoom workouts at the Clubhouse throughout the week.

Get a Good Night's Sleep: Studies have shown that inadequate sleep is associated with weight gain and obesity. It is recommended that adults get 7-9 hours of sleep per night and make sure to get good quality sleep as well.

Mindfulness: Participating in a daily meditation practice can reduce stress, improve focus, and help us be more mindful of our actions including what we eat. Try paying more attention to your food as you purchase, prepare, and eat it.

A Note From Jovi: Jovi recently attended Lindsey's WHAM class on Metabolic Health. One major thing she took away from class is dieting is not a sustainable practice. Sometimes when you end your diet, it is easy to go back to eating the way you were. Therefore, you end up gaining weight back. Rather than trying a restrictive diet, it is important to set attainable goals and gradually add changes to your lifestyle.



Melanie, George, Suzy, and Emilio
on a Virtual Walk.

SOCIAL ACTIVITIES

December Event Highlights by Erica, Shana, George, and Chris



Clubhouse-made latkes, apple sauce and sour cream.



Our Christmas tree with members gifts.

Celebrating Hanukkah

On December 16th, TMP held a virtual Hanukkah celebration over Zoom. I helped lead it by talking about the origin story and teaching how to play a modified version of Dreidel. Chris read a short article on the meaning behind the use of oil to cook traditional Hanukkah foods like latkes and donuts. Sharron and Denise made delicious re-heatable latkes and I helped deliver them to members along with apple sauce and a goodie bag containing a dreidel and several pieces of gelt (chocolate coins). Everyone had fun and I enjoyed teaching everyone about the holiday.

Christmas Eve & Christmas Day with TMP

On Christmas Eve, the Clubhouse held a double feature watch party with hot cocoa. The movies were premiered were A Charlie Brown' Christmas and Home Alone. Sharron and Denise created a cocoa mixture that just needed boiling water. We made it available for members to pick up and put together at home.

On Christmas Day, we had a virtual brunch together. Sharron and Denise made a French toast bake, a Denver omelet, fresh fruit bowl, sausage, bacon biscuits, and Martinelli's to drink. We opened presents one by one and played mad-libs while we ate. We had a great time being able to just virtually gather together during the holiday.

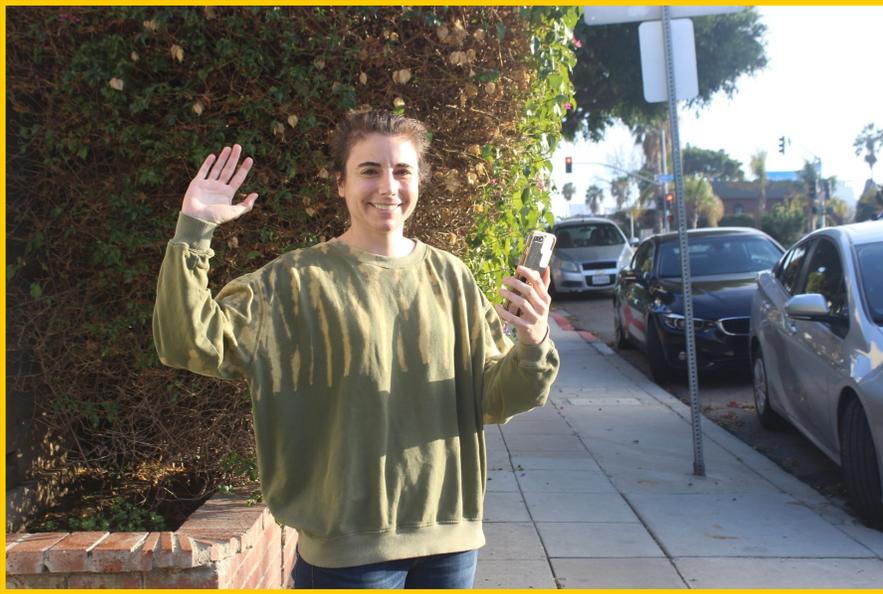
Ring in the New Year at TMP (w/ Berlin, Paris, New Zealand, Moscow, Sydney, Taipei, etc.)

Many of us are ecstatic about the end of 2020, a year that will go down in infamy. 2020 gave us social distancing, startling news reports, face masks for everyone, and the ever-present smell of hand sanitizer wafting in the air. Even though these things will continue to be in our lives for the next coming months, members and staff at TMP enjoyed saying goodbye to 2020 and hello to 2021 at our New Year's Eve Virtual Bash. Members were able to pick up party packages which included champagne flutes for their packed sparkline apple cider, party hats and tiaras, yummy snacks like chocolate truffles, sliced meat, cheese and crackers. Because celebrating at 12 AM Pacific Time wasn't practical (people sleep!), we counted down toward 3 PM on Zoom with a DJ playing records in the Notre Dame Cathedral. After we rang in the New Year, we checked in with other countries around the world to see how their celebrations turned out. Unsurprisingly, many of the countries with the exception of New Zealand held their countdowns virtually, but their fireworks were amazing. HAPPY NEW YEAR, y'all!



Ring in 2021 with DJ Jean-Michel at the Notre Dame Cathedral.

A Picture is Worth a Thousand Words



Congratulations to our volunteer Angela who completed her SDSU coursework in psychology—she’s officially a college graduate!

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 HHS

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!



2553 State Street
San Diego, CA 92101

Phone: 619-294-9582

Fax: 619-294-9588

Email: themeetingplace@tmpclubhouse.org

Website: www.themeetingplaceinc.org



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.