

# The Meeting Place Clubhouse

Funded by: San Diego County HHSA



# The Meeting Place News

January 2024

## TMP Leaps into 2024 with a Bang Without Losing its Mission

By Chris Rull

2024 will no doubt bring new challenges, achievements, and fresh new faces. However, what will always remain at The Meeting Place is an emphasis on community and meaningful work as a path to healing.

Emily Moore, who became a member at 19 years old and is now 30, says, "The Clubhouse saved my life." Emily, who has always been transparent about her instability during her teenage years, has found friendship and an overall support system since joining. "The Clubhouse has been there for me during some rough times. I love seeing my friends, receiving encouragement, and doing work that helps raise my self-esteem," she continued.

Emily's story is not dissimilar to many of her colleagues, even staff. Maggie Kirwan, who joined the staff in the Spring of 2023, has seen some growth in her own life since becoming a part of the community: "Although it is a challenging job, it has fulfilled me in many different aspects of life. It gives me purpose everyday. I'm looking forward to spending 2024 in The Clubhouse and improving myself as an all around person."



Emily & Maggie enjoying some sunshine



Jason & Rose happily working on the newscast

What makes The Meeting Place's model different from other mental health programs is its emphasis on building relationships; this concept has not been lost on Maggie who has been diligent in getting to know every member who walks in the door. "I look forward to enrolling new members and creating new relationships. I love watching TMP's members flourish", she continued.

Jason Baker, who rejoined the Clubhouse as a part-time staff generalist last year, looks forward to another eventful year at TMP. His hopes for the year align with many current members' goals: "I want everyone in 2024 to be as healthy as they can be and overcome anxiety."

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 our Newest & Returning Clubhouse Members

Marc, Valentine, Joseph S., Diana, & Corey

### Welcoming to TMP, Valentine by Rob O'Ryan

Our newest member is your Valentine (that's her name). Valentine is from Riverside and has been in San Diego for 20 years. She heard about The Meeting Place from the program Impact and was sent photos from Christian Castillo about the fun things we were doing that captured Valentine's interest and made her want to check us out. Valentine attends San Diego City College and is applying to UCSD next semester to study English and writing. Valentine's favorite part of coming to TMP is being around positive people. In her spare time Valentine watches old TV shows that she missed during her depression such as Seinfeld and Everybody Loves Raymond. Valentine's favorite quote is from Jeremiah 29:11 – "For I know the plans I have for you." Declares the Lord. "Thoughts of peace and not of harm. Thoughts to give you a future and a hope." In closing, Valentine wanted readers to know, "That I am excited to be a part of TMP and experiencing all that TMP has to offer. I feel I would be a better person being a part of this Clubhouse." Thank you, Valentine, for your warmth, friendliness and enthusiasm.



### Unit Updates: Grateful for Another Year of the Work-Ordered Day

#### UNIT 1 by Shana, Healey, Jorge Mesa, & Jason Baker

As we close the door to 2023 and begin 2024, Unit 1 is helping members renew their commitment to reaching their New Year's goals. Job course is back in swing on Mondays at 1:45 p.m. for members who are working on employment and volunteering goals. In addition, Jason and Chris will be hosting the next sessions of the "What's Next?" self-improvement skills course on Thursdays later this year.

Health on Thursdays (HOT) is better than ever. Every Thursday, Albert leads members in discussion of the latest information on health, wellness, and longevity.

Members also have opportunities to strengthen their bodies along with their minds. On Mondays at 3 p.m., Jorge leads movement and dance intended to raise heart rates and generate smiles. Jorge also brings his athletic skills to strength training class on Thursdays at 3 p.m. for members to build muscle and burn calories in a safe, nonjudgmental environment. The New Year is shaping up to be a great one, and we are shaping up



Members working in Unit1

#### UNIT 2 by Chris Rull & Rob O'Ryan

As the new year begins, The Meeting Place (TMP) has a multitude of things to look forward to. We have begun to become more cohesive as a unit as we iron the kinks out of our day-to-day schedule. Receptionists are being re-trained in order to create a smoother line of congruity between the Clubhouse and incoming/outgoing means of communication. Inventory has also begun to be taken care of to keep the unit aware of supplies it needs. An innovative project The Meeting Place will be tackling this year is a community vision board. Through this vision board TMP will set community goals in order to grow together as an organization. We will also be asking what everyone is looking forward to in the foreseeable future so members can have a sense of eagerness for what lies ahead.



Linda & Rob O in Unit 2



## SCHOOL & EMPLOYMENT

### Ciearra Brings Her Smile to HomeGoods

by Albert Cortes

Ciearra has always been an ambitious, diligent woman, however she wanted to do something that would take her out of her comfort zone. One of the ways she decided to push herself was by getting her very first job at HomeGoods, which would provide her with more structure for her day. Getting a job was just one component of her plan. The Meeting Place assisted her in various ways such as helping her fill out forms, transporting her to and from HomeGoods, prepping her for interviews, and teaching her other skills that would be useful at the workplace.

Ciearra has always dreamed of owning her own Vespa, as such she plans on saving enough money from her job to purchase her very first scooter.

Ciearra's enjoys working inventory in the back of HomeGoods, but she would eventually like to get promoted to cashier. She is eager to learn what it takes to be proficient in this area of HomeGoods. The Meeting Place looks forward to how well Ciearra will do at HomeGoods!



Ciearra in her HomeGoods apron



Antonio is a full-time dishwasher at Island Prime

### Overcoming Fears by Jason Baker

When taking on new challenges like returning to work, school, or a volunteer job, people often experience fears. Unfortunately, these fears can sometimes stop us from reaching our goals. There are several common fears that can present challenges for Clubhouse members. One of our goals at TMP is to help members conquer these fears and reach their maximum potential. These fears can include:

***I'm not sure what to expect:*** Finding yourself in a new place with new people and challenges can create fear. This is normal. TMP helps members overcome this fear by partnering new members with long-time members to complete orientation and learn Clubhouse tasks.

***I'm not good enough:*** Everyone has skills and strengths, even though they might not recognize them. The Clubhouse helps people discover things they are good at, rather than focusing on what they

have been told they can't do.

***I might fail:*** This fear can immobilize people. In the Clubhouse, we encourage members to try things in which they can succeed and let go of past failures by seeing them as learning experiences. The difference between success and failure is having the courage to try again.

***I might not fit in:*** The Clubhouse provides a safe, positive environment filled with members who have become role models for others working on their recovery. For members new to recovery with a desire to return to work, school, or volunteering, these people provide hope, acceptance, and encouragement.

Most people will not make a change as long as these fears remain greater than the pain of staying in their current situation. But working to decrease these fears, especially at the Clubhouse, can help you move forward.

## My Experience Volunteering in 2023 & Maintaining My Relationship with Clubhouse

by Shiloh Beckett



Shiloh & Ross working on data entry

Volunteering at The Meeting Place Clubhouse has been a delight. The opportunity working here was initiated in tandem with San Diego Mesa College. I was welcomed with open arms on the first day by staff and members. I remember vividly attending the job course in the morning taught by Jason, where I worked on social media usage. Following the job hour, Maggie put me to the task of interviewing fellow members for a previous article in the newsletter. Being able to interview members helped me introduce myself to the community, plus learn about members and their interests. The interview further solidified working alongside everyone within the facility. After completing

the interviews, the staff instructed me to type all the entries accumulated overtime. Once the day ended, I felt incredibly fulfilled and looked forward to returning.

Since working here, I've been visiting once a week either on Thursday or Friday. Each day working at TMP there's frequently someone I've not met prior. It's a joy connecting with new members, hearing their stories, and accommodating where I can. I particularly enjoy working alongside members completing tasks because I learn their strengths. Learning about members' passions and capabilities allows us to find common ground. Not only can we connect personally, but we can also channel that enthusiasm into meaningful work. Adding on projects TMP puts on throughout the year, members and I can connect on additional topics.

I'm very excited to continue volunteering with TMP in the future. I have found a community that is nothing but supportive, uplifting, and willing to put in work. Each day visiting TMP inspires me to put my best foot forward, both for myself and the community. Some goals for myself in the future are maintaining a helpful role within the community and challenging myself to try unfamiliar tasks. Furthering developing relationships with staff and members will continue to be a valued experience.



Terry, Shiloh & Chantell working on Christmas Decorations



# The Meeting Place Calendar January 2024

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1 New Years Day Closed	2 8:30 Stretching 9:00 Unit Mtg 11:00 Food Distribution 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg. 1:30 Crosswords/3:00 Walk	3 8:30 AM Stretching 11:00 Job Hour 12:00 Mindfulness/12:30 Walk 1:00 Community Meeting 3:00 PM walk	4 8:30 stretching 9:00 AM Unit Mtg 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg./2:00 HOT 3:00 Strength Training	5 8:30 AM Stretching 9:00 AM Unit Mtg 10:00 Job Hour 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 3:00 Coffee Clique	6 Food Distribution 10:30 Beach Walk \$1.00 Meal DL: 12/29 W/ Jorge
7	8 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:30 Job Course 3:00 Music Movement	9 8:30 Stretching 9:00 Unit Mtg 11:00 Food Distribution 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg. 1:30 Crosswords/3:00 Walk	10 8:30 AM Stretching 11:00 Job Hour 12:00 Mindfulness/12:30 Walk 1:00 Newsletter Planning & Community Meeting 3:00 PM walk	11 8:30 Stretching 9:00 AM Unit Mtg 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg./2:00 HOT 3:00 Strength Training Dinner & Movie \$2.00 DL: 1/4 W/ Chris	12 8:30 AM Stretching 9:00 AM Unit Mtg 10:00 Job Hour 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 3:00 Coffee Clique	13 Food Distribution 10:30 Patchwork No Meal DL: 1/5 W/ Maggie
14 Clubhouse Address: 2553 State St San Diego, CA 92101 619-294-9582	15 MLK Day \$2.00 DL: 1/8 w/ Albert	16 8:30 AM Stretching 9:00 AM Unit Mtg 11:00 Food Distribution 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg. 1:30 Crosswords/3:00 Walk	17 8:30 AM Stretching 11:00 Job Hour 12:00 Mindfulness/12:30 Walk 1 PM SA Planning/Community Mtg. 3:00 PM walk	18 8:30 Stretching 9:00 AM Unit Mtg 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg./2:00 HOT 3:00 Strength Training	19 8:30 AM Stretching 9:00 AM Unit Mtg 10:00 Job Hour 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 3:00 Coffee Clique	20 Food Distribution 10:30 Soap Day \$2.00 DL: 1/12 W/ Shanna
21	22 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:30 Job Course 3:00 Music Movement	23 8:30 AM Stretching 9:00 AM Unit Mtg 11:00 Food Distribution 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg 1:30 Crosswords/3:00 Walk	24 8:30 AM Stretching 11:00 Job Hour 12:00 Mindfulness 12:30 Walk 1:00 Community Meeting 3:00 PM walk	25 8:30 Stretching 9:00 AM Unit Mtg 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg./2:00 HOT 3:00 Strength Training	26 8:30 AM Stretching 9:00 AM Unit Mtg 10:00 Job Hour 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 3:00 Coffee Clique	27 Food Distribution 10:30 Coffee & Chill Free DL 1/19 W/ Albert
28	29	30 8:30 AM stretching 9:00 AM Unit Mtg 11:00 Food Distribution 12:00 Mindfulness/12:30 Walk 1:00 pm unit mtg 1:30 Crosswords/3:00 Walk	31 8:30 AM Stretching 11:00 Job Hour 12:00 Mindfulness/12:30 Walk 1:00 Community Meeting 3:00 PM TBA EEMD \$2.50 DL: 1/24 W/ Jason	28 8:30 Stretching 9:00 AM Unit Mtg 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg./2:00 HOT 3:00 Strength Training	29 8:30 AM Stretching 9:00 AM Unit Mtg 10:00 Job Hour 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 3:00 Coffee Clique	30 Food Distribution 10:30





## Sherrie's Surgery was Successful

by Sherrie Griffith & Rob O'Ryan



Sherrie was having trouble digesting food. Specifically, food was getting stuck, and she had to go on a liquid diet. She blended her food for 4 months before the surgery on December 3rd when surgeons pulled her stomach out and put a hole in it and reconnected it to the intestines, also repairing a hernia at the time. The surgery was successful and there was little to no pain – Sherrie took Tylenol for the little pain. Sherrie has one more month on the liquid diet. She said, "I am fantasizing about what I will eat." The Meeting Place has been helping Sherrie with getting the nutrients she needs on the liquid diet – she has gotten eggs, vegetables, and sauces. TMP has also been helping with spices to make the blended food tastier. Sherrie also got to take plenty of breaks at TMP because the liquid diet has taken some of her strength. Another thing Sherrie got while at the hospital is a brace to help her gait. The physicians and physical therapists noticed that she was walking toe to heel, but with the brace she is now walking heel to

toe. Prior to receiving the brace Sherrie had occasional falls – even getting caught by Albert once. The brace seems to have corrected that. Sherrie added, "The Meeting Place and the hospital were terrific."

## Strengthening Health & Wellness Focus at TMP in 2024

by Jason Baker and Shana Healey

No better place than here. No better time than now: This is part of our Clubhouse inspirational outlook this year.

This January, members and staff have renewed focus on our mental, physical and emotional well-being. We are asking ourselves some tough questions like what real steps can I take this year to improve my mental and physical health? We are also challenging ourselves to improve day after day, even small things like making healthier food choices and eliminating negative self-talk.

We're excited about our plan to work together to create Visioning Boards where we compile images and create visual representations of our dreams and goals. This new activity complements things we already are doing like daily mindfulness meditation, Mindful Moments and Thoughtful Thursday on the newscast.

We also are continuing Monday Movement class, which connects the body and the mind in creative expression. "Movement Monday has been really fun," Rose said. "It helps me stay flexible and most importantly it helps me lose weight."

Another reason to look forward to the new year is the full return to our healthy lunch menu. During the month of December, we tend to chow down on high calorie, not-so-healthy holiday cuisine.



Music Movement Monday

# SOCIAL ACTIVITIES

## December 2023 Event Highlights:

### **Feeding the Community**

by Alysse Peek & Rob O’Ryan

On On December 23, just like any other Saturday, the members participated in Food Distribution at the Clubhouse courtesy of Trader Joe’s. Then Maggie and her husband Ryan brought Alysse, Ken, Jojo, Suzy,

Ramon and Rose downtown to 15th and Imperial to a cul-de-sac near Father Joe’s to hand out meals courtesy of anonymous donor. The team arrived at about 11:30 am and the cheeseburgers were a hit and went fast. The salads lasted a little longer than the cheeseburgers, but everything was gone and the team wrapped up in under an hour. Alysse said this about the experience, “This was a very heart-filling and emotional experience for me because I know how real the struggle is first-hand. And it’s REAL!” Alysse added, “The people were very gracious and appreciative.” Jojo said, “Everyone was kind, and it was a great day!” After all the food was handed out everyone came back to The Meeting Place Clubhouse and played games like crossword puzzles until 2:00 pm.



### **Another TMP Christmas in the Books** by Rob O’Ryan

I got to The Meeting Place Clubhouse at about 10:30 am on Christmas Day to find the kitchen bustling with Shana and some of the members, while the rest of the members were sipping on coffee and orange juice, snacking on some hors d

oeuvres, and listening to some classic Christmas carols. Shortly after I arrived Shana put on the movie “A Christmas Story” which had everyone laughing. Then came the main event: brunch. Baked Pecan French Toast with Maple Syrup and Hash Brown Sausage Casserole was made with love and served to the de-

light of all. We finished watching the movie and cleaning up then moved to Erica’s Café where we were served a choice of cheesecake or brownies with Sparkling Apple Juice. Johanna got the honor of playing Santa and brought the gifts out from under the tree. Everyone got at least one gift. And it was fun to see everyone’s eyes light up as they got very thoughtful, carefully wrapped presents. I remember hearing someone ask incredulously, “We all get a gift?” Regarding the day, Alysse said, “Everything was pleasant. The food was awesome. The company was good. I enjoyed myself very much.” Thanks to everyone who came and made for a wonderful day.





## ODDS & ENDS

### *A Picture is Worth a Thousand Words*



### *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

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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.*