

# The Meeting Place Clubhouse

Funded by: San Diego County HHS



# The Meeting Place News

July 2020

## The Meeting Place Clubhouse During Quarantine

As with the rest of the world, The Meeting Place encountered several question marks in mid-March when the Covid-19 epidemic forced us to make decisions about the day-to-day operations of our Clubhouse community. With guidance from the County, we closed our doors to members and visitors, but staff continued to come in as usual with the purpose of keeping the Clubhouse in motion and our members safe and connected. Here's how we did it:

On the first day of the Covid-19 "shut down," staff was on the phone to members, setting up a closed Facebook group, teaching members how to access and use Zoom, texting and working tirelessly to make sure no member was left to go through this experience alone. Our "virtual" Clubhouse currently provides remote services for 86 members. We also welcomed four new members and helped one member start a new job at Costco.

As part of our regular virtual schedule, staff led walks, functional training (stretching), low-carb food demos, mindfulness, data entry, outreach card-making over the phone, and social activities. Members and staff have been enthusiastic about the transition and look forward to adding both inactive and potential members to the fold.

Since late June, members are gradually returning to TMP, while the "virtual" Clubhouse continues to operate in full force. Having members in the Clubhouse (only 5 at a time to maintain social distancing) and over Zoom has made our Clubhouse's Work-Ordered Day as full and engaging as ever.



**Top:** George sporting the new mask-on look  
**Bottom from left:** Instructions on how members can set up an appointment to come in;  
An Art Day ZOOM social activity

**We're allowing 5 members at one time during the morning and afternoon to come in and help with tasks during the Work-Ordered Day or receive support.**

**Members must wear masks and follow protocol for social distancing, health screening (including temperature check), and prescribed sanitation procedures.**

**Call the Clubhouse at 619-294-9582 to set up an appointment with staff. Also, please let us know if you'd like a lunch!**



**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.**

## Welcome To Our Newest & Returning Members

Rosa, Mark G., Nadine, Marvin

July Birthdays



### Getting to Know Nadine

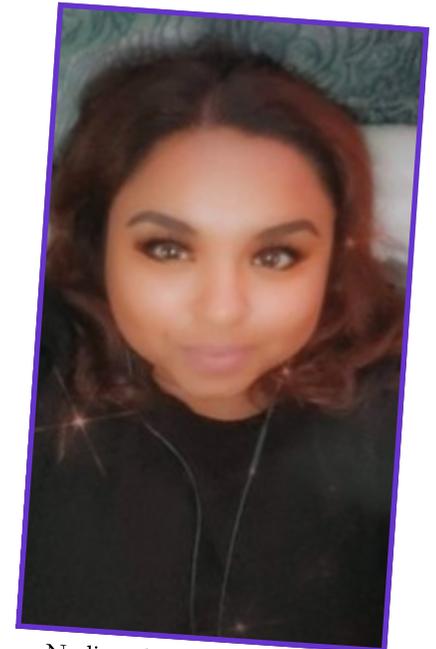
by Marie

While in "lockdown", TMP staff continued to enroll visitors into the Clubhouse through the phone or ZOOM.

Nadine R. is one of the first members who joined TMP virtually via Zoom in May of this year. Born in San Diego, she was referred by her mom who found out about Clubhouse on Facebook.

She is currently taking online classes in media and audiology. Her hobbies are writing music, playing piano and reading mystery thrillers. She also has two dogs.

She says she loves TMP's virtual activities and goes to Food Distribution to pick up healthier food to improve her physical and mental health. She says, "I enjoy making new friends and being social during clubhouse activities." She looks forward to coming to TMP when it reopens.



Nadine checking into TMP from home.

### Units Keeping Busy While in Quarantine

#### UNIT 1 by Alina & Denise

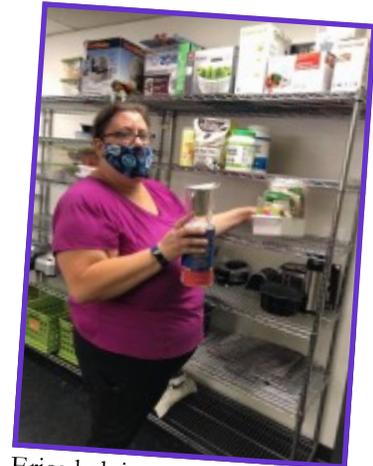
While we were in the process of slowly having a few members come back to work in the clubhouse, unit 1 took the time to reorganize the kitchen, dining room, café, and back storage area. It took a great deal of teamwork with the limited colleagues we were able to have back in the building. We had to clear out the entire kitchen and dining room to get our hard floors cleaned, waxed, and polished. We also tidied up our storage area with included rearranging and taking inventory of our party decorations. It will make things so much easier when we get back to hosting social activities at TMP.

Unit 1 has also continued, along with the clubhouse staff, to encourage members to eat low carb. This included broadcasting a weekly low carb food demo over Zoom, which Alina planned and hosted. We can't wait to see everyone back!

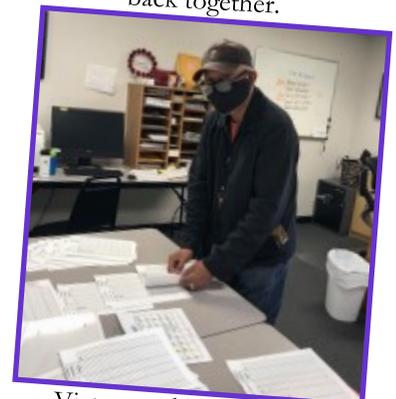
#### UNIT 2 by Chris & Victor

Unit 2 was never been busier, even with members working remotely and safely from home. Members have continued to stay on top regular Unit 2 tasks including using video calling technology to work with staff and volunteers on data entry, the weekly E-mail update, stats, outreach cards and various other administrative tasks. Arrangements to do work are done during morning and afternoon Unit Meetings. Staff have been doing great dropping off paperwork and small office equipment to members at home.

Caleigh returned for a few months to help out with the QSR, host NYT Crosswords, enter Warm Line data and other tasks. It was sad to see her go again, but we're happy she found a job more in line with her recent studies.



Erica helping put the pantry back together.



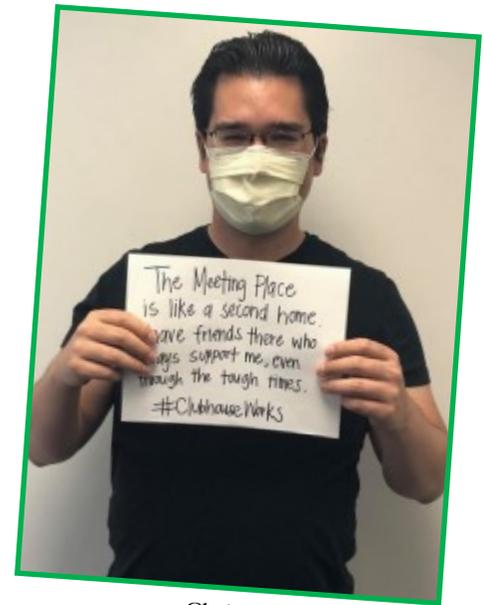
Victor working on stats.

# SCHOOL & EMPLOYMENT

## Keeping Busy with TMP While Furloughed by Chris S.

I was furloughed from my job at TJ Maxx that I originally obtained through the Clubhouse's Transitional Employment program. Taking steps to return to the Clubhouse has been rejuvenating for my mind. Ever since normal life came to a halt around the world due to COVID-19, people everywhere have stopped going outside and started staying at home more to avoid infection. As a result, many of us have been forced to a rather boring, set schedule.

The Clubhouse has slowly started opening its doors to the world outside and to members who have wanted involvement in the continued operation of The Meeting Place. As one of the members eager to regain entry to Clubhouse activities, I have been blessed to be invited to be a part of the slow reopening. I have gone in for a few days each week to help with everything from data entry to re-organizing our storage spaces. As it always is, attendance is stimulating in multiple ways. It is a much-wanted break from my mundane routine. It forces me to be up early in the morning, not over-sleeping as is one of my downfalls. Activities at the Clubhouse encourage clear thinking and mental work. It is so great to have this stimulation! I find that my mind is clearer and thinking sharper after a day at The Clubhouse.



Chris S.

## Keeping Up with School in the time of Quarantine by Angela & Virginia

Hi, my name Angela. I'm an SDSU psychology undergrad and a volunteer at TMP for over a year. Online classes have always been hard for me. My favorite part about school is the participation from myself, and my peers, during lecture, that always leads to fascinating, mutual discussions from the professor and the students. Most of my online classes last Spring semester were not held via Zoom in a live lecture format; they were simply pre-recorded lectures by the professor or the T.A.'s and posted to San Diego State University's online media platform. Listening to a pre-recorded lecture was neither stimulating or engaging and I found it very hard to focus or follow along with the lecture slides. Fortunately, I was able to finish the semester strong with the successful completion of my classes. I am very grateful to The Meeting Place Clubhouse and its community for continuing



Angela

to allow me to volunteer in my free time. It is the most supportive environment that I have ever had the privilege to be a part of. Participating in tasks at the Clubhouse, has helped me to learn important things that cannot be taught in the classroom. Staying focused to complete each task has helped my attention to detail and social skills.

Virginia, a member at TMP, also goes to school at Grossmont College. "I was distressed at first [with moving from the classroom to online classes]. The Campus was my happy place" she said. "During quarantine, I felt like I had to do my classes alone. Every morning I woke up, I chose to do my homework. It seemed I had to force myself. I cannot express how happy I am that I saw it through and completed my classes! The Meeting Place group online was a huge support during this time. It gave me meaningful work and a much-needed break from my thoughts surrounding school." Virginia is now taking summer classes. "The Meeting Place is now a vital component to my succeeding in my two 6-week summer classes. The pressure is overwhelming too much of the time and I find coming to the Clubhouse allows me to find the focus I need to excel in my classes," she continues. I contribute to the Work-Ordered Day and then it is on to my studies in a back room. It is comforting to hear the Clubhouse business around me. Chris helped me with computer challenges I was unable to solve, and I was able to upload two due assignments here. Thank you, Clubhouse!"



Virginia

# THE CLUBHOUSE

## How the Virtual Clubhouse Benefits Me

by Virginia

The Meeting Place group has helped me daily during the quarantine. The work schedule I keep helps me feel productive and centered. My schedule includes facilitating walks, attending Unit Meetings, offering my assistance doing paperwork and the Daily Physical Challenges I post with Rosa's assistance. The activities I regularly attend are the different games offered such as Wheel of Fortune and Jeopardy. There's Crosswords with Caleigh and Chris, daily walks, and special activities (i.e. the Memorial Day Picnic with Abby). These also allow me to work on my personal goal of learning how to be comfortable in social situations, a long-time goal of mine that I didn't have much motivation for working on until now.

The Meeting Place's virtual activities have been a huge influence in my keeping work-focused during this quarantine. It allows me to grow, even flourish in what could have been a more difficult time of isolation. I give genuine thanks to the TMP staff and their continued enthusiasm and commitment to supporting the members. I also want to acknowledge Sharron, for without her drive and vision. this would not have been possible.



Virginia filming a fitness challenge from home.

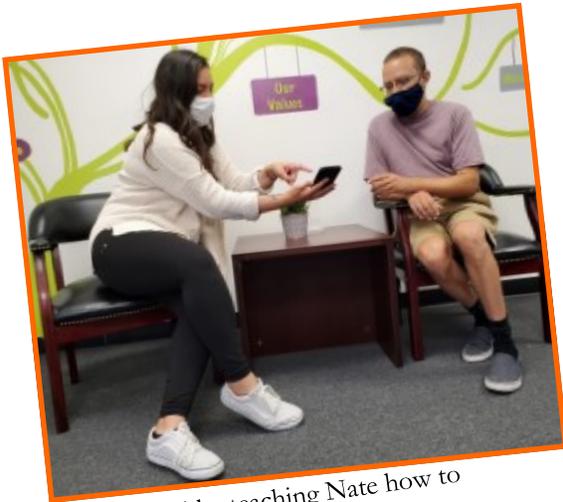
## Members and Staff Learn New Tech to Stay Connected

by Erin

Before the pandemic, most of us had no idea what 'Zoom' was or how much it could benefit us. Zoom is online technology that allows people to talk with and see each other, collaborate on projects, provide support to members and continue personal growth. By working together, we figured out how to log in and safely practice physical distancing without social distancing. TMP made this transition easier. Every week TMP staff member Alina holds a social media course so we can better understand how we interact with technology. We've also talked about online etiquette, groups, privacy, and surviving social media.

Our private Facebook Group has allowed us to spend our lives together without being isolated! This has included sharing pictures, scavenger hunts, posting a daily video joke, chatting during virtual walks and helping with Clubhouse tasks. We've even had Zoom cooking lessons, "eaten lunch with staff" and practiced yoga. This definitely is one of those times when technology is a good thing!

The wonderful thing about our community is the willingness to help one another get acclimated with all of the apps and technology that allows to stay connected. Support with all of this new tech has been so valuable!



Abby teaching Nate how to download ZOOM.



## Low-Carb Food Demos over ZOOM

by Erica & Alina



George (far right) filming Alina and Erica for the Food Demo.

Each Thursday afternoon, during quarantine, Alina leads a virtual Low-Carb Cooking Demo to help show members delicious and easy recipes. Recipes have included low-carb snacks, meals, desserts and beverages members can prepare at home. These cooking demos have inspired members who are learning to cook, or those who would like to spice up an old recipe.

Suzy told us, "My favorite so far is the delicious loaded burger bowls, which is a low-carb cheese-

burger baked in a muffin pan with no bread. I also made the low-carb nachos at home, using mini sweet peppers instead of chips. They were very easy to make and yummy!"

For Erica, this was a great way to get more creative in the kitchen. She even went out to buy a new spice, smoked paprika to fill her spice cabinet. Its one of her new favorite ways to add a creative kick to her meals.

When we eventually get to a full re-open, we hope to add these recipes to both our menu and our café for snacks.



Assorted Clubhouse-made low-carb chicken dishes.

## How Journaling Helps Me With Coping

By Erin

Journaling saves lives, or just makes it easier to live your life! There are many kinds of journaling: online (Daylio) for those who prefer using an app, or journaling traditionally in a notebook you can find at a retail store. You may also write on a piece of paper your thoughts, hopes, and gratitude to wake up to and read everyday. For example, these journal entries can be available to you to read and motivate you when you wake up in the morning before you come to TMP.

All of these methods have one purpose: to provide perspective! When you write down what happened in one day (the good and the bad) you learn from it. You will see what worked and what didn't. This includes your daily tasks at TMP and how you can learn from your day: which tasks challenge you the most, which ones you just don't like, and/or or which ones you just enjoy!

So how do we journal? Start out with a rating or a day's descriptor. This can be a smiley face that is pretty good or a frown face that is more "blah." You can also use a 1-10 scale. After that, you can pick out and choose your accomplishments for the day. These can include attending a TMP Zoom meeting....making your bed...showering....exercising...or reading. For me, journaling is my best coping skill and consistently making entries is one of my Clubhouse goals.

Another benefit of journaling is mindfulness. Writing down your thoughts also helps get them off your chest and to let them go! Making a schedule in your journal of what you are going to do for the day like assigning tasks at the Clubhouse.

When you write in your journal the things you did for the day, you will feel a sense of accomplishment!



Erin journaling.

# SOCIAL ACTIVITIES

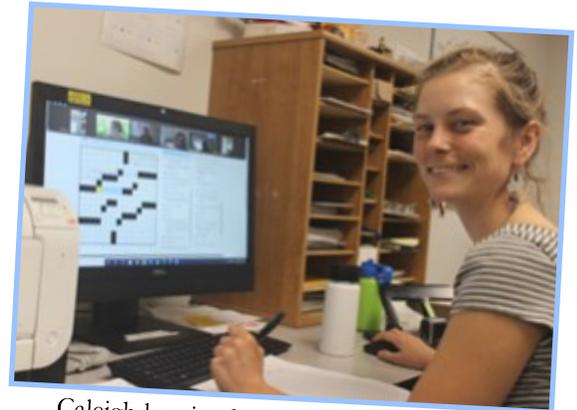
## April-June's Events

### **Crosswords with Caleigh** by Marie and Caleigh

Each Wednesday members at TMP jump on Zoom for our weekly Crossword. Caleigh hosts and shares her screen and we all collaborate with one another to solve New York Times crosswords. Marie's favorite parts of doing the puzzles are learning new words, working together, and keeping her brain fresh. Caleigh likes how different members bring different areas of expertise to the table. For instance, Marie and Denise are quick to answer witty clues, Erin helps us with French-related clues, and Erica has our baseball references covered.

Some of the benefits of doing crosswords are improved vocabulary, stress relief, enhanced analytical and cognitive skills, and dementia and Alzheimer's disease prevention. Additionally, since we do crosswords as a group, we maintain social bonds and have a whole lot of fun!

Solving crosswords even has positive effects on mental health. When doing crosswords, we activate our brain cells and keep our minds positively stimulated. As she nicely puts it in her article, "The Benefits of Playing Crosswords," Nikita Bhagat says, "You avoid the world, quiet the noises, and concentrate to solve the quest."



Caleigh hosting her last crossword activity

### **Memorial Day & Fathers Day Art** by Virginia

During quarantine, the Clubhouse kept up with its monthly Art Day social activities over Zoom. For Memorial Day, we were supplied with the wooden frames and paint to make our art. No pressure here! Freedom to express yourself is what it's all about! Chris S. said the art "encourages me to express myself." Steven N. added "...the social atmosphere is definitely a big thing for me." Mary was very happy to use her artistic ability to create a gift for her father. The space created by Alina was open for sharing your work or staying private in your own artistic work. Some of us may have gotten almost as much paint on ourselves as the frames!

For Father's Day, members made beautifully painted frames for their fathers or other influential figures in their lives. They really came out wonderful! "My step-dad, Carl, loved it," Erica said.

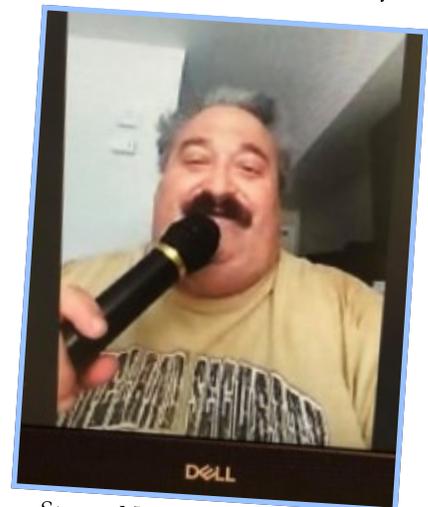


Left-Right: Marie holding up her Memorial Day wreath; Mary holding up her Fathers Day frame.

### **Virtual Karaoke Day** by Marie and Caleigh

We rocked out to some hits this month at Karaoke with Caleigh! On Saturday, June 20, we met up over Zoom and sang along to Karaoke videos on YouTube. Everyone sang at least one song and we applauded one another after each hit. Steven and Caleigh even brought out their own microphones!

We closed out the event with a group sing-along of The Beatles' "Let It Be." Karaoke was one of the many virtual events TMP has put on as a fun way to socialize and stay engaged with our beautiful tight-knit community.



Steven N. singing Billy Joel.

## 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  
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!*



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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.*