

# The Meeting Place Clubhouse

Funded by: San Diego County HHS



# The Meeting Place News

July 2021



Jacob and Marie finally together in-person.

## As Summer Rolls Along, TMP Practices Teamwork, Discipline, and Camaraderie

With the Summer Olympics returning this month after a yearlong hiatus, it's interesting to think about how big of a role discipline, teamwork, and camaraderie come to play at The Meeting Place. Things are getting closer to normal and our in-person Work-Ordered Day has been up and running since late spring. After a long wait due to the lockdown, members have been coming in daily to contribute to the daily running of the Clubhouse, work alongside their colleagues, and continue relationships that were affected by the pandemic.

"It's good to be back physically in the Clubhouse and getting back into my active routine. I'm happy to see my friends again," says Suzy, who was consistently on Zoom until she started

coming back in in July to run the front desk and see her friends again.

Social Activities have also been looking more like normal lately. On Friday, June 25th, The Clubhouse gathered at Embarcadero Marina Park South for our second Teambuilding Picnic of the year. The sky was overcast when members started showing up in the morning, but by the time we had a great lunch, it was a beautiful, sunny day. Socializing and sharing conversation with each other helped us to grow closer to each other. One of the highlights of the day was members playing pickup games of Scrabble, Jenga, basketball and bocce ball—things that were not possible for an entire year! With vaccinations and patience, we've reached a point

Chris said that "it was great to see members and staff engage in sports and strategy games with one another. Just like athletes competing in the Olympics this month, we enjoy activities that involve teamwork, discipline and fun."



The crew enjoying a competitive game of basketball at the Embarcadero

**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

Anthony, Ken K., Eileen



### Let's Give Anthony a Warm Welcome! by Nate

Anthony Bravo is originally from San Diego. He really enjoys coming to TMP because he likes keeping busy. He enjoys the socialization as well. Anthony hopes to enhance his culinary skills and learn to cook for himself and others. Anthony enjoys many sports including boxing. He feels the staff and members are very caring and appreciates the emotional support and looks forward to coming to TMP often. In a world that can seem lonely at times, Anthony feels he has found a purpose here. He says he hopes to make many friends. TMP gives Anthony a feeling of belonging. Developing friendships and helpful skills as well. He hopes TMP can help him improve his life in many ways.



### Unit Updates: Teamwork is the Answer

by Shana & Nate

#### UNIT 1

The café and lunch is opened again. It's a modified schedule until the Clubhouse is fully reopened but for now we will be selling lunch tickets in the Café right after the unit meeting. Also we are serving snacks again. Members are coming together to prep fresh fruit and meat and cheese trays. It's all about teamwork and we're all coming together to make it happen.

The newscast is getting more members to help produce and people are becoming more comfortable getting filmed and everyone is doing an outstanding job on all assignments being done in Unit 1.



Denise doing her thing in the kitchen

#### UNIT 2

In Unit 2, we're quite active. We do everything from data entry to making cards. I feel good doing the tasks because I feel a sense of camaraderie that keeps me wanting to attend The Meeting Place. While we do not force people to participate, we do encourage participation. In addition to the many tasks we do we also have a lot of social activities, for instance the teambuilding picnic we had last week. TMP not only cares about getting tasks done, they want us to enjoy ourselves as well. Encouraging us to try our best in everything like developing skills that involve teamwork. I feel fully supported at TMP!



Casey doing some filing.

## Making a Great First Impression at Work

With the economy continuing to transition out of lockdown restrictions, plenty of job opportunities are popping up, especially for folks looking for part-time, entry-level work. Based on Clubhouse job searches for our job board, many businesses need new staff and they need them desperately. TMP looks forward to many members getting employed early on in this fiscal year. However, it's one thing to get a job; it's another thing to keep a job. A great first impression goes a long way. Here are some tips on setting yourself for success early:

- **Confidence is Key.** *Body language and posture are crucial when it comes to projecting confidence. By being confident, you'll have an easier time meeting new people and will make others feel more comfortable around you. Conversations will flow easier and you'll feel a lot more at ease with yourself. So don't be nervous! You've already shown that you're just as qualified as everyone else to be there.*
- **Good Hygiene is Important.** *Personal hygiene is definitely something your new coworkers will notice. Brush your teeth. Take a shower. Comb your hair. Wear deodorant. You don't want to show up to work with bad breath and unruly hair. Put some effort into your appearance. Your coworkers will appreciate it!*
- **Smile.** *You should always show up to work with a smile on your face. It'll make you appear friendlier and more approachable to your coworkers. Be sure to smile with your eyes, too. Like all things, you can practice smiling in the mirror to make sure your smile comes out naturally and unforced.*
- **Greet Your Co-workers and Learn Their Names.** *It's important to greet your workmates and make an effort to learn their names. Why? Because it shows that you care. Your coworkers will definitely appreciate the fact that you took the time to learn their names.*
- **Be an Attentive Listener.** *When someone is talking to you, you want to show him or her that you're listening and paying attention. Focus on the other person. Try to maintain eye contact as they're speaking and try not to get distracted. Listening is important to establishing and maintaining relationships.*
- **Be Respectful.** *This goes hand-in-hand with being an attentive listener. Let them finish their sentence. Ask questions but don't interrupt them while they're speaking. Be careful not to say or do anything that may offend the other person. However, if the other person says something to offend you, be calm, and focus on the positives. Remember that their words are a reflection of themselves – not you.*
- **Use Small Talk to Your Advantage.** *Small talk and conversation is a great way to build relationships. Forget about the weather, talk to your coworkers about things like your favorite hobbies, sports, news, or your family instead. This way, you can find some common ground for more things to talk about. Try to avoid controversial topics like religion or politics, though. They may not be the best things to discuss.*



Jesse was recently hired at the MCRD Mess Hall.

**Most Importantly, Be Yourself!**

## Angela Finds A New Job by Chris

We said goodbye to our longtime volunteer, Angela, in June. She provided support for both staff and members when she was a student at SDSU up until the completion of her Psychology degree in December 2020. Angela was a big source of help during the pandemic and even briefly was hired as support staff in Unit 1. Recently she was employed by Telecare as a Peer Recovery Coach.

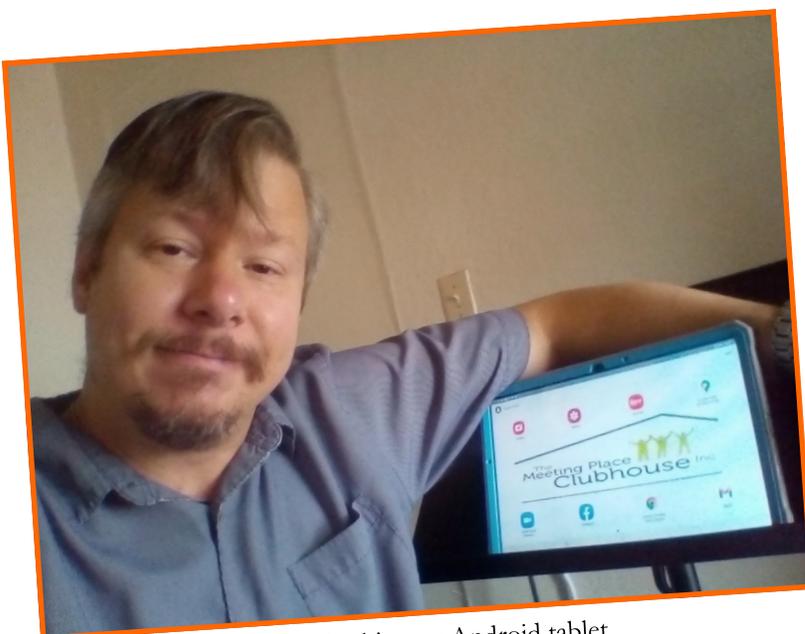
Angela has been very open about her appreciation to the Clubhouse. She gained a lot of experience in her field of interest. The membership and fellow colleagues of TMP also appreciate her reliability and willingness to help. "I'll always be grateful for my time spent at TMP," Angela said. "I learned a lot and I got to build relationships with a lot of really amazing people that are a part of that community. I look forward to continuing my relationship with TMP into the future. And as always, I want to thank everyone for that experience."



## Bridging the Digital Divide Update: Tuning into TMP via Zoom a Game-Changer for Rob

by Rob O.

I feel the power of unlimited data. I am the recipient of a device under the Bridging the Digital Divide program sponsored by The Meeting Place and supported by a successful grant proposal. In 10 days I have used the device to look up recipes so that I can complete homework issued by my occupational therapist. I have



Rob with his new Android tablet

watched numerous Youtube music videos. I have listened to a Bible project podcast. I have viewed sleep meditation videos (really I listen to them) that seem to help with sleep. I now feel I can video call my mom in Florida (we just haven't done that yet) because of the data that is freed up. But most impressive is how I can Zoom video conference with all my friends at The Meeting Place. And really I am just beginning to experience the full capabilities of my new device. With me spending so much time at home, Bridging the Digital Divide has been such a blessing. And with Chris R. providing tech support and Chris S. showing me how to Zoom getting up and running has been a breeze Thanks !

## Mary and Linda Taking the Lead on Walks by Mary and Linda



Mary

Every morning and in the afternoon three times a week, members go on a thirty-minute walk. There are so many places that we go to. We head to Little Italy, Maple Canyon, the Houses, and near the old board and care. The walk is also open to people who are at home virtually. It is done through the zoom application.

One of our members Linda states "The am and pm walks are great to get in shape. In February, my legs were very flabby, now they are not so flabby. It is nice to get outside and chat with my sweet friends. My only friends are here at the meeting place".

The walk allows people to get together, even if they are at home. I

love leading the walks, it helps me improve my leadership skills. So if you haven't been for a walk, please join us.



Linda

## What Mindfulness Does For Me

by Christine

I like doing mindfulness on Zoom because it helps me to center on myself and take the time to appreciate the current moment I am living in. It helps me to relax and take time out of a busy schedule to focus on myself and set the tone of the day ahead. I can use some of lessons we learned and apply it when I am feeling anxious or upset. I always feel better after I've done a exercise. It's also nice to mindfulness in person at TMP and have the support of my fellow members. I highly recommend it.

Mindfulness is held Monday, Thursday and Friday at 11:30pm. You can join us virtually and in-person.

Namaste.



Christina

# SOCIAL ACTIVITIES

## May's Event Highlights

by Mary & Chris S.

### ***First TMP Birthday Dinner in Over a Year***



Erin with her cake

We got to observe the first Birthday Celebration since Covid on June 30th. Erin was the Birthday girl, and we sent her lots of wishes and sang happy birthday to her. She was ecstatic: "Coming out of the hospital and returning to the welcoming birthday wishes of all my good friends at TMP was an incredible transition back to the real world of life in the Clubhouse. I was so happy to be in the welcoming arms of everyone and it was a great reminder of how much you all were missed! It was such a great way to celebrate my birthday!"

Chris was the cook and he did a good job manning the grill. For dinner we had a delicious caprese salad with tomatoes, mozzarella, and basil. We also had sausage links with grilled bell pepper, onion on a toasted bun. For dessert we had a decadent almond cake. It was a fun time hanging out with everyone.

It's been a blessing to have our monthly birthday dinners again!

### ***Maple Street Canyon Hike & Coffee***

One of the best things about The Clubhouse's location is the amazing Canyon located a block away! We had a magnificent time walking together. We posed for photos on a giant fallen tree. Linda says, "I felt like a kid again climbing on those trees!"

The weather was simply ideal. After climbing stairs near the top side of the canyon, we crossed one of the area's many bridges, the Quince Street Bridge. Together, we had a wide variety of hiking skill levels. Once in Banker's Hill, many of us ordered and ate food at Evolution, an excellent vegan fast-food joint. We visited Starbucks before heading to the Sixth Avenue section of Balboa Park and relaxing in the grass. Then it was time to return.

We had a pleasant walk down the hill, viewing gorgeous houses along the way. Linda says, "I felt a sense of accomplishment after finishing that walk." Mary adds, "it was hard but worth it."



On the trail

# ODDS & ENDS

## 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: \_\_\_\_\_

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*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.*