

The Meeting Place News

June 2021

June Brings the Summer Season and Positive Change to TMP by Angela



Working together to stack cups with string

We are so excited to be bringing back TMP's Team-building Picnics. 2020 was certainly a difficult year, and due to the pandemic, we were not able to host our Summer Teambuilding Picnics. Change is here, though, and as more and more of us have received our vaccines, we were able to get back to our usual fun activities. TMP's Teambuilding Picnics, especially this last one at Presidio Park at the end of May, are always a fun-filled day of games, activities, conversations, and great food!

Erica, a member in Unit 2, stated "I liked the scavenger hunt. I enjoy them in general." Casey, one of our new members, expressed, "It was fun to use soft skills in tandem." Our goal for our Teambuilding Picnics is to foster camaraderie and teamwork within our community. Specifically, Erica stated that the activities helped her with her

communication skills. Alan, another member in Unit 2, expressed that one of the activities (where members had to work in groups of six, together, to pull strings that were attached to a rubber band, in order to stack plastic cups in a pyramid) really helped him find a balance between "teamwork and leadership."

TMP will continue to host the monthly Teambuilding Picnic until September at different locations. The future looks bright!



Denise tuning in virtually from Arizona



Linda stacking steel nuts with a stick

**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

Renee, John S., Conor, and Tuan

June Birthdays

Mary A.
4th

Kelsey
5th

Julia
10th

Dave W.
18th

Art
21st

Hometown Girl Comes Home

by Marie

Casey is one of our newest clubhouse members! She was referred by NAMI after moving back from Washington. She has become a big fan of the Work-Ordered Day.

She went to Torrey Pines High School and took AP Art and AP Biology. She also took Biology classes at Sonoma State University, California. She plans to major in Nursing at Clark College in the future.

Her favorite Clubhouse activities are the morning and afternoon walk and joining other members on Zoom. She said she enjoyed the Teambuilding picnic at Presidio Park and has signed up for other outdoor social activities. Casey enjoys hiking, going to Tide pools, and studying marine life. She likes listening to classical music like Bach and Machiavelli. She says she likes TMP, "it's a great place to learn to do different tasks and meet new people. Everyone's been so welcoming!"



Unit Updates: The Work-Ordered Day Moves Along

by Shana & Chris S.

UNIT 1

The Café 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. This means we're looking for more interested members in learning how to operate a Point of Sale register system and hone their customer service skills.

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

Sharron and Denise continue to cook outstanding meals and Steve L. continues to help produce incredible footage for the Newscast at TMP.



Leslie, the breakfast cook

UNIT 2

We are almost halfway through the calendar year and there have been many changes in Unit 2. With the continued improvement in the COVID condition, we have seen an encouraging increase in member attendance. We have introduced a handful of new members, notably Jose, Casey and Tuan and are glad to see Anthony back with us. There is a change in staff, as we fondly say farewell to Abby and welcome Chris S. as support staff in Unit 2. He's been a member since 2015 and also works for The Warmline. Unit 2 members and staff are as productive as ever, sending correspondence, maintaining the Clubhouse's information and publishing our monthly newsletter.



Chris and Nate doing data entry

5 Years As A Japanese-Style Watercolor Student

by Chris R. & Mary



For five years straight, Mary has been attending a year round Japanese Water Color class held by San Diego Continuing Education. Through the years, she has created some visually-stunning pieces that have gradually gotten better as her skills continue to develop. She has crafted still colors of fruits, flowers, and landscapes.

Mary has even gained recognition from what she's learned in class. For two straight years, before the pandemic cancelled 2020's San Diego County Fair, Mary was part of Student Showcase and placed second in their watercolor competition. For the first year she placed, she did a waterlily and for the following year, she placed with a painted portrait of a geisha.

Mary has used her artistry to paint beautiful outreach card covers for the Clubhouse. "The class has taught me so much from perfecting brushstroke to enhancing my appreciation for the artform," Mary says. "I've also met some wonderful people. Even though the class has gone virtual in the last year, I'm glad it's still going. I love being able to split my time between the Clubhouse and my art class!"

June Job Course Topic: What to Consider When Accepting a Job Offer

by Chris S.

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.

Finding a new job takes thorough work in itself. Much goes into identifying the jobs one is willing to work, searching for the opportunities that exist and writing resumes and cover letters. Not every job application will be accepted, so it can be very exciting when they are. Before accepting a job offer, however, it is important to take time and take into account important factors that could lead you to success, or worst, set you up for failure.

A new role – whatever it may be – comes with new responsibilities, and it's absolutely vital to make sure that you get a good idea of what the new position will involve. What will you have to give up in order to succeed? Another thing to consider is the commute. One of the biggest mistakes people can make before accepting a job offer is assume that travelling to work won't be an issue.

Handling new levels of stress is another key factor to success or failure. What you can do, however, is determine whether you will be able to realistically handle the amount of stress this new job might impose on your life, or whether it will leak into other areas

Anthony is an active job seeker who has had a less than savory history of jobs that did not work out in the long run. "I think I jumped into some jobs too fast. I quickly learned that even though I've been offered jobs, I have to start thinking about what's right for me," he says.

If any members need further help on this topic, you can join Chris R. for Job Course at 1:45 on Mondays.

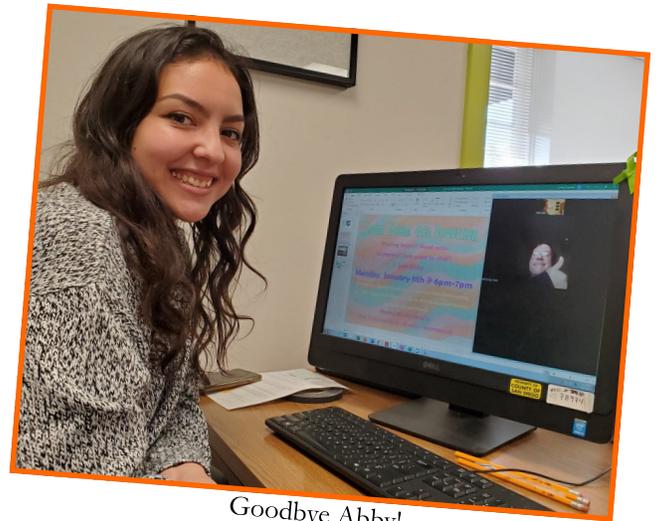


Anthony is ready to work

Farewell TMP by Abby

My relationship with TMP started in 2019 when I was a student volunteer. I took a class at Mesa College that required me to volunteer at a Mental Health facility. Little did I know that it would be the beginning of many great relationships I made over time.

What I love so much about the Clubhouse is the community that has been established here with members and staff. It always made my day when I got those opportunities to talk with members and get to know a little more about them and their stories. As a student and young adult, the members of TMP have inspired me to keep going. That no matter what obstacles come my way, I can make it through. I have valued my time as staff here but am happy to be able to come back and volunteer and catch up with everyone. TMP will always hold a special place in my heart as I continue on in my career.



Goodbye Abby!

Bridging the Digital Divide Update: New Devices Bring Positive Changes in the Lives of Members

by Chris S.



Jesse with his new Android phone

We are thrilled that we continue to put more new devices in members' hands. The current members who are in greatest need of them can choose to receive either a new phone or a new tablet, depending on their preference.

The members who have received them are extremely grateful for many reasons. Jesse, who gladly accepted a new phone, says that It's made his search for employment easier. He likes some of the apps such as Paint by Numbers and YouTube. John appreciates having a year of free unlimited data. Marie appreciates that many of the apps she needs are already installed. She says that she is considering taking art classes and attending medical appointments. Steve is thankful for the much faster internet speed and the fact that he can get a connection almost anywhere.

For all of the recipients, one key function of the new devices is Zoom, which will help them to attend The Clubhouse more regularly. From what we can tell, everyone who received one is very satisfied with their new device.

Focusing on Brain Health During Mental Health Awareness Month

by Angela

Because May was officially “Mental Health Month” we dedicated the whole month to talking about “Brain Health” in our weekly WHAM (Whole Health Action Management) class. Many members took it upon themselves to change some of their habits after our helpful discussions. One of TMP’s newest members, Casey, expressed that WHAM helped her to want to “get a regular exercise routine.” Specifically, after one of our discussions on how sugar affects the brain, long time member, Alan, says that he has been “eating healthier and sleeping better.”

Alan also said that he enjoyed learning about how exercise affects the brain, as well as the helpful tips for getting better sleep. We are so thrilled that our members are dedicated to wanting to improve their own physical and mental well-being. WHAM is an excellent resource for our members where they can ask questions and receive insight from our knowledgeable and educated staff member, Lindsey. Angela, TMP’s current volunteer, uses her knowledge to contribute as well. WHAM is held at 10am every Wednesday! Join us!



Benefits of Starting Your Day at TMP’s Functional Training by Chris R.



When you sleep, muscles relax, blood flow decreases, and your heart rate slows. If you’re lying in the same position all night, your muscles tend to tighten up. Stretching after sleep and increasing blood flow does wonders for your mind and body. The Clubhouse offers Functional Training at 8:30am three times a week. The benefits of stretching are numerous and morning stretches should not be ignored. Here’s what morning stretches do for you:

Stress Reliever

Stress causes tension to build up in your body. To help relieve tight muscles, set aside a few minutes each morning to stretch it out. Reduced stress can pay big dividends throughout the day.

Increase Your Mobility & Flexibility

Being able to move around in various ways helps your daily activity. If you’re stiff all the

time, getting out of the car or going grocery shopping will become difficult. Stretching will keep your muscles flexible and having flexibility will allow you to have a better range of motion in your joints. Without flexibility, your muscles shorten and tighten. Therefore, when you do an activity with tight muscles, your muscles are weak and unable to extend. This puts you at risk for muscle damage or strains. Take advantage of morning stretches to prevent this.

Improve Your Posture

One of the benefits of stretching is an improved posture. Most people who sit in front of a computer have poor posture due to overstretched back muscles. If you include specific stretches that focus on your chest and back muscles, you can loosen them up. This will help make your posture more flexible and robust.

Fewer Aches and Pains

Morning stretches will help end aches in your joints and muscles. These pains can develop throughout the day, but you feel them in the morning because you’ve rested all night. Morning aches occur because of an increase of fluid in spinal discs and joints. Use gentle stretches to help ease joint discomfort.



Heidi demonstrating Functional Training stretches

SOCIAL ACTIVITIES

May's Event Highlights

by Shana, Mary, Chris R., and Erica

Personalized Tote Bag Art Day

Mary thought it was a lot of fun and it was a great Mother's Day gift. Suzy surprised her sister Colleen with the tote bag that she designed for Mother's Day. We started with a brand new tote bag and used fabric paint and markers to design the bags. Some people also used iron on images. There were so many beautiful designs created by everyone! David C. created a beautiful turtle, Mary C. did sunflowers and butterflies, Suzy did hearts and Alan a fairy. George and John did iron-ons with the slogan "Live and Let Live." Everyone had a great time creating the tote bags!



(L-R): David, Mary, and Chris showing off their personalized totes.

Lake Murray Hike

At the end of May, the Clubhouse continued its long line of socially-distanced hikes with a tour of Lake Murray by San Diego State University. The trip to Lake Murray involved a nice picnic with low-carb meat rolls, deviled-eggs and fresh fruit. Families of ducks and geese were all over the park where we had our picnic. The weather was ideal for a two hour hike.



Lake Murray

"I like Lake Murray because the scenery is pretty. It's always nice to go to a new spot. I love getting out and walking with friends and exploring new places," says Erica, who attends just about every hike that shows up on the schedule. "The best part is I can get a workout out of it."

The Meeting Place looks forward to another hike in June at Tecolote Canyon by Seaworld.

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 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 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
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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.

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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.