

# The Meeting Place Clubhouse

Funded by: San Diego County HHS



# The Meeting Place News

June 2022



Members completing the 2022 TMP 5K together

## Moving Forward Together

by Reilly

'Moving Forward Together' speaks to resilience and strength of members and staff as we continue to push ahead. Though the pandemic continues, and hardships remain, now is a good time to reflect on the highlights and, indeed, the wins of the past couple of months — and to take note of what lies ahead of us.

The Meeting Place a year ago was a stark contrast to the vibrant and lively clubhouse we see now. Yet, there is still work to be done. Rebuilding the Clubhouse to pre-pandemic levels is no easy feat, but members and staff have both put

in the work to progress. 'Moving Forward Together' not only highlights teamwork, but that theme is embedded in everything that we do within the Clubhouse.

That includes finishing our annual 5K together, exercising together, coming up with ways to outreach to the community, rebuilding our transitional employment program, and motivating and encouraging each other.

As we continue to move forward, we will carry this theme with us. The future of The Meeting Place has never seemed so bright, and it is all because of the strength of our members, staff, and of course community.



Katherine O. & Navajo embracing at Silence the Same Day

**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.**

June Birthdays

## Welcome To Our New and Returning Members

Persian, Carlos, Corey, Dana, Don, Eddie, Joseph, Ramon

Michael H.  
14th

Dave W.  
18th

Erin  
20th

### Let's Welcome Brant to our TMP Community by Rob

Brant learned about The Meeting Place Clubhouse from April at Mental Health Systems Employment Services. Approximately 20 years ago Brant got a job through Employment Services with Elite Services as an usher for San Diego Chargers games. Brant was born in Bismarck, ND and moved to San Diego at 6 years of age and except for a year in the 90's has been in San Diego. Brant has a daughter Addah and grandson Damien Brant Day whose middle name is in honor of his grandfather. Brant said his main calling is in church ministry. He was a preacher with his own ministry for 2 years and a peer chaplain with Paradise Valley/Bayview Hospital for 2 years. Brant was also a member of the Bayview Clubhouse when it was open and competed with their softball team. Brant likes to shop at both The Dollar Tree and The 99 Cent Store, but his favorite is The 99 Cent Store. Brant has a friendly, warm personality – so say "Hi." to him when you see him and welcome him to TMP.



### Unit Updates: Moving Forward as a Team

by Rob, Sharron & Jonathan

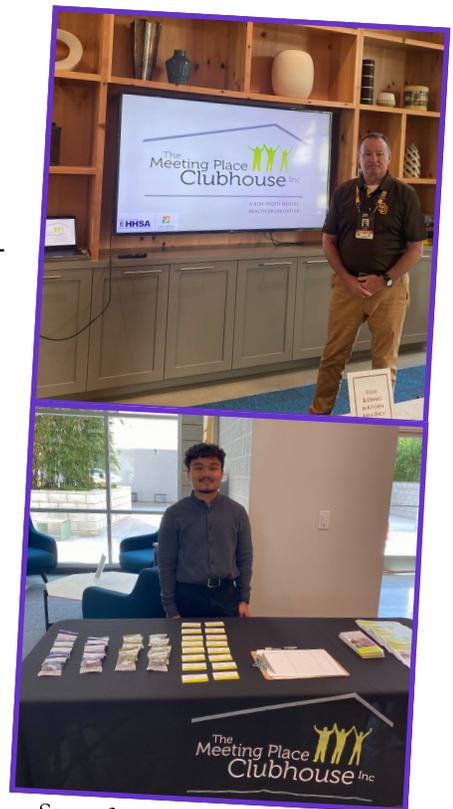
#### UNIT 1

Unit 1 has been training more people to work in the café and kitchen and on the newscast. A great number of members out of Unit 1 participated in the annual 5k. We have been working as a unit to update goals for members. New members have been learning how to record walking and meal statistics. Keeping our colleagues well-fed and healthy is a bit part of Unit 1. We serving low-carb and organic lunches every Work-Ordered Day at the low price of \$1.75. Members have been helping with community outreach presentations, especially Steven Langley. In summary, we have been doing our part to move the Clubhouse forward.

#### UNIT 2

Unit 2 continues their effort to move forward together by working to increase membership. Reilly and Jonathan have been giving several presentations at different housing associations, service providers, and other community-based organizations to spread awareness.

Also, many members at the Clubhouse have been learning new tasks and stepping outside of their comfort zone. For example, members in Unit 1 have been training at the receptionist desk to assist with coverage. Steve works diligently in Unit 1, but he has been working the front desk during early morning and lunch hours. Because of cross-training, members are developing accountability and responsibility. Every filled position is crucial for the Clubhouse to move forward.



Steve from Unit 1 and Jonathan from Unit 2 presenting at Island Village Apartments

## Nate's Story: Celebrating 10 Years at UltraStar by Ken

It is hard to believe but in August I will have been at the Ultrastar Movie Theater for ten years. In 2012 I joined Ultrastar with the Transitional Employment position. I remember my first day being trained by former member Anna. She was so helpful. There was one time when I had a breakdown and former staff Nicole helped me out. Well I have had few problems since. I really appreciate the help and support TMP has given me over the years. I am very grateful that they gave me this opportunity. I hope others will be able to find success with TE positions. This position has helped me immensely. It would be hard to try and get by without this job. Hopefully I can set an example to people who may be hesitant to work. They too can have success even if it has been a long time since they have worked. Before Ultrastar I had not worked for over eight years. So that is proof that it is never too late to better one's life. I am deeply in gratitude to The Meeting Place for making all this possible for me and continuing to help others do the same.



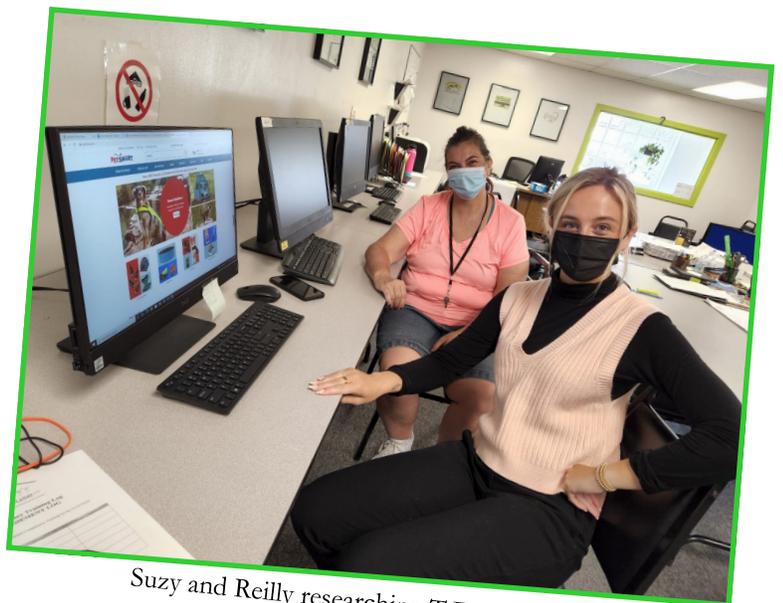
Nate starting at UltraStar 10 years ago

## Transitional Employment Development: A Collaborative Undertaking

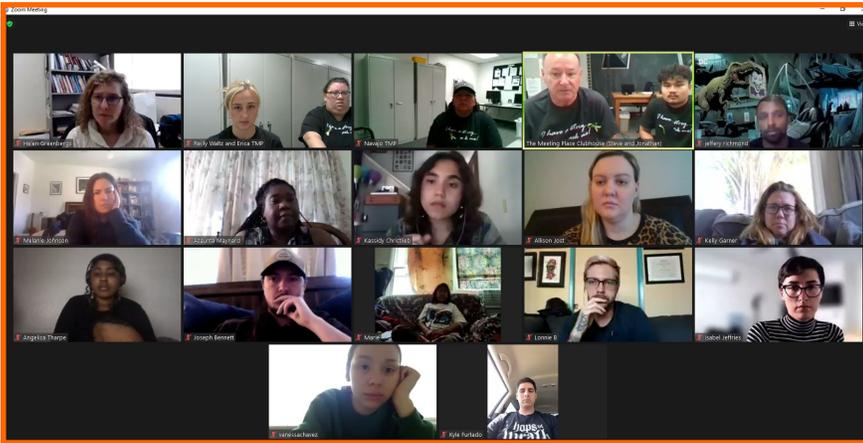
by Reilly & Michael Howley

One of the biggest components of an *accredited* Clubhouse is their Transitional Employment (TE) program. TE is a part-time, entry-level, employment opportunity for members to build their resume, create references, and of course earn some extra cash.

Members and staff have been working hard to establish new TE placements around the community. Currently, we have two open placements at HomeGoods, and we look forward to moving members into those positions. In the meantime, lots of work has been put into the behind the scenes of creating a new TE such as, researching employment opportunities, going out into the community, talking with managers, and getting our members ready to take on a new employment position. Members interested in TE can attend Job Course held every Monday, and/or attend job hour for one-on-one support with a staff member!



Suzy and Reilly researching T.E. opportunities



Virtual Mental Health Panel for Mesa College

It was a cathartic and memorable afternoon for everyone involved. Later in the month, we canvassed both Balboa Park, and San Diego City College handing out our green ribbons on Silence the Shame Day and offering information to patrons about the resources at The Meeting Place. In addition, many educational presentations were given around the community to service providers, housing agencies, and prospective members. We also reached out to the members of the closed clubhouses and invited them to come in for a tour at The Meeting Place. Consequently, we have seen many new faces here at TMP, and hope to continue this trend throughout the summer. To close the month, members, staff, and volunteers participated in our annual 5K run/walk. We are thrilled to see all the hard work being done to spread awareness of mental health and of course the message of The Meeting Place!

## Mental Health Awareness Month Recap

by Erica & Reilly

To commemorate Mental Health Awareness Month, May was filled with lots of events, presentations, and even 5K Walks. We kicked the month off with a Mental Health Panel over Zoom to Mesa College students and staff. Members shared their stories regarding their mental health disorders and students asked ques-



Recipients of our green ribbons at S.D. City College

## Another Successful TMP 5K in the Books

by Mary

The Meeting Place Clubhouse 5K was put in full swing starting with a pre-walk from The Meeting Place to the starting point at the Harbor. The event began at the harbor and looped around the marina. There were three teams, staff led with Chris, Reilly, and Jonathan. People went their own pace and made it to the finish line. Reilly said, "I was astounded by the perseverance and strength of everyone who participated."

Nate said, "I thought the 5K walk was an excellent source of exercise and a way to get to know TMP members better." We went back to The Meeting Place where we were given our official TMP 5K 2022 shirts. We had a delicious taco salad with all the fixings. Everyone had a great time and got their exercise on.



Board Vice President, Wil Gorrie receiving his Moving Forward Together T-shirt after successfully completing the 5K

# The Meeting Place Calendar June 2022

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			<b>1</b> 8:30 AM Stretching 10:00 WHAM 11:00 Job Hour 12:00 Mindfulness 12:30 Walk 1:00 Community Meeting 3:00 PM Walk	<b>2</b> 8:30 Stretching 9:00 AM Unit Mtg 12:00 PM Mindfulness 12:30 Walk 1:00 PM Newsletter Mtg. 3:00 PM Walk	<b>3</b> 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 3:00 Coffee Clique	<b>4</b> Food Distribution 10:30 <b>Oceanside Coaster Trip</b> 10:30 w/ Shana <b>No Meal</b> <b>DL: 5/27</b>
<b>5</b>	<b>6</b> 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:45 Job Course 3:00 PM walk	<b>7</b> 8:30 Stretching 9:00 Unit Mtg 11:00 Food Distribution 12:00 Mindfulness/12:30 Walk 2:00 Crosswords/3:00 Walk <b>6:00 Zoom Room</b>	<b>8</b> 8:30 AM Stretching 10:00 WHAM 11:00 Job Hour 12:00 Mindfulness 12:30 Walk 1:00 Community Meeting 3:00 PM walk	<b>9</b> 8:30 Stretching 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 Newsletter Mtg./Unit Mtg. 3:00 PM Walk <b>Mystery Dinner 4-6 DL: 6/2</b>	<b>10</b> 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 3:00 Coffee Clique	<b>11</b> Food Distribution 10:30 <b>Thrifting Day</b> 11-2 w/Reilly <b>No Meal</b> <b>DL: 6/3</b>
<b>12</b> Clubhouse Address: <b>2553 State St</b> <b>San Diego, CA</b> <b>92101</b> <b>619-294-9582</b>	<b>13</b> 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:45 Job Course 3:00 PM walk	<b>14</b> 8:30 AM Stretching 9:00 AM Unit Mtg 11:00 Food Distribution 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg. 1:45 Crosswords/3:00 Walk <b>6:00 Zoom Room</b>	<b>15</b> 8:30 AM Stretching 10:00 WHAM 11:00 Job Hour 12:00 Mindfulness 12:30 Walk Community Meeting/Social Ac 3:00 PM walk	<b>16</b> 8:30 Stretching 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 Unit Mtg. 3:00 PM Walk <b>BirthDay Dinner 4-6 DL: 6/8</b>	<b>17</b> 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 3:00 Coffee Clique	<b>18</b> Food Distribution 10:30 <b>Art Day</b> w/ Chris <b>11am-2pm</b> <b>Deadline: 6/10</b>
<b>19</b>	<b>20</b> 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:45 Job Course 3:00 PM walk	<b>21</b> 8:30 AM Stretching 9:00 AM Unit Mtg 11:00 Food Distribution 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg 1:45 Crosswords/3:00 Walk <b>6:00 Zoom Room</b>	<b>22</b> 8:30 AM Stretching 10:00 WHAM 11:00 Job Hour 12:00 Mindfulness 12:30 Walk 1:00 Community Meeting 3:00 PM walk	<b>23</b> 8:30 AM Stretching 10:00 WHAM 11:00 Job Hour 12:00 Mindfulness 12:30 Walk 1:00 Community Meeting 3:00 PM walk	<b>24</b> <b>Clubhouse</b> <b>Team Building</b> <b>All Staff</b> <b>DL: 6/17</b>	<b>25</b> Food Distribution 10:30 <b>Coffee and Chill</b> w/ Shana <b>11am-2pm</b> <b>No Deadline</b>
<b>26</b>	<b>27</b> 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:45 Job Course 3:00 PM walk	<b>28</b> 8:30 AM stretching 9:00 AM Unit Mtg 11:00 Food Distribution 12:00 Mindfulness/12:30 Walk 1:00 pm unit mtg 1:45 Crosswords/3:00 Walk <b>6:00 Zoom Room</b>	<b>29</b> 8:30 AM Stretching 10:00 WHAM 11:00 Job Hour 12:00 Mindfulness 12:30 Walk 1:00 Community Meeting 3:00 PM walk	<b>30</b> 8:30 AM Stretching 10:00 WHAM 11:00 Job Hour 12:00 Mindfulness 12:30 Walk 1:00 Community Meeting 3:00 PM Walk		



## Benefits of Working Out Together

by Rob

Personal experience tells me that having an exercise buddy or buddies can give you the motivation to start and keep a workout routine or add that little touch of motivation that is needed to bring your workout routine to the next level. And exercising with someone can be fun and build friendships. Just this past Friday I found myself playing softball with friends, huffing and puffing but having a good time. Research backs up these assertions. The Journal of Social Science published a study that showed that participants gravitate toward the exercise behaviors of those around them. Pubmed.gov says that those that exercise in a group were more likely to stick to an exercise treatment program and lose weight. The University of Southern California found that people who worked out with someone reported enjoying the exercise more than those who worked out alone. If you are looking for a great way to improve your workouts find a partner who is a good influence and enjoy the benefits of community while putting a smile on your face.



Ready to take a walk with weights

## TMP's Keto Tuna Melt Poppers

*The Meeting Place continues to prepare low-carb and organic lunches daily in our kitchen. These Keto Tuna Melt Poppers were definitely a hit alongside a tomato soup and a bowl of fruit. It was also fun to make as a team. Here's the easy recipe!*

**Servings** 12

### Ingredients

- 12 mini bell peppers
- 12 oz can of tuna
- 2 tbsp mayo (or greek yogurt)
- 3 tbsp dijon mustard
- 1 tsp garlic salt
- 1 tsp onion powder
- Desired amount of cheddar cheese



Charles, Lonnie, and Ramon helping make our delicious and healthy keto tuna melt poppers

### Instructions

1. In a medium bowl, combine tuna, Greek yogurt, mustard, garlic salt, and onion powder. Mix well.
2. Slice off and discard the stem of each bell pepper. Slice the peppers in half lengthwise. Remove any seeds that may be present.
3. Bake peppers for approximately 15 minutes, flipping halfway through.
4. Fill with tuna, and top with cheese. Bake until tuna is hot and cheese has melted, about 5-7 minutes.

# SOCIAL ACTIVITIES

## May Event Highlights

by Ken, Chris, & Jonathan

### ***Flying Kites at Kate Sessions Park***

The Meeting Place Clubhouse went to Kate Sessions park on Saturday, May 14th. Riley, our staff said, "It was so great to spend a Saturday in the sunshine with members enjoying the beautiful view of the ocean and a delicious lunch."

We had a healthy lunch which consisted of packed salad and water bottles. We also flew a butterfly kite and Ken was a pro on getting it to float majestically up in the sky.

Overall it was a fun day and a great opportunity to see members and staff outside of the Clubhouse.



Katherine flying her kite

### ***Teamwork Makes the Dream Work at Jonathan's Escape Room***

The Escape Room was a team building event that challenged members to work together to solve a complex set of problems. Members were divided into teams of two and had to find out where Mr. George disappeared. The Escape Room revolved around members solving puzzles in order to get key words in order to unlock the safe that will eventually lead to the finding of Mr. George. These puzzles were very difficult and at times were impossible if members tried to do the puzzle by themselves. Nate, one of the members who participated, said the puzzles "Made us think and had to work as a team and something that is good to do socially. We had to depend on each other to beat the escape room." As more members worked together as a team, the puzzles started to



Working as a team to solve Jonathan's Escape Room

become easier, and the game eventually progressed much faster because of this teamwork. Chris, another member who participated says the Escape Room was "the definition of a team building event because in order to get the puzzles and games finished, you had to work in pairs or as a team to solve the tasks." As we are engaging in more team building activities, the Escape room provided a great opportunity for members to challenge themselves and strengthen their interpersonal skills for the upcoming teambuilding activities.

# 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



Katherine (left) and Rob (far right) giving a green mental health ribbon to a community member in Downtown

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

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.*