

The Meeting Place Clubhouse

Funded by: San Diego County HHS



The Meeting Place News

May 2019

We're Just Like You by Chris

Besides combating stigma and reducing the misconceptions associated with living with a diagnosis, a big part of Mental Health Awareness Month is communicating that one in four people in the world will be affected by mental or neurological disorders at some point in their lives. This current issue of The Meeting Place News aims to get across that we're ***just like you***. We're mothers, fathers, sons, daughters, family members, co-workers, business owners, athletes, artists, chefs, and other figures who hold important roles in society.



I'm an artist just like you.
I've been creating pieces for years. It's a great hobby for everyone.
– Alan B



I'm a daughter just like you.
I am blessed to have the best adoptive mother a person could have.
– Emily



I'm a business owner just like you.
My mental illness has not hindered my ability in my field, which is entertainment.
– Jaki



I'm an athlete just like you.
I've won and placed in the Top 5 in half-marathon races in in my age group the last couple of years...and I'm not stopping.
– Steven B.

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

Nima, Mark, Neiko, Kevin, Jessica

May Birthdays

Katherine
3rd

Maya
10th

Neiko
19th

Rob
22nd

Steven B.
23rd

Jeff
28th

Phil
29th

Thom
30th

He Has A Story...Just Like You by Jaki

Mark was born and raised in Santa Rosa and later moved to Oklahoma where he lived until moving to Phoenix, Arizona. One of the things Mark appreciates about living in San Diego is the great weather, a welcome change from the dry heat in Phoenix.

The food scene is a big attraction for Mark and his favorite food is Chinese. The food connection ties into his enjoying the Food Network Channel and the show Guys Groceries Games. Mark likes watching movies of all genres and Thunder Heart starring Val Kilmer is one he has seen repeatedly.

What the Clubhouse represents for Mark is a new outlook on life. He considers working with his new colleagues and staying productive as accomplishments. He also enjoys being in a non-clinical setting with peers who he considers role models.

Mark, in his short time as a member, has given us a glimpse of his own positive nature. We extend a big TMP Clubhouse welcome to our new friend!



How We Plan A Birthday Party... by Robert G., Jaki, and Caleigh

Just like you, we love to party, but parties don't prepare themselves. It takes lots of planning and coordination. Here's each unit's role in planning a birthday party at TMP:

UNIT 1

After the Clubhouse agrees through consensus on a theme for a party, Unit 1 helps find recipes that go with the theme. We like to research recipes online and based on the kitchen's inventory, decide on which meals to make.

After we finally have our list of attendees from the front desk, we know how much food to buy. Also, planning includes getting a list of members to help volunteer in the kitchen to help prepare the food. There's a positive energy in the kitchen when we're all working to get out birthday party meals together. It gets really exciting, but that's only just our part!

UNIT 2

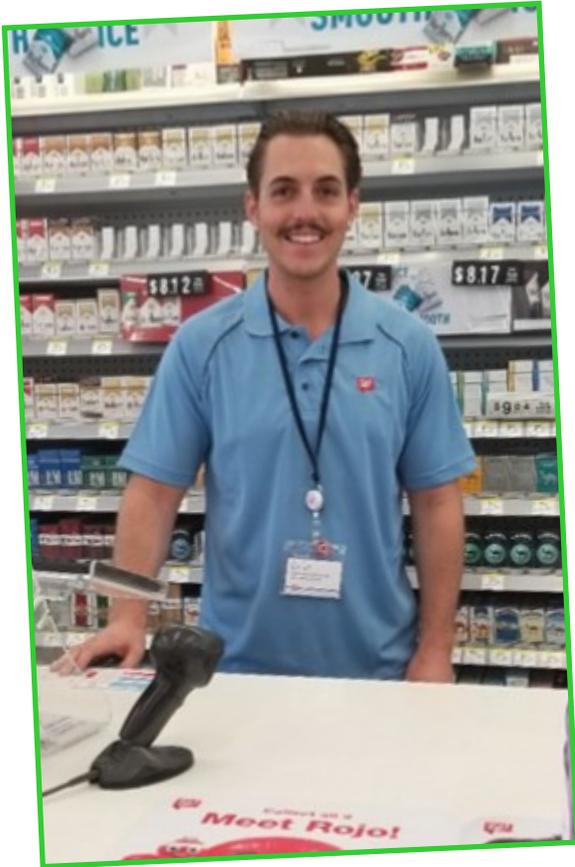
Once a theme is decided, Unit 2 gets to work on making birthday invitations to send to the birthdays in that month. The fun part is putting together all the things that celebrate the theme. We are responsible for making the decorations for the party and Pinterest is usually a source of inspiration for our festive décor. We also put together party favors for the members to take home after the dinner. Lastly, we oversee the planning for the games and activities for the party. Birthday Dinners are a regular highlight among our social activities, and while party planning takes teamwork from everyone involved, the process is always well worth while!



Mariah, from Unit 1, serving up a Clubhouse-made coconut birthday cake.

I'm Employed...Just Like You

by Dylan



Hello Clubhouse community, I wanted to tell you all about my recent employment story. In January, I started a Supported Employment position as a pizza maker at Papa John's. In late April, I was placed in a Transitional Employment position as a cashier at Walgreens. I was able to acquire both jobs (about 20 hours combined per week) utilizing the skills I learned at the Clubhouse. Some of these skills include techniques for food preparation and working in the Café as a cashier. Learning how to operate the Point of Sale system in the TMP café along with practicing my customer service skills have really been helpful.

Even though working two jobs may seem like a lot, the support I get from the Clubhouse really helps boost my confidence. I did have to work extra hard to follow Papa John's specific way of making pizza, but I eventually got it down and I'm happy to say I've been there for about 5 months. Cashiering and working the salesfloor at Walgreen's will also be a challenge. Alina is learning the job with me. With her help, I have the confidence to get my new responsibilities down.

I enjoy keeping busy and being a working member of society. I can't thank the Clubhouse enough for helping me develop my social and communication skills.

I'm A Student...Just Like You

by Chris S.

I experienced my first mental health challenges right after graduating from UCSD with a degree in engineering. For the longest time I was afraid that I didn't have what it takes to have a successful career. I'm still working on my recovery. But I'm taking steps forward towards a brighter future, especially with continuing my education.

I decided that I am interested in pursuing a certificate in biotech from Miramar College. I've enrolled in one class, introductory biology, and so far it's been great.

Just being active in my own education again has given me a boost of self-esteem. I have hopes and dreams again and my path is still evolving. I believe that even if I make more turns along the way, I will have done my best to put my best foot forward.



THE CLUBHOUSE

We Have to Say Goodbye to Staff...Just Like You by Caleigh

*It's with bittersweet emotion, that I give you this news
I've come to a decision, that was difficult to choose*

*From the Clubhouse I'm afraid, it's time for me to move on
But I've got some things to say, before the moment I'm gone*

*In the two plus years I've been here, I've learned an awful lot
The more I tried to teach, it seemed, the more I was taught*

*Members confidently showing me, the ropes of this place
First impressions made an imprint impossible to erase*

*I came upon a family, bound by support, love and unity
An answer to my wish for a job with a sense of community*

*I've sharpened many life skills, such as patience and compassion
Communication, collaboration, —time and how to ration*

*I've witnessed members step way out of their comfort zone
First scared, then growing confidence in skills they would hone*

*Trying new things, all the while conquering fears
Performing meaningful work, after squats and then cheers*

*Talking one on one, and helping members each reach their goals
Has proved to be a veggie chicken soup for my soul*

*Fitness classes kept me dancing, balancing and getting "swoll"
Motivating one another, our physical health on a roll*

*Social activities were always just a blast to direct,
Outside the work-ordered day, they gave us a chance to connect*

*I learned that when it boils down, we all are quite alike
We all have needs and hopes and dreams, apart from our psych*

*You guys all made me a stronger, better version of me
And I'll carry your lessons to the future person I'll be*

*For believing in me a big shout-out goes to Sharron
She runs a tight ship but she's tremendously carin'*

*I never want to let you down but need to spread my wings
Though I'm off, of Clubhouse only songs of praise my heart sings*

*So, thank you, TMP for taking me in and helping me grow
As I leave, I'm forever grateful and your memories I'll keep in tow.*



After over two years of doing excellent work at TMP, Caleigh will be leaving to pursue studies in the User Experience Design field. We will miss her!

HEALTH & WELLNESS

We Like Staying Healthy Just Like You

by Christina

There are many things that The Meeting Place does to promote physical health. Not only is there a yoga class, Zumba, Abs and Balance and bootcamp, we focus on healthy eating.

FITNESS CLASSES

Yoga is a class offered 4 times a week at The Meeting Place at 12:00pm. It is an exercise class

that does low impact, easy stretches. Some of the class can be done using a chair. It is for people of all ages, including those with disabilities. The practice focuses on your breathing. It increases mobility by making you more flexible. This is good for people with chronic pain. The postures should not be painful and can help to prevent injuries. It is great for your over-all health and well-being. The Meeting Place has been a great place of inspiration for promoting physical health.

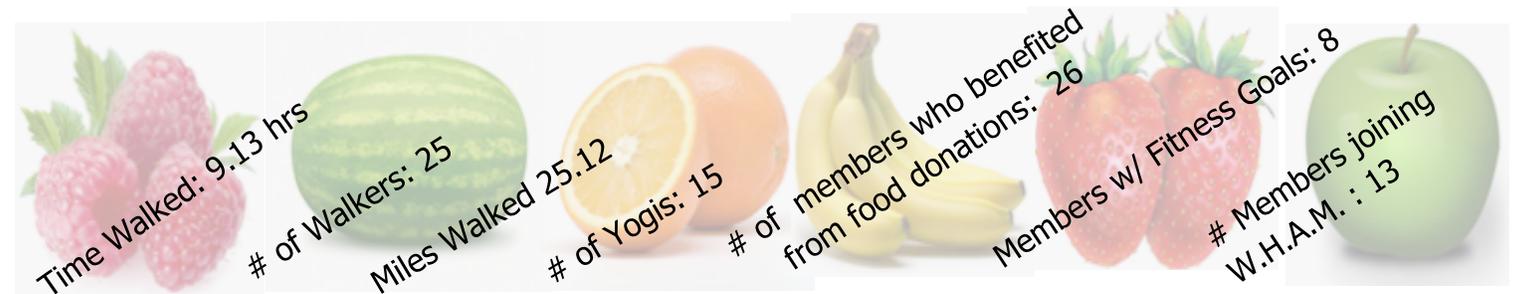
The Clubhouse also offers Bootcamp, Zumba, and Abs & balance in the afternoons. These classes are weekly and are good to promote the importance of keeping fit. Exercise has scientifically been proven to calm your nervous system and decrease stress. By relieving anxiety it can help you fight depression and improve your quality of life. You'll have more energy. By exercising you can reduce inflammation and improve heart health. What is good for the body is also good for the mind. Each of these classes are an easy, but sometimes challenging way to get moving towards a better physical fitness.

HEALTHY EATING

The focus in the TMP Kitchen has been on a Keto diet. A diet that is good for the heart. This way of eating eliminates carbs and sugar as much as possible in everything you eat. These meals are served everyday for lunch, and are offered as alternative choices in the café. Here at TMP we are always focusing on ways the improve your health.



TMP's Keto BLT Salad



SOCIAL ACTIVITIES

April's Events

by Elise, Robert G., and Chris R.

We Volunteer Just Like You

On April 9th, TMP had the opportunity to spend a morning with the San Diego River Park Foundation's River Clean Up and Restoration Team led by Natasha. It was a great way to spend National Volunteer week.

TMP brought along 7 colleagues to help remove non-native plant species around the Hotel Circle area along the river. The clean-up and restoration effort created a healthier environment for the native plants and animals that the river home. According to those involved, it was a very rewarding

experience working alongside Natasha and her team of weekly core volunteers. They hand-pulled weeds, hoed, sawed, hauled dead tree trunks, raked and trimmed.

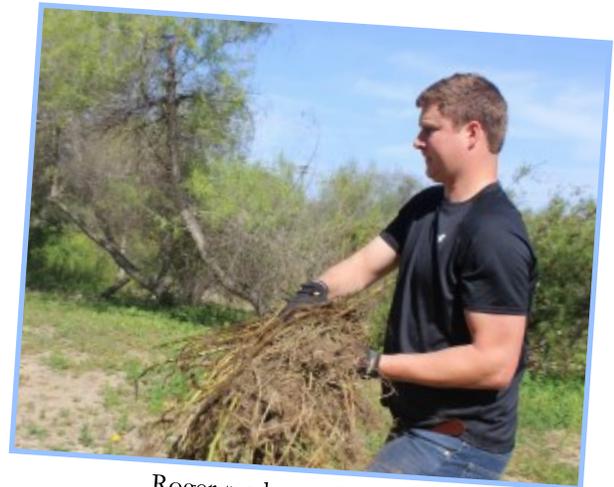
TMP can't thank Natasha The San Diego River Foundation enough for providing the Club-house with a truly energizing and educational opportunity.



George and Natasha ready to rake it up!



Steven clearing pulled weeds.



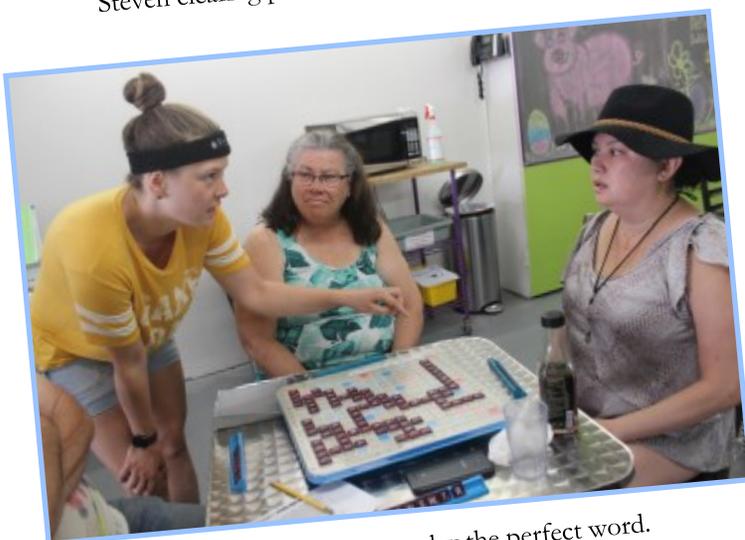
Roger ready to pile dry brush.

We Compete Just Like You

On National Scrabble Day, April 13th, TMP held its first Scrabble Tournament. Twelve members showed up to compete. Luckily, a few of our boardgame-loving members own Scrabble Boards. Everyone had a chance to be in a separate game simultaneously.

The atmosphere was spirited. Some were going for the title and some were learning how to play with the help from our coaches and cheerleaders for the day, Chris and Caleigh. We also enjoyed some motivational rock music playing in the background. After all was said and done, Erica came out on top after a few rounds of playing and others were eliminated.

"Scrabble's one of my favorite board game and it was great to play against everyone who was at the tournament. I actually won!" says Erica, who intends on go-



Caleigh helping Mary play the perfect word.

ing for a repeat win next year. Scrabble Day, along with our other Saturday activities, is a great way to spend time with our friends.

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: _____

E-mail: _____

*Thank you
for
your gift!*



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Website: www.themeetingplaceinc.org



*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.