

The Meeting Place Clubhouse

Funded by: San Diego County HHS



The Meeting Place News

May 2021

We're Human, Just Like You

One in four people will be affected by mental or neurological disorders at some point in their lives. During the month of May, Mental Health Awareness Month, The Meeting Place strives to combat stigma associated with living with a mental illness and promote the reality that we're ***just like you***. We hold important roles in our families and communities. In this issue of The Meeting Place News, we share our stories...



I'm a college graduate just like you.

I have a Bachelors of Science in Physics from Jacksonville University and another Bachelors of Science from the University of Florida.

– Rob O.



I'm a military veteran just like you.

I was in the Army for 3 years and I continue to receive services at the VA. I'm proud to have served our country.

– Navajo



I'm a dad just like you.

I have a 10 year old daughter and it means everything to me that I provide for her as much as I possibly can.

– Jesse



I'm a dog-mom just like you.

I've raised dogs all my life and it's important for me to give them all things they need to thrive. This is my Boston Terrier Mix named Gweni who I adopted last year

– Erica

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

Grace, Maya Arturo & Lenny

May Birthdays

Chambers
3rd

Katherine
3rd

Maya
10th

Jesse
12th

Neiko
19th

Rob O.
22nd

Jeff
28th

I'm a Survivor Just Like You by Chris

The Clubhouse is pleased to see Heidi back in the Clubhouse. In September of last year, she was diagnosed with uterine cancer. After sessions of chemotherapy, Heidi is glad to say that the cancer is under control."

"I still feel tired but I'm hanging in there," Heidi said after returning to the Clubhouse. Going through her treatments further complicated a rough time which was during the middle of lockdown. "The pandemic was quite boring. I had cabin fever and I was sad I couldn't come to the Clubhouse. I'm glad to be back to see my friends."



We Work Hard...Just Like You by Angela, Steve L., Abby

For this month's theme of fighting the stigma around mental health, we want to emphasize and showcase how our work in the Clubhouse is no different than what everyone else does. The Clubhouse's "work-ordered day" format allows members to engage with one another to complete tasks while providing a safe space that fosters supportive relationships and a sense of community. We have meaningful responsibilities that get done on a timely basis in a regular work environment. Here's what we've been up to lately...

UNIT 1

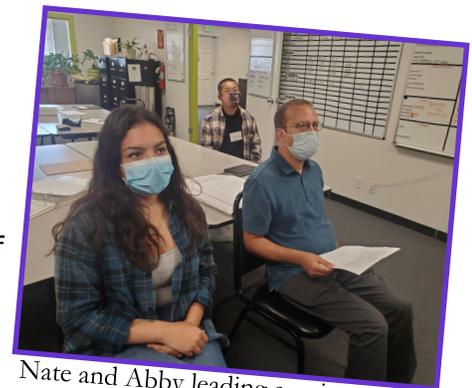
Unit 1's primary duties are to stock and work the TMP Café, prep and cook low carb, all organic breakfasts and lunches, as well as film, edit, and produce the newscast. Just like you, we enjoy scratch made meals with fresh ingredients. We also enjoy working together to create fantastic newscasts every week that promote the activities of the Clubhouse. Steve, a member in Unit 1, says, "I really enjoy working on the newscast and the interactions that I get to have with the staff and other members. I do production, editing, and writing just like others in the industry." Working in the TMP café allows members to get hands on experience working a cashbox, counting money, preparing, and serving snacks and coffee. So much to do!



Steve and Angela filming the newscast.

UNIT 2

Now that more members can come into the Clubhouse, our unit has been busy getting back into our usual routine. We're retraining members how to properly file, enter data, organize, and prioritize what needs to be done in Unit 2. "Being able to work one on one in person with members again has been the highlight of my month. It's nice to be able to teach new skills or refresh members memories on Work-Ordered Day tasks knowing they can utilize these skills outside of the Clubhouse," Abby said.



Nate and Abby leading a unit meeting.

I'm Employed...Just Like You

by Nate

After over a year being closed, the Ultrastar Theater in Hazard Center is reopening. This will be my ninth year there and I am really looking forward to it. Mary Alonzo, another Clubhouse member and prior transitional worker at Ultrastar, is also returning. There are currently only five employees working and it is only open Friday through Sunday.

I am so grateful to TMP, for they are the ones that allowed me to be a TE worker nine years ago. I would not have my job were it not for them. I hope I can be an inspiration to anyone who has been struggling. If I can successfully work while being disabled, so can anyone else. I am really grateful for TMP for helping me and others like me.



I'm A Student...Just Like You

by Chris and Suzy

Suzy, one of our most active members on Zoom, recently started a virtual Ceramics class in April. San Diego Continuing Education provides the free course, which is exclusively for individuals with disabilities. Suzy enjoys her class, but she has bigger plans in mind.

"Besides learning about ceramics, I'm using the class to prepare to take on a bigger study load in the future," Suzy says. "My goal is to get a veterinary technician license."

Suzy's class meets virtually once a week for three hours. Even though she hasn't been in school in years, she looks forward to learning as much as she can about ceramics. Once the campus reopens again, she and her classmates will get a chance to try making ceramics in person. For now, she is cultivating a deep appreciation for the art. "I think I'm getting this school thing down. I'm definitely taking necessary steps toward my goal," she says.



Suzy on her first day of school.

We Love Learning Just Like You

by Abby

This month, I led a Language Academy workshop. Each week on Wednesdays, members had the opportunity to learn the basics of 3 new languages. The first week was Spanish, then French, and lastly American Sign Language.

I provided each member with a packet of every word and phrase they learned so they can continue to practice. "I was excited to teach members a new language that they were interested in learning. I hope this sparks a new interest and they continue to learn new languages!" Abby said.



Abby teach American Sign Language

Bridging the Digital Divide Update (Because We Like to Stay Connected Just Like You)

by Chris

The rollout of our Clubhouse-issued devices for members has been moving along and the response has been pleasing to see. A few members who have not been able to fully link to the Clubhouse virtually during the pandemic or have access to important services online are now connected via an issued tablet or smart phone.

"I really like the phone," Steve said, who experienced lags for months when he tried getting on Zoom because of issues with the wi-fi in his apartment building and having to use an older phone. "Having unlimited data on the device really makes life easier. I also get to use it for work which definitely makes me a more valuable employee."

Members who are part of the Bridging the Digital Divide program are in agreement to complete necessary Clubhouse-led training, participating in Clubhouse tasks and activities at least twice a week, keep the device in good working order, and using the device for appropriate and legal content.

Jeff, an active job seeker who has no access to wi-fi or a smart phone received a tablet: "I'm now able to apply for jobs from home. I'm grateful to finally be connected!"



John D.



Jeff

HEALTH & WELLNESS

We Like Staying Healthy Just Like You

by Angela



Abby and Shana leading Move It

Just like you, we are mindful about our health and well-being here at TMP. The community at TMP promotes an extremely healthy low carb, all organic diet, as well as several activities throughout the week that help our members stay active and stress free. Here at TMP, we enjoy going on long walks with our friends. Long-time Unit 2 member, Suzy, says, "I go on walks to help with my overall health and wellness." Another member in Unit 2, Mary, says, "I like to go on the TMP walks because it gives me something to look forward to. Just like you, I like to exercise and be outside." We are no different; we enjoy mindfulness and meditation exercises. Additionally, we like to get together to learn more about our health. Our weekly

WHAM class (Whole Health Action Management) is a great place where members can ask questions and join a discussion about insightful tips for healthy living. Just like you, we take our mental and physical health seriously.

The focus in the TMP Kitchen has been on making organic and low-carb meals that are consistently under 500 calories. Low-carb diets promote weight loss and good heart health. With the creativity of both staff and members, the Clubhouse makes a wide variety of delicious meals. These meals are served every day for lunch, as well as offered as alternative choices in the café. We also make sure meals that are packed for Social Activities are well-rounded and nutritious for hikes and active outdoor activities. Here at TMP we are always focusing on ways the improve your health.



(Left-Right): The start of hike walk through Maple St. Canyon; Our low-carb meal for the hike

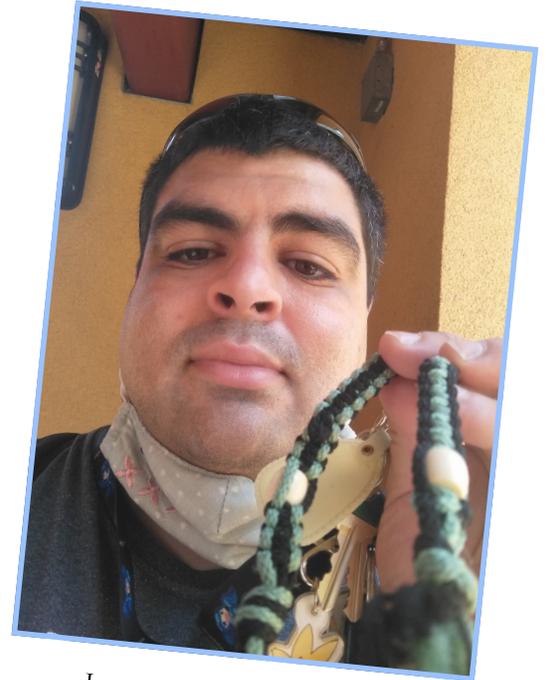
SOCIAL ACTIVITIES

April's Events

by Erin

We Get Crafty Just Like You

Everyone had a fun time at the Macrame key chain art day! We picked out our yarn colors that included green, white, black, teal and red. Abby and Angela did a great job of tutoring all of us. Erica also helped out members when they needed. It was a lot of looping over and under with different strands of yarn. We found that learning macrame can be hard for anyone. Erin, who graduated from Berkeley, told Abby, "I prefer to study art rather than to do it." Abby said it was the exact opposite for her. Halfway through we took a break from lunch, and Angela prepared a wonderful egg, cheese, broccoli and ham casserole with apple slices on the side. After that we delved back into our macrame and finished up our first keychains with a little help from Erica, who added a bead to the end of our keychains. We were running good on time and Abby found a video for a much simpler macrame keychain model so we all decided to make another one. These were made with one color yarn and only involved two loops. Both keychains turned out beautiful! And we were all very proud that we at least got the hang of it at the end. This art day turned out to be challenging, but it was worth it at the end of the day!



Jesse with his macramé piece.

We Love to Explore Just Like You

All of us truly lucked out on the Mission Valley river hike. The weather was beautiful and the river view extraordinary. We had a wonderful time checking out the ducks on the river and the trees with the foliage. Before we started our journey, we ate a nutritious and low carb meal that consisted of roast beef wraps, veggies and dip, and a deviled egg. We also treated ourselves to an apple pie afterwards.

After our delicious meal, we headed out. The stairs down were easy-peasy, and the walk in general was challenging but not too strenuous. We walked from the Rio Vista trolley station to Mission Valley. We went at our own pace, with breaks to take pictures. Abby took a nice photo of a bee on a yellow flower. Erin accomplished her goal of making people look beautiful in his/her own way. Right before our hike was over, we faced the hardest part: the stairs back up! It was either jogging up every two steps our going one step at a time and holding the handrail. All in all, it was a wonderful hike on a beautiful day that we'll never forget.



A hike alongside the San Diego River.

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&A

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.