

The Meeting Place Clubhouse

Funded by: San Diego County HHS



The Meeting Place News

May 2024

TMP Celebrates Mental Health Awareness Month

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. The reality is that maintaining good mental health takes a lot of work, but with establishing a healthy routine and surrounding oneself with supportive friends and colleagues, it can happen.



What does good mental health mean to you?



Good mental health to me means taking care of yourself and being stable through the support of the Clubhouse and Clubhouse friends.
- Christian Kellogg



Waking up and knowing it's okay to not be okay everyday. After every dark night there is a bright day so keep your head up.
- Alysse Peek



Taking care of all important aspects of your life is what it means to me to be in a good mental health state.
-Ciarra Juarez

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. Wed. tour is only at 9:00 am.
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 our Newest & Returning Clubhouse Members

Jesse Drimmer, Valentine Alvarez, Mazalina Matatova, Lester Mathis, Tara McElhane, Steve Matthews

Let's Get to Know Judy by Maggie Kirwan

This month we are spotlighting one of TMP's newest members, Judy Tamayo. Judy was born in Los Angeles and moved to San Diego in 1986. She's an avid crocheter, enjoys paint my numbers, and hanging out with her pet cat, Erica. We asked Judy why she decided to come to the Clubhouse. She said, "I wanted to meet new people and do different kinds of activities" and that's exactly what she did! Judy has really enjoyed learning new things on the computer, making friends, and having something to look forward to during the week. One of the first things Judy did when coming to the Clubhouse was to utilize clubhouse assistance. She wanted a cell phone! Judy and Maggie worked together to get Judy a shiny new cell phone. Now she learns a new function of her cell phone every week. We look forward to continue working with Judy and helping her learn all the new technology the Clubhouse has to offer.



Unit Updates: Work-Ordered Day Contributing to Better Mental Health

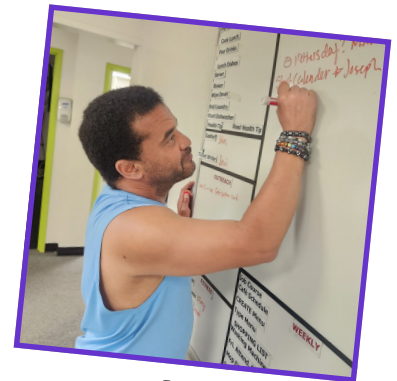
UNIT 1 by Jorge Meza, & Shana Healey

Not all pain is physical and not all wounds are visible, May is mental health awareness month. Unit 1 has members achieve and accomplish their goals. Jacob was fighting his fear of getting on the camera and now is on the newscast being filmed.

Jovi comes to the club house for her mental health by joining MMM she said, "It helps me destress while having fun. It also keeps me connected to my peers. For Joseph, attending unit meetings, signing up for tasks, and completing them helps his self esteem. He said, "I see The Meeting Place as a facility that helps build me up through the work ordered day." One of the tasks he enjoys engaging in is ticket writer, this task gives him a profound sense of autonomy. Many members like Joseph enjoy engaging in various tasks to improve their self worth and mental health.

UNIT 2 by Albert Cortes & Michael Howley

The month of May welcomes the theme of Mental Health Awareness. Unit 2 provides meaningful work for all its members. Meaningful work in a group setting allows for the members to accomplish tasks together and give them a sense of fulfillment. The consistent structure of the work ordered day allows members to continuously build their confidence over a long period of time. Michael says, "making small goals makes my big goals happen here at the Clubhouse with Maggie and sticking to them helps with my mental health tremendously." While we like to work hard we also play hard. One of the ways we like to enjoy ourselves is by preparing for the monthly birthday dinners and celebrating the members whose birthdays fall in the given month. Members help brainstorm ideas to put together games and themes for each birthday month, as well as work together to clean, cook, and socialize. The Meeting Place prides itself on building our members up by helping them with the pursuit of purpose which could be education, structure, employment, mental, and/or physical health.



Jacob.



Helena and Ciarra.

Judy 2nd

Renee 4th

Robert T. 9th

Marianne 13th

Jasmine 15th

Neiko 19th

Katherine 21st

Robert O.

Lana 30th

Terry 30th

Corey Jones Lands Dishwashing Job Aboard the Midway Museum

By Albert Cortes & Corey Jones



Corey began working on the USS Midway Museum as a dishwasher two weeks ago and has thoroughly enjoyed it so far. While he only started working recently, he began looking for work around early December. While job searching was no easy task for him, he never gave up on the search. Corey credits The Meeting Place with helping him prepare for his job through the structure provided here. He would arrive here everyday at eight and stay all day until 4. He would also dress to impress as well as proactively volunteer to help out around the clubhouse. On his very first day, the USS Midway Museum commissioned the first Chief Warrant Officer in the U.S. Navy. His first day was a very busy day because events will often bring in a plethora of people, which in turn brings in a lot of dishes to wash. Many of his coworkers are veterans, and the combination of working on a Navy ship with veterans gives him a strong sense of patriotism. Some of the other perks of working there is being able

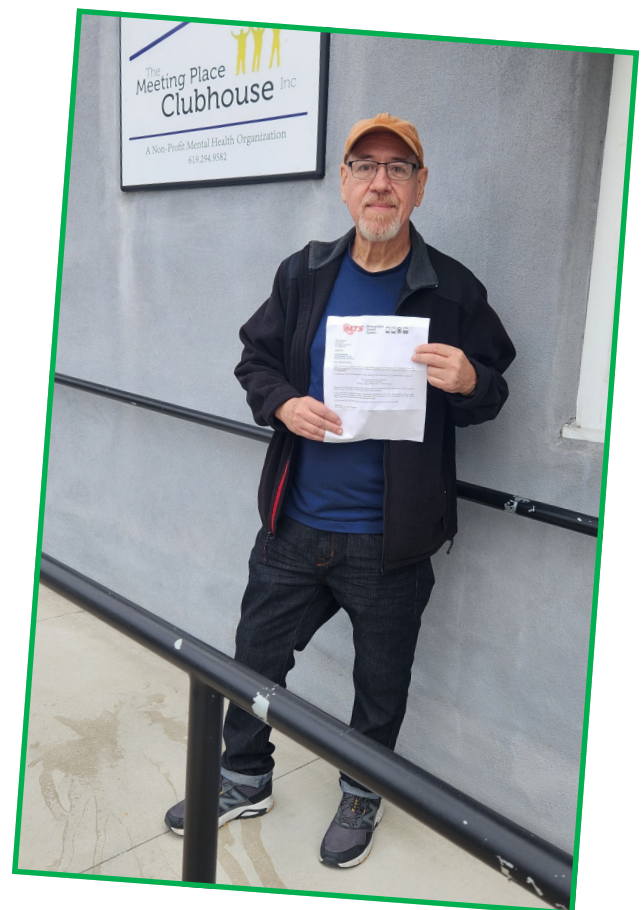
to access the entire museum for free. The Meeting Place looks forward to all Corey will accomplish while he is there.

Jose Reaches 6 Month Milestone at Home Goods

By Chris Rull

Through the help of the Clubhouse, Jose Estrada was hired as a salesfloor associate at Home Goods in October 2023. He is one of four members who is currently employed by the home furnishing store in Point Loma. Six months into the job, Jose reflects on his accomplishments: "I'm realizing I'm capable of working after not having a job for so long."

Jose became a member of the Clubhouse in Spring 2023 and immediately sought assistance with getting a job. With Clubhouse support, Jose was able to draft a resume, get set up with proper work shoes, and filled out the necessary paperwork to get a disabled bus pass. "I've been on time. I enjoy my co-workers and the management. It's a good work environment," Jose said. Jose still attends the Clubhouse as much as he can despite working upwards of 20 hours per week. "The Clubhouse has been very supportive and they keep me grounded. Without them, I'm sure I'd have more stresses in life," he continued.



Gearing Up Toward the Seventh Annual Friends of The Meeting Place Fundraiser

by Albert Cortes

With The Meeting Place's (TMP) Charity event taking place on May 19th TMP is diligently working to ensure everything goes smoothly. There are many pieces that come into play when planning a fundraiser so it is important to carefully plan who will do what and by when. We started off by sending the save the dates in March. We visited community partners to hand out donation requests for our silent auction as well as Recording the inspiring stories of our members. Members Joseph and Renee have been working on preparing the take home gifts for donors which are custom designed pots with Mediterranean herbs in them here at The Meeting Place. Wil and other board members tirelessly collected auction items to ensure our charity event is a success. Everything that has gone into preparing for the fundraiser here at the Clubhouse would not have been possible without all the work the members, staff, and the board have put in. We are excited to see the results of our efforts and hope the annual TMP charity event turns out to be a great success.



Ciearra and Chris working on her story.



Renee & Joseph working on take home succulent pots.

Meet Clark, TMP's Newest Volunteer and TMP Newscast Producer

By Clark Zhu

Hello! My name is Clark Zhu. I was born and raised in China and have been studying in the US since high school. I am currently studying at the University of San Diego finishing my master's degree in Marriage and Family Therapy. I have been volunteering in the Meeting Place since the end of February 2024. The field of mental health is extremely stigmatized in my home country, and my desire to change the situation is one of the main reasons for me to enter the field of mental health. Coincidentally, my friend Ethan, who used to work at TMP recommended me to the Clubhouse knowing that the place greatly aligns with my beliefs. Just like he said, I was so amazed by how the clubhouse was organized. Members and staff are working on the same works together, and everyone looks happy and satisfied. TMP looks completely the opposite of how mainstream depicts mental health. I believe the process of destigmatization is one of the most crucial pieces for the recovery of any mental health condition and I would like to incorporate my experience at The Meeting Place into my career and help more of my clients in the future with not only the treatment process but also the recovery!



Rose and Clark producing the newscast.

The Meeting Place Calendar May 2024

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness/12:30 Walk 1:00 Community Meeting & PM Unit Meeting 3:00 PM walk	2 8:30 Stretching 9:00 AM Unit Mtg 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg./2:00 HOT 3:00 Strength Training	3 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:30 Job Hour 3:00 Coffee Clique	4 Food Distribution 10:30 La Jolla Coast Walk 11-2pm Free DL 4/26 W/ Albert
5	6 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:30 Job Course 3:00 Music Movement	7 8:30 Stretching 9:00 Unit Mtg 11:00 Food Distribution 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg. 1:30 Crosswords/3:00 Walk	8 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness/12:30 Walk 1:00 Newsletter Planning & Community Meeting 3:00 PM walk	9 8:30 Stretching 9:00 AM Unit Mtg 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg./2:00 HOT 3:00 Strength Training Dave's Rock Garden - Free DL 5/2 W/ Albert	10 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:30 Job Hour 3:00 Coffee Clique	11 Food Distribution 10:30 Kobey's Swap Meet 11-2pm Free DL: 5/3 W/ Maggie
12 Clubhouse Address: 2553 State St San Diego, CA 92101 619-294-9582	13 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:30 Job Course 3:00 Music Movement	14 8:30 AM Stretching 9:00 AM Unit Mtg 11:00 Food Distribution 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg. 1:30 Crosswords/3:00 Walk	15 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness/12:30 Walk 1:00 S.A. Planning & Community Meeting 3:00 PM walk	16 8:30 Stretching 9:00 AM Unit Mtg 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg./2:00 HOT 3:00 Strength Training	17 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:30 Job Hour 3:00 Coffee Clique	18 Food Distribution 10:30 FOTMP Prep 11-2pm Free DL 5/10 W/ Jorge
19 FOTMP Fundraiser	20 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:30 Job Course 3:00 Music Movement	21 8:30 AM Stretching 9:00 AM Unit Mtg 11:00 Food Distribution 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg 1:30 Crosswords/3:00 Walk	22 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness 1:00 Community Meeting 3:00 PM walk B-Day Dinner \$3.00 DL 5/15 W/ Maggie & Shana	23 8:30 Stretching 9:00 AM Unit Mtg 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg./2:00 HOT 3:00 Strength Training	24 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:30 Job Hour 3:00 Coffee Clique	25 Food Distribution 10:30 Coffee & Chill 11-2PM Free No Deadline W/ Shana
26	27 Memorial Day 10-2 PM w/ Maggie DL: 5/20 Snacks for Purchase	28 8:30 AM stretching 9:00 AM Unit Mtg 11:00 Food Distribution 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg 1:30 Crosswords/3:00 Walk	29 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness 1:00 Community Meeting & PM Unit Meeting 3:00 PM walk	30 8:30 Stretching 9:00 AM Unit Mtg 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg./2:00 HOT 3:00 Strength Training	31 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:30 Job Hour 3:00 Coffee Clique Schizophrenia Day 11-2pm	

How The Meeting Place's Wellness Program Contributes to Improved Mental Health

by Margaret Kirwan

At The Meeting Place Clubhouse we offer health & wellness education and activities multiple times a week. What does that entail, you may ask. Well, I am here to tell you! Recent research by Dr. Elizabeth E. Piatt from the Department of Behaviors and Community Health Services at Northeastern Ohio Universities Colleges of Medicine and Pharmacy shows that serious and persistent mental illness can result in people losing up to four years of life compared to individuals without mental illness. Since we are aware of this information, we make a huge effort to make sure our members are educated on this, as well as have a space and dedicated time for different kinds of physical exercise. Every morning Tuesday – Friday before the work ordered day begins, we practice stretching and balance. Everyday twice a day after our Unit Meetings, the membership and staff do 25 squats. That's 50 squats a day! Imagine the difference those few minutes everyday will make for the rest of your life?

Everyday, at noon, we join together for a 30 minute mindfulness meditation: a clubhouse favorite! Every Monday we have Music Movement Monday where we move and groove, get our blood pumping, and our body loose. On Thursdays, we have a double whammy. HOT class which stands for health on Thursdays is always a hit. Together, we learn something new about how to improve our health & wellness including diet, functions of the body, and prevention of all kinds. After HOT we are ready for strength training. During this time we use weights, steps and bands to improve our strength. At 12:30 and 3pm Monday through Friday we go for a 30 minute walk around our neighborhood. On top of all these activities, the Clubhouse follows a low carb, organic diet. Everyday for lunch we have a delicious low carb meal made with organic ingredients we get from our twice weekly food donations from Trader Joes. If any of this sounds like something you would benefit from, COME JOIN US. Don't waste anymore time during this one precious life we get.



SOCIAL ACTIVITIES

April 2024 Event Highlights:

April Fools Birthday by Chris Rull

The Clubhouse hosted a hilarious April Fools-themed Birthday Dinner that really duped the partygoers. "The food was the star of the show," said Jorge, who was part of the crew who put the zany meal together. As a starter, we had tomato soup with plastic flies. The main entrée was meatloaf and mashed potatoes disguised as chocolate cupcakes, and a vanilla cake that looked like a slab of spaghetti and meatballs. It was truly a foolish birthday dinner with zero complaints from the duped.



(L-R): Spaghetti Cake; partygoers enjoying meatloaf cupcakes; flies in the soup

Jorge Leads a Trip to the La Mesa Spring Market

by Jorge Meza

It was a day of questionable weather, gloomy at one point, and at other times the sun would give us a great day to enjoy. Going down to Old Town, La Mesa can bring back memories. I once remember coming down here every Wednesday as a kid to look at the classic cars parked down this area. Now I can add the Spring Market that the city of La Mesa have been doing for the past 10 years. This event closed off 3 streets to fit all the creative vendors so they can sell their products. Live music was also part of the festivity and games for the little ones to play.

Overall, All the members enjoyed the day at this event. Some loved the food that vendors were selling, some loved the entertainment, and others just loved to be outside. Come sign up in one of our Saturday activities where nothing but excitement is headed your way.



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

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.