

# The Meeting Place Clubhouse

Funded by: San Diego County HHS



# The Meeting Place News

November 2019

## Why We're Grateful for The Meeting Place



Denise

*"I'm thankful for all of the friends that I've made here, members and staff alike. I'm also thankful for the support I get here every day. I started out in a Transitional Employment job at HomeGoods six years ago and am still working there, so I'm grateful for the program that gave me a chance to return to work and be successful."*

**- Denise**



Steve

*"I'm thankful for the social connections that the Clubhouse gives me. Coming in everyday and working on things like the newscast, helping in the kitchen, and other tasks gives me a sense of purpose."*

**- Steve**

*"They helped me get a job that I've been at for seven years. I'm very appreciative. The clubhouse gives me something to do, a purpose!"*

**-Nate**

*"I am very grateful to be a volunteer at TMP! I'm glad that I get to work hard alongside the members of unit 2. TMP has allowed me to be productive during my time out of class."*

**-Angela**

At The Meeting Place, members and staff work together on daily tasks that would be impossible to get done without the cooperation of willing helpers. Teamwork is essential to the running of the Clubhouse and as a result, an outpouring of gratitude is expressed here daily. What also gets heard around the units is an appreciation for the Clubhouse itself. It's a place where members can make friends, learn new skills, and receive the support they need to thrive in the community.

Also part of the culture of gratitude at TMP, Clubhouse expresses their thanks to community partners like Trader Joes for food donations, HomeGoods, and our other Transitional Employment partners with cards and Clubhouse-made gifts on a regular basis. TMP depends on their friends in the community and Clubhouse loves to say thank you for all they do to improve the lives of TMP members through their kindness and dedication.

This issue's theme is all about showing gratitude! We hope you enjoy your reading!



Angela and Nate

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

Jake, Chaz, and Angela

### Let's Meet Jake! by Jaki

Born and raised in San Diego, this native grew up in the Pt. Loma area and attended schools there although he later graduated from La Jolla High School. Jake left San Diego to attend Chico State University where he majored in Entrepreneurship.

During a time before graduation, Jake became the manufacturer of sustainable clothing. His clothing line included, shirts, jackets, pocket squares and ties. They were made from hemp and silk. While Jake was running his clothing company, he began dealing with health issues that put his career in clothing on hiatus. However, Jake would someday like to do something again as an entrepreneur. Jake enjoys movies and the genres he likes include black comedy, independent films and documentaries. Five-mile walks are one of Jake's regular routines, and when the weather's nice he swims or body surfs.

The Clubhouse is a place that helps Jake get out of bed and motivates him. Once here he said, the members and staff helped to give him hope. Jake has been a serious help with the TMP Newscast and also being a part of the team that helps in the kitchen making our healthy, organic low-carb meals.



## How We Express Our Gratitude in the Units

### UNIT 1 by Jason and Neiko

In Unit 1, we show gratitude in many ways. During our Work Ordered Day, we have numerous opportunities for gratitude, whether its thanking each other for help completing tasks, showing appreciation to members running the café and making special snacks, or celebrating the members and staff who cook our delicious lunches every day. Working in the kitchen provides many excellent opportunities for gratitude as it takes a dedicated team to feed the Clubhouse fresh, organic food on a daily basis.

We also show gratitude to our excellent newscast production team members who write, film, edit and produce the KTMP newscast four days per week. We are always grateful to members who volunteer for our newscast.



*Big THANKS to Jose for running the register*

### UNIT 2 by Marie

Showing our gratitude to the folks who've helped the Clubhouse along the way is a big part of Unit 2. Our team is responsible for creating personalized thank you cards to individuals and organizations who have made various types of contributions to The Meeting Place.

A big part of the process is taking the printed cards around so everyone at TMP can write out a little note. Once we have the cards filled, we have someone send them out. Unit 2 definitely enjoys making thank you cards as a token of our appreciation.



*A thank you card made in Unit 2.*

## Neiko: Thankful to Be Working Again

by Chris and Neiko

In the last issue of The Meeting Place News, we shared a story on Neiko's journey toward getting a job after several years of being unemployed. We're happy to note that since then, he has been placed in Transitional Employment position at Home Goods, joining a long-line of members who have been placed at the home décor store. He works as a backroom associate. Training and working alongside Chris since the beginning of October, Neiko is excited and grateful to be a working man after wanting to work for so long. "I'm very thankful for the chance to have a TE position at HomeGoods and be working again. I enjoy my job," Neiko says on one of his days off from the store.

As a backroom associate, Neiko helps unpack and assemble boxed merchandise coming down a conveyor belt connected to a truck. He prices the items and arranges them on tanks that his co-workers will later display on the sales floor the next day.

Neiko has been a member of the Clubhouse for over a year and the road to employment has been full of consistent hard work during the Work-Ordered Day and taking part in TMP's vocational activities like Job Hour and Job Course. "I'm thankful to be around other people that understand me. I get the resources and support that I need," he said of his time at The Meeting Place. Part of the terms of a Transitional Employment placement is that the placed member is expected to work 6-9 months and once that time is up, another member gets a chance. Nevertheless, Home Goods has been very happy with the individuals we place and have permanently hired several of them through the years. Denise still works there after 5 years! Neiko hopes to show just how reliable he can be at his new workplace and hopes his employer is happy with his work. So far, he's doing an excellent job.



Neiko running the cardboard compacter.



Leslie in yoga at TMP.

## Leslie Successfully Completed Her Yoga Class

by Chris

Leslie started a yoga class at the Mesa College Continuing Education campus back in August. The class ended during the last week of October. It had been years since she attended a college campus, but the prospect of getting some exercise into her schedule along with the hope of making friends influenced her decision to enroll. As anticipated, she accomplished both things: "I loved the class and my classmates were very helpful. Our teacher was so nice and accommodating," Leslie said.

Because she was happy with her decision of trying an enrichment course, Leslie looks to sign up for more classes in the future once her schedule allows it. "I hope to take a math class soon and maybe more exercise classes," Leslie continued. Besides yoga, Leslie is a terrific help in Unit 1 where she helps with different computer tasks and helping out with breakfast at 8am.

## Thankful to Be Supporting the Membership at TMP

by Rebecca

My name is Rebecca, and I am very excited to be working at the Clubhouse with you all. I've been living in San Diego for almost a year, and I love it! I moved here from Tahoe, but am originally from Baltimore, MD. I went to college for biology and philosophy, and I also have a great interest in psychology. I have spent most of my career working in restaurants, and have also worked as a math/science tutor and research assistant. I love learning new things as well as teaching others.

In my free time I like to hike, read, do yoga, and snowboard. I like to stay both physically and mentally active. I look forward to getting to know you all, and thank you for being so friendly and welcoming my first month!



## Showing Gratitude Through Caught Yas! by Jaki and Marie

Caught Ya is a chance to give thanks to members who have been helpful to other members. By writing a sincere note, members can express their gratitude to one another. The notes are put into a Caught Ya box and are read out loud on Wednesday's Community Meeting. By reading out loud the notes, we as a community can celebrate the helpfulness and kindness that everyone contributes.

Some of the following are things that we give thanks to: providing exceptional knowledge, making others smile, just being there, being helpful, taking a chance, having a great smile, and teaching someone. You can also add a personalized message to make the Caught Ya extra special.

After the Caught Yas are read, a drawing is done and a staff picks a note from the box and the people on the note gets a free \$5 prepaid card that can be used at the café. So there are many benefits for the Caught Ya box. We encourage you fill one out today and show your gratitude!!



Nate and Mary holding up Caught Ya Cards.

## Health Benefits of Showing Gratitude By Christina and Jason

It's often easy to feel sorry for yourself, particularly when life's challenges feel like they are piling up and weighing you down. But whether you choose to write in a gratitude journal or simply take a moment to silently acknowledge all that you have, gratitude can change your life.

According to research published in *Psychology Today*, there are scientifically proven benefits to having an "attitude of gratitude."

**Gratitude opens the door to more relationships.** Showing appreciation can help you win new friends. A recent study found that thanking a new acquaintance makes them more likely to seek an ongoing relationship.

**Gratitude improves physical health.** Grateful people experience fewer aches and pains and report feeling healthier than other people. Grateful people are also more likely to take care of their health.

**Gratitude improves psychological health.** Gratitude reduces a multitude of toxic emotions, from envy and resentment to frustration and regret. Research by Robert Emmons, a leading gratitude researcher, confirms that gratitude effectively increases happiness and reduces depression.

**Grateful people sleep better.** Writing in a gratitude journal can help improve sleep. Just 15 minutes jotting down a few grateful sentiments before bed may help you sleep better and longer.

**Gratitude improves self-esteem.** Gratitude increased athletes' self-esteem, an essential component to optimal performance. Other studies have shown that gratitude reduces social comparisons. Grateful people are able to appreciate other people's accomplishments.

**Gratitude increases mental strength.** A 2003 study published in the *Journal of Personality and Social Psychology* found that gratitude was a major contributor to resilience following the terrorist attacks on September 11. Recognizing all that you have to be thankful for—even during the worst times—fosters resilience.

## Feeling Grounded by Chris and Mary

On the last Tuesday of October, Lindsey from Grounded Mind Body Brew held the first of four free personal training sessions with the TMP membership, courtesy of a generous donation. It was a great way to experience the services Lindsey's new business provides. "The session with Lindsey was a lot of fun," Mary said. "I learned great moves and even learned how to do a squat properly. The complimentary coffee was outstanding."

The training sessions will continue during the first half of November on Tuesdays at 3pm.



Lindsey running a session of Grounded.



# SOCIAL ACTIVITIES

## October's Events



At the O.B. Pier.

### ***Ocean Beach Oktoberfest***

Several of us made it out to the annual Ocean Beach Oktoberfest. Although it was in mid-October, the weather for the day seemed to be straight out of the summer's forecast. The sky and beach was gorgeous! After we all ate either our sack lunches or food from one of the many vendors, we watched live bands, walked down the long pier, chatted with the many fishermen, and then did some shopping along Newport Avenue. It was truly a great time, but what made it even more special was the opportunity to hang out with our fabulous TMP colleagues.

### ***80's New Wave Birthday Dinner***

The 80's were a memorable time for some of our members, especially a couple of folks whose birthdays fall in the month of October. It was decided that we would celebrate the 80's New Wave era. The dining room was decorated in bright, neon colors, a TMP-made Pacman mural hung on the wall, and Rubik's cubes were spread all over the dining room tables. We played 80's New Wave Name That Tune and a round of trivia. As usual, the Birthday Dinner was really a great time for everyone who attended. Celebrating birthdays with friends at the Clubhouse is always special especially for folks who may not have friends and family in town.



George and Alina just wanna have fun.



In Little Italy.

### ***Halloween at TMP***

Halloween Day was one glorious spookfest! Chris started the costumed crowd with a session of Monster Yoga which included opportunities for all of us to let out huge belly laughs as we stretched. We did some dancing, did some trivia, played a Halloween Edition of Name that Tune (Luis R. and Jason dominated), and took a long walk along Little Italy. The food was wonderful. Highlights included mummified hot dogs, spidery deviled eggs, and a sugar-free pumpkin mouse. Fortunately, we had more treats than tricks this year!

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**



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HHS

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**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.

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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.*