

The Meeting Place News

November 2020

TMP's Gratitude Shines Through During a Challenging Year

Although 2020 has left us settling into new routines and new habits that are far from what anyone expected, The Meeting Place has continued to be an anchor for its members. We've made it all the way to November and as the Clubhouse continues to provide a well-rounded Work-Ordered Day for people in the building and at home, planning is underway for safely celebrating the holidays together as a community.

One major holiday that's soon approaching is Thanksgiving, which is a time where we express gratitude to all who are close to us. This issue showcases members, staff, and others involved in the Clubhouse community who want to show their appreciation. The past few months have been tough for many, but it's difficult times that spawn elevated feelings of thankfulness. The Meeting Place ability to serve its members effectively depends on so many wonderful supporters—one example would be our Board of Directors who have done so much to ensure everyone's safety throughout the pandemic by providing extra cleaning supplies and HEPA filters. The Meeting Place also has dedicated community partners like Trader Joe's who have continued, without fail, to donate fresh and organic food on a weekly basis.

Our November Newsletter is loaded with gratitude-laden stories, including appreciation from each of the units for the Clubhouse's spirit of teamwork, members expressing gratitude for support with finding work, and the thrill of having opportunities to be together again while still remaining safe and healthy. There are so many things for us to be thankful, just like having readers like you! *We hope you enjoy our stories.*

"I'm thankful for the Clubhouse because I feel isolated without my community of friends and colleagues, especially since the start of the pandemic. I also appreciate having a place where I can fully express myself."

- Alan B.



Alan enjoying a fresh, new canvas at TMP.

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 New & Returning Members

Jesse, Christina, & Linda J.



Jesse: Grateful for New Opportunities at The Meeting place

by Marie

Jesse is one of our newest members. He was born in California. He was referred to TMP by his former therapist in April of this year. He officially became a member in October. His hobbies and interests are playing video games and sketching. He graduated from Mission Bay High School with a 3.5 GPA honor roll.

When asked how he likes being a member of the Clubhouse, he says "So far being a member has helped me understand who I am and what I can do to better myself."

When asked what his future goals, he states, "The main thing that is a priority right now is having my family back together."

Jesse is also grateful to be part of an organization that can help him find remote jobs through resume assistance and mock interviews, as well as resources that can lead to accessing a laptop. He also looks forward to health and wellness education and tips on eating much healthier. The Clubhouse is grateful to have a helpful and considerate young man part of the community!



Work in the Units: Members & Staff Thankful for Teamwork

UNIT 1 by Jason

In Unit 1 this month, we continue to perform the work of the Clubhouse both in person and virtually via Zoom. Though we have had to adapt to new safety procedures brought on by the Covid 19 pandemic, we still find many things to be grateful for. We are glad to be back in person in the Clubhouse, even in a limited capacity right now. Members are happy to be resuming the work of our Unit. Denise is grateful that we can cook for and serve lunch to members who come in to help with tasks. Steve is happy to be working on the in-house newscast again. Staff member Shana and members like John, George and Elsa are thrilled with the return to running our café. The work of the Unit continues, despite all the challenges that we continue to face. We are productive, engaged, and committed to the mission of our Clubhouse. Now more than ever, both members and staff need the engagement and opportunity the Clubhouse provides for some sense of normalcy in troubled times.



Jesse and Jason editing the newscast.

UNIT 2 by Erica & Suzy

Due to the pandemic, we have had to get creative on how we plan on safely gathering together as a community while still having a good time. Navajo, a member of Unit 2, says, "I noticed how hard everyone is working when I come to help out at TMP, I'm so grateful for everyone's hard work!" Navajo added, "I have enjoyed getting together with new members and being reacquainted with old buddies lately at our fun Social Activities. I can't wait for the rest of our holiday celebrations."

Abby, a Staff Generalist in Unit 2, says "I'm so grateful to have members help at the Clubhouse in-person. When we were shut down due to COVID, it was challenging to get everything done while members did their best to help from home. It has been great to have members help complete the work of the unit such as data entry, attendance count, and filing. I really enjoy working with other people so it has been a joy to be able to work side by side with members instead of virtually for a change".



Unit 2's crew.

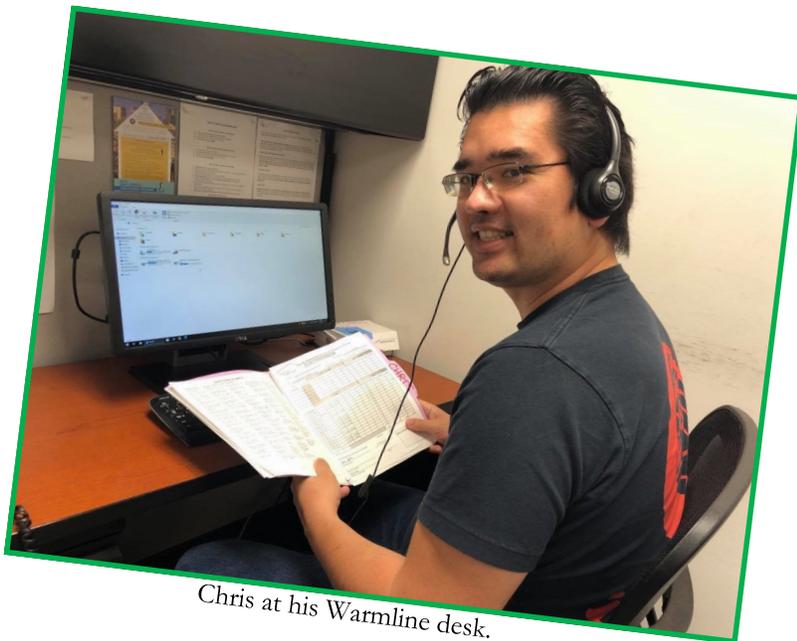
SCHOOL & EMPLOYMENT

Thank You For My Job, TMP by Chris S.

Continuing with the theme of gratitude, I would like to share about a development I've had at the Clubhouse. For a little background on my work experience, I had never worked before I came to the Clubhouse, even though I had earned a bachelor's degree from UCSD. Having a mental illness was originally debilitating for me, and I have recovered from some tough times. Soon after I started attending The Meeting Place, they offered to help me become employed through the Transitional Employment (TE) program, and I started working my first job at TJ Maxx. I thoroughly enjoyed my work there and excelled at what I did. After being there for 3 years, I took Peer Employment Training through Recovery Innovations International to become a certified peer support specialist.

When COVID hit, I was furloughed from TJ Maxx and started looking for work elsewhere. Fortunately, The Clubhouse was hiring for a position on The Warmline, and I was offered a job there.

I love talking with the people who call in and feel I have a good rapport with all of them. The Meeting Place has been with me step by step on my road to recovery, and I am deeply grateful for the support I receive from Sharron, the staff and my fellow Clubhouse members.



Chris at his Warmline desk.

Student Volunteer Grateful for Opportunity to Grow

by Angela

It has been almost a year and a half that I have had the privilege to be a volunteer at TMP. I am really grateful for the many experiences I have had here. TMP is the friendliest and the most supportive work environment that I have ever gotten to participate in, and it has been a joy to come in and help out every week.

I am also very appreciative of the clubhouse's flexibility in my scheduling so that I can continue to work on my Psychology degree at SDSU. Working closely with the members one-on-one and in small groups, has allowed me to get to know many of them over the past year and a half, and I am very grateful for the ability to work on tasks with them throughout the week!



Angela

A Healthy Clubhouse is a Happy Clubhouse: TMP's Socially Distanced 2020 5K

by Erica, Suzy and George

With some delays and postponing due to Covid-19 and schedule conflicts, we finally completed our annual 5K. Our route consisted of a beautiful view of the bay, leading us back to the Waterfront Park where we had lunch and an post-walk stretch. Walking while remaining 6 feet apart with masks did not stop us from having a great time. It was a perfect sunny day with a nice breeze to keep us cool. The weeks leading up to the 5K were dedicated to training. We had members encouraging one another while continuing to social distance. It was wonderful to see so many first-time walkers in our TMP 5K.

"The walk was really fun. I enjoyed walking beside the bay; it was a beautiful view. After the 5k, we had a healthy and delicious lunch at Waterfront Park. My favorite part, was receiving the t-shirt at the end, so I can remember this event forever," George said

Suzy also had a wonderful time: "I had a great time at the 5k and I was really excited to do my first ever 5k. I had a great time walking with Mary on zoom for the 5k and it was great to see all my friends in person. I also enjoyed having my sister there to support and cheer me on for the 5k."

Overall, everyone had a safe and exciting day! We're looking forward to our next 5K with less restrictions!



Scenes from the 5K.

Thankful to Be Celebrating Birthdays Together Again by Chris and Leslie

For 8 months, the Clubhouse was unable to celebrate monthly birthdays. It was an unexpected break in a decades-long tradition. Understandably, not being together put a damper on some our members birthdays during the middle of the year. The Clubhouse tried its best to resolve the change by delivering cupcakes and cards to our members at home.

In October, we finally had our first celebration in-person with others joining by Zoom. The birthday get-together was scheduled during our Coffee Clique hour at the end of the day on Friday. For the next few months until we can have a full-on party that we're used to, one Coffee Clique during the month will be dedicated to celebrating birthdays. "I had a great time," Leslie said, whose birthday fell in October. "The cake and latte were very good."

Some of us don't have family or friends outside of The Meeting Place, which makes celebrating together all the more special. The same goes for major holidays like Thanksgiving and Christmas. We love being together!



October Birthday baby, Leslie

Showing Appreciation to Our Bodies with Healthier Eating

by Jason and Suzy



Navajo enjoying a chicken stir-fry with broccoli and zucchini over a bed of cauliflower rice with a bowl of watermelon

This month in WHAM (Whole Health Action Management) we've been talking about healthy food choices, specifically foods that are in season this fall.

Lindsey, who hosts WHAM alongside members, provided a list of many foods that are both in season and good for overall health. The choices are readily available at local grocers.

Some of the foods mentioned included sweet potatoes, kale, pears, and others that are on local shelves right now. We also talked about ways member can prepare these foods. "I'm learning more about making good choices," said Clubhouse member Suzy M. She has been working not only to eat healthier but also to exercise more. She walks almost every day with other members and is back to eating lunches at TMP. Our lunches are always organic, low-calorie and healthy.

In addition to the WHAM classes, members and staff promoted the foods in the form of health tips on the TMP Newscast. Here at the Clubhouse, members understand the connection between mind and body when it comes to mental health recovery, and work to help each other make healthy choices.

Shana's Sweet & Spicy Roasted Pumpkin Seeds

In keeping with the festive autumnal spirit November brings us, Shana shared a special recipe for one of The Meeting Place's weekly Food Demos: Sweet & Spicy Roasted Pumpkin Seeds. This is a special project you can do at home if you have any leftover pumpkins from Halloween. It's also a super healthy snack!



Ingredients

- 1/2 cup clean and towel dried pumpkin seeds
- 1 teaspoon olive oil or avocado oil
- 1 tablespoon brown sugar
- 1/2 teaspoon sea salt
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon black pepper

Instructions

- Preheat oven to 300°F. Line a baking sheet with parchment paper, and set aside.
- Clean the pumpkin seeds by removing them from the pumpkin, and then picking any large chunks out.
- Fill a medium-size mixing bowl with warm water. Add in the pumpkin seeds, and then swirl around with your hand or a spoon to dislodge any of the pumpkin "gunk." Let rest for five minutes. The pumpkin seeds will float to the top, and the pumpkin guts will sink to the bottom.
- Use a slotted spoon to remove the clean pumpkin seeds to a kitchen towel and pat dry.
- In a small bowl, mix together your seasoning.
- Toss the clean and towel-dried pumpkin seeds with the olive oil. Then, add in the seasoning mixture, if using, or just salt to taste, tossing to make sure each pumpkin seed is well-coated.
- Spread pumpkin seeds onto the prepared baking sheet, making sure they are in one even layer. If you need to move to a second baking sheet, do so.
- Roast in preheated oven for 20-30 minutes, stirring every 10 minutes, or until the pumpkin seeds are golden brown.
- Remove from heat and let cool completely (pumpkin seeds will crisp up as they cool).

SOCIAL ACTIVITIES

October Event Highlights

World Mental Health Day by Abby

On October 10th, TMP observed World Mental Health Day with a fun inspirational rock project. For this project, members had the opportunity to paint rocks different colors and put a positive message or word on them.

After everyone had completed their rocks, we all took a short walk around the neighborhood and put our rocks somewhere where people walking by could see it. We chose to do this project because we wanted to do something that we could safely socially distance but also still a fun way to spread some positivity within the community.



(L-R) Decorated Rocks; George and Abby placing rocks in the neighborhood



(L-R) Suzy, Mary, and Erica at Balboa Park

Socially Distanced Halloween Party at Balboa Park

by Angela and Erica

The Meeting Place Clubhouse celebrated Halloween this year with a get-together at Balboa Park. About 12 members participated along with TMP staff, Shana. Colleen, Suzy's sister, participated and took pictures, as well. Some of the members wore their costumes!

The fun-filled day consisted of playing "Name That Tune" with music from the classic Halloween movies, as well as plenty of leisure time of great conversation.

Lunch consisted of "Mummy Dogs," cheese dip, deviled eggs, and a

delicious "Candy Corn" fruit snack. The day was a lot of fun.

TMP member, Erica, mentioned, "I am very grateful that we were still able to get together in some capacity." Plans are currently being made for the end of the year's other major holidays. The opportunity to celebrate as a community and create more social connections is still a major part of The Meeting Place.

A Picture is Worth a Thousand Words



A short stop on the 5K path along Downtown San Diego's Harbor.

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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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.