

The Meeting Place Clubhouse

Funded by: San Diego County HHS



The Meeting Place News

October 2020



Steve editing the TMP Newscast.

The Meeting Place Community Continues to Prosper through 2020

Fall is known as the season of maturity. The weather gets cooler (unsurprisingly, San Diego continues to experience serious heatwaves into October), there's less daylight, all that bloomed from the more fruitful prior seasons comes to a halt until spring, and many of us fall into a time of contemplation. Nevertheless, 2020 has been unlike any other year before it. What we usually experience this time of year could understandably feel more amplified. 2020 has compelled many of us to look at ourselves in new ways, the Clubhouse Community as a whole included.

Day tasks in-person while still maintaining a virtual outlet for those who have decided to stay home in light of the continuing pandemic. Members have worked to adjust to new procedures the Clubhouse has put into place to ensure the good health and safety of everyone. There have also been changes to the regular schedule, changes to the tasks (including work to be done using a new database both staff and members are still getting used to), changes to how meetings are run, changes to policies, etc. Still, having members work at our site and from home has been wonderful. For those familiar with how Clubhouses work, they know that there is always work to go around. It has been more than encouraging to see members stepping up and taking on responsibilities in spite of what the year has put on the table.

Growth and maturity, like what Fall signifies, have been central to The Meeting Place enduring as a workplace and sanctuary. In this issue, we share stories of how the Clubhouse has continued to prosper despite it being a challenging year. We have members returning to work, taking on new roles in the TMP Community, committing to practices that will ensure the safety of everyone at the Clubhouse, reaching health and wellness goals, and more.

Nearing the end of the summer, the Clubhouse reopened its doors to members ready to take on Work-Ordered



George sanitizing the kitchen.

We hope you enjoy what you read!

**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 Member Bill

October Birthdays



Julia Joins the Clubhouse Community

by Marie

Julia Chassen is one of our newest clubhouse members who joined a month ago. She is a native San Diegan.

She went to Poway High School and has a Bachelors of Arts degree in Communication from Cal State San Marcos.

She found out about our Clubhouse through a counselor at Jary Barreto, a crisis house in San Diego. She said she has not attended any Clubhouse virtual activities yet, but that she did the virtual Tour of Paris on her own time.

Her hobbies and interests include photography, hiking and sightseeing. Her future goals are to finish grad school with a Masters in Counseling Psychology and become a therapist.

When asked how the Clubhouse can help her achieve her goals, she said "The Clubhouse can help me be accountable by helping me set realistic goals while in school." She said she has been in touch with staff every week and plans on coming on Fridays. Welcome, Julia!



Julia

Work in the Units: Members Return to the Clubhouse

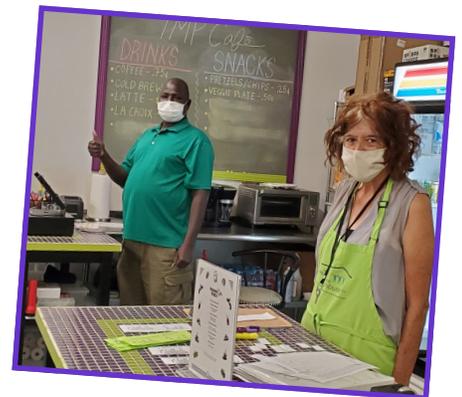
UNIT 1 by Chris & Denise

Since the reopening in September, Unit 1 has been trying to get things as close to normal considering that most of the active membership are "zooming" into the Clubhouse virtually. We've restarted preparing lunches again. Menu Planning is back on the schedule. Unit 1 has also gone back to the same daily cleaning that we were used to before the pandemic. Shana has also been training members on running the café. It's nice to be able to purchase inexpensive healthy lunches, snacks, and coffee. Although we're slowly getting there, Unit 1 is thriving once again.

UNIT 2 by Erica & Suzy

Unit 2 has had a lot on its plate lately. Fortunately, members and staff have worked together to identify the unit's needs and priorities. A handful of members have assisted with entering data and supports into two databases, with Erica taking a prominent role as someone who can get the job done quickly.

Unit 2 is also working to make sure there the Clubhouse has coverage at the front desk. Returning duties for our receptionists include signing visitors in (after a temperature check and health screening), signing members up for social activities, and answering the phone. We look forward to a new sense of normalcy while continuing to work hard and spread the work.



John D. and Elsa back to running the café.



Suzy running the front desk with Steve signing in.

After 6 Months, Nate Gets Working Again by Marie

It's been 8 years in August since Nate started working as an usher for Ultra Star Theaters in Mission Valley. He returned to work on September 15th after a six-month furlough due to the pandemic. He began working in a T.E. position through the clubhouse and after a few months became a permanent part-time employee.

Currently he works 4-8 hours a week since the theaters are only open Friday-Sunday. The theaters reopened to the public on September 18. His job entails ushering, cleaning the lobby, restrooms, concession counter, and inside the theater after the movies are over.

When the theaters closed during the pandemic, he was able to collect unemployment for 6 months. During that time, he has been coming to the clubhouse 3-4 days a week when it reopened. He has also been reading a lot, and searching for work elsewhere in fast food and retail.

He states that TMP helped him get the job, coached him throughout the entire application process, resume and interview, and even during difficult times. He is "very grateful to TMP and I like the job very much." He states that during the 6-month work furlough, he has learned to appreciate his job even more now and has taught him to be "grateful for what I have." He has learned to save money while collecting unemployment "because you never know what's going to happen. I have to save for a rainy day."

His advice to people for changing and maturing while on work furlough during this pandemic is to, "Hang in there and take your meds."

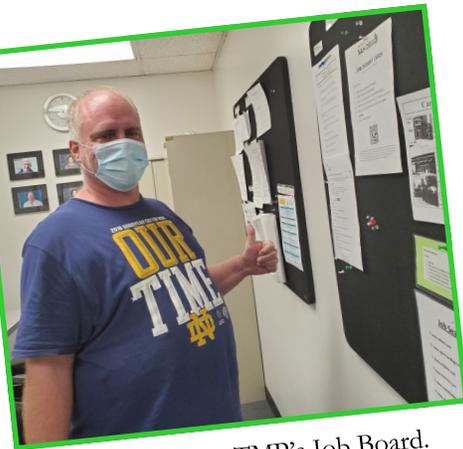


Nate

The Time for Seasonal Work Begins by Jason and Bill

As the holidays approach, new opportunities for people thinking about returning to work begin to open in the form of seasonal work: temporary employment that occurs around the same time every year. For those who have been out of the job market, this type of employment offers an opportunity to get back to work and fill a resume gap. Positions can be part-time and offer schedule flexibly. And while a seasonal job is temporary, the impression an employee makes could lead to permanent employment. Good work performance can also lead to job references that can be used for future jobs.

Retail stores hire employees in fall and winter to help with an increase in holiday business. This can include things like customer service, merchandising, gift wrapping and more. Retail chains like Macy's, Target, and Walmart are among the business that add additional employees during the holidays.



Bill checking out TMP's Job Board.

Seasonal work is not limited to the holiday "season". It could include working during tax season like Clubhouse member Bill Q. He worked a temporary position taking calls from customers, answering questions and routing customers to the appropriate tax professional. "I got the job through a temp agency," he said. "It was good experience and good for my resume."

Seasonal work might also include working during something as unique as baseball season. Clubhouse member Steven L. worked as a part-time guest services representative for the San Diego Padres and Petco Park. "The job included working during baseball season, but also events at the stadium for things like concerts at other times of the year," he said. "It went from only working during baseball season to more opportunities year round." And this year, although not technically considered a "season", retailers like HomeGoods, Costco, and others have added additional employees to help with jobs like store sanitizing in the wake of the Covid 19 pandemic.

All in all, a seasonal job can help you get your foot back in the door and return to the workplace. This can lead to more job opportunities in the future that help you reach your employment goals.

A New Role for Denise: New Member of TMP's Board of Directors

by Victor



Denise

Through consensus among the membership and staff, Denise was chosen to be a member of The Meeting Place's Board of Directors. She says that she is excited to be part of the Board. Denise will take on the regular duties of a board member while also adding insight to meetings from a member's perspective.

Denise has been a member of the Clubhouse since 2013. She attended a 2-Week Clubhouse International training in St. Louis' Independence Center with Chris. She is familiar with all of the Clubhouse International's 37 Standards and is knowledgeable with how Clubhouses are run.

In 2013, she started a Transitional Employment position at Home Goods. Seven years later, she still works there, currently working on weekends. Monday through Friday, you can find her at TMP helping with menu planning, preparing lunch, and various other tasks in both units.

She is a voracious reader at home. She can finish two books in a week's time. She likes to read mystery books about 500 pages like those of Agatha Christie and Arthur Conan Doyle of Sherlock Holmes. We know she will be an asset for the Board.

Prioritizing the Health & Safety of our Clubhouse Colleagues

by Chris

Committing to recommended health and safety practices have been crucial during The Meeting Place's reopening in September. Although some members have understandably continued to tune in from home through Zoom, the Clubhouse has created a space to effectively address concerns related to the spread of Covid-19.

Our new safety measures have included more robust protocol when checking members and visitors into the building. The process includes ensuring everyone has on a face mask at the door, checking temperatures before entering the building, asking health-screening questions, and making sure each individual washes his or her hands immediately upon entry.

Once in the building, colleagues are instructed to maintain at least 6 feet away from one another, even while working together. To facilitate enough space between individuals, chairs are strategically placed far apart from one another. In addition, colleagues also make sure that any surfaces are thoroughly wiped down with sanitizing wipes after use. This includes chairs, tables, computers, telephones, etc.

Although the Clubhouse has no control over the case rates in the city and whether or not the governor will place San Diego on a watch list, the health and safety of our Clubhouse Community is a priority.



Abby checking Luis' temperature at the door..

Members Making Better Choices Through Health & Wellness Goals

by Chris, Marie, and George

Over the past months, many members have sought Clubhouse support with health and wellness goals. Some have opted to get assistance in finding ways to cope with the added isolation brought about by social distancing.

"TMP constantly helps me reach my mental health goal of journaling on a daily basis as part of therapy," says Marie. "Alina, TMP staff, is my goal advisor and she checks in with me every week to make sure I reach my goal."

Other members have set up goals with staff to help them lose weight and maintain better physical health. The Clubhouse is committed to helping its members improve their health. That commitment can be seen in the lifestyle choices TMP advocates, whether it's low-carb meals and snacks, daily fitness activities, mindfulness, health and wellness discussions, and the importance set on making social connections.

It has been uplifting to see how much progress and maturity many members have shown in 2020.

"I have to buy a new belt because I'm losing weight," says George, who has benefited from eating lunch and participating in fitness activities consistently at TMP. "I've been eating a lot of salads and vegetables from Food Distribution. I've laid off the chips and crackers, staying pretty low-carb. The Clubhouse has encouraged me to walk as much as I can and continue to eat clean. I feel physically and mentally better."



George on the scale, feeling confident.



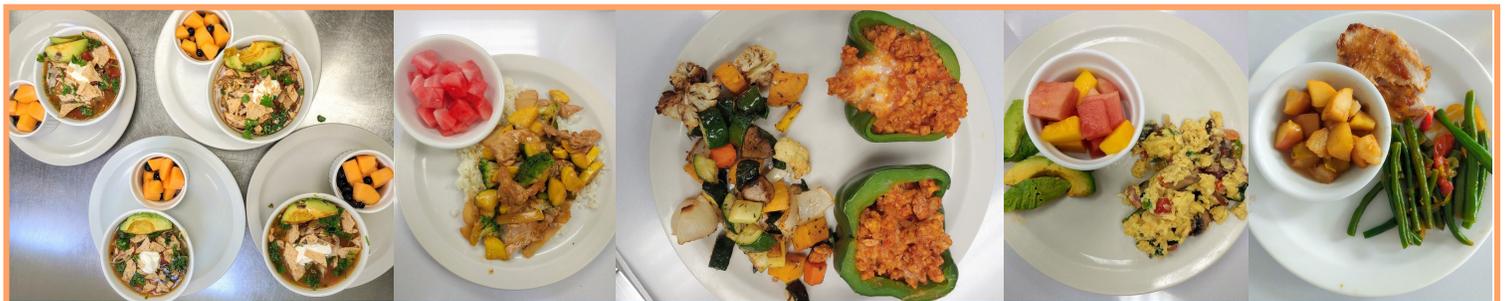
Marie journaling at home.

Low-Carb Lunches Back in Action at TMP

By George & Chris

It's been great to make meals again at the Clubhouse. We're back to planning and preparing low-carb lunches that are equally as delicious and healthy. Some members have expressed how much they missed eating at The Meeting Place. It's not common to find well-thought out and nourishing dishes for less than \$2. Here's a visual representation of what we've been chowing down on since reopening in September.

We apologize ahead if your mouth starts to water.



(L-R) Tortilla Soup with low-carb chips made of casava and coconut flour; pork stir-fry over cauliflower rice; ground turkey and cheese stuffed green bell peppers with roasted veggies; loaded scramble with a bowl of fruit and avocado slices; roasted pork loin with stewed apples and green beans

SOCIAL ACTIVITIES

September's Events

Social-Distanced Dance Party by Alina and Suzy

Dance day was truly a blast. Suzy stated she had a great time getting out and seeing friends in person and learning new dances. We started off with a dance, most everyone knows, the one and only Cha Cha Slide. After getting warmed up, we headed into Cupid Shuffle also known as the Electric Slide. This is a famous 4 wall line dance with a repetitive 16 count grapevine around the room. Next, Alina taught us how to do "The Wobble" and "The Git Up." It was great not only being surrounded by friends, but to learn line dances from different genres, which gave us a mix of diversity. For example, the Wobble was more hip-hop and The Git Up was more country/ pop. These are great songs to know for upcoming parties, where you can show off or just be part of the pack. Towards the end, we had a freestyle session, where anyone could show off their moves. It was great to let loose and feel alive. We then decided to make a music video to Vogue by Madonna to end our day.



Feeling the rhythm at Balboa Park.

Fall Art Day by Abby & Victor

This month we celebrated the first week of fall with a fall themed art day. Members participated either virtually or in person and we painted our own unique version of autumn trees. Staff Generalist Abby said, "I enjoy painting on my own time as it allows me to express myself and is very peaceful for me. I like that I am able to help others find that creative outlet and give them confidence that they can get creative too."

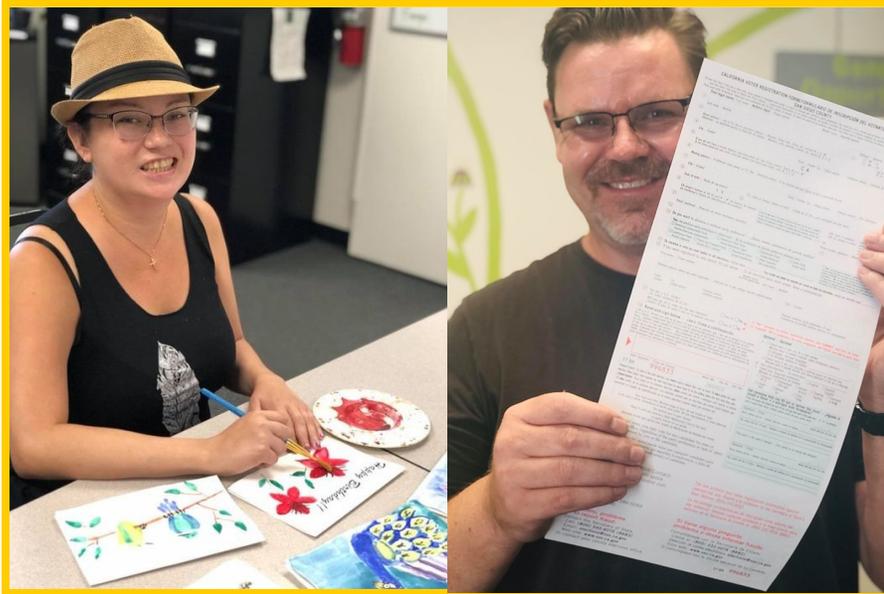
Victor, a member who participated virtually, said, "Abby gave members step by step instructions and allowed us to give our paintings our own style. Some people finished before the end of the activity and some people took their time and continued to paint even after the activity was over. I really enjoyed painting with everyone. I thought it was therapeutic and let me exercise my creativity and artistry. I liked that everyone's tree turned out differently, I had a great time."

This was our second canvas painting here at TMP. We value the opportunity to be able to connect and interact in a way that gives us a chance to create something of our own together.



Elsa, Abby, and George getting ready to paint.

A Picture is Worth a Thousand Words



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
 HHSA

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).

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!*



2553 State Street
San Diego, CA 92101

Phone: 619-294-9582

Fax: 619-294-9588

Email: themeetingplace@tmpclubhouse.org

Website: www.themeetingplaceinc.org



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.