

The Meeting Place Clubhouse

Funded by: San Diego County HHS



The Meeting Place News

October 2021



Matthew taking a call at the receptionist desk.

Cultivating Emotional Wellness at TMP

Emotional Wellness Month, observed all October, reminds us to stay present and take time out for our brain. Emotional wellness refers to our ability to process feelings in a healthy, positive way and manage the stress of everyday life. The Meeting Place's emphasis on a collaborative Work-Ordered Day and making healthier lifestyle choices contributes to better emotional wellness.

"I'm doing things I thought I couldn't do anymore before coming to TMP. This fills me with a great sense of accomplishment and I can tell my family members are proud of me as well," says Matthew, a new member who is currently training as a front desk receptionist. "Being busy and working with others is contributing to my emotional wellness."

Maintaining a strong emotional balance helps us make healthy choices, have good relationships, and achieve our goals. The Clubhouse offers functional training, mindfulness, low-carb meals, and daily walks to help members maintain both good mental and physical health. In addition, TMP provides opportunities and space for relationships to develop.

"A big part of my emotional wellness means making my brother believe in me again. I go to the Clubhouse to feel good about myself. My emotional wellness rises when I know I can contribute and stay active," says Heidi who likes to help out in both units and take daily walks.

In honor of Emotional Wellness Month, this issue offers personal stories from members and staff about how The Meeting Place assists in their journey toward balance and recovery. Enjoy.



Mary (left) and Heidi (right) getting ready to take weights on the walk.

**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.**

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

Lynn, Michael R., Matthew A., Robert W., Katherine O., and Ciarra



Chris S.
5th



Eileen
6th



Rudy
7th



Mark C.
10th



Ciarra
13th



Michael R.
14th



Leslie
16th



Alan
25th



Bob H.
30th

Ciarra Seeks Emotional Wellness at The Meeting Place by Victor

Cierra heard about The Meeting Place Clubhouse through Next Step. She is in Unit 1 and she likes cleaning the bathroom and folding napkins. She also enjoys working on the KTMP Newscast although she claims it'll take time getting used to seeing herself on the television. She likes doing the walk and she likes the neighborhood and that's nice. Attending the Clubhouse keeps her mind at work, which is better than staying home and wasting the day. She has three brothers and a sister. She is a California girl born in Los Angeles and she has been to San Diego since she was five. She hopes to return to work in the near future. Welcome, Ciarra!



Ciarra

Unit Updates: Focusing on Wellness

by Shana, Linda, & Nate

UNIT 1

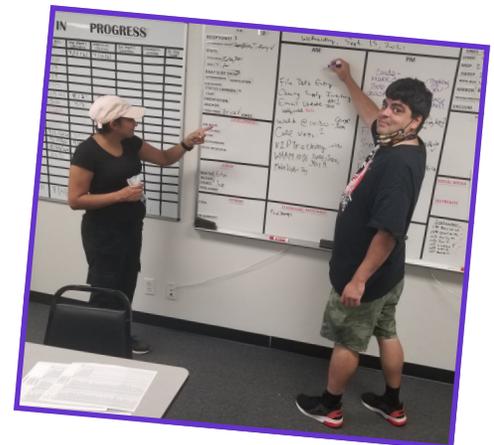
Unit 1 has been very health conscientious in making sure that the recipes are low carbs, organic and low calorie. Not only does eating healthy contribute to the overall physical health, it also contributes to mood and stamina throughout the day. Unit 1 also works on stocking the café with healthy snack alternatives. It is great to see members and staff working together on something that will benefit our health in the future.



A healthy salad with protein.

UNIT 2

As always Unit 2 is accomplishing a great deal. There have been lots of tours. Unit 2 is making people feel welcome. Members have been participating in the tours. We are trying to keep members busy. A big part of emotional wellness is being engaged. We try to keep members feeling wanted, needed, and appreciated. When people feel appreciated not only does the Clubhouse benefit, the members do as well. We are trying to create an environment where hard work is rewarded and also makes members feel that they are engaged in something worthwhile. Unit 2 is really trying to make a difference.



New member, Ciarra, and Jesse checking off completed tasks.

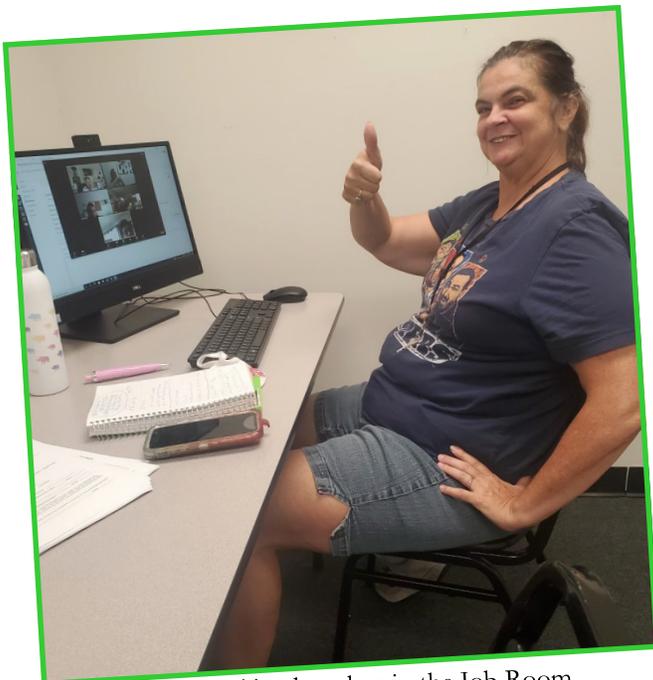
Maintaining Emotional Wellness By Staying Organized at Work

by Rob O.

According to a study in Personality and Social Psychology, women who described their homes as "cluttered" or full of "unfinished projects" were more depressed, fatigued, and had higher levels of the stress hormone cortisol than women who felt their homes were "restful" and "restorative." And people who worked in a neat space for 10 minutes were twice as likely to choose an apple over a chocolate bar than those who worked in a messy office for the same amount of time, found a study in the journal Psychological Science. "Clutter is stressful for the brain, so you're more likely to resort to coping mechanisms such as choosing comfort foods or overeating than if you spend time in neater surroundings," Dr. Eva Selhub says. The Journal of Neuroscience reports that looking at too many things at once overloads your visual cortex and interferes with your brain's ability to process information. The information cited came from Shape.com which also reports that organization can also help with sticking to better work productivity. Writing and color-coding priorities, keeping a clean work space, and being positive all contribute to less stress and better emotional wellness.



Steve keeps his TMP NewsCast production schedule organized on the white board.



Suzy taking her class in the Job Room

Back to School with Suzy by Victor

Suzy has started her second Ceramics class. The class is offered by SDSU and is held virtually. She takes the course from the Job Room at The Meeting Place. It will be three hours in the morning once a week on Fridays.

She started September 10, 2021, and classes end January 29, 2022. She took a class in the Spring. She liked it so much, she decided to take it this fall. She will be making bowls, plates, cups, and vases. She will be making a food pyramid too.

"School makes me feel grounded. I get to learn, meet other students, and do it from the comfort of the Clubhouse," Suzy says with a smile.



Excited to Work With You by Reilly

Hello everyone! My name is Reilly, I am so excited to join TMP as a Staff Generalist. I recently graduated with my bachelors in Psychology from San Diego State University. I spent this last year interning for a non-profit that focuses on gun violence prevention, and also doing psychology research at San Diego State. I love working with others, and am extremely passionate about mental health which is why I think TMP will be a rewarding and exciting experience for me!

I am looking forward to learning more about both of the Units. Cooking and wellness are certainly things that pique my interest, but I am also very interested in the administrative side of TMP. I anticipate I will learn a lot here and am eager to master new skills alongside members as well as staff.

T.E. Development Meeting by Chris S.

One big part of our Clubhouse is our vocational support. Members are encouraged to pursue job opportunities if they so desire. One of the ways we help members to do so is by offering what we call Transitional Employment (TE) opportunities. TE positions are all part-time, entry-level and pay at least minimum wage.

With TE, the Clubhouse makes connections with employers in the community and identify which members would be the best fit for the position offered.

Once we have made the connection and made our decision, the member and one of our staff have a Meet and Greet with the employer, which is similar to an interview but with much less pressure.

We're working hard to increase our placements. The goal is at least six of these TE positions fully underway by the end of December. This will be a huge undertaking and we are involving as much of the Clubhouse as we can in many ways. We are having meetings every Thursday at 1:45pm, which any and all are welcome to attend and participate in. Please, come join us and help our community to thrive!



Discussing our T.E. development goals.

5 Facts About Emotional Wellness

1. **Emotions start in the brain:** Our feelings are controlled by the release of certain chemicals and electro-chemical signals that flow through our bodies in response to outside stimuli.
2. **Emotions help us survive:** Feelings like panic, fear, or joy helped early humans understand external threats and rewards, and still guide the way we react to outside actions.



3. **We feel in our entire bodies:** Emotions manifest themselves in our bodies through physical reactions like increased or decreased heart rate, sweat, temperature change, or numbness.
4. **Emotions are contagious:** Studies show that humans unconsciously mimic the expressions of others around them – a smile really can be infectious!
5. **Negative feelings are important:** Though unpleasant, experiencing and processing bad feelings is an important part of maintaining balance and strong mental health.

Courtesy of
<https://nationaltoday.com/emotional-wellness-month/>

Healthy Halloween Treat Alternative: TMP's Keto Pumpkin Mousse

Ingredients

- 8 oz cream cheese
- 8 oz heavy cream
- 1/2 cup Splenda
- 1/4 cup pumpkin puree from fresh pumpkin
- 2 tsp pumpkin spice

The holiday season is here and temptations usually mount for festive sweets and unhealthy treats. The Meeting Place has made it a regular practice of finding healthier options. Here's an example of a healthier snack option that we'll serve at our Halloween party at the end of the month.

SERVES 4

Instructions

1. Whip the heavy cream until stiff peaks form. Transfer to a separate bowl.
2. Whip the cream cheese and Splenda until light and fluffy. Mix in the pumpkin puree and pumpkin spice. Add 1/3 of the whipped cream and mix well.
3. Slowly fold in the remaining whipped cream. Spoon or pipe into small serving bowls.



SOCIAL ACTIVITIES

September Event Highlights

by Mary & Chris S.

Volunteering with the Coastal Clean Up

The Meeting Place Clubhouse participated in Coastal Clean Up Day around the neighborhood. We picked up trash and recyclables including cardboard boxes. People were honking their horns and telling us thank you for the great job we were doing. We had fun making our environment cleaner and safer for wildlife. Volunteering and taking part in a good cause are always beneficial to one's emotional wellness!



Before heading by the water to clean up.



Pretty in Pink: Denise enjoys her birthday cake

CALIFORNIA COASTAL CLEANUP 2021

SATURDAY SEPTEMBER 18TH AND ALL MONTH LONG

PROTECT
YOUR
HAPPY
PLACE

Steel Magnolias Birthday Dinner

One of our biggest social activities of each month is our Birthday dinner. Our overall theme for 2021 is classic movies and the movie chosen for September was Steel Magnolias, starring Dolly Parton, Daryl Hannah, Sally Field and Julia Roberts. Although not everyone had seen the movie previously, we thoroughly enjoyed learning about its trivia and watching clips from the movie on YouTube. Denise, who almost always takes the lead on preparing our Birthday dinner meal and the accompanying cake – a hummingbird cake this time – said that she definitely enjoyed the food and that the month's theme went over well with everyone who came.

ODDS & ENDS

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

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.