

The Meeting Place Clubhouse

Funded by: San Diego County HHS



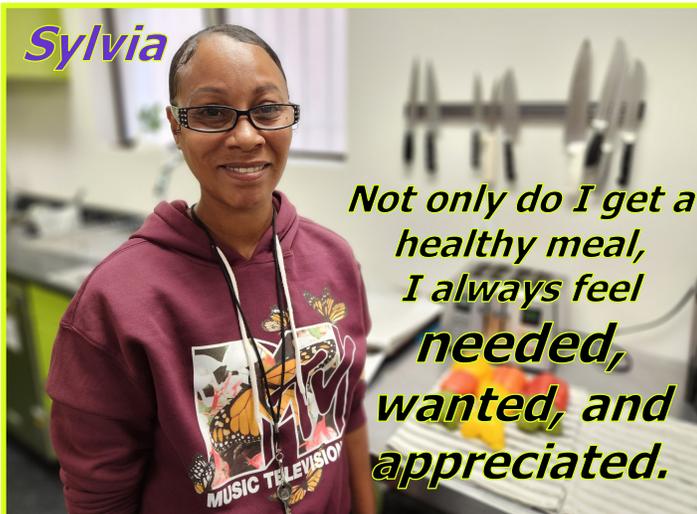
The Meeting Place News

October 2022

Celebrating Emotional Wellness Month at TMP by Rob O.

Our lives include many challenges to our emotional wellness that need to be addressed. Here at The Meeting Place, we acknowledge these challenges and boldly strive to meet and overcome them through the development of community, meaningful work, physical wellness, and mutual support. Our members are aware of these benefits, and it is a key reason they remain so loyal to The Meeting Place Clubhouse, many attending regularly for years leading to decades. Here are words about the Clubhouse from a few of our members.

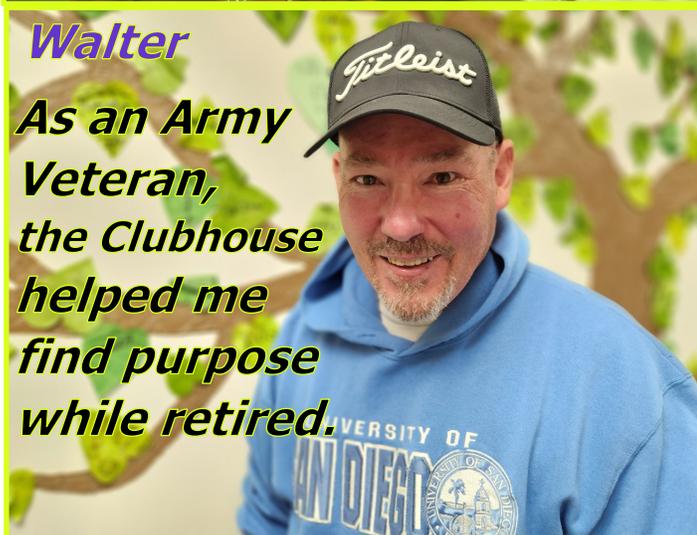
Sylvia



David S.



Walter



Ciearra



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 New and Returning Members

Breanna, Marianne, Paul B., Terry S.

October Birthdays



From Student Volunteer to Part-Time Staff!

by Lonnie

Hi, I'm Lonnie! I am a Dean's List Student at San Diego Mesa College and a member of the National Honors Society in Psychology called Psi Beta. I love music, comedy, and just about any expression of art. I am always down to hear a joke or see some art-work, so hit me with whatever you've got! I've been playing guitar for about 17 years and I still love it. After I graduate from Mesa in December, I will be taking a semester off to work full-time here at The Meeting Place Clubhouse! I applied to SDSU for the Fall Semester of 2023. I found The Meeting Place as a volunteer opportunity through a class at Mesa College called Psychology 276: Field Experience. During that time I was working Part-time at a tattoo shop as their Shop Manager. I enjoyed volunteering at the Clubhouse so much! It must have shown in my work and attentiveness because Sharron offered me a job. I took some time to consider the offer and eventually decided this was the best move for me! I look forward to continuing to put my best foot forward while working at the Clubhouse and offering the best and most engaging support I can to all of the members. Thank you for letting me join your Clubhouse!



Unit Updates: Keepin' It Healthy

UNIT 1 by Ethan

This month Unit 1 has been busy with staying healthy! Ethan and Shana, with help from Lindsey, have created a strength training course that will take place on Thursday afternoons. These classes are designed to help members stay fit and focus on their stamina and muscle strength. The first course will begin on October 6th.

In the café, Alan and Ethan baked some homemade keto crackers as well as a batch of no-bake energy protein balls. They were both hits! The café also stayed busy after last week's Community Meeting, where Unit 1 members served freshly made carne asada street tacos. Many members of the Clubhouse also enjoyed a Mexican cuisine during this month's Multicultural event.

UNIT 2 by Chris

Unit 2 continues to work on securing coverage at the front desk. A big part of a healthy and welcoming Clubhouse is the "Director of First Impressions," the significant role of receptionist. We need kind individuals who are willing to answer phones, answer questions accurately, sign members up for social activities, and provide top-tier hospitality in the front lobby. If anyone is interested in becoming trained, please see Lonnie. We need you!



Nate running the cafe



Ross vacuuming the lobby

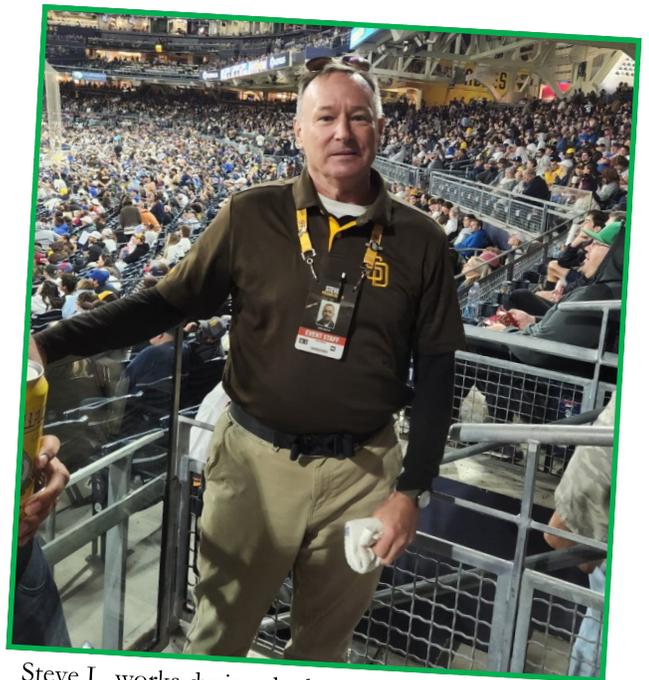
Rob: Enrichment Therapy Through Piano Classes by Rob



During the lockdown caused by COVID-19, I was stuck at home and like many had free hours to fill. My then-housemate Arnold invited me to play his keyboard so that he would have someone to jam with while he played guitar. I took a little piano when I was in high school and college but that was 30 years ago. I reluctantly decided to give it a try and Arnold refreshed my memory about reading music and taught me what he knew about music theory. Since then, I have played weekly if not daily and joined a piano class with San Diego College of Continuing Education which I use my TMP tablet to participate in on Zoom. Playing has added a soothing continuity to my days. It has also improved certain skills like maintaining focus, cultivating a certain mood, being patient, and memorizing. Playing the keys is challenging but best of all it is fun, and I have a new appreciation for the time and talent it takes to make music.

The Time for Holiday Seasonal Work is Here by Rob

Seasonal employment is temporary employment that typically opens up around the same time during the year such as holiday retail work or summer tourism work. This can be a great option for people who have gaps in their employment history. It can allow you to get your foot in the door at the company you want to work for, earn extra income, build your skills, and pad your resume so you can expand employment options in the future. Another great feature is you may be able to find work that fits your schedule because seasonal work may be needed during non-traditional hours or days. When making employment goals keep seasonal work in mind for building your network. This includes coworkers, managers, and customers that you will make connections with so you can develop opportunities and find your next dream job or even add to your support community. A nice feature of a short-term job is it can add spice to your life, allowing you to try a job out without the commitment that landing a traditional one sometimes requires. As a final note, those looking for work are encouraged to come to Job Course on Mondays at 1:45 or Job Hour on Wednesday at 11:00 and Friday at 1:45.



Steve L. works during the baseball season as a Guest Experience Team Member at Petco Park.

Meet Our Brand-new Staff Generalist, Juni!

I grew up in the Chicago suburbs and went to the University of Illinois at Urbana Champaign, where I earned a degree in psychology and English Literature. I graduated and traveled to Seoul, South Korea, where I worked as an English teacher. After an exhausting year of teaching, I started working in educational entertainment production. I created musical shows and fun, interactive events for children to learn English with their friends and families. It was a lot of fun but a ton of work. Every single week, I would hop on a train to travel to a different Korean city to host an event. I got to see almost every city in Korea. Korea is an amazing country. The food is delicious, the trains are fast, and there is always something new to discover. For the whole five years I was there, I



always felt like I was rushing somewhere.

Eventually I got tired of the hustle of city life and the entertainment industry. I moved to San Diego, and I decided I was going to relax until I felt like myself again. I went to the beach, I played video games, went camping, saw friends, read books, and walked my dog. When I was all done relaxing, I decided I wanted to do work that helped people in meaningful ways. I started my job search and got hired here, at The Meeting Place Clubhouse. I am so excited to become a part of this community! So far, I have gotten to meet tons of wonderful members. Everyone has been so sweet to me and I can really feel the kindness that permeates this space. Thank you all for being so welcoming and I'm sure we are going to make a lot of great memories soon.



MEET JUNI!

The Meeting Place Calendar October 2022

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	3 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:45 Job Course 3:00 Walk	4 8:30 Stretching 9:00 Unit Mtg 11:00 Food Distribution 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg. 1:45 Crosswords/3:00 Walk 6:00 Zoom Room w/ Ethan	5 8:30 AM Stretching 11:00 Job Hour 12:00 Mindfulness/12:30 Walk 1:00 Community Meeting 3:00 Walk	6 8:30 Stretching 10:00 WHAM 12:00 Mindfulness 12:00 Mindfulness 12:30 Walk 1:00 Unit Mtg. 3:00 Strength Training	7 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 3:00 Coffee Clique	8 Food Distribution 10:30 La Jolla Coast Walk w/ Ethan 11:30-2 PM Meal: \$1.75 DL: 09:30
2	10 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:45 Job Course 3:00 Walk	11 8:30 AM Stretching 9:00 AM Unit Mtg 11:00 Food Distribution 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg. 1:45 Crosswords/3:00 Walk 6:00 Zoom Room w/ Lonnie & Juni	12 8:30 AM Stretching 11:00 Job Hour 12:00 Mindfulness 12:30 Walk 1 PM NL Planning/Community Mtg 3:00 Walk	13 8:30 Stretching 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 S.A. Planning/Unit Meeting 3:00 Strength Training	14 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg	15 Food Distribution 10:30 Scrabble Tournament w/ Chris 11:30-2 PM Meal: \$1.75 DL: 10/7
9 Clubhouse Address: 2553 State St San Diego, CA 92101 619-294-9582	17 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:45 Job Course 3:00 Walk	18 8:30 AM Stretching 9:00 AM Unit Mtg 11:00 Food Distribution 12:00 Mindfulness/12:30 Walk 1:00 Unit Mtg 1:45 Crosswords/3:00 Walk 6:00 Zoom Room w/ Chris	19 8:30 AM Stretching 11:00 Job Hour 12:00 Mindfulness 12:30 Walk 1:00 Community Meeting 3:00 Walk	20 8:30 AM Stretching 10:00 WHAM 11:00 Job Hour 12:00 Mindfulness 3:00 Strength Training Birthdays Dinner (\$2.25) DL: 10/14 4-6 PM	21 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 3:00 Coffee Clique	22 Food Distribution 10:30 Coffee & Chill w/ Shama & Juni 11am-2pm DL: None
16	24 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:45 Job Course 3:00 Walk	25 8:30 AM stretching 9:00 AM Unit Mtg 11:00 Food Distribution 12:00 Mindfulness/12:30 Walk 1:00 pm unit mtg 1:45 Crosswords/3:00 PM Walk 6:00 Zoom Room w/ Ethan	26 8:30 AM Stretching 11:00 Job Hour 12:00 Mindfulness/12:30 Walk 1:00 Community Meeting 3:00 Walk EEMD 4-6 PM \$2.25 DL:3/21	27 8:30 AM Stretching 10:00 WHAM 11:00 Job Hour 12:00 Mindfulness 12:30 Walk 3:00 Strength Training	28 8:30 AM Stretching 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 Halloween Party \$1.75 DL: 10/21	29 Food Distribution 10:30
30	31 9:00 AM Unit Mtg 12:00 Mindfulness 12:30 Walk 1:00 PM Unit Mtg 1:45 Job Course 3:00 Walk					

New Clubhouse Fitness Training Classes

by Ethan and Breanna

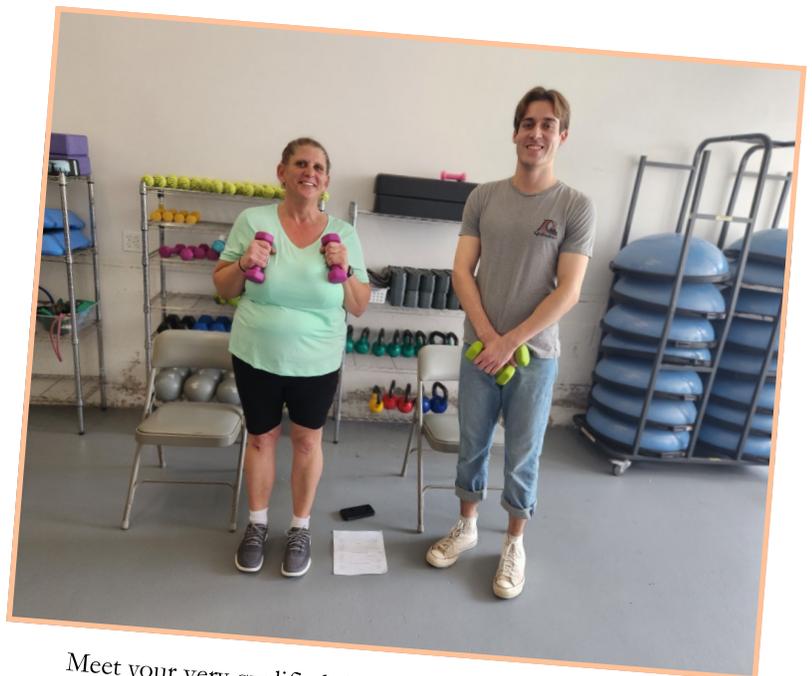


A great showing for the first day of class!

Ethan will be separating the exercises into two tiers: Shana's exercises will consist of lighter weights with less strenuous movements, while Ethan's exercises will test your fitness abilities. However, the fitness course is designed to work with all members, and exercises will be changed and adjusted to each member's individual needs.

Towards the end of September, staff and members worked hard on clean up and repainting the fitness area in the Clubhouse garage. This process involved clearing out the entire garage, cleaning it, and then repainting the floor. It was a long and hard process, but the end result speaks for itself. Members are excited to begin the classes in this newly done space.

The first Strength Training class will be on October 6th at 3PM. All following classes will happen every Thursday at 3PM. Members are encouraged to join the excitement for the very first session! Additionally, at the end of the class, we will be serving homemade protein shakes to refuel the body. These shakes are made up of low carb ingredients designed to quickly repair your muscles. We encourage everyone to partake in this new fitness endeavor!



Meet your very qualified fitness instructors: Shana & Ethan.

SOCIAL ACTIVITIES

September Event Highlights

ZOOM ROOM: Everyone's Favorite Virtual Hangout

by Chris S.

Our members are essential in the running of our Clubhouse and without them we wouldn't be here. But ever since the start of COVID in January of 2020, our Clubhouse has been trying to help our prospective and current members stay involved in our operations because of the pandemic. Everyone was urged by the CDC to restrict in-person contact with each other, so we had to look for alternative ways to keep our membership intact. During that time, Zoom became a very popular platform for face-to-face contact and our Clubhouse quickly picked it up for our benefit. At first, we only used Zoom to participate in tasks together. Then, one of us suggested getting together for an hour of leisure via Zoom after hours and we have maximized that hour, which we call Zoom Room, ever since. Members and Staff alike show up and have a grand time mixing it up. No Zoom Room is the same, with an amazing assortment of topics and even musical interludes from any one of us.



Please, if you're interested, join us Tuesday evenings at 6 PM on Zoom using ID 494-180-2473.

A Hearty & Sophisticated Birthday Dinner

by Chris

The Meeting Place kept it classy for the September Birthday Dinner with an upscale and sophisticated party. Denise and Charlie were the birthday babies for the month. Along with other guests, they enjoyed big, fat, juicy steaks atop a smooth bed of creamy mashed potatoes and a side of sautéed and perfectly seasoned asparagus.

Sharron provided high-end birthday décor like shimmering candles and fancy rolled napkins. A fiery-bright fireplace crackled endlessly on the dining room TV.

Mary, who donned a neon blazer over a striped romper set, was amazed by the work put into the event: "The fancy food was amazing. Compliments to the chefs! Shana's hummingbird cake was definitely a hit. It was so decadent and perfect for a fancy, upscale affair."



What a meal!

A Picture is Worth a Thousand Words

The Meeting Place Wish List



Another engaging and vibrant Unit 2 Meeting

- 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.