

# The Meeting Place Clubhouse

Funded by: San Diego County HHSA



# The Meeting Place News

September 2021

## Embracing Change at The Meeting Place

With the start of September bringing us closer toward Fall, The Meeting Place community looks forward to building on the progress we've made over the summer. We hope to get more members employed, especially with the rise of more job opportunities. Both units continue to build on a hybrid (virtual and in-person) Work-Ordered Day by looking at ways to improve efficiency and get more members involved in the running of the Clubhouse. TMP also looks forward to getting more members back on the right wellness track with healthier lifestyle goals that raise smarter food choices and fitness plans.

"It's an exciting time for The Meeting Place," says Chris R. "Since the start of the current fiscal year, staff and members have continuously brainstormed ways we can improve the Clubhouse. It's given each of us the motivation to improve all of our roles at TMP. I can also see that members are using this time to consider

what kind of changes they can make to move closer toward recovery."

Jesse, who just started a job at the end of August, feels optimistic about the autumn season: "Not only am I excited about my new job, I'm excited about changing my outlook on life. I feel more motivated and excited about what the rest of the year holds for me."

In addition to Jesse's story (you can find it on Page 3), we've collected great personal stories about members making positive changes in their lives. We hope you enjoy your reading.



After years of unemployment, Jesse has a new job!

**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

Gloria



### Big Changes for New Member, Judith

by Christine L.

Judith became a member of TMP on Wednesday August 11. She found out about the Clubhouse from Christine L. who resides with her at Big Sisters League.

After being a longtime member of another local Clubhouse, she left to check out The Meeting Place. She likes to stay busy and enjoys learning new tasks in Unit 2. At first she was a little apprehensive about starting something new but found the friendliness and support of the members eased her mind.

She likes doing clerical and paperwork and maybe will try her hand on the computer. All in all, she is happy becoming a TMP member. Welcome Judith!



### Unit Updates: Making Changes

by Shana, Suzy & Victor

#### UNIT 1

There are upcoming changes coming to Unit 1. The TMP Newscast will began showing 3 times a week in September and then moving to 4 times a week in October. Staff is training members on the Point of Sale register that is used to run the café.

Members and staff are creating different ideas of healthy snacks to serve in the Clubhouse. We now are offering organic fruit sorbets to eat during our weekly Community Meeting on Wednesday at 1:00 PM. Denise and Sharron are still making and creating awesome organic healthy meals as members join in the kitchen to participate in making the meals with them.



David and Shana shooting a commercial

#### UNIT 2

Members of the unit have been doing more anchoring for the Newscast. It's great to see some cross-training between the units. We enjoy having folks from Unit 1 helping out with administrative tasks. Receptionist desk us usually busy and so there should always be someone manning the front desk. People come by every now and then and we get plenty of calls. Suzy and Erica have been helping doing breakfast and lunch. They have been helping doing cashierring and writing tickets. Chris S. from The Warm Line has been working part-time in both units. He has been learning the ropes and has shown his expertise with Microsoft Publisher. We enjoy having him in the Unit.



Chris and Luis working together



## Erin's Story: The Importance of Taking A Step Back

by Erin

All of us need to step back every once in a while to make changes in our lives, and this change often stems from taking a break to focus on mental health. I was released from the hospital three months ago and am slowly transitioning to real life at the Clubhouse. This is both wonderful and anxiety-provoking, as it would be for anyone. This change also meant I would have to put on hold my dreams of Transitional Employment, knowing that I would have to be more stable to have a TE.

Although this was saddening for me, I knew that sometimes mental health comes first. However I haven't lost sight of my goals for employment in the future.

As generalist Chris says, "This is just a tune up!" Chris reminds me that my dreams are still possible. Incredible US Olympic gymnast Simone Biles is a perfect example of this. She knew that sometimes it is more important to step back and listen to your mental wellbeing instead of continuing a slippery slope of dis-tress instead of de-stress. We got this!



## Back to Work: Jesse Makes Changes For His New Job

by Nate

Jesse is going back to work after a few years of being unemployed. He is working as a dishwasher, delivering food trays, working in the salad bar, sweeping and mopping and cleaning the bathrooms as a Mess Hall Attendant for the MCRD.

While he says it is good to be employed again, adjusting to the early schedule takes some getting used to. Jesse also has been trying to be motivated to work. He feels employment has helped him with motivation. Jesse says the work is easy to do but it gets hot.

Jesse says that TMP has helped him a great deal with mock interviews, job course, job hour and volunteering at the Clubhouse. Jesse Is grateful to be working again!



Jesse in his uniform.

## Bridging the Digital Divide Update: The Opportunity to Become Tech-Savvy

by Chris S.

Our Bridging the Digital Divide program continues to benefit members by encouraging virtual check-ins with the Clubhouse when they can't make it in-person. When we're able to help members get more involved, it is well worth it.

The new devices also help our members learn how to become more tech savvy. Gloria, one of our newer members, is very appreciative of her new tablet. It is a whole new experience for her, as she has never used a tablet before. She says her life is better for it. She can now communicate with us at a whole new level.

When asked what she has used her new tablet for, she said, "I've used it for Zoom and I like the communication with people, talking among themselves and adding me..." We also asked her about the challenges that she has experienced while learning how to use her new tablet. According to her, these include "trying to understand the commands very well. Also, the step-by-step directions and successfully understanding the tablet." When asked about her plans for the future, she said, "I will definitely consider using it. I plan to use it more than I have so far."



Gloria

## The Last Teambuilding Picnic of the Summer by Chris S.

On Friday, August 27th, the Clubhouse held the last Team-Building Picnic of the summer. This time we held it in-doors at The Meeting Place but still enjoyed every minute of it. The day started off as usual, with a Unit Meeting and tasks for everyone. At around noon, we gathered in the dining room and enjoyed a delicious meal of BBQ chicken, cauliflower "mac and cheese", kole robi and apple salad, and deviled eggs, prepared by some of our

devoted Unit 1 members, including Denise and Gloria.

One of the highlights was having Cynthia and Wil from our Board of Directors coming to help serve and have lunch with us.

After lunch, most of the members headed out to Little Italy on a walk. When we returned, we had one of our favorite low-carb desserts. Lastly, before the end of the day, we held a discussion on getting back onto Transitional Employment research and we played a couple games in the Unit 2 room that required coordination, quick thinking and most importantly, teamwork. All said and done, we couldn't have finished out our summer Team-Building



Members enjoying a rhythmic, bottle-passing teambuilding game

## Health Benefits of Accepting Change by Rob O.

Learning and change can be challenging. But playwright George Bernard Shaw said progress is impossible without change. According to huffpost.com we learn about ourselves as we change and I believe that knowing ourselves increases happiness.

According to Dave Kerpen, NY Times best-selling author, we are in the fastest changing communications and technology landscape we have ever been in. The Meeting Place has acknowledged this in the "Bridging the Digital Divide" program which has been a great benefit to members. Rick Newman, author and columnist for Yahoo Finance, says that change can teach us to adapt and help us develop resilience, but only if we understand our own capacity for growth and learning. When change makes us better, it's because we have learned how to turn a challenging situation to our own advantage, not merely because change happens. The Harvard Business Review states that learning is positive for health. Reading can dramatically reduce stress levels, learning activities can help delay symptoms of Alzheimer's, learning to play a new instrument can offset cognitive decline, and learning difficult new skills in older age is associated with improved memory. We live in an age of abundant opportunity for learning and development. So go grow!

## TMP's BBQ Salmon Bowls with Mango Avocado Salsa

### Ingredients

#### Salmon:

- 1–2 lbs. fresh salmon
- 1 tablespoon brown sugar
- 2 teaspoons smoked paprika
- 2 teaspoons onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon chili powder
- 1/2 teaspoon kosher salt (*more for a larger filet*)
- 2 tablespoons olive oil

*Low-carb, organic lunches are all the rage at The Meeting Place.*

*Members and staff work together on researching healthy recipes for all of us to enjoy. Here's a great recipe for a recent crowd-pleaser. Yummy!*

#### Mango Avocado Salsa:

- 2 mangoes, diced
  - 1 avocado, diced
  - 1/4 cup minced cilantro
  - 1/4 cup minced red onion
  - a drizzle of honey
  - a squeeze of lime juice + a little lime zest
  - salt to taste
- For serving:**
- Cauliflower Rice



### Instructions

1. **Mango salsa:** Toss all ingredients in a bowl to combine. Taste, adjust, try not to eat the whole bowl.
2. **Get the oven ready:** Preheat the oven to 475 degrees. Line a baking sheet with foil. Alternatively, you can set it to 500 degrees on the broil setting for medium rare with a yummy crispy top – the risk here is that you have to watch closely so it doesn't burn the sugar. If taking this route, make sure one of the oven racks is close-ish to the top, about 6 inches or so.
3. **Salmon:** Mix the spices and the olive oil to make a paste. Place the salmon skin side down on the baking sheet. Rub the paste liberally over the top part of the salmon. Bake for 6-12 minutes depending on the thickness of your salmon and your desired doneness. See notes if you're not sure.
4. **Bowl it up:** Pile up some rice, pull off some of salmon, and spoon that mango avocado salsa over the whole thing. Add a lime squeezer for good measure. IT'S SO GOOD.



# SOCIAL ACTIVITIES

## August Event Highlights

by Mary & Erica



Mary channeling her inner Audrey

### ***Breakfast at Tiffany's Birthday Dinner***

The Meeting Place had a marvelous time at the Breakfast at Tiffany's Birthday Party. There were gorgeous decorations including eye masks, tickets to the event, and pearl candy and lollipops in champagne glasses. Judith, a member said, "she felt like royalty," We saw clips and Chris read some film trivia. We had excellent brunch-time food related to what was seen onscreen. Judith said that "The food was delicious, and I'm a very picky eater." The cooks really liked her opinion.

There was also a beautiful cake with blue frosting. Alan, another member said he liked the decorations. Mary, one of the birthday girls wore an outfit looking like Holly Golightly. Suzy said she liked how Mary looked like a celebrity. It was a great crowd and it was so much fun.

### **A Trip to the Zoo (Courtesy of Sandra Brue)**

On Thursday, August 12<sup>th</sup>, members of TMP were able to enjoy the "Nighttime Zoo" at the San Diego Zoo courtesy of Alan's mom, Sandy. It was a perfect afternoon. Some of us started with the Guided Bus Tour, which allowed us to see an overview of the zoo. After that, some members left, and others continued to enjoy the zoo. We saw giraffes, cheetahs, and many other animals. Eileen said, "She liked seeing the lions the best. She has also never been to the Nighttime Zoo before." Steven N. said, "He was glad he was able to "go to the zoo" on zoom. He really enjoyed the giraffes." Everyone had a great time and hopes they are able to go again soon.



## ODDS & ENDS

### A Picture is Worth a Thousand Words



Board President and Vice President, Cynthia and Wil helping with serving food at the Teambuilding Picnic

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  
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).*

### 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

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Thank you  
for  
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2553 State Street  
San Diego, CA 92101

Phone: 619-294-9582

Fax: 619-294-9588

Email: [themeetingplace@tmpclubhouse.org](mailto:themeetingplace@tmpclubhouse.org)

Website: [www.themeetingplaceinc.org](http://www.themeetingplaceinc.org)



*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.*