



Just the Facts!

February 2016

- Total number of enrolled members: **62**
- Total number of unduplicated members served this month: **38**
- Active member participation rate: **83%**
- Total # of member hours in Clubhouse: **1151.83**
- Average number of hours members spend in the Clubhouse per day: **54.85**
- Average daily attendance: **13**
- Attendance Most Days (Mode): **11**

Crane Connection

The California Clubhouse Newsletter

Volume 1 Issue 2

February-March 2016

New Year's at the Clubhouse *by Robert C.*

The Clubhouse members and staff gathered for four hours from 9 am to 1 pm to celebrate the new year!

We had a good gathering and everyone had a good time. We created vision boards, and had lots of great food and drinks. Some family members were there too!

Our main activity was making a vision board of what our goals are for the year. Our boards were very decorative and colorful. The food that we cooked included different breakfast foods, brownies and we had a bit of the bub-



Nick opening up a bottle of bubbly apple cider for the

bly (MARTINELLI's of course). People took great pictures of great people.

We are ready to expand our membership so come and join us. This is a comfortable setting where people can build friendships and do meaningful work. I feel happy

that I am a part of the clubhouse. I think for me or anybody who suffers from mental illness can benefit from our program in all aspects of growth.



Creating our goals and visions for 2016!

What's Going on at California Clubhouse

Administration

Since I've been here, I've specialized in the administration and clerical department. I calculated the statistics for the number of visits, number of members, number of attendance and participation rate. I ran a report and prepared a narrative on the attendance rate at the clubhouse. I also have taken notes and typed up the minutes from our meetings, along with answering phones. In addition, I have organized member files. - Ellie Q

Accounting

I participate in the accounting program for our wellness program. My old skills came back to me. The program helps you learn how to count and do inventory. The wellness bar helps you learn good skills for going back to work. Computer skills go along with the accounting and inventory of snacks and other skills in the clubhouse like paying for the meal program. The meal program lets you pay \$2.00 for lunch and the cost of snacks \$.25 and up to \$1.00. - Doug W.

Outreach



Amaal doing outreach calls to other members.

When I first started at the clubhouse I dreaded doing outreach calls. I was too nervous to pick up the phone and call people. One of the staff helped me by writing a script for making calls and encouraging me to be able to do it. The first call went well so I felt less anxious about making further calls. After a while I started to enjoy making outreach calls. Now I willingly volunteer to do outreach calls to help keep the members informed of upcoming events. I'll even do special outreach calls to members who we haven't seen in a while. Outreach is vital to the clubhouse and I'm glad I am able to help. - Amaal G.

Maintenance

Hi my name is Erik McCready and I have been a member since last year and usually pick tasks that are productive for me. I've been volunteering my time mopping floors, collecting recycling, vacuuming and helping do dishes. It seems these tasks are quick, but is one way I can contribute to the health of the clubhouse. At the clubhouse we all participate in keeping it going so I am getting a sense of meaning by doing this. It seems the more I try to help out, the better the morale. I am glad to have been here for the last few months. - Erik M.

Employment and Education

This year we began our Transitional Employment group. We meet every Tuesday at 2:00pm with Erica and Gilbert co-facilitating. We have compiled a wish list of dream jobs, including retail, food service, and clerical work. The goal is to find employers who would offer entry level position. Our hope is to work with 2 potential employer by April. So far we have created an employer letter and brochure.

What interested me the most was that I was assigned the Co-leader of the TE program. This has given me the opportunity to share with other members the satisfaction of finding a job. If I was looking for work for the first time, It would be make me feel special. - Gilbert C.



Gilbert helping a fellow member apply for a job.

Kitchen and Dining

I am very grateful to be a member of the California Clubhouse. It is so nice to be a part of a community that recognizes and encourages my skills and talents.

Being part of the Baker's Club has rekindled my love of creating yummy desserts. Every Friday we select a recipe and share with members and guests.

Some of the delectables we have made are peanut butter cookies, brownies, and lemon bars for Valentines Day we served chocolate Fondue with pineapple, pound cake , strawberries and marshmallows. It was a hit! It is so satisfying to create something that people enjoy. The Clubhouse provides an opportunity to be useful and have fun. - Julie M.

Media and Marketing

I have had the wonderful opportunity to work in Media and Marketing. Working on the computer creating brochures, the newsletter, flyers and the visitor log is a lot of fun for me. I



used to be proficient on the computer but when I stopped working I lost all my employable skills. Now with the help of the staff here at the Clubhouse I am slowly gaining my skills back.

Now since I've started working in Media and Marketing the Clubhouse produces around 500 Newsletters that go out once a month. This will be our second edition with our new look and new name The Crane

Jennifer working on this edition. Connection. - Jennifer M.

Recovery Takes Flight

California Clubhouse is proud to announce that we have launched our Transitional Employment Program. Our members are excited and ready to go to work! But, we can't do it alone. We need your help. We are asking our friends, supporters, and community partners to help us develop our Employer Network.

But, we need your HELP!

What is Transitional Employment (TE)?

Transitional Employment (TE) is a highly structured program for members returning to work in local business and industry. TEs are "real world" jobs that include a lot of on-the-job and off-site support from Clubhouse staff and other members. The only criterion for members to participate in Transitional Employment is the expressed desire to work.

What makes a great TE?

- Entry level, part-time (15-20 hours per week) jobs in our local vicinity of the clubhouse
- Preferably between the hours of Mon-Fri, 8am-6pm
- Minimum wage or higher
- Permanent job that can be filled by a different member every 6-9 months

Who can help?

YOU or someone you know!

- Do you own a business or know someone who does?
- Do you work in HR or do you know someone who does?
- Are you a hiring manager or know someone who is?

Employment prospects can come from a variety of sources: friends, neighbors, employers, business partners, local shop owners, etc.

How can you help?

- Introduce us to local employers and business owners
- Set up meet & greets with your employer or local employers
- Spread the word, share the wonderful news about California Clubhouse and the lives we are changing one member at a time!
- Contact Erica Horn or Gilbert Cavallini at the clubhouse at (650) 539-3345 or [in-fo@californiaclubhouse.org](mailto:info@californiaclubhouse.org)

California Clubhouse Needs Your Community Connections

We Need a New Home – Our Lease Is Up June 15
There's **urgency so please contact us asap!**

We need potential locations available to lease or to be donated.

- With 3500-5000 sq feet
- Within ¼ mile public transportation
- Suitable for combined kitchen & clerical space

We'd also like to be **put in touch with contractors** who can help with tenant improvements if needed. The options we are seeing will need improvements for sure!

Please think about who you know and spread the word. It is a critical time.
Contact Juliana Fuerbringer, Board President, at [650-342-5849](tel:650-342-5849) or julianafuer@gmail.com.

Our fantastic start up location is 'shrinking.'

Our space at 2205 Palm has now shrunk. We are outgrowing our wonderful spot. We need to find a larger space.

California Clubhouse is thriving! We have a **membership of 60** and are growing! Here are some of our accomplishments. We are:

- Operating a work-mediated environment daily 8:30am-5pm
- Hosting multiple, social and recreation activities monthly
- Celebrating all major holidays on the actual day observed
- Embracing cultural diversity through activities and materials that promote global inclusion

Our programs are expanding! Just since January, we have:

- Launched a Young Adult Program
- Begun Transitional Employment (TE) Development
- Added a technology department to our daily program to engage member IT skills
- Initiated a Lunch & Learn health and wellness program

The good news when the move is complete.

Once we move, we will be in a better position to serve more people and continue with program expansion.

More than just scaling, we will have more space for the varied activities that are part of our long range planning.

Thank You. California Clubhouse Members, Staff and Board

Swept Away: Our Very First Young Adult Social *by Priscilla M.*

On January 15, 2016, California Clubhouse had its very first Young Adult Social. I went shopping at Nijiya market with Jiro to buy ingredients for Onigiri. Onigiri is a Japanese rice ball. The two kinds we made were pickled plum and salmon, so Jiro showed us how to roll the rice. First, we pocket in the rice to put in our filling in the rice and roll it up and added nori around it. Nori is dried seaweed. It was awesome and tasty! The environment felt like we were eating in Japan. The movie that we watched afterwards was called "Spirited Away" by Hayao

Miyazaki. It was about a 10-year-old girl moving in new house for a new beginning. Along the way she walked into a strange tunnel, where her parents were turned into pigs. The story revolves around her adventures in trying to save her parents and surviving different monsters and trials. Along the way, she was helped by a mysterious boy named Haku among other fairytale-like characters. I enjoyed this movie because the girl reminded my family of me when I was little and the moral I took away from this movie is to remember the good things and the memories of your family, friends and people in our lives.



Jiro teaching the young adults how to make rice balls

The young adults who attended the social really loved the movie and it turned out quite well! We're looking forward in seeing more young adults at our future socials!

Wanna Dance? *by Mary L.*



Getting our groove on!

Have you experienced "Zumba"? Well, Staff Generalist Jiro took us through a romping video which gave us a real opportunity to have fun! Luckily, there were a lot of chances to rest

from taxing our hips and limbs in doing things they didn't want to do! It seemed as though everyone was glad to expand their horizons even a little bit.

In the past, I wondered what Zumba was all about. Now I know and would like to do it again!

Martin Luther King Jr. Day *by Amaal G.*

Monday, January 18th was Martin Luther King Jr. Day and our executive director, Erica, led a social to honor him. We started the day with a smorgasbord including salami, cheeses, bagels and muffins. The coffee was brewed throughout the day to keep everyone in good spirits. We watched a documentary about King's speech "Beyond Vietnam" where he spoke out against the

Vietnam War. It was an interesting video that showed the effect Martin Luther King Jr. had and how people reacted to his words. The event was fairly well attended with ten members showing up throughout the day. For lunch Erica cooked chicken and vegetable pot stickers, which were enjoyed by all. All in all the event was a great success.



Martin Luther King Jr.

Keep Your Mind Sharp! *by Ellie Q.*

There are several factors that play into your cognitive health. Some include vitamin B₁₂, sleep, exercise, and being mindful of your medications. Make sure you have your daily recommended amount of vitamin B₁₂ since this vitamin contributes to your mental wellness and acuity. Sleep also plays a role in your mental ability. Sleep disruption, sleep apnea, or sleep

dysfunction can decrease your “ability to retain information.” You can always get information and a referral from your doctor to go to an accredited sleep disorder center to diagnose sleep problems. Also, it’s an absolute must to get your daily recommended amount of exercise. Exercise generally boosts your activity level which in turn increases brain volume that can en-

hance cognitive function. Experts recommend that some exercise is better than no exercise at all. It is pertinent to work in exercise into part of your everyday routine since it can increase the blood flow to the brain and controls chemical levels such as insulin within the brain. Lastly, always “mind your medications.” Be sure to report any side effects of your medications to your

doctor because there are medications that can potentially cause brain fog and cloudiness.



Events and Socials

March 3: Hiking at Camp Sawyer
3:30pm-7pm

March 17: St. Patrick’s Day 4pm to 7pm

March 26: Saturday Early Easter Brunch
9am to 1pm

March 8: International Women’s Day 4pm to 7pm

March 22: Diversity Career Fair 10 am to 2 pm

March 31: March Birthdays 4pm to 7pm



Art Feature:

Meet Nick, our resident artist. Nick started drawing as early as 2 years old. He first started drawing Mickey Mouse and other Disney characters. He then practiced drawing ani-

mated characters and is recently drawing more realistic images. He describes himself as an “intense” artist who focuses on shading and light!



Nick drawing our Wellness Board

DONATION INFO

California Clubhouse is a non-profit organization. Every contribution, large and small, helps California Clubhouse continue our mission to create opportunities for people living with mental illness to be respected members of society by providing rehabilitation programs that facilitate their recovery.

For donations please contact **Erica Horn** at 650-539-3345 or visit <http://californiaclubhouse.org/donations/>



California Clubhouse

Membership Information

California Clubhouse is a membership-based social/vocational community where adults living with persistent mental illness come to rebuild their lives.

California Clubhouse is a free and voluntary program for adults 18 and older living in San Mateo County who suffer from severe mental illness. We are currently located at 2205 Palm Avenue, San Mateo, CA 94403. For more information, please contact us at 650-539-3345 or email us at info@californiaclubhouse.org.

Testimonials

I am so happy to have found the California Clubhouse. Afternoons were very hard for me. I mostly watched TV and missed human contact. Now I have somewhere to go where people are super friendly. It makes me feel good to do **meaningful work** and contribute to our community. I am very grateful for the Clubhouse. Coming here has **helped my depression tremendously!** - Julie M.

The California Clubhouse provides support and the opportunity to better myself. I learned what a Clubhouse is all about for members with mental illness. They respect me and they want to put me in charge of the Education and Employment unit of the Clubhouse. I am so happy to start a career for once in my life. They also make me be ambassador to do presentations to promote the California Clubhouse. The Clubhouse is the **best place to keep busy and learn things to better your mental health.**—Gilbert C.

California Clubhouse Wish List

Want to support a great cause? California Clubhouse needs your help ! Here are some items that the Clubhouse needs for its day-to-day functions:

1. Precision NuWave® Revolutionary Portable Induction Cooktop
2. Vitamixer®
3. Video Camera
4. Commercial Vacuum Cleaner
5. Van
6. Art Supplies
7. Copy Machine
8. Clapper (for movies)
9. Guitars and other gently used Musical Instruments

California Clubhouse is a not-for-profit, tax-exempt organization and your donations are tax deductible.