



Crane Connection

The California Clubhouse Newsletter

Volume I, Issue I

January 2016

Just the Facts!

December 2015

- Total number of enrolled members: **51**
- Total number of unduplicated members served this month: **32**
- Active member participation rate: **78%**
- Total # of member hours in Clubhouse: **1024.1**
- Average number of hours per day: **44.53**
- Average daily attendance: **10.7**
- Attendance Most Days (Mode): **11**

World Holiday Potluck Party *by Gregg H.*

Christmas party at the clubhouse!

I went to the Christmas party tonight, and had a nice time. I saw some old friends there and made some new ones too (special

shout out to our sister clubhouse, Putnam Club-



Board, staff and members having a blast!

house, for coming and bringing us some presents!). I ate some exotic foods like empanadas, water melon, and even ice cream (Moose Tracks!)

This was a special night for me as I am relatively new to the clubhouse experience. I hesitated to go tonight, as I felt inade-



California Clubhouse and Putnam Clubhouse banding together for the season!

quately prepared. I had "only" brought dinner rolls and was only slightly dressed up, but was welcomed with open arms by the other members who were already there.

We sang Christmas Carols bonded together with others as we talked, did arts and crafts and had delicious food in this night of camaraderie and shall I say, love, for each other. I didn't need to worry about having fun and I enjoyed this night thoroughly.



Cardum Harmon, Executive Director of Heart and Soul, partnering with Erica Horn, Executive Director of California Clubhouse to bring mental wellness into the San Mateo Community.



Jiro and Robert preparing decorations for the holiday!

Announcements

News for the New Year !



- We will be charging for meals at the Clubhouse \$1.00 for breakfast, \$2.00 for lunch starting January 19, 2016. Dinner during special events will cost \$2.00.
- Our Transitional Employment Program has officially launched.
- Our Young Adult Program has begun with the first official YAP social this month.

Director's Corner *by Erica Horn*

Happy New Year! As we begin a brand new year, there is much to be thankful for at California Clubhouse. After officially opening our doors in May 2015, the Clubhouse has grown to 51 members with an average daily attendance of ten members, and two dynamic and engaging staff. This is thanks to the San Mateo County Board of Supervisors, the Behavioral Health and Recovery Services administration, our generous

donors, passionate board of directors and dedicated staff and members. With members and staff working collegially side by side, we have accomplished several program goals such as: a fully engaging Work Ordered Day (pre-employment support); fun and exciting social and recreation activities including celebrations on all major holidays; creating a community that offers peer support and advocacy; and providing op-

portunities for members to increase cultural and educational knowledge. Looking forward, 2016 promises to be even more exciting. We are launching our Transitional Employment Development program six months earlier than projected; implementing a more evolved health and wellness program; revamping our meal program; offering more diverse social programming; growing our membership and staffing;

relocating to a larger space to accommodate growth; and most exciting, launching our YAP (Young Adult Program). While these goals may seem overwhelming and even a bit too enthusiastic, we are confident that with a commitment to the Clubhouse Model and your on-going support, we will succeed!

Christmas Party at the Clubhouse! *By Lee P.*



The holiday spirit is strong with Nick!

Christmas social was well attended. Staff, members and volunteers cooked and served a mean brunch that included bacon, eggs, sausages, potatoes, pancakes among other tasty treats. Two movies were shown *White Christmas* and

Christmas Carol. People were in good spirits and good talk was abundant.



Fun was had by all!

The Winter Chill *by Ellie Q.*

The weather conditions have been freezing, ranging from as low as 30 to 50 degrees F. Sometimes we have showers of rain and the cold wind breeze. This has called for the appropriate attire to shield us from the cold when we walk to the clubhouse. We usually wear thicker socks,

heavier coats, turtle-neck sweaters, gloves, hats, and even sometimes earmuffs.

Also we've altered the food we eat. For instance, we have more soup to cure the common cold and hot tea with lemon and honey that always soothes the soul.

Therefore, our recommendations to our fellow clubhouse members and staff is to keep warm and cozy for this winter.



Events and Schedule

- **Transitional Employment Development** meetings 2pm Every Tuesday
- **Lunch and Learn** 12:30pm every other Wednesday
- **Community Meeting** every Thursday 1:30pm
- **Socials**
(Call the Clubhouse for information 650-539-3345)
 - January 7th Bowling at **BelMateo bowling** 4 pm to 7 pm
 - January 14th **Game Night** 4 pm to 7 pm
 - January 18th **Martin Luther King Day** 9am -1pm
- January 15th **First Young Adult's Social** 4pm to 7pm
- January 21st **Birthday Party for all Members and Staff born in January** 4pm to 7pm
- January 28th **Museum Visit** TBA

Art Feature: Poetry and Prose

For as long

by Antelmo G.

For as long as I can remember I have been dealing with deep sadness inside of me, for as long as I can remember my childhood was full of pain.

For as long as I can remember that a mix of sadness and pain was overwhelming, so thick it blinded me from seeing the pain I was putting my family through. I was so concerned with my own pain ending with drugs and alcohol.

The end was so close but then I came to the realization that thanks to my family I was able to stop it all and put an end to my habit.

I put my family first no matter what as they are the rock as they have been there always. Although I find myself consumed with my own pain and sorrow they have been there to help me through it.

Thank you Mom thank you Dad and my 3 sisters as you helped in the moments when I had to go to the hospital.

Though they were the hardest and loneliest and being cut off from all of you. I take this time to say thank you again, I can never say thank you enough.

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

Happy Holidays from California Clubhouse!



Testimonials

“Since coming to the Clubhouse I have had fun doing art work with the many friends I have met here. Members tell me I’m quite the artist. I enjoy the Clubhouse so much I come everyday.” - Ines V.

“Upon coming to the California Clubhouse, I was able to put my skills to good use and allow for me to go further in life.” - Ellie Q.

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. Wireless Mouse for Computers
3. Vitamixer®
4. Video Camera
5. HDMI Cable with USB Port
6. Commercial Vacuum Cleaner
7. Van
8. Art Supplies
9. Copy Machine
10. Clapper (for movies)

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