



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

## California Clubhouse Newsletter Vol. 3

October 2015

### Just the Facts!



As of September 2015, California Clubhouse has grown to **over 30 members!** We have a lot of people coming in for tours; plus we've been receiving phone calls one after the other inquiring about our program. Just last month, we had more than 30 visitors and prospective members walking through our doors and attending our socials and events – fifteen of them interested in membership! We've also reached so many prospective members through the different county resource fairs. See more about our outreach efforts in our news!



Our attendance is rising! From 138 member visits on August, it grew to **175 this month!** We have an average daily attendance of 7.6 members with **8 members coming most days.** Members have accumulated a whopping **792 hours** participating in the program just this month! This shows that people are not only coming to the Clubhouse but *staying* in the Clubhouse!

### News

**9/1/2015** – We joined our fellow advocates for recovery by attending the Recovery Breakfast, Proclamation and Resource Fair on September 1, 2015. We heard personal testimonials of consumers in recovery and celebrated with a march at the County Center proclaiming the power of recovery. The Board of Supervisors supported this with an official proclamation. We had a table at the Resource Fair and gave out a lot of brochures to people interested in our program.



**9/2/2015** – We attended the Day of Partnering which was a Central County event which one member describes as “an interesting event with a good turnout”. They started things off with a speed networking event (not unlike speed dating but with local resources). They also served a small breakfast while the different organizations handed out and collected fliers and brochures. One of our member ambassadors talked about the Clubhouse model and describes it as a place to learn, work and keep oneself busy during the day.



**9/3/2015** – We had an art social and some of the members got together and drew mandalas which is a form of colorful art drawn with pens, crayons and colored pens. The purpose of the mandala is to meditate while you draw. After mandalas, we had a food art project wherein we used pita bread and pizza fixings to make our own pizza creations! It was delicious AND nutritious. More people came to the social and we wrapped it up with making gorgeous paper flowers which now adorn a table in the Clubhouse. It was an enjoyable evening!



**9/7/2015 – Happy Labor Day!** It was a warm and beautiful Monday at San Mateo Central Park – perfect weather for a picnic!

We had a buffet of burgers and hotdogs thanks to our grill master Mike. Needless to say, we were pretty well-fed with leftovers to spare for our lunch the next day. We had a great attendance from current Clubhouse members and had peers who were interested in joining the Clubhouse community. It was a day full of laughter, friendship and community at Central Park that we will never forget!





**9/10/2015** – Change is always bitter sweet but we would like to say thank you to Paula who was the California Clubhouse president for one year. She was a great asset to the Clubhouse and will be honored for all the great work she has done. We are welcoming Juliaana as our new board president. Juliaana brings great enthusiasm and energy with her to the board. We look forward to working with her as she is credited as the Founder of California Clubhouse. We had a party for Paula and Juliaana where we gave them the new Clubhouse T-shirt and had refreshments and snacks. Everyone had a great time learning more about Paula and all the work she did on the board. We will miss you Paula but know you will continue to advocate and support the Clubhouse.



**9/15/2015** – California Clubhouse is representing at the Recovery Picnic! We were decked out with our new T-shirts and joined our community mental health organizations to celebrate recovery from mental illness and substance abuse. A lot of people came to see our booth and became very interested in our program. We saw familiar faces and met new organizations who came in support of the Clubhouse. A lot of people never heard of Clubhouse, but when they did, it was nothing but positive feedback.



**9/26/2015** – California Clubhouse goes to the big house! Thanks to CATS, fifteen of our members and staff were able to spend a Saturday in Alcatraz. Meeting bright and early at the Clubhouse, we drove up to San Francisco to take a ferry to “The Rock”. We took a ranger-led tour to discover the history behind the buildings that surrounded the island. Who knew that Alcatraz island began its life as a fort but was never used? Taking the audio tour, we further learned about the prison’s infamous past. We even got an opportunity to witness reenactments! It was a fun and smooth trip and one of the most memorable one at that!



## Announcements

Exciting news! Our first **California Clubhouse Open House** will be on October 22 2015 from 3pm - 6pm. Located at the Clubhouse building, 2205 Palm Ave., San Mateo, CA.

Our program will feature a very special guest speaker, Stephen Kaplan the Director of Behavioral Health and Recovery Services of San Mateo County

Come join us for tours, member testimonials and refreshments! You can RSVP at 650-539-3345 or [info@californiaclubhouse.org](mailto:info@californiaclubhouse.org)!



## Success Stories

We interviewed one of our newest members N.D. and he says that the Clubhouse is a “fun and nice place to go”. Before coming to the Clubhouse, he says he would just “walk around” and isolate himself. Now at the Clubhouse, he likes to cook lunch and clean up our space. He is also finding it fun to socialize with the other members.

N.D. is very genuine, friendly and laughs a lot; we enjoy working side-by-side with him at the Clubhouse. He is a great asset to our program and a wonderful friend in the community.

## Special Events for October



On October 10<sup>th</sup> the Clubhouse is headed to the Monterey Bay Aquarium! Members interested in going need to come by the Clubhouse for the event details. Tickets are limited!

*Spooky!* Come to our first annual **Halloween Party** on Oct. 30<sup>th</sup> from 3 pm to 6 pm. Join us for games, refreshments and a costume contest.



# Monthly Activities for October

Every morning starting at 8:30 am, we serve a small breakfast (**Breakfast Club**) and at 9:00 am we do healthy activities (such as exercise and meditation) for **Fitness Focus! Morning Unit Meeting** is at 9:30 am to plan and organize the work of the day. **Afternoon Unit Meeting** is at 1:00 pm.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 1:30 pm Community Meeting 3 pm - 6 pm Game Night	2	3
4	5	6	7	8 1:30 pm Community Meeting	9	10 Monterey Bay Aquarium 
11	12	13	14	15 1:30 pm Community Meeting 3 pm - 6 pm Wellness Social	16	17
18	19	20	21	22 3 pm – 6 pm OPEN HOUSE 	23	24 California Clubhouse Ambassadors leave for Clubhouse International Seminar in Denver, CO
25	26	27	28	29 1:30 pm Community Meeting	30 3pm -6 pm Halloween Party 	31
Clubhouse International Seminar in Colorado						

\*Events are subject to change. Members interested in joining our social events should check in to the Clubhouse regularly for the most recent updates!

## Membership Info

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](mailto:info@californiaclubhouse.org).

# 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. Cuisinart® MultiClad Pro Stainless Steel 12 Piece Cookware Set
2. Precision NuWave® Revolutionary Portable Induction Cooktop
3. Wireless Mouse for Computers
4. Professional Cooking Knives
5. Vitamix®
6. Drinking Glasses
7. Flat Screen TV
8. Video Camera
9. HDMI Cable with USB Port
10. Phone System with Answering System and Multiple Handsets
11. Commercial Vacuum Cleaner
12. Van

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

### 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 <http://californiaclubhouse.org/donations/>



### Contact Information

2205 Palm Avenue, San Mateo, CA 94403

Phone: 650-539-3345

Email: [californiaclubhouse2015@gmail.com](mailto:californiaclubhouse2015@gmail.com)

Website: [californiaclubhouse.org](http://californiaclubhouse.org)

Facebook: <https://www.facebook.com/californiaclubhouse2205>