



Crane Connection

The California Clubhouse Newsletter

Volume 1 Issue 4

July 2016

Attention:

California Clubhouse has moved!

See page 2 for more details

Just the Facts!

May 2016

- Total number of enrolled members: **75**
- Total number of unduplicated members served this month: **45**
- Active member participation rate: **83%**
- Total # of member hours in Clubhouse: **1500**
- Total # of hours members spend per day: **68**
- Average daily attendance: **16**
- Attendance Most Days (Mode): **17**

Returning to Meaningful Work *by Amaal G-G.*

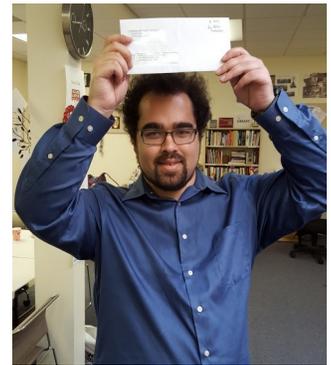
Before the Clubhouse I spent my time playing online games, watching TV and reading the occasional magazine or book, but I wasn't very productive. The Clubhouse was a great place for me to become more productive and learn new skills. I was one of the very first members, so I was involved in setting up the Clubhouse from moving furniture to helping to establish our daily tasks. Before the Clubhouse I had been unemployed for a number of years, so it was great to get back to work of any sort, even voluntary. The Clubhouse got me back into the rhythm of being productive and having something to do with my days.

A little over four months ago I was provided with a job lead from my job coach at Vocational Rehabilitation Services. She and I interviewed together at Goodwill and I felt the interview went really well. The next day I received a phone call saying that they were proceeding to the next steps and that I would need to come in and fill out a release for a back-

ground check. This made me nervous because I thought they didn't do a background check and in the past my background had prevented me from being employed. Fortunately, less than a week later, I got a call saying I was going to go to orientation the following Monday at the main office in San Francisco, I was so excited!

At first, based on the nature of my interview, I thought I was going to be working in the store as a sales associate, but I found out I would be working in the processing department. This involved sorting through clothes and hanging the good ones up on racks to be priced and sent into the stores. It turns out I enjoy doing this much better than I would enjoy working in the store. My first manager, who was very nice, was replaced a couple months into my employment, but my new manager is great and my immediate supervisor is a 79-year-old Filipino woman who is still vibrant and great to work under.

Now I've been working at Goodwill since Feb 1 and am



Amaal and his first paycheck

very happily permanently employed for the first time in a long time. I have benefits through work for the first time ever and am looking forward to remaining there for a good long while until I move on to the next phase of my development and career. I still come to the Clubhouse after work and sometimes on my days off. I owe it to the Clubhouse for motivating me to return to work and hope I can continue to work with them in the future as I continue to move on with my life and to grow. I thank the Clubhouse for helping me return to meaningful work.

My Reflections After the Gala *by Agnes C.*

I felt honored to be asked to speak in front of our guests at our very first gala. I was excited and nervous at the same time. I was expecting to speak in front of maybe 100 people at best but, woah, we had over 200 people at our event! Talk about nerve-racking!

I got to speak in front of a friend's church about the Clubhouse before so I used that as a template for my speech at the gala. Erica, our executive director, was really helpful. She filled in the gaps and proof-read it for me.

Before the gala, I wasn't feeling nervous at all. I practiced a lot with my colleagues, Erica and Jennifer. At first, they told me I

was going too fast and suggested that I should slow down. When I slowed down my speaking, they told me I did much better.

When I started speaking at the event, I felt extremely nervous! So much so, that I felt like crying during the entire thing. I did cry and felt really embarrassed but I felt so reassured when I received a standing ovation from the audience!

I really enjoyed the event and the dinner was good. I want to thank Sara and Neal for sponsoring my seat at the Gala, and Erica and Jennifer for getting me ready for my speech.

I hope after all this I gain enough courage to get a job. May-



Speaking at the Gala

be something in the clerical field. I am confident that I would excel at it!

A New Home for Clubhouse! *by Jennifer M.*

California Clubhouse has officially found a new home located in San Carlos at 210 Industrial Road Ste 102, San Carlos, CA 94070. After spending our first year with the non-profit CORA (Community Overcoming Relationship Abuse), we have finally found our own home. We officially moved in on June 20, 2016. We were all very excited about the big move. Although this has been a big change, we are all in this together and will continue to support each other throughout

the transition. As a clubhouse, we are currently decorating our new home and inviting new members into our Clubhouse. We will be open for tours starting July 1st, please call ahead of time to check in!

Visual tour of our new space in the next issue and on our website—californiaclubhouse.org!





CENTER FOR
INDEPENDENCE
of Individuals with Disabilities
Serving San Mateo County

A Resource on Housing in San Mateo *by Erik M.*

It seems like a lot of us are struggling with housing here in San Mateo. I have recently found a place here in San Mateo but the **rent is very expensive**. I have moved into a nice place but the price is almost unbearable as San Mateo is very sought out.

I encourage others seeking housing or paying these high rents to attend a **housing resource meeting**. I believe going to a housing workshop would allow me to learn about options that are available to me and my needs.

I'm not getting Section 8 and don't plan to but am thinking of trying for a less expensive ar-

range. At the moment, I'm continuing to look for a cheaper place and consider getting a roommate to ease the cost.

A great resource I learned about is a housing workshop every second Tuesday and fourth Thursday of each month from 1 pm to 2 pm through the **Center for Independence of In-**

dividuals with Disabilities at 2001 Winward Way #103, San Mateo, CA 94404.

For more information, you can contact Alex Manieri at 650-645-1780 x 119.

Events and Socials

July 4th

Redwood City Independence Day Celebration
9am -2pm

July 21

Movie on the Square In Redwood City
5pm-8pm

July 30

Academy of Science
9am-onwards

July 14th:

French-Themed Evening
4pm- 7pm

July 28th:

Birthday Social
4pm-7pm



Meet Ines: An Awesome Friend and Member *by Danaa C.*

Ines has been a member of the California Clubhouse for over 6 months now.

She comes in about twice a week. When she is here, she always makes time to help out with the accounting duties as well as with keeping up with our wellness bar. Our wellness bar is where we have healthy snacks to sell to our members when they get hungry.

Ines is excited to be developing new accounting skills, as she has not worked as a cashier before. She also enjoys working in our kitchen cooking delicious food and baking walnut brownies. She said she is learning how to cook here! She is part of our young adult program and does the newscast as well!

Ines goes to school to study art. She works with acrylic paint on canvas. She uses her skills to draw wonderful art to make our Clubhouse beautiful!



Ines at our Picnic!

Ines says that she's always productive here in the Clubhouse and is surrounded by wonderful friends!

Pride Celebration *by Jennifer M. and Lac L.*



Our Booth!

PRIDE: San Mateo County Without Borders

The Pride event in San Mateo was held at Central Park. The weather was perfect and beautiful with bright sunshine. We had a booth at the Pride event. The event was well attended by all different types of people. It was interesting to see people from the older

generation attend the Pride event with their acceptance and support for the LGBTQI2S (Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex, and Two-Spirit) community. There were singers and musicians performing on the stage. Many families brought their children and dogs with them.

There were food trucks with many delicious dishes from different countries. Our staff and members had a great time operating our booth and dancing to the music on stage. This will be an event that we will look forward to attending in the years to come!

Downtown Street Festival *by Yvette A. and Jiro A.*



San Mateo Street Fair with Yvette, Gilbert and Doug

As a member of the clubhouse I volunteered to work at the San Mateo Street Festival where we reached out to the public about our services at the Clubhouse. It was fun to meet people to who

were interested in knowing about the clubhouse and what we do. Our Transitional Employment (TE) board drew in some passers-by, including a business owner who expressed interest in learning more about TE and possibly partnering with us. There were other members who came at

different times of the day to help with the outreach. We all had a great time. There were staff, members, board members and volunteers who assisted us throughout the whole day to make this event successful.

First Day of the County Fair *by Geraldine K.*



My husband and I were privileged to attend the first day of the County Fair-DIASTER PREPAREDNESS DAY.

The fair offered many offices of emergency preparedness: Red Cross educated people in CPR during various hours; fire departments from all over the counties were present with their trucks; California Office of Emergency Services intro-

duced to the crowd various preparations for the next natural disaster, and CERT (California Office of Emergency) explained how people could be trained for their certification.

A comical event that my husband and I witnessed was the world's largest mousetrap. This contraption used a bowling ball that traveled through objects which eventually crushed an old car. How exciting!

The rides looked fun, but not for seventy year-olds. Food was expensive so we split a hot dog and then visited all the 4H animals.

Well it was 2:00 in the afternoon and time to depart. We had a great time and looking forward to next year.

The Clubhouse also attended the fair as part of our social program!

Memorial Day Celebration *by Peter H.*

We celebrated Memorial Day by having a pool party and barbeque at Erica’s apartment complex. Along the members, her family was also there! Neal, the husband of one of our members, barbequed and the

food was great! Erica made a delicious dessert to end our meal. The music was also fun. A lot of people enjoyed swimming in the pool. In the spirit of Memorial day, may God bless our troops who have

given the most precious gift for our country as well as those who are in foreign countries.



Clubhouse celebrating Memorial Day



Central County Orientation *by Yvette A.*

Central County Behavioral Health and Recovery Services is a county agency that serves people with mental illness. This is also where California Clubhouse and other local organizations provide information

about our services to people who are currently receiving services from Central County of San Mateo. Every Tuesday morning, Clubhouse sends a member and a staff to let their clients know about our program. We were able to meet a diverse group of

individuals, some aware of the Clubhouse and some who are very much interested in membership. I felt like the people we met needed a place to belong while going through their mental illness and I know that Clubhouse is the perfect

place for them to heal and grow. Through this experience, I learned more about different people’s stories and it certainly helps me with becoming an effective peer counselor.

Young Adult Corner *by Leana D.*

The California Clubhouse Young Adult Program is a program dedicated to young adults who are interested in taking part in vocational rehabilitation services. This month alone we had an Ice Cream and Movie Social and a Video Game Night. Just recently a fellow

clubhouse member, Leana created a Music Group for young adults that are interested in doing musical activities or simply creating music; whether it is rapping or singing or recording songs. The Music Group will be releasing video called “Clubhouse Chick” which

featured Juicy J’s instrumental with Leana and Nick rapping with the theme of being a Clubhouse member. Stay tuned!



Nick and Leana performing

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 **210 Industrial Rd, Ste 102, San Carlos, CA 94070**. For more information, please contact us at **650-539-3345** or email us at **info@californiaclubhouse.org**.

Testimonials

Since our son goes to the Clubhouse everyday , **his concentration and communication has greatly improved**. Also he has learned to improve his boundaries.—Parent of A. M.

I like being in the Clubhouse because **I like doing constructive work**. I cook, clean and hang out with the young adults.—A. M.

Thank You!

We want to thank these individuals and businesses for donating in our silent auction on our Gala!

1. Heidi Rae Weinstein
2. Hiller Aviation Museum
3. Margrit Rinderkinecht
4. Central Park Bistro
5. Pasta Pasta

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. Juicer or blender
3. Video Camera
4. Van
5. Copy Machine
6. Guitars and other gently used Musical Instruments

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