



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. 2 **September 2015**

Message from the Director



Hello, my name is Erica Horn and it is my honor to serve as the Executive Director of California Clubhouse. In four short months, I have had the privilege to work with an incredible group of people. From the passionate and hardworking board of directors to the highly talented and friendly members and staff, we are building a community of hope. Since our soft launch in April, our founding members have paved the way for current and future members to reclaim their lives while benefiting from the programs we offer. From establishing a busy and productive work structured day program to offering a vibrant evening and weekend social program, we are already changing people's lives. Recently, I had the opportunity to do grocery shopping for our meal program with one of our members. On the way back to the clubhouse, the member turned to me and said, "You know, since coming to the clubhouse, my life has really improved. I have a place to go during the day and important things to do. I am getting out more thanks to the club."

To date we have enrolled 28 members and have an average daily attendance of 6. Our busiest days are Thursdays because we hold our Community Meeting where members set policy and procedure and discuss program development. Following the Community Meeting, we host a social program activity which can include playing billiards, attending an A's game, and hosting in-house board game nights. Additionally we are committed to celebrating all major holidays on the actual holiday. We've hosted a Memorial Day barbecue, picnicked and watched fireworks on the 4th of July, and will be barbecuing in a local park on Labor Day. Every day our programs evolve and we see our members gaining self-confidence. It is thanks to your on-going support that together the California Clubhouse community continues to grow!

News

7/31/2015 – Billiards was one of our most exciting socials, members walked down the El Camino on a warm July night and went to a pool hall near the clubhouse. Our heartfelt thanks to the awesome manager at "The Great Entertainer" for giving us a discount for their food and services. We divided into two teams with one of the members making good shots. After playing pool, we played ping pong (which some of us thought was more fun!) and had some pizza.



08/05/2015 – Let's Go Oakland! California Clubhouse heads to the Oakland Coliseum to watch the A's play against the Orioles. We got some tickets from our sister Clubhouse, Putnam Clubhouse of Concord, CA! Thank you, **Putnam Clubhouse!** It was a day full of fun, cheers and friendship! A member even mentioned how he has not been to a game for a long time and it was such a treat to get to see the A's in action!

08/08/2015 – We interviewed a member regarding his experience of our "Free Garage Sale Social". The sale was hosted by **St. Andrew's Lutheran Church** on August 8, 2015 and we would like to extend our biggest thanks to them for their generosity! Randy says that he has never been to a free garage sale before. He got a shaving razor and says that it was "really good" when he used it. After the garage sale, we headed to McDonalds to have a late breakfast. He says that it was a very good treat! We headed back to the clubhouse and watched the Avengers: Age of Ultron. Randy says that he really wanted to see it and exclaims that "it was really something!" Finally, he says that he did a lot for a Saturday and says "I was really happy".



08/20/2015 – Ines made us 60 tamales today, she said it was a lot of hard work but also tons of fun. We had 18 people for lunch that day; three people were from the County and the rest were members of the Clubhouse. **The food was enjoyed by all!**

We also celebrated our **5th Clubhouse Community Social Event** by going **bowling** as a group. Two of our valued members negotiated a discounted price and we were able to bowl for \$3.75 per game (w/shoes included); as well as 25% off of the food items...Wow! The attendance for this event was the highest we've had to date with over 90% of our core daily attendees present. For a grand total of 16 people having fun, eating food and building community. Everyone who bowled was able to get a strike at different times during the fun. Even the members who couldn't bowl had a great time being cheerleaders and supporting their peers.



Announcements



Mark your calendars! California Clubhouse will have its **first open house** on **October 22, 2015** from 3 pm to 6 pm. Come on over to check out what we've been doing since opening our doors on May 27, 2015!

After much deliberation, California Clubhouse has chosen its **FIRST T-shirt design!** This logo was created with staff and members working side-by-side.



All members will receive a **free T-Shirt** as long as they have submitted their application and referral form by September 30th. T-Shirts will be available for sale to the public starting October 1st!



California Clubhouse is sending two member ambassadors, **Jennifer and Gilbert**, to the **18th Clubhouse International Seminar** in Denver, Colorado! They'll be flying off to join other staff, members and board members of Clubhouses from around the world to learn from each other through important and meaningful presentations, workshops and discussions.

Because of the unique member-centered nature of the Clubhouse, we welcome parents, friends and guardians to join us for socials and lunch but would like to have only current and prospective members join us during the work-orientated day.

Lunches in the Clubhouse remain **free** until the end of the year. Members and staff, collaboratively and individually, have been making an effort to make the Clubhouse a physically and psychologically healthy environment. Therefore, during the community meeting, we have decided to properly portion our meals. Second helpings will cost \$1 starting September 1st.



Success Stories

"I am learning new skills to prepare myself for the work place and I am totally enjoying myself. I am also meeting really nice people. I lost a lot of my creativity from all the medication I am taking but being in the Media and Marketing department of California Clubhouse, I am slowly gaining it all back." – J.M.



"I've been feeling a lot better these past few weeks since I have been coming here (California Clubhouse). I've been in mental health for 30 years and this is definitely an appropriate place for me to come. My doctors and case worker likes the fact that I come here and it prevents me from isolating." – R. D. L.

Special Events for September

Recovery Breakfast, Proclamation and Resource Fair

Tuesday, September 1st, 7:30 am, 400 County Center Courtyard
Come visit our awesome booth!

Labor Day Picnic

Monday, September 7th, 11 am, Location TBA (Check in with the Clubhouse for location)
Come join us for lawn games, BBQ and great friends!

Recovery Picnic and Resource Fair

Tuesday, September 15th, 11 am, Flood Park, Menlo Park
Free BBQ, face painting, games, raffles, guest speakers, and resources Feat. DJ – Still Busy.
Come see us at the California Clubhouse booth!

Monthly Activities for September

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 7:30 am: Recovery Breakfast, Proclamation and Resource Fair	2 8:30 am Central Community Service Area Day of Partnering	3 3 pm: Art Social	4	5
6	7 11 am: Labor Day Picnic at the Park	8	9	10	11	12
13	14	15 11 am: Recovery Picnic & Resource Fair	16	17	18	19
20	21	22	23	24	25	26
*Alcatraz Trip date to be determined, stay tuned!						
27	28	29	30			

*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.

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. George Foreman® Stainless Steel Grill
4. Used or New Laptops or Computers
5. Professional Cooking Knives
6. Vitamix®
7. Drinking Glasses
8. Office Supplies
9. General Art Supplies

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/>.



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