



California Clubhouse Inc.

Crane Connection

Volume 2 Issue 1

January 2017

Just the Facts!

November 2016

- Total number of enrolled members: **100**
- Total number of unduplicated members served this month: **41**
- Active member participation rate: **57%**
- Total # of member hours in Clubhouse: **1129**
- Average daily attendance: **13**
- Attendance Most Days (Mode): **15**

Celebrating the Holidays at the Clubhouse *by Amaal G.-G.*

Thursday December 15th was a special day at the Clubhouse, because it was the day we chose to have our annual holiday party. We spent all morning preparing for the party that was scheduled from 12 to 5 pm. Our program director, John, cooked a ham bright and early. Our resident chef member, Yvette, cooked up some hot wings while one of our other cooks, Elizabeth, prepared some green bean casserole. I brought some guacamole chips and salsa. There was also some macaroni



Iris and the Putnam Crew

salad, some green salad, some fruit salad and some spinach dip. A little way into the party, Agnes and Sara went to pick up some lumpia our executive director, Erica, had ordered.

The food was great, but what really made the holiday party was the company of the members and staff from our sister Clubhouse, Putnam, who came to celebrate with us. They brought drums, guitars and gifts. Steven and Jim from Putnam played some Christmas songs and we all sang along. I was impressed by their extensive repertoire as we sang for quite a while. After the songs, Putnam led us in a dance from the "flash

mob" they did at their Gala in October and then John and Tamara made announcements of appreciation from our clubhouse and their clubhouse. Then there were different groups playing different games like Jenga and my favorite game Fluxx.

Throughout the day several different agencies came by to share in the festivities each bringing their own items to the party. Voices of Recovery, Heart and Soul and Vocational Rehabilitation Services all



Preparing for a Merry Christmas



Food, fun and friends!

Continued on page 3

Coming Out of the Shadows *by Sara L.*



Sara and the Clubhouse Community

When I was pregnant with my first child, I started hearing voices. These voices. These voices were people I've met in the past telling me that they will hurt me and even tried to convince me that my husband and my unborn child weren't real. It was like a nightmare come true. It was a long and hard journey for me to receive treatment and accept my illness. And even afterwards, I felt that wasn't enough to help until my husband Neal met Juliana (our founder) and her husband Neil during the Stanford Mental Health Seminar in January 2016. Soon after that on February 2016, I became an active member of the Clubhouse.

After working side-by-side with members and staff in the Clubhouse for a few

months, on September 21, 2016, I decided to come out the shadows and wrote on my Facebook wall that "this is my official announcement that I have been suffering from a serious mental illness for a while but I still enjoy great food, go to spas, hand-bag shopping and lots of travel, domestic and overseas." This was a way for me to express that even through I experience symptoms of schizophrenia, I am able to live normally and also enjoy life!

What made me come out and tell the world about my illness is that I felt tired of living in secret. I feel like I always have to make excuses whenever I have to see my psychiatrist every other week. Whenever I am in a social setting and the symptoms arise, I have to excuse myself and say that I'm not feeling well. People always wonder and assume its physical, asking what's wrong, sometimes it would escalate to the point of prying. I would make up an excuse because from previous experiences, if I talk about having schizophrenia, more often than not, they begin to ig-

nore me. They won't reply to my texts like they used to.

But since coming to the Clubhouse, I feel important, if not for the Clubhouse, I would feel helpless. Coming here has given me the courage to come out as well as speak up for myself (something I am not used to doing). Clubhouse ignited a passion in me to help support and advocate for people with mental illness. In the Clubhouse, I perform clerical duties like data entry into our database, recording attendance, statistics and reports. I also enjoy giving tours to new members and visitors. Recently, I've been more involved in the kitchen, something I thought I'd never do but am very proud of!

My husband Neal and I have contributed in various areas around the Clubhouse like Holiday socials wherein Neal will bring fresh steaks and burgers. We donated nice tea cups and matching saucers for our Donor Appreciation Tea. We also hosted staff, members and board members for lunch and special events like our Annual Gala.

Clubhouse on the Road: Reaching Members in Need *by Monica N.*



Mills-Peninsula Hospital

As part of our member outreach, we make sure to pay a visit to members that are hospitalized or feeling ill at home. Our members are great at setting up times and dates to go out and visit our members in hospitals. Just recently, we

made two visits to local hospitals to meet with our members. A group of 3 including a staff member, drove to Mills Peninsula in San Mateo to visit one of our members. As part

of our outreach program, we put together a care package with essentials such as shampoo, conditioner, toothbrush, etc. It was really nice to spend some time and have lunch with our member. Another visit our outreach pro-

gram did was to Kaiser in Santa Clara. For this visit, we were able to spend an hour and a half playing card games and chatting with our member.



Kaiser Santa Clara

Celebrating the Holidays (cont.)

made appearances at the festivities. Near the end of the party one of our former staff generalists and new board member, Jiro, appeared with his partner. It was great to see the two of them and they brought some spam musubi.

Before it got too late some members, including me, decided to go see if the lights at Christmas Tree Lane in San Carlos were already on. When we

first drove by the lights weren't on, but we had to drop off one of the members in the car in Redwood City, so we decided to check out the lights again on the way back. Second time's the charm, the lights were on and even though we only drove down one of the blocks we saw some spectacular houses. When we got back from the lights most partygoers had departed. We wound down with some

hot chocolate and cleaned up what was left of the food and dishes. It was a festive day and I think a good time was had by all.



Having a musical time!

Open Studio Tour *by Jennifer and Avi*

On November 12th, the Clubhouse had a weekend social. We toured the Peninsula Museum of Art in Burlingame. We went to see the founder's husband, Neil Murphy's art, but the museum featured many other local artists as well. Neil's art was fantastic; he utilizes a mixture of mediums, from 3D computer graphics to detailed ink drawings to create abstract pieces. The pastel colors he uses are beautiful and I wish I could have owned one of my own from Neil's collection or had the talent to create such a masterpiece. According to Neil, his artwork is "influenced by Asian and tropical landscapes blended with western abstraction".

When we first entered the museum, Erica told us to stay together; however, with my inadequate hearing, I thought she said to spread out. Though unfortunate for the rest of the group, this sep-

aration allowed me to speak one-on-one with some of the artists. One artist in particular that I admired, painted watercolor orchards. We spoke about different watercolor techniques and how to effectively use them. Although I don't think of myself as an artist, I appreciated that she still listened and respected me.

Leigh Toldi's studio was super neat because when you walk in the drawings were hanging on the wall with magnifying glasses on a string next to them. This was designed for the audience to explore each picture more closely. Each one had intricate characters drawn in black ink.

After we all finished touring the museum, we met up and drove to a park in Burlingame Avenue. At this park, we had a picnic lunch. It was cold and windy and we forgot to pack napkins. However, it was still a great picnic full of laughter



Creative Artist Business Cards

and great company. We all had a great time sharing food and each other's company.

Overall, it was incredible to witness such talent all concentrated in one place! I'd highly recommend this experience to anyone interested!

At California Clubhouse *by Alexa F.*

We do lots of cool and fun stuff here at the Clubhouse. We have a lot of tasks that we do every day and wellness activities that help us feel safe and smile. We have frequent socials such as movie nights. I enjoy spending time with everybody while doing tasks. I especially enjoy getting the mail and cleaning the clubhouse with fellow members and I love doing store runs. I am also learning how to cook. People

work hard here! We, as members and staff, create fun memories here in the clubhouse. I like coming to the Clubhouse because we are like family. Together, we keep the Clubhouse strong, powerful, safe and fun. It is a place full of good friends and good people who work together for our wellbeing. Being here with my friend Nick helps me a lot. I feel inspired because I feel like I can relate to people here. The staff are



Alexa working on the computer.

also amazing at what they do. I am thankful for the friends I've made here because I used to not have friends.

I Am Grateful *by Geraldine K.*

When I look at my everyday experiences there is a seed of gratefulness that grows inside of me, it is nurturing by my awareness of what the people in my life do for me.

For instance, my husband, Bob, does the shopping for food and walks with me. He breathes peace into my soul and helps me release my anxiety that builds up. Patrick, my son, texts me about how much he loves me. My daughter, Ann Marie, does the same making me so grateful. You the reader can take time to find what your thankful for making it a habit every day.

If you want to see the

seed grow in you and change your life, here is an exercise:

Write three things in the morning that you are grateful for.

Think about them during the day and journal them at night before you go to bed.

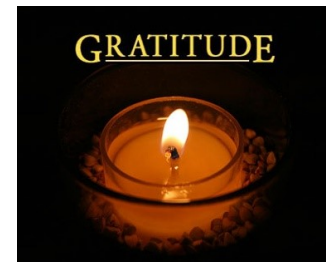
Do this for 21 days.

Instead of scanning the world with negative eyes, you will automatically look at the bright side.

Before I close, I want to quote what Rev. John Riley, our minister, at unity church of Palo Alto said about gratefulness:

“When we are truly grateful, there is so much room for joy. If I’m feeling bad, I can return back to my breath and goodness.” It lifts me up so I can respond in joy and give the world gratitude, being thankful for the opportunity. We all have gifts to give when we see what we have and not what we don’t have. We have a role to play and that is to give joy and receive in joy.

My dear readers find your own “attitude of gratitude” and do it now.



Reaching Out in Redwood City *by Erik Mc. And Yvette A.*

Yvette Agua and I (Erik) helped host the Bethlehem A.D., a cook-out put together by Tapestry Church in Redwood City. We were busy working on the BBQ and getting the meal prepared for the hundred or so guests of the church.

There were games for the kids and a band that played across the street just outside of downtown Redwood City. It was an annual event for the church social. We had a big re-

ception when it was time to eat. We prepared marinated chicken and salads along with hot dogs for the hundred or so people that were at the event. I had not seen the lot before and was glad to be a part of the event but it was a venue for the performers at the show. It was an experience with lots to learn and meet new people.

Yvette and I represented the Clubhouse, showing off our cooking skills and serving dinner

to the crowd. While cooking, we also told the guests about California Clubhouse. We demonstrated that as members of the Clubhouse, when the given the opportunity, we met

the challenge and excelled! So much so that they invited us to do it again soon.



Yvette and Erik managing the grill!

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 <https://californiaclubhouse.org/financials/>



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

"I found California Clubhouse late in 2015 looking to belong to a drop-in center and was surprised to find this one. I was referred from Alameda de las Pulgas (Central County) and quickly found a welcome spot here. I started doing basic chores and soon had met some really cool members and staff. I saw the Clubhouse grow from a small club of members sharing a small place on Palm Ave. to now where there are over 100 members and now in a space on Industrial in San Carlos that is 4 times the size. It has been a good opportunity to see how the non-profit California Clubhouse operates and allows members to participate in the upkeep of the clubhouse. It has been a really good experience as I have a way to start my day with friends and staff." - **Erik M**

Thank You!

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. Video Camera/Digital Camera
2. Copy Machine
3. Art Supplies
4. Weights/Kettle Bells/Yoga Mats
5. Conventional Oven
6. Laptops

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