



Just the Facts!

October 2016

- Total number of enrolled members: **92**
- Total number of unduplicated members served this month: **41**
- Active member participation rate: **59%**
- Total # of member hours in Clubhouse: **1127**
- Average daily attendance: **12**
- Attendance Most Days (Mode): **11**

Crane Connection

Volume 1 Issue 8

November 2016

Our First Donor Appreciation Tea *by Jennifer M. and John S.*

On October 13, 2016, the Clubhouse invited five very important donors to our new location for an appreciation tea. The donors received a warm welcome and a wonderful tour from several of our members, staff and board members giving them an opportunity to share their pride in our program and our new home.

Before this happened, there was a lot of preparations that needed to happen behind the scenes. Prep time was exciting and full of anticipation in creating the afternoon tea atmosphere. We made four different types of sandwiches along with delicious no-bake autumn themed desserts that were a hit for everyone in the Clubhouse. Of course, we brewed different flavored teas with love (it wouldn't be a tea party if we didn't!). We

set up the hors d'oeuvres outside the conference room and labeled each one.

After the tour, we invited the guests to have some snacks and to mingle with other members and staff. Erica gave a very informative presentation to update all our donors in the growth of our Clubhouse. It included our membership statistics and accomplishments for the past fiscal year. Jennifer and Yvette also spoke about how the Clubhouse has improved their lives and how they have made great friends with the staff and members. We also talked about the different travel opportunities such as the international conferences and training on the philosophy of the Clubhouse model.

After the presentations the donors were given the opportunity to ask ques-

tions or comment of the presenters and board. It was such a warm and welcoming atmosphere that the donors felt comfortable sharing their visions and ideas in enhancing our Clubhouse which was well received by the board of directors. We look forward to our next donor appreciation tea.



Food Served at the Tea



Tea and Presentation

Our Face Out in the Community by Monica N.

On Saturday October 8th, California Clubhouse was able to participate in the 'Sana Sana Health Fair' put on by the Latino Collaboration. This event gave us the opportunity to reach out to the Latino community as well as gave our members the opportunity to learn about other resources in the community. The event kicked off at 10 am and it was completely filled by 11 am. We were able to participate in different raffles throughout the fair. Two of our members were able to go home with big prizes which was very exciting!



Throughout the event, we were able to speak to many Latinos in our community that are living with a mental illness. We were able to explain what we do at the Clubhouse and encourage them to come and take a tour of our new location. One of our members was able to partner up with me and practice his Spanish skills! He was great!

Apart from that, other members were very active in going around throughout the tabling event and gathering resources to update our Reach Out and Resources area. It was great to go out in the community and be a

part of reaching out to the Latino community. Overall, this event was a success! We all enjoyed the event and are looking forward to attending next year as well as looking for other events to attend that can help us reach out to other populations in our community.



Pictures: Yvette & Gilbert holding up their raffle wins.

Halloween Party 2016 by Iris R. and Kitty E.

On Monday, October 31st there was a Halloween party co-hosted with California Clubhouse and Heart & Soul. It was a lot of fun we had over 20 people here. One of the highlights of the night was the dance off we had, where we had to dance in our costumes. I won 3rd place, Priscilla won 2nd place, and Yvette was the overall winner in 1st place.

Cardum and Christopher from Heart and Soul had very nice things to say about the party. Cardum said that everything was very nicely decorated and the Halloween spirit was

definitely in the house. Christopher said he liked wearing the witches hat and he enjoyed the dance contest. Christopher also said that he had a lot of fun seeing everyone work together and pull the party off.

We had people mingling with each other, enjoying the homemade snacks and grilled hot dogs

with chili, and some games of Zombie Fluxx. Everyone had a great time and we look forward to the next event here at the Clubhouse.



Having fun mingling and playing games at the Halloween Party

Pumpkin Patch Fun *by Erik M.*

This month we had our outing to Half Moon Bay Pumpkin Festival. The pumpkin patch had a straw maze testing our courage, and pumpkins everywhere. As every fall, there were many harvest treats and we made the most of the nice weather and bought a few pumpkins to decorate the Clubhouse for our social on Halloween Day. It was a fun time even though it was the end of our summer and the transition to winter. It was jammed with guests and we fit in with the hundreds of people touring downtown and selecting

pumpkins from the pumpkin patches. It was our first time as the club to the event and hopefully not the last. We wish others a nice fall season and hope they will enjoy this great season.



Everyone enjoying themselves picking pumpkins

Events and Socials

November 10th 4p-7p
Board Game Social

November 18th 4p-7p
Pajama Party

November 24th 10a-2p
Thanksgiving Brunch

November 12th 10a-2p
Open Studio at Neal's
Studio

November 17th 4p-7p
Taco/Burrito Bar

November 30th 4p-7p
Birthday Social



California Clubhouse attends Putnam Clubhouse's Gala *by Kitty E*

This year was California Clubhouses 4th year attending Putnam Clubhouses gala. The theme this year was based on the Wizard of Oz and they put on a play based on this very well-known film.. The material was all written and performed by the members at their clubhouse. Everyone was extremely touched by the stories told, all personal experiences shared by their members.

As the night progressed, the representatives from California Clubhouse were able to get a better understanding of where to take notes for our own gala that will take place next year on May 11th. One of the most important things to note was how much work was put into this gala. All of the decorations, performances, and member involvement was noticeable and

unique to their gala.

After attending this memorable evening, it is obvious how much work we will need to put into our own gala and including as many people as we can in the production of the evening. It will be important for us to all work together, side-by-side, as we do everyday, to put on an incredible night.

Some of the components of the night included a flash mob, silent auction and raffle, a live auction, fund-a-need, the play performance, and a beautiful dinner. This evening was put together well and we learned a lot as a clubhouse. It will be very important for us to come together as a clubhouse and work on our own gala in the coming weeks. If you are interested in joining any part of our gala or want to be part of a committee, please don't hesitate to

contact us here at the clubhouse.

Finally, we would like to thank Tamara Hunter, Putnam Clubhouse Director, and all of Putnam Clubhouse for supporting us as a Clubhouse and putting on a fantastic evening that we were able to



*Table Centerpiece
"There's no place like home"*

Meditation with Geraldine and the Clubhouse *by Geri K*

I love meditating and I do it every day without fail.

Sit in a comfortable chair and play very soft music-You Tube has a great playlist of tunes for your convenience. When you've made your selection, light a candle and have a clock nearby for timing your meditation.

Close your eyes and begin a mantra to yourself, which is a one-syllable word like peace or love, etc. This will keep your mind from wandering.

As you go deeper and

deeper into your meditation, you get more relaxed and very positive.

All that no longer serves you is released.

You can do this practice for twenty minutes and then gently wiggle your feet and move the rest of your body. Slowly open your eyes.

Did you hear the great news? California Clubhouse, through the dedicated work of Kitty, has created mindfulness meditation activities for its members.

She has met with people

four or five times, using guided imagery, deep breathing, and light stretches.

With the guided meditations everyone found a comfortable position with lights off. Kitty used sage and diffused oils as she led the group through mindfulness exercises.

Join us every Monday from 12:30 to 1:00 for your peace of mind.

Here is what Yvette had to say: "I was calmed and soothed. It helped me mentally!"



My Trip to Fountain House by Sara L.

My husband and I wanted to celebrate our 20 years together since we met in New York University. We chose to go back to visit New York City to celebrate in early October this year. I have been an active member of California Clubhouse since February this year and wanted to learn from other Clubhouses on how to improve our Clubhouse. Since we were in New York City, what a great chance to visit Fountain House! We called Fountain House and made an appointment to have a tour. On October 14th, we were greeted by friendly staff at Fountain House and while we were admiring their large living room, we met our tour guide Benjamin, who's been a member there for five years!

My husband and I were immediately amazed by the size of Fountain House. It has two

connecting buildings, each with about five to six floors. They have a working elevator, huge state of the art kitchen, and two pianos in the dining room for members and staff. Fountain House is located in Midtown Manhattan which is easily accessible via subway. They also have a farm in Upstate New York which they use for the produce in their kitchen.

Fountain House has more than 10,000 members. Their vision is that people with mental illness everywhere achieve their potential and are respected as co-workers, neighbors, and friends. Our overall experience at Fountain House was exceptional. We were impressed by their gym, kitchen, and they even publish a weekly newsletter plus daily

news.

After the tour, I am determined to outreach to our local communities and hospitals to let more people who are suffering from a serious mental illness know about our California Clubhouse. I also wish to go back and visit the farm in Upstate New York to learn more about sustaining methods. Last, but not least, I want to thank Fountain House for their hospitality and time, especially our wonderful tour guide and member, Benjamin!



Leftmost Top: Dining Room
Leftmost Bottom: Kitchen
Middle: Exercise Room
Top: Tour Guide, Benjamin

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

"It has been really fun and I've really enjoyed learning new recipes and cooking with other members and staff. Everyone has been really supportive here at the Clubhouse." - Alexa A-F

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. Karaoke Machine
2. Commercial Capacity Microwave
3. Video Camera
4. Copy Machine
5. Office supplies (paper, pens, paper clips, etc.)
6. Paper products for meals (plates, cups, cutlery, etc.)
7. Art Supplies
8. Candles/Essential Oils
9. Weights/Kettle Bells/Yoga Mats
10. Small \$2-\$5 items for member gifts at our Holiday Party

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