



California Clubhouse Inc.

Crane Connection

Volume 2 Issue 4

July—August 2017

Just the Facts!

May 2017

- Total number of enrolled members: **144**
- Total number of unduplicated members served this month: **60**
- Active member participation rate: **64%**
- Total # of member hours in Clubhouse: **1,940**
- Average daily attendance: **20**
- Attendance Most Days (Mode): **18**

Spreading Our Wings by Jennifer M. and Monica N.

California Clubhouse celebrated its second annual Gala on May 11, 2017. It was spectacular! Like last year, our Gala was at the Crowne Plaza in Foster City.



Emcee Mark Simon

This year our emcee was Mark Simon, the Chief of Staff at the San Mateo County Transit District. Mark helped keep the audience entertained through the event. Our night was filled with 240 well-dressed people from around the county and beyond. The hard work, months of planning and organizing showed the effect that community efforts can bring. There was a lot of effort put into the occasion and it really showed.



Singing Our Hearts Out to officially open the 2017 Gala!

The evening began with a song created by members and staff to the tune of *California Dreamin'* which the audience enjoyed. We practiced the song every day after lunch, led by our talented musical member, Mary. The song helped bring to light what California Clubhouse stands for and the community environment we are creating. We wanted this song to be reflective of the Clubhouse community.



Our Silent Auction

During the evening, we had a Silent Auction that consisted of 47 items varying from spa trips to days at the ball park. The Silent Auction was something we took huge pride in. Throughout the year, the Gala committee (consisted of members, volunteers and staff) helped gather donations from local businesses to help our cause. We worked together to put packages, type up descriptions and process the donations all in time for the Gala. We had special Warrior playoff tickets donated for the grand finale portion of the event.

Spreading Our Wings (cont.)



Distinguished Awardees Pierce and Alexis Selwood

This year there were also several awards given out: the Community Partnership Award, the Donor of Distinction Award, and the Employer Partnership Award. Supervisor Dave Pine accepted the award for the Community Partnership Award which went to the San Mateo County of Supervisors, Alexis and Pierce Selwood accepted the Donor of Distinction Award, and Tami and Carla from Walgreens in San Carlos accepted the Employer Partnership Award. California Clubhouse wanted to honor our community partners and show our appreciation. This was our first time handing out awards but it surely won't be our last!



Supervisor Dave Pine (L), Jennifer (C), Juliana, Board President & Founder (R)



Riley and Erica (L) presenting Employer Partnership Award to Walgreens Managers

Our second annual Gala was a hit! It was nice to see our members, staff, Board Members, volunteer, community partners and Putnam Clubhouse friends under a different light—dressed to impress.

Thanks to all the public support, donations, and volunteers, we were able to raise money for the next coming year. We look forward to planning next year's gala and seeing all new and familiar faces at our next event! Thank you for all the support!



Jennifer has been a member for about two years now. She is our first member on the board. Jennifer has taken lead on the Newsletter and helps engage members to participate in the completion of the Newsletter every month.



Our Sister Clubhouse, Putnam Clubhouse!

Our Experience at the Gala *by Putnam Clubhouse Members and Staff*

We arrived early so we could help with the preparation. We put paper cranes on the tables for decoration. The tables looked very nice and everything was well done. The actual event was great. We especially remember Amaal's speech. His story of recovery was very moving. It was obvious the clubhouse played a substantial amount in helping Amaal with his recovery. The song was a positive and celebratory part of the program. Riley's story about working the TE was also inspirational. We thought it was a great event and we look forward to attending next year's Gala.

Sincerely,
John, Hannah, Tamara, Greg
Putnam Clubhouse

Putnam Clubhouse is a ten year old, Clubhouse International accredited Clubhouse in Concord, CA. They have been instrumental in the successful development of California Clubhouse.

My Experience at the GALA *by Nick D. and Monica N.*

Before attending the Gala, Nick was nervous about being surrounded by a hug crowd of people. Nick was a little hesitant in attending but with the help and support of the Clubhouse, he was able to attend and enjoy an evening with peers and guests. Here is what Nick had to say about this great evening:

"I got used to the crowd and I enjoyed talking to people instead of worrying about my anxiety. I felt safe with my Clubhouse family, I know I can trust them to support me, no matter what I'm going

through. I felt comfortable singing on stage. I look forward to attending the next Gala. I hope to be more involved and enjoy the process. Last year I went to Concord to attend Putman's Gala, our sister Clubhouse. I found it hard to be around large groups of people I have never met. I felt very overwhelmed. In this year's gala with California Clubhouse, we sang on a stage for our guests and it was an awesome experience! I think I passed the test of being around a lot of people. Next time in a crowd I know I will be more confident and prepared thanks to California Clubhouse."



Nick (L) is an active member of the Young Adult Program. With his outgoing personality, Nick has been able to make friends at the clubhouse quickly. This year, he helped with the song performed at the Gala by members, staff, volunteers and board members.

How California Clubhouse has changed my life! *by Dave B.*

Before the Clubhouse, I complained to my nurse about not having enough to do and being bored with my schedule. My nurse recommended California Clubhouse and everything changed from there.

I have had a lot of work and learning to do since attending to the Clubhouse regularly. At first, I started doing

maintenance work; Cleaning, sanitizing, and organization.

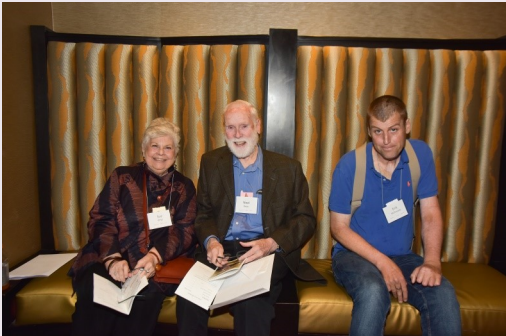
Currently, I do more clerical work; track attendance, check emails, and basic accounting. This has strengthened my computer skills tremendously. My doctor has reduced my medication, and I feel much better and more alert. California Clubhouse has changed my life.



Dave is one of our new members at the Clubhouse. He is involved in the Newsletter and hopes to continue working on

it. In the future, Dave hopes to participate and complete the peer counseling course, offered at College of San Mateo.

Gala Photo Album



Gala Photo Album



Transitioning In and Out of Employment *by Riley M. and Ann C.*



Ann (left) and Riley (right) in front of Walgreens

Working at Walgreens, through Clubhouse's transitional employment program, has been good for me. The most immediate, straightforward benefit is earned income. Other benefits are more subtle. My life is less isolated. I've had days and weeks, in my past, with barely a spoken word exchanged with another person, but in a four-hour shift as "Customer Service Associate", I chat and confer with co-workers, and greet dozens to hundreds of customers. I get

more exercise, both on my bicycle while commuting, and on the job, walking from one task to another inside the store. I've gained some status within the Clubhouse community. (Sometimes the "spotlight" I get as the first member with a T.E. job is a bit much; other members also work, and deserve as much or more recognition for doing so without placement

Here's a less obvious benefit: as a cashier, I routinely say "Have a nice day" to dozens or hundreds of customers. I mean it more often and more strongly than I had expected. So I've reconsidered: all the thousands of times that a cashier has said that to me, maybe they really meant it, more often and more strongly than I heard it. I assumed that they just following the script, but maybe I was erring of the side of pessimism. I slightly raised my baseline

estimate of how friendly people are, and thus reduced my assessment of how hostile the world is. For a person with major chronic depression, that's an important shift of perspective. —Riley

Following Riley at Walgreens will be a pleasure because he has made such a good impression while working there. To take up where he has left off with careful attention to customer service, organizing stock, and cashiering, and; to go forward with steadfast encouragement from Clubhouse will be the heart of working at Walgreens. I feel so honored to be the next Transitional Employment Employee.—Ann

My Goodwill Anniversary *by Amaal GG.*

On February 2nd, I celebrated one year since I first completed my orientation and began working at Goodwill. The time has flown by so fast. I enjoy my work at Goodwill. I went from sorting through clothes to being the one to hang up the clothes before they go out for sale. Hanging clothes is a better job for me, I get to see all the cool clothes that come in without having to sort through the dirty and grimy clothes. My direct supervisor is a ninety-year-old woman who still has tons of ener-

gy and is a real pleasure to work with.

It has been a good year working at Goodwill, but I think it's time to start looking towards my future goals of having a career in nursing. With the help of California Clubhouse, I want to start taking classes either in the Summer or in the Fall. The classes I would take are prerequisites for nursing and I would go to one of my local community colleges before applying to Samuel Merritt

for a two-year program that would get me my B.S. and qualify me for the RN qualification exam. I will continue to work at Goodwill while I fulfill my prerequisites, but would go to Samuel Merritt full time after being accepted. I am looking forward to continuing my work at Goodwill and then pursuing my future career. I know with the support of the Clubhouse, I know I can achieve my career goals.

Amaal is a founding member of the Clubhouse, a Young Adult Program leader, and recently voted onto the Board.

Flowers at our Doorsteps *by Mary L. and Peter H.*

Last week, on the day after our successful Gala, a few members and staff took the van to Orchard Supply to purchase flowers to brighten up the Clubhouse doorways. Mari-golds, petunias, impatiens, geraniums, etc. were chosen by each shopper to make the miracle happen. And it happened. Viola!

The designated planter people were there ready to begin the artistic creation. Plants were divided to fill each of the three wooden boxes. The soil was mixed, plants were placed in the proper places and watered. The little daisies looked

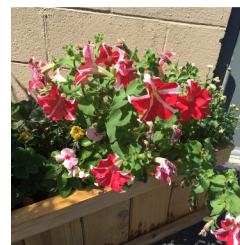
doubtful but now they are doing quite well. The rest of the flowers seem happy and proud to be at our door.

Here is Peter's experience on going to the Orchard Supply:

"We were so excited about the outcome of our second Gala that the first day back, we went Orchard Supply Hardware, right up the street from the clubhouse. Robert, Erica and myself picked out flowers for the our entrance doors".



Mary and Peter have both attended our two Galas. They are both active members in helping keep our newly established 'Horticulture Department'. They make sure the flowers are always watered.



Being a Donor at the Gala of the California Clubhouse *by Sara L.*

Ever since I was going to the California Clubhouse, my husband Neal has been very supportive in terms of being emotionally available and financially generous.

We were both very excited when the second Annual Gala was coming up. We donated two tables and invited our friends over to enjoy the event alongside peers and guests.

During the event, we encouraged our friends to participate in the Silent Auction and Fund-A-Need portion of the Gala. The Fund-A-Need por-

tion of the Gala was extra fun because we were able to use our bidding paddles. It was a great way of supporting the Gala while having fun using the paddles.

Not only did our guests have fun, they were also able to contribute to a great cause by donating for to the Clubhouse and acknowledging the work members and staff did.

We are all looking forward to next years Gala and seeing everyone dressed up again. Hope to see you all next year!



Sara has been in the Clubhouse for a little over a year now. She is involved in tours, orientations and NEON data input. She enjoys coming in as often as possible.

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

“As a new member and first comer to the Gala, I felt good and loved the accommodations. The auctions were exciting. I felt happy greeting our guests as a volunteer job. I loved the Gala so much I wish we could have it bi-yearly.”

- Clubhouse Member

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. Weights/Kettle Bells/Yoga Mats
3. Laptops
4. NutriBullet
5. Resume & Cover Letter building books, GED prep books, etc.

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