



Crane Connection

Volume 1 Issue 6

September 2016

Just the Facts!

July 2016

- Total number of enrolled members: **83**
- Total number of unduplicated members served this month: **41**
- Active member participation rate: **75%**
- Total # of member hours in Clubhouse: **1,050**
- Total # of hours members spend per day: **50**
- Average daily attendance: **12**
- Attendance Most Days (Mode): **9**

My Trip to The Meeting Place Clubhouse *by Sara L.*



Rob, Lindsey, Sara and Neal

My husband Neal and I were bringing my six-year-old daughter to Legoland in Carlsbad, California for our family vacation. While we were in Southern California, I asked him if we could visit the Meeting Place Clubhouse, a 24-year-old Clubhouse located in San Diego. I e-mailed Lindsey Treankler, the Program Supervisor of the Clubhouse, stating that we were interested in having a tour of their Clubhouse. She replied that we can meet on Friday, August 19, 2016 at 9 a.m.!

Once we arrived at The Meeting Place Clubhouse, the receptionist welcomed us and asked us to sign in. After that, we were led to the work units and I was amazed at how many members had shown up in the early morning! There were between 25 to

30 members when we arrived.

After the morning meeting, Rob gave us an extensive tour of The Meeting Place Clubhouse. It has two units: one that takes care of kitchen and wellness and another that manages business and administration. They have a Transitional Employment computer room that was very private. There, members can concentrate on looking for a job. We were also wowed by their complete kitchen! Their club-



Their amazing kitchen

house also has a R.E.M. room for their members who might need some quiet time. To me, it sounds like a great idea! The best part about this tour was how

complete their Wellness Program is. From yoga mats to weights to Zumba, they have everything for their members to stay healthy and well.



A strong emphasis on wellness!

After my visit at the Meeting Place, I was inspired to expand our Transitional Employment Program to connect with more local businesses. Next, I would like to work on fundraising with nearby Silicon Valley companies. Last, but not least, I would like to help improve our current wellness program which will include visits to museums and hiking.

I want to personally thank Lindsey and Rob for their generous hospitality. You are truly a great Clubhouse and we look forward to being one like you!

Work-Ordered Day: How the Newsletter is Made *by Jennifer M.*



Avi and Jennifer working on the newsletter

What goes into making a newsletter? Articles, pictures, authors, and information. The first thing one needs to do is gather a group of people to compose the newsletter. The most important contributors to the newsletter are the members. They write articles and testimonials consisting of socials, trips, people's lives, transitional employment, work they do in the Clubhouse and anything else that inspires them. It is a place where people learn to express themselves. The newsletter is a way for the Clubhouse to let the public in on what goes on here day to

day.

One thing I learned about working on the newsletter is that you can have very limited computer skills and the staff and members will help with the typing and the grammar.

We work together side by side, member to member and staff to member. No one owns a task; it is a leadership vs. ownership process which means members pass on the skills related to the task to other members. We are always learning from one another here.

I enjoy writing in the newsletter because I am constantly learning new

skills. I now have the confidence to write. When I was growing up, all of my English teachers told me I was unable to go to college, write papers, and understand proper grammar, and because of this, I started to believe that I wasn't capable. When I came to the Clubhouse, I didn't want to work on the computer because I didn't feel like I had the skills.

One of the staff members asked if I wanted to work on the newsletter and it peaked my curiosity; I wanted to see if it would be the right place for me. Because of the side by side philosophy within the Clubhouse model, I was able to address my fears associated with the computer. I've taken a leadership role with the newsletter and now help other members who have the same fear I did when I started.

Wellness: A Walk to Remember *by Amaal G-G*



Seeing the sights at Camp Sawyer Trail

One of our focuses here at the Clubhouse is wellness, and a few weeks ago we were able to put that principle into action when we went on a wellness hike at Camp Sawyer Trail. The hike was well attended with 10 people showing up for the trip. We met at the Clubhouse at 4 pm and put together sandwiches for the hikers. When everything was ready we packed into two cars

and we were off to Crystal Springs and on our way to Camp Sawyer.

When we got there around 5, the weather was perfect: sunny, but not too sunny, and no need for a jacket.

We set off on our hike, splitting into a few different groups at different paces. I was with John, who was able to catch a few good Pokémon on Pokémon Go. We met up at the rest area and ate our lunches, waited for a few people to go to the bathroom, then it was time to head back.

On the way back we stopped to

watch some deer up on the hill. Both times I've gone hiking at Camp Sawyer I saw deer. It was pretty cool. On the way there and on the way back, we talked amongst ourselves and really felt the camaradery. We packed into our cars and headed back to the Clubhouse. A few of us played the card game B.S. while we waited for 7:00 and then it was time to head home.

It was a memorable walk and a good time was had by all. I like when the Clubhouse goes on hikes and I hope to go on more of them in the future. I hope we can go to some new locations.

Wellness is an important principle at the Clubhouse and the more wellness activities we do the better we'll be. Happy trails!



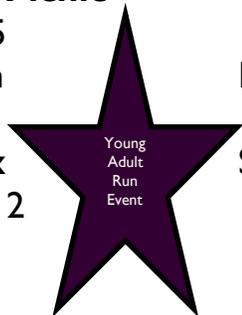
At the hiking trail!

Events and Socials

Art Social
September 1
4pm-7pm

Labor Day Picnic
September 5
10 am -2 pm

Food Truck
September 12
4pm -7 pm



Half Moon Bay Beach Day
September 15
4pm - 7 pm

NAMI Walk
September 17
Starting at 9am

US Clubhouse Conference (Washington, D.C.)
September 18—20

Recovery Happens Picnic (Central Park, San Mateo)
September 20
10 am—2pm

Birthday Social
September 29
4pm—7pm

Social Events: A Day In the Sun *by Donna F.*

On July 30th, 2016 my husband, Norm, and I attended a pool party hosted by Erica in Foster City. It was a beautiful sunny day, not too hot, just perfect. It was just the way I like it.

We had a little difficulty finding the address, even Siri, wasn't of much help. My husband, who never gives up, found it though. We parked, entered the gate, and saw the beautiful, refreshing pool and Erica, in a pretty summer dress, greeting us warmly. We were the first ones there! Norm and I found our lawn chairs and settled in. The other guests arrived shortly after.

The group was small and friendly.

I enjoyed dangling my feet in the water, chatting with other members and even meeting a few new ones. (This was my first social!) I liked that everyone was so friendly, even to my husband who is not a member. He felt very included.

The food came out about an hour and a half later and it was just fine. I especially enjoyed Yvette's Pasta Salad. It was one of the best I have ever tasted! I would sure like that recipe, Yvette, if you are willing to share?

Norm and I left about an hour later. It really was a won-



Cool during a sunny day!

derful, relaxing and enjoyable day at Erica's Pool Party. Looking forward to the next time!

Thank you California Clubhouse for this social. I am sure it was enjoyed by all.

Personal Growth: Traveling Storytime *by Geraldine K.*

Love to read? Join the Traveling Storytime volunteers with Redwood City Public Library.

Six months ago, I discovered through Jan Pedden (director of story reading at Redwood City Public Library to day care centers and preschools) that bringing children the joy of reading is lots of fun and educational.

Jan placed me in Sherry Arce's delightful family daycare in Redwood City with six two- and three-year-olds.

After completing two training sessions on how to use wonderful children's books, and finger puppets rhymes, I began my journey. Just thirty minutes a week brought smiles and giggles to the children.

Now if you are wondering how this all works, I can tell you in a few simple steps:

1. Jan will have you read for her.



Geri reading to children

2. If you pass the reading, she will contact you and confirm a place and start time.
3. Jan will accompany you on your first visit.
4. Tour of Traveling Storytime office.
5. Check out first bag (any bag will do).

Thirty-five book bags are in the library office. Each has a theme: Bag One is entitled BEARS AND TEDDIES. Inside consists of six books, a flannel story, and five finger puppets. An awesome red "how to"

binder is provided.

The flannel board (large piece of cardboard with flannel material attached) is one of your materials you will use every time. Story figures and a related story will be inside the file in bag. Put these on board as you tell the story. Easy, isn't it?

Finger puppets are in a plastic bag (I use one of the rhymes with them on page 54 of red book). Simple as that!

I love reading to children and it helps my personal growth. My self-confidence and calmness are met. At first I felt a bit nervous, but became more comfortable with the situation. I know I'm influencing their educational success prior to beginning school.

So what are you waiting for? Join the team! Call Jan at 650-780-7014 or email her at jpedden@redwoodcity.org.

Work-Ordered Day: Tours at California Clubhouse *by Yvette A.*



Agnes giving a tour at the old Clubhouse

Here at California Clubhouse, we offer a tour for prospective members, family members of people with mental illness, mental health agencies, government officials and anyone else interested in checking us out. Because we recently moved, we created a new tour script to help members give tours to our visitors.

Our first stop is the Task Board. The task board provides structure for the work that we do in the Clubhouse. We fill out this board at our unit meetings, which occur at 9:30 am and again at 1:30pm everyday.

Afterwards, we showcase the various workstations we have: reception, media and marketing, outreach and resources, member services, accounting, employment, kitchen and dining, and recreation to name a few. Throughout the tour, we describe the functions of these stations and how members participate in the running of the Clubhouse. At these stations members have the opportunity to gain hands on experience in various work-related areas.

We also have a chance to highlight our young adult program when we have young adults take our tour. We describe it as a way for our young adult members to engage with, and get support from, peers their age.

When we visit our recreation area, we talk about social activities like going on trips to the Academy of Science, the Monterey Bay aquarium, hikes at Coyote Point, The County Fair, bowling, and other local events. In addition,

we have indoor socials like BBQ's, movies, game nights, tie dying, and other arts and crafts.

Membership with California Clubhouse and all activities provided are completely voluntary. As a clubhouse, we want members to join us because they want to, not because they feel forced.

Not only are tours a great experience for guests to get to know our Clubhouse, it also provides members with the chance to practice public speaking skills. It's also an opportunity for us to tell others how the Clubhouse has positively impacted our lives. Sometimes, we meet people who have similar experiences and we get the opportunity to share our recovery through Clubhouse. As a tour guide, members get to represent clubhouse and embody the clubhouse mission of involvement and opportunity!

We look forward to having you at our Clubhouse!

Meet Our Members: Paulette's Self Expression *by Paulette B. and John S.*



Paulette and her photos

Paulette is a one of our amazing members here at the clubhouse. She loves creating art and has enjoyed making art since she was young. She especially loves taking pictures of people!

Paulette has had a myriad of art teachers. She took charcoal lessons from

the de Young Museum in San Francisco and private lessons on how to create art with chalk from Joan Marer in Palo Alto and acrylic and oil from Anastasia Cole in Burlingame. Dogs, cats and birds are her favorite things to paint. She took photography from Foothill Extension in Palo Alto. Jerry Hill from Caminar is her current photography mentor and they travel as a group to different places such as Ocean Beach, Cliff House, the Embarcadero etc. to take pictures of scenery, buildings and nature. For Paulette, art

helps her express herself and get her emotions and feelings out. For her own self-care, she uses bright colors in her art to get the feeling of joy and happiness.

Eventually, Paulette would like to have a gallery of her work and of her peers' work to showcase the talent and skills of people with mental illness. She also wants to work on helping animals in shelters.

As a member of the Clubhouse, she enjoys making friends and developing her social skills. She also likes working on the computer

and getting better at typing.

The tasks she enjoys the most are shredding, cleaning, dishes, vacuuming and general maintenance because of her previous experience as a custodian. Moreover, she plans on doing more advocacy work for people who are currently homeless and suffering from mental illness.

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

The California Clubhouse gives me the opportunity to work on reports. It helps my clerical skills and also alleviates my pensive moods.—*Edward*

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

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