



California Clubhouse Inc.

# Crane Connection

Volume 2 Issue 4

September—October 2017

## Just the Facts!

### July

- Total number of enrolled members: **191**
- Total number of unduplicated members served this month: **61**
- Active member participation rate: **58%**
- Total # of member hours in Clubhouse: **1787.1**
- Average daily attendance: **19**
- Attendance Most Days (Mode): **17**

## Opening our Clubhouse to Accreditation *by Monica N., Joel N., Lee P.*



Cheering for an awesome accreditation!

On July 17th through the 19th, California Clubhouse had two very important guests stop by the Clubhouse. The two important guests were Laurie and Mark from the Clubhouse International Faculty. Prior to the visit, the Clubhouse was busy putting together the Clubhouse International Self-Study. The self-study helped us take a close look at ourselves to see what we are doing great and what we need to improve. The self-study really brought the Clubhouse community together. During the self-

study meetings, we were all able to have a say and bring up concerns and celebrations.

Laurie and Mark are both a part of clubhouses around the United States. During their accreditation stop, Mark and Laurie had the opportunity to meet our members and staff as well as get to see the Clubhouse and all it does. Their visit also gave the members the opportunity to ask as many questions as possible about their clubhouses—they have been open longer than ours.

Throughout the three days, we had a

busy schedule to help the accreditors get a full understanding of our Clubhouse. On day one Laurie and Mark were engaged in the work-ordered day. Mark was in the Business Unit and Laurie was in the Hospitality Unit. While in the Business Unit, Mark was involved in the Unit Task Board Meeting. He also participated in helping a member find housing and ask about the tasks of the Business Unit.

Laurie was involved in the Hospitality Unit. Laurie was a wonderful ball of positive energy! She dove right in the tasks such as manag-

## Opening our Clubhouse to Accreditation *(con't.)*

ing the Wellness Bar, cooking and food service. She even gave us great ideas on how to run our unit better!

On day two, Mark and



Preparing for the Findings Meeting!  
Never a dull moment in our Clubhouse!

Laurie switched units to allow them to understand the other units. They also had the opportunity to visit Walgreens- our first Transitional Employment position. During their Transitional Employment visit Laurie and Mark were able to meet with the assistant store manager and Ann, the member currently in the position. Before leaving the clubhouse on the 2<sup>nd</sup> day, we cleaned up and re-organized the dining table area. In order to do that a group of members came together to help move tables move chairs,



A full house for accreditation!

vacuum, and take away some trash. The business unit was in charge of putting together the projector and the projecting screen. Aaron took charge of putting together our standards packet,

The Accreditation Findings event took place on the third day of the Accreditation Faculty visit. Clubhouse members, staff, board members and community partners attended the presentation. The results were very positive for the clubhouse. There were highlights of what we are already doing well, and suggestions for areas we could do even better. One of their praises was for the meal program and how we are able to serve healthy meals even with the limitations of our kitchen. One recommendation for what we could do differently was to change the name of the offices from calling them "John's Office" and "Erica's Office" to the Member Services Office and The Hub. Laurie also suggested that the Member Services desk be moved around to help with privacy



Laurie (left) and Mark (right) sharing their findings

when inputting information in the data base. Another recommendation they had was to work on having more Transitional Employment opportunities for our members.

The Clubhouse was busy and full of members during this week. Accreditation week helped the members and staff see what a super busy clubhouse looked like and what we want to continue to strive for. One comment the accreditors made that stuck with us was that they had never seen such a packed room for the findings meeting. This was nice to hear because it shows us how supported the Clubhouse is by members, staff, friends and family as well as by other partnerships we have built with local organizations and with Putnam Clubhouse.

## Getting out of the house to do meaningful work *by Jeanette H. and Monica N.*



Jeanette and Maria at the Gala

California Clubhouse has been a great place for me to express myself and my talents. Before the clubhouse, I would clean my apartment and then go upstairs to my friend's house. In the beginning, it felt like a good idea but it started getting boring and repetitive. Coming to the clubhouse, throughout the day, gives me the opportunity to participate in various tasks. I consider my home unit to be Hospitality.

Many of the Hospitality tasks allow me to showcase my talents. For example, staff have expressed that I am skilled at finding bargains when shopping at Costco and Safeway. On many occasions, I have encouraged Hospitality Unit to shop at the Dollar Tree because it allows us to get the most bang for our buck. The Hospitality Unit has also allowed me to be creative in the kitchen by participating in Baker's Club. During Baker's Club, we look up recipes on the internet, look through the pantry, create a shopping list and go shopping. The shopping experience is something I enjoy because I can see the different food in the grocery market. Usually I go shopping with a parent and they pay for my meals, but this allows me to bargain and find food that the clubhouse can afford.

Baker's Club has allowed me to bake goods that I enjoy and at the same time share it with the community. The baked goods are sold in the Wellness Bar and can be purchased by all. At home, I am unable to bake because I have no one to share it with.

I am looking forward to baking for the holidays when we host them at the clubhouse. Apart from all of this, the clubhouse gives me a place to come and do something with myself. If the clubhouse wasn't around, I would stay home, sit around and watch TV. The work ordered day is the resource I need to maintain a busy daily schedule.

## Going Back to School *by Marcella O.*

I came to the Clubhouse about eight months ago and I was very nervous. My schizoaffective challenge made me very paranoid to start, but I forced myself to come anyways because I was told by other people that they were very supportive at the Clubhouse.

I loved it right from the start. Members are really nice and the staff is very supportive. I learned basic computer skills

and I use my past receptionist skills to enhance my job skills; and I have even learned basic accounting.

Because of the staff, I am going back to school. When I made the decision to go back to school one of the staff even volunteered to be my tutor! They are so wonderful here and very supportive of your endeavors. Now I am going back to school for behavioral psychology. If it



Marcella studying and working at reception

weren't for them, I wouldn't have the courage to start such a daunting task. I am ready now for what the future holds.

Thank you Clubhouse members and staff!

## Business Unit Updates *by Harley, Andrew, and Dave*

Since the last newsletter, we have quite a few changes. We redecorated the Business Unit. We split it into two spaces—one being Career Development and the other being Data Entry. In Career Development, we have designated study tables where members can study for school or prepare for interviews. Previously, the area was known as the Young Adult Room; but we envisioned it was better utilized as a room building for our members interviewing skills, resume workshops and serving educational purposes. The Data Entry room is the open business area where we do daily attendance, meetings, research, and planning.



Getting more organized with labels

Also, the Clubhouse purchased a cell phone making it easier to contact staff during social outings. In addition, the cell phone makes it possible for us to text our members. That is the preferred method of contact amongst many young adults. Our purchase made outreaching young adults easier and hopefully their membership

will increase.

Another big news, starting September, we are now open an additional Saturday per month. The open Saturday will serve as a member-led drop-in club. Staff will be on-call. The hours are 10am-2pm. No tours will be given as it is only a social time for members only. Lunch will not be served; however, the wellness bar will be open. We will have 2 member leads responsible for opening and closing the clubhouse. Members are excited for the inaugural grand Saturday opening on September 16<sup>th</sup>. This is in addition to our regularly scheduled staff supported social program which includes weekday evenings, weekend outings and all holidays.

Every other week we go to Human Services Agency where we look for jobs for our members. Most of these jobs are part time, entry level positions including warehouse work, dishwashing, and receptionist. After getting the job flyers, we type them up on a job list and read them out every morning and afternoon. So far it has motivated more members to be interested in jobs.

School has started and two members and one staff are taking an Accounting QuickBooks course at the College of San Mateo. The QuickBooks course will improve our efficiency in our accounting department. Furthermore, by learning QuickBooks, we can keep



Part of the Business Unit Crew!

our accounting records in house without much technical support from outside consultants; thus helping reduce costs and providing more funding for our members.

Lastly our Wellness program is taking flight as every afternoon at 4:30 we play sports. These sports include throwing around the football, modified indoor volleyball, indoor softball, hack-a-balloon, and any other impromptu activities we come up with. These activities benefit our member's health as well as spirit. Our members seem to enjoy getting out and being active— reducing isolation and fostering independence, which is what the California Clubhouse is all about.

## Hospitality Unit Update *by Hospitality Members and Staff*



Veggies being prepped for lunch!

The Hospitality Unit of California Clubhouse is the unit responsible for meal management, maintenance, media, technology, and young adult engagement. After the Clubhouse divided into two units, several major changes have occurred:



Now serving healthier meals!

One of the major

changes in our Unit involves the quality of food. According to our members, the food has greatly improved! Not only are we serving healthier and more delicious meals, we are also saving money because of a better-established budget system. Having a budget holds us accountable with



Latkes being prepared by John (left) and Lenore (right).

spending Clubhouse money.

Aside from the general responsibilities of hospitality, we are also establishing more clerical work to enable members in our unit to have a chance to work on their computer skills. For example, we have created pro-

cedure forms for newer members, cooking and baking recipes and order forms. We also make signs for our Wellness Bar when we get or



Our thriving Wellness Bar

produce a new product.

Speaking of our Wellness Bar, it has grown so much since it was a small Wellness Cart from our Palm Avenue location. We have erected glass cases for our products and we also started selling Clubhouse-made products such as trail mix and banana bread.

Finally, we also established a cleaning supply area for better organization and easier access to perform better maintenance in our Clubhouse.

## Experiences of a Beginner (Creative Short Story) *by Ray M.*

When I first came to the California Price Club I looked all over the place but I couldn't find anything to buy. Naturally I stopped coming because there was nothing there for me.

A trusted advisor heard me speak of this and told me "give it more time." What you want might be there but you haven't had enough time to find it. So I agreed with him to come for another week or two. My first day back I had the same feeling, nothing here that I am shopping for.

Inside I felt bored, but I did want to honor my agreement. I noticed some other people doing different things and to pass the time I began to do some of the things with them. It was a little less boring to be doing something, although I felt distant from the people and the tasks.

Eventually I was going a bit stir crazy. I still didn't like the tasks or relate to the people. During this confused time I tried something that for me was a bit crazy. I don't know how to cook; I microwave everything, but I chose to help prepare lunch.

While I was preparing lunch, I felt calmer than I usually do, which was quite unexpected to me. I liked that feeling so I helped prepare lunch the next day and had the same nice calm feeling. It soon dawned on me that what I thought I wanted might not be what I needed. A bigger realization was that the system of payment and reward wasn't the usual one involving money. Instead, I and some other people made lunch for 10 people and I ended up getting to have my cake and eat it too...I got lunch and I got the benefit of feeling calm and centered. For me, this was a novel way of transaction, very direct.

As I continued doing this task and adding more, I began to feel engaged, another good feeling. "Hum," I thought, maybe this was what I was looking to buy, yet there is no money involved. "What's up with that?" Slowly I began to realize this was a different type of market. The currency is self-esteem, empowerment of agency, trust, kindness, caring and more. I thought "this isn't as familiar to me but the rewards seem



Ray preparing our lunch

much more direct." Here is a place where I can set aside the Price Club and choose to be a part of Club House...an environment in which I can be as true to myself as I choose. As the commercial says, "priceless."

## How Clubhouse Helps Me *by Peter H.*

My father was in the US Navy and part of the peace talks of WW II in Japan. I looked up to him, but tragedy struck, and he was stricken with open heart surgery and cancer and passed away when I was in high school. After seeing my dad pass away, I was lost; but through guidance from my older brother, I became a counselor at Catholic Youth Organization Camp. During CYO Camp, I witnessed my first taste of bigotry as the cook discriminated against a black kid in my troupe. Then and there, I realized this was not the place for me and I ended up in Saint Mary McCauley's Institute in San Francisco—it's a mental hospital where I was hospitalized for a couple months.

From there, after family and community support, like my father, I joined the Navy because I was on the streets and had nowhere else to go. After the Navy, I ended up in another mental hospital. This time they released me to another mental hospital.. Once again, after being released, I was left homeless. At that point, I stayed with my mother and grandfather so I could get myself back on my feet. Finally, I got job at Milwaukee Electric Tool where I worked for 17 years, married and moved to Pacifica with my wife. But after 9/11, I became sick again—it was a very difficult time for me. Since being at the Clubhouse, my hospitalizations have decreased. California Clubhouse

has helped me recover and move past my illness. Now when times get hard and if I get hospitalized, I know I have the Clubhouse for support to come visit me during visiting times. In the future, I hope someday to work at ACE Hardware in Pacifica.



## Social Round Up *by Theresa R. and Darryl W.*

California Clubhouse community prides itself in all the great work we do during our work ordered day times. We really enjoy working with each other in completing daily tasks as well as long term projects. With all the hard work and time invested, we like to let go and enjoy some social time surrounded by our community. Social times allow us to see each other in a different platform.

Here are two socials this month that were a great hit:

On July 13, the Clubhouse had an Art Social run by Louise, a nursing student volunteer. Louise brought materials to create terrariums. Everyone got to let their creative side come out, and put together miniature glasses filled with various objects. First, you could use a glue gun to attach twine to the bottom of the glass. Then, you added a handful



A terrarium we made

of dirt and chose from a variety of colors of rocks. Finally, we had a bunch of mini plants/flowers to add in a creative way. There were also small plastic animals to add to the mix. As you can see in the picture, I have blue and white rocks in my terrarium, with a white bunch of flowers, a succulent looking leaf structure, and a mini dinosaur. Everyone had a lot of fun creating their individual terrariums.

The second social was our First Annual Dinner Dance co-hosted by Iris and Erica. The Dinner Dance gave everyone the opportunity to dress up, dance and enjoy some amazing dinner. Our Dinner Dance really gave everyone the opportunity to attend a prom—something not many did in High School. Darryl, our prom king, had an awesome reaction to the Dinner Dance. Darryl said “I’m the one that won Prom King. It was my birthday and I really enjoyed it. It made me feel happy, I had a good time. It was very important to be a part of this.”

Throughout the month, California Clubhouse members and staff work together to cohost and plan socials. We all like to hang out outside the work ordered day. As we like to say, we work hard all week and deserve some fun, social time once a week.

## A Dream Come True! *by Derrick W.*

Hello, my name is Derrick Whitlock also known as Super Jessica Malachi. My friend Brian and my counselor Rose told me about Clubhouse. They said that this is an opportunity for me to find a job and do activities to be productive. I was inspired by the referral from my friend Brian because I know the Clubhouse will help me make my dreams come true. And truthfully, **California Clubhouse is a dream come true!** I’ve always wanted to join a program like this. I used to go to Belmont Hills Psychiatric Hospital and I also participate in programs in Lighthouse for the Blind, School for the Blind and Day Treatment in North County at Daly City.

Whenever I can make it to the Clubhouse, I cook, do reception, clean and vacuum, wash dishes and have a nice lunch. Through participating in the work-ordered day, I feel like I am gaining confidence and skills to help me find employment. Now I am writing this article to show my appreciation and to show my support to the doors that have been opened for me. The California Clubhouse is truly a dream come true and certainly a god-send.

My ultimate goal for the future is employment and living a normal life. To all the prospective members out there, I want to say: “We accept everyone here: no matter the gender identity, race,



Super Jessica at her dream place!

sexual orientation, or level of disability. Welcome aboard, matey!” I firmly believe that the Clubhouse has touched my heart and has inspired me to get me out of my bed and fulfill my dreams.

## 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**.

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## Testimonials

“Before Clubhouse I was hospitalized in Santa Clara for 22 days. After that, I went to Phoenix house for nine days and then went back to Partial IOP program and to see Gina (counselor) who recommended the Clubhouse to me. While attending Clubhouse, I feel that my mind is stronger from what I thought was Alzheimer's for many years. The symptoms I have experienced have become a lot less. I really enjoy coming to the clubhouse because the members and staff are so nice that they all instantly became my good friends.”

-Joel N.

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## *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. Microwave
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.