



CRANE CONNECTION

RECLAIMING OUR LIVES, SUSTAINING OUR HOPE

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6th Anniversary Celebration

WRITTEN BY PETER H., AUDREY R., LOREN P.

We are excited to have virtually celebrated our 6th anniversary on Friday, April 23rd. The celebration included Juliana Fuerbringer, the Board President, who shared how the California Clubhouse came to be. She also shared about our present and future. Priscilla, a Young Adult member, hosted alongside of the board a tribute to the five founding members, Amaal, Agnes, Doug, Greg, and Mary as well as to the Executive Director, Erica Horn.

Our Clubhouse Community was excited to be celebrating together. Peter H. says, "There is a great need for clubhouses around the world and I was [able] to come out of my shell because of the California Clubhouse." Peter H. has been a member since 2016.

We invited everyone who we met in our six-year journey: members, founders, board, donors, partners, staff and more. We were happy that other clubhouses joined us in the celebration including Pathways Clubhouse, Everett Clubhouse, Putnam Clubhouse, Reclamation Clubhouse. We also thank all the Clubhouses who sent congratulatory videos.



The clubhouse has been very resilient during the past year with many challenges such as the flood and the pandemic. Peter H. mentioned that "[He] was able to survive the Covid 19 pandemic because of the California Clubhouse and it's virtual programming." Audrey R., another member added, "We really appreciate the California Clubhouse for staying with us during this trying time and they so committed with helping people with disabilities."

Nelly S. shared her beautiful tribute poem about the California Clubhouse. There was a rousing rendition of the California Clubhouse theme song, California Dreaming. Special thank you to Mary L. for helping the Clubhouse with putting this piece together in musical form. In addition, several of our members paid tribute with artistic pieces including art pieces, poetry and member testimony.

Clubhouse goes Hybrid!

WRITTEN BY RION E., MIKE R., MONICA N.

Oh my, oh my, what a year! California Clubhouse facility closed on March 17th, 2020. We hit the ground running and immediately launched our virtual program and expanded our weekly program by 10 hours. As of March 15th, California Clubhouse launched its hybrid program - exactly a year since we went completely virtual! We are now open for facility work groups three times a week!

With the hybrid program (virtual and in person) we continue to facilitate programming Monday – Friday from 8:30am -7pm. We have added facility work groups on Mondays, Wednesdays, and Fridays from 2pm-5pm. “We are so excited to launch our facility work groups,” says Monica, Assistant Director. “It definitely took the entire community to be able to get to this place – from creating procedures, purchasing supplies, to creating contingency plans.” The facility work groups are limited to 7 individuals at one time and registration is required to attend. As part of the COVID protocols, we do home-screenings, where we call members and staff registered prior to attending in-person, and we conduct temperature checks and require face masks.



Our hybrid program empowers members to have choice and options.

California Clubhouse decided to launch the hybrid program because we found a need for both virtual and in-person services. The clubhouse is aware that there is a limit to how many individuals can access the building because of the covid protocols in place. We are also aware that not everyone is comfortable joining in-person so we found that we can support more members by allowing access to both.

Our Clubhouse community is very excited about this new addition to the program. It allows members to have choice and options on how and when to participate. Audrey, member since 2019, says “Here is the beauty of hybrid...if an individual gets sick for a week or so, they are able to access the virtual program”. She adds, “It helps [members] keep up-to-date with the program.” The facility work groups have allowed the Clubhouse to facilitate projects that might have been put on the “back burner” due to COVID such as new member care packages, watering our plants, and cleaning and organizing the facility.

Hopefully, we can continue our program both virtual and in person as more restrictions are lifted. “The virtual program has allowed me to interact with more people than I normally would at the Clubhouse,” Mike R. says. We strongly believe in the positive impact of the virtual program as attendance has soared through this pandemic. California Clubhouse will do its best to keep the momentum and do not foresee us discontinuing virtual programming.

Wellness Works Program

WRITTEN BY LEN F., AND KEN J.

The Wellness Works Program offers opportunities to improve overall health for our members. The program supports and encourages an active and healthy lifestyle. Wellness Works leads daily wellness time via Zoom. The program has partnered up with USF nursing students to continue the conversation on the importance of active and healthy lifestyles.

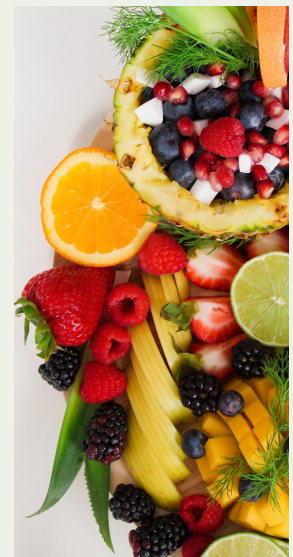
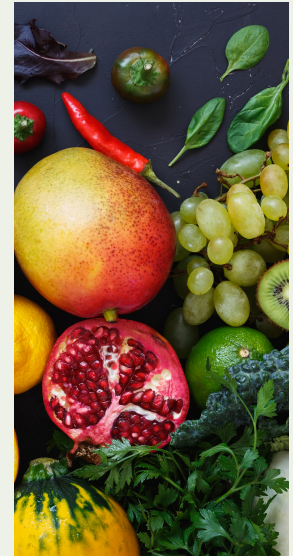
Here's a summary of what the program has been up to for the month of April:

We continue to engage with the USF nursing students twice a week for an hour. The nursing students have provided creative ways to help us think about wellness. Maggie and Skylar showed us examples of optical illusions which enabled us to see many different perspectives. Dorothy and Laarni hosted a poetry wellness time. This helped us produce a impactful poem to share at our 6th Anniversary Celebration. Kim and Winnie took us on a virtual walk along San Francisco's Chrissy Field.

Alex L, another member, enjoyed the Wellness Hour hosted by Kate and Axl, our other USF nursing students. He said he felt relaxed yet invigorated when following the chair exercises. Alan, another member, shares, "It was very easy to follow, and I used some muscles which I usually don't use." He saved the URL so he could use it again in the future.

Our partnership with Leah's Pantry continues through Stay Healthy Waste Less Workshops. We enjoy workshops that Anna facilitates. This month Anna focused on reading and analyzing food nutrition labels. We learned how to compare serving size, calories, sugar content, fat content, and protein content.

The Wellness Program encourages and engages our community in creating and maintaining an active and healthy lifestyle.



Young Adult Program

WRITTEN BY NELLY S., PETER H., PABLO S., JOANNE C.

The Young Adult Program (YAP) has been keeping themselves very busy this springtime! While we were doing the Around the Table workshops throughout the month of March, we were also updating the PowerPoint presentation that explains what the YAP does. In addition, we wrote a script to help us present effectively.



As April began, Cassidy, our former social media coordinator, began handing off the Clubhouse social media accounts to YAP. The Young Adults will be handling such platforms as Facebook, Twitter, Instagram, TikTok, and LinkedIn. Cassidy and others in the community thought that this was a perfect project for the YAP, as we use social media often in our own lives.

Then, on April 9, Audrey, Rion, and Brooke presented a Lunch and Learn about self-defense. The topic came from Priscilla. Joanne and Masako worked on the research together with Audrey and Rion.

Last week was also a jam-packed week for our YAP. On Thursday, April 15, Nelly and Joanne presented to Transitional Age Youth clinicians from the county, starting off a planned series of presentations to the community. The next day, Priscilla and Joanne hosted a Lunch and Learn on the concept of mukbang, which can translate loosely into “eating show.” The topic came from Chanel, who first introduced mukbang to the Clubhouse last year; she and Joanne led the very first Lunch and Learn, in which they encouraged the group to eat together on Zoom and describe what they were eating. Then, the day after that, Nelly, Chanel, and Joanne hosted the first in-person social in more than a year! For this event, Amaal, Theresa, and Sam joined the hosts in Central Park to enjoy the fresh air and read poetry to each other. The group enjoyed the tranquil atmosphere of the park that Saturday afternoon, and we are looking forward to seeing more people join in-person socials in the near future (pictures above).

The YAP is winding down their month with the Student Soiree, which happens every third Wednesday of the month. This month’s topic is about alternative forms of education; because not everyone has the resources for (or an interest in) a four-year university, the young adults decided to explore different ways to start a career and gain knowledge.

Throughout March and April, the YAP worked on many different projects and continued to evolve. We are excited to see what May will bring!

On March 30, we finished off our last weekly edition of YAP RAP. We achieved completing 45 issues on our own before our community switched to making one monthly newsletter for the Clubhouse. Later that week, on April 2, Audrey, Nelly, and Joanne presented a Lunch and Learn about racism in the workplace and school. The topic came from Jan. Also, the YAP planned our first in-person social which happened on April 17th.



Career Development Program

WRITTEN BY AUDREY R., JASON B., AND BROOKE B.

The Career Development Program is available to all members that are ready to find and acquire their own job. The program focuses on supporting members through the job search process such as creating and updating resumes, applying to jobs, and preparing for interviews. Below you will find a summary of what the program offers:

Job Search

Every Monday we search for job opportunities in San Mateo County. One of the resources we use is Indeed.com which enables us to locate job positions in the area. The Indeed website has provided consistent hiring techniques, resume building and connects people to new opportunities. During this group session, we support members who are seeking employment by encouraging them to apply for various jobs. If members can't attend, we follow up by listing these on our SLACK platform or inform members directly through email.

Job Club

On a weekly basis, the program works diligently on specific topics regarding employment. We work together to find a topic, create an agenda, and present during Job Club. Previous topics have included "Getting along with co-workers", "How to handle difficult customers", and "Self-care at work during the pandemic". We also allow space for members to check in regarding employment such as professional goals, co-worker relationships and personal self-care.

Transitional Employment Program

Transitional Employment is where jobs are defined as a limited subsidized work experience that helps individuals who are actively regaining their skills. TE is important for members to establish a work history and to encourage them to go back to work. Therefore, enabling them to maintain employment that the clubhouse continues to provide. We also support individuals who have difficulties getting and holding jobs on a regular basis.

Transitional Employment criteria:

- Part-time (12 to 20 hours per week)
- Time Limited (6 to 9 months)
- Entry level position

JOB CLUB!

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JOB CLUB!

**Every Wednesday at 1:30 PM
Members that are seeking
employment or are employed are
highly encouraged to attend.**

Applying for a job at IKEA



Member Art

Upcoming Socials for the Month of May

Wed. May 6th
5pm -7pm
Cinco de Mayo
(Evening Chat)

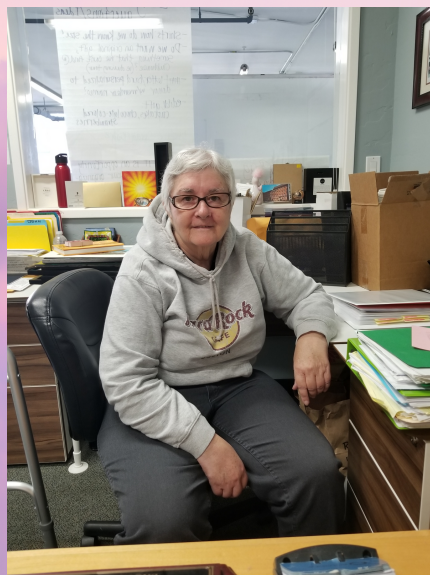
Wed. May 12th 5pm
-7pm
Paint Nite*
*RSVP required for supplies
(Evening Chat)

Sun. May 16th
1pm -3pm
Crystal Springs
Social*
*RSVP required
(In Person)

Mon. May 31st
1pm -3pm
UPDATED
Memorial Day Social
(Evening Chat)

Thank You, California Clubhouse By Nelly S.

2020 will be a year,
That none of us will ever forget.
The start of the covid-19 pandemic,
Has stirred up a lot of emotional stress.
Thankfully there was the California Clubhouse,
To shine a light on my dark and stormy road.
I was faced with many unfortunate events,
Leading me into a depressive mode.
Through the many months of quarantine,
I've found many strengths within myself.
Strengths that have opened many doors in my life,
Bringing opportunities for me to excel.
I learned how to participate and lead lunch & learns,
With the help of committed staff.
And when I had a bad day with no will power to participate,
I was reassured that the California Clubhouse had my back.
Virtual game nights, dance parties,
Holiday socials and movies.
There's never a dull moment,
As we get a break from our daily duties.
I'm not alone when I say this,
This has been such a great opportunity to steady my life route.
From the bottom of my heart I have written this,
Thank you, California Clubhouse!!!



In Memory of Jennifer McAbee

We would like to express our sincerest gratitude to Jennifer for starting the Crane Connection Newsletter and for the foundation she created at the Clubhouse.

California Clubhouse would like to dedicate this issue to Jennifer and all the work she contributed to the Clubhouse.

July 5, 1956 - Sept. 22, 2020