



CRANE CONNECTION

RECLAIMING OUR LIVES, SUSTAINING OUR HOPE

210 Industrial Road Ste. 102 San Carlos 650 539 3345 info@californiaclubhouse.org

EXHILARATION!!! 4th of July Social!



Independence Day is a federal holiday in the United States commemorating the Declaration of Independence signed on July 4th, 1776. The California Clubhouse kicks off 4th of July with its first social for our fiscal year. There were 16 happy individuals at this celebration and Erica Horn, executive director of the California Clubhouse, made sure we followed all protocols and procedures on guidelines for our safety – That was amazing!

Masako was in attendance and had great things to say, "The 4th of July Social was my first chance to meet some of my California Clubhouse family in person vs virtually." She added, "We enjoyed music, laughter, dancing, fellowship, a generously donated lunch, and great decorations. The celebration was palpable. Per my request, a patriotic song was played which meant a lot [to me] as a veteran. Opportunities such as this event, the support, and acceptance through thick and thin from California clubhouse never cease to amaze me."

Here are some more quotes from our members in attendance:

Agnes: "It's so nice to see everyone again."

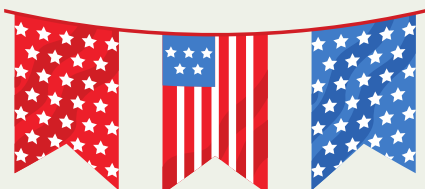
Marcella: "I'm happy to see people here. Happy celebrating 4th of July instead of sitting at home. Party NOW!"

Erik: "To help celebrate the beauty of 4th of July, to see some of my new and old friends..."

Grace: "Nice to see people today. Nice to socialize in the environment."



*California Clubhouse
would like to thank the
folks at Grand Leader
Market & Deli for donating
the wonderful lunch.*



Career Development Updates

Job Club, "A Day in the Life with Priscilla"

by Audrey

John S. helped me years ago with applying to be a volunteer at the SPCA. I get to clean the cages, give them fresh food, coax and encourage the animals to eat more so that they will be ready to be released. Sometimes, I get to work with squirrels, baby raccoons, opossums, owls, and hawks.

The Clubhouse provided me with courage and support to keep me thriving to better health. I attend the Clubhouse week-by-week to work on projects. I relax reading books, listening to music, watching movies, and walking my dog, Kona.

What is your job title?

Wildlife Volunteer at Peninsula Humane Society SPCA.

When did you start?

I started in 2018.

Were there any particular trainings?

I signed up on their website, went through an orientation video, got my badge and vest, and I decided to choose the wildlife area since I was already familiar with dogs and cats.

Describe your typical day?

I usually sign up and volunteer for around 4 hours a day, once a week. I would get there, check-in with the staff, ask on what needs to be done, get cleaned up, put on the volunteer vest, special boots and participate in various duties. There's a task board on the various animals: baby raccoons, squirrels, possums, raptors such as crows, owls and hawks. Sometimes there are baby skunks, but I let the regular staff take care of them

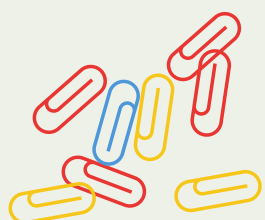
I also get to help feeding the baby animals who were orphaned or injured. With birds we use a syringe to feed them. Baby raccoons, also known as kits, are like little cats. They have "rrrrhh" sound. We use baby bottles for them. Each type of animal has their own special type of formula.

What is your least favorite part of the job?

I really don't enjoy cleaning their waste – dootie. We have to pressure wash the concrete and carpet turf.

Why did you apply for this job?

I want to become a veterinarian intern. I'm an animal lover. I get to foster care the various baby animals while volunteering and meeting other animal lovers.



Job Club

EVERY WED. @ 1:30PM
VIA ZOOM: 436 740 900



Wellness Works Updates

Say No to Bullying

By Dave B. & Audrey R.

On Tuesday, July 20th, Dave co-hosted a Lunch & Learn topic: Say No to Bullying. Dave says, “I wanted people to understand what bullying is, and its many effects on children. For many of us the effects carried on through our lives. It could lead to mental health issues, suicide, and addiction. With our Lunch & Learn we offered tips on how not to be a bully, how to deal with bullying issues, and tips on how bystanders could assist.” Audrey mentions, “We enjoyed listening to each other’s comments on this issue. We hope that the tips will be of help for those who attended.”

Tips:

- Take the issue seriously and present it in an objective manner
- Take care of your mental health
- Don’t let your bully know you are affected by their behavior
- Don’t be a bystander
- Don’t blame yourself
- Be prepared to step away



Young Adult Program Updates

What is the Wellness Toolbox?

By Len, Nelly, and Joanne



A wellness toolbox is basically a go-to item when you are not feeling your best. It is a great source to have to lift your spirits. It can remind you of your strengths to tackle the day and give you reassurance. Also, it is portable so you can take it with you whenever you need it.

The concept of the wellness toolbox was developed as part of WRAP, or Wellness Recovery Action Plan. This system, created in a workshop led by author and mental health advocate Mary Ellen Copeland, focuses on a person’s strengths to help them in their recovery. In WRAP, a person creates a list of items to help maintain and regain their mental health; these are their “tools” for recovery. When someone is in a crisis - or just not feeling their best - they can look at their list and find an object or action to help soothe and ground them. Usually, the Wellness Toolbox is a list that people keep on paper or on their phones; however, for our social on July 10, we decided to make a functional box that people can hold and use to store their self-care items. Try making one for yourself!



YAP Updates: Cont.

Wellness Toolbox Social

By Len, Nelly, and Joanne



On Saturday, July 10 the Young Adult Program hosted a Wellness Toolbox Social, where the group decorated boxes intended for storing self-care items. Nelly, Yvette, and Joanne hosted the social, which was suggested by Yvette. Each person who registered received a special Wellness Toolbox kit, which included the following items: origami paper, stickers with positive messages, play-doh (for those stressful moments!), notepads for reminders and affirmations, candy (can't forget the candy!), a glue gun with cartridges, glue sticks, scissors, two kinds of ribbon, and several seashells. These objects could decorate the outside of the box and/or act as self-care aids. For example, someone could use the play-doh and shells to ease their anxiety and ground themselves.

The social was well-attended; thirteen people received the kits and put together their boxes while several more people joined the social that day. While some people only included the objects in the kits, a few others included personal items from their cherished collections. The designs of each box showed the creativity and personality of their decorator. Check out these pictures of some members' boxes!



**Clockwise,
from
upper left:
Masako,
Len, Nelly,
Yvette**

Employment Dinner & Student Soiree

MON. AUGUST 30 4PM- 6PM

RSVP BY AUGUST 27TH



Thanks Brooke!

by Laura, Audrey, Alan, and Len

Brooke is patient. She's a good listener and has a good sense of humor. She started as our generalist/social practitioner. When Folau left, Brooke took on Career Development. She co-hosted Job Search, Job Club, and the Employment Dinner. She was one of the transitional employment managers when Sarah C. worked at Cordilleras. Currently, she is one of the placement managers working with Roberto at Grand Leader Market. During the year, we began having Wellness Time along with Brooke and her puppy Copper. Audrey mentions, "I really enjoy following along with Brooke & Copper. She had us do scavenger hunts on some of our Evening Chats." Brooke used to be part of the kitchen crew. Alan says, "She helped me prepare meals for the Clubhouse pre-covid, and during Baker's Club she would help with recipes and check on things in the oven to make sure they were finished baking." She also has been very instrumental in helping members with their resumes during Job Club and during job search to find jobs tailored to members. Best wishes to Brooke in her endeavors.



Being Back at Clubhouse Facility

by Laura and Audrey

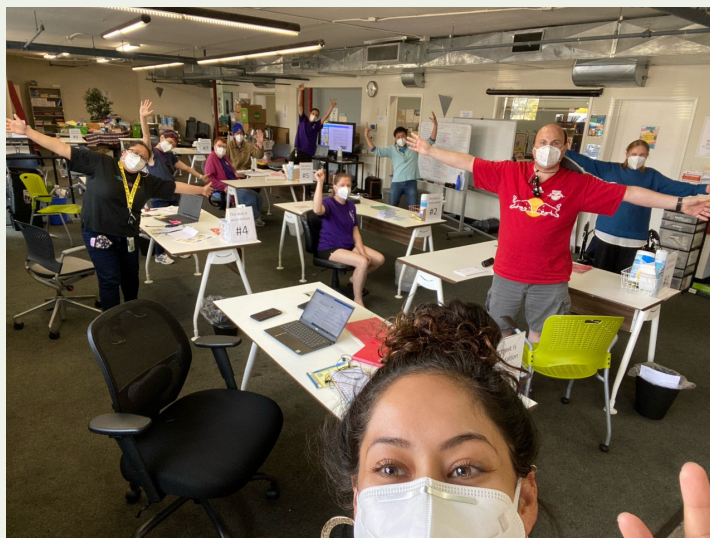


For over a year we weren't able to have our work-ordered day at the Clubhouse Facility. Currently, we are able to sign up for Monday, Wednesday, and Friday 1:30 pm – 5 pm and on Tuesday and Thursday 8:30 am – 12:00 pm*. Laura says, "My preferences are usually Monday and Thursday because it allows me to socialize and work with other people, while getting me through the week. Some of my favorite things to do at the facility are making reach out phone calls, organizing papers, filing, folding newsletters and monthly calendars so our colleagues will know what's going on with our Clubhouse. I also like working with Erica."

"I find it tremendously fun working with others at the facility because there are so many projects to be done. We keep socially distanced, but it's a great way to get to socialize and get to know other members and staff. We all enjoy watching Ken run around and provide us with projects. We see folks like Len, Jason B, and Dave at the Clubhouse. It's a really clean place because we keep sanitizing it every day," says Audrey. "Getting to meet new and returning members is great. I love meeting them in person."

Beginning August 2nd, we are going to try out a temporary schedule when the Clubhouse will be open Mondays, Wednesdays, and Fridays from 9am-4pm with additional spots to sign up for both morning and afternoon shifts. Our virtual programming will continue Monday through Friday as usual.

**Our hours have e changed - review the last page for the most up-to-date hours!*



Member Art



August Socials

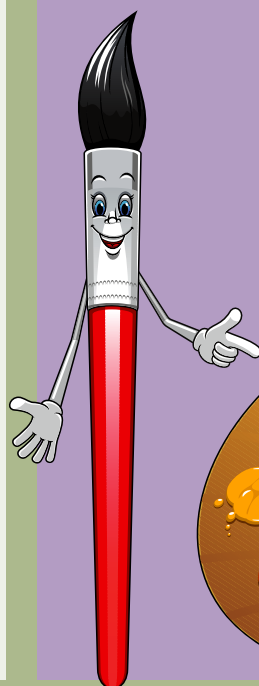
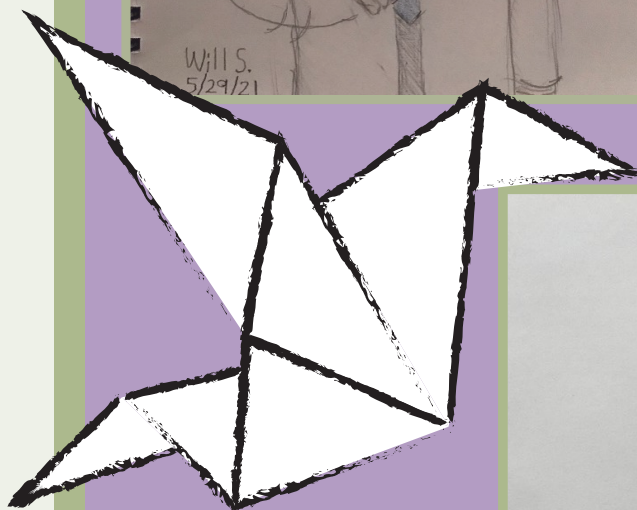
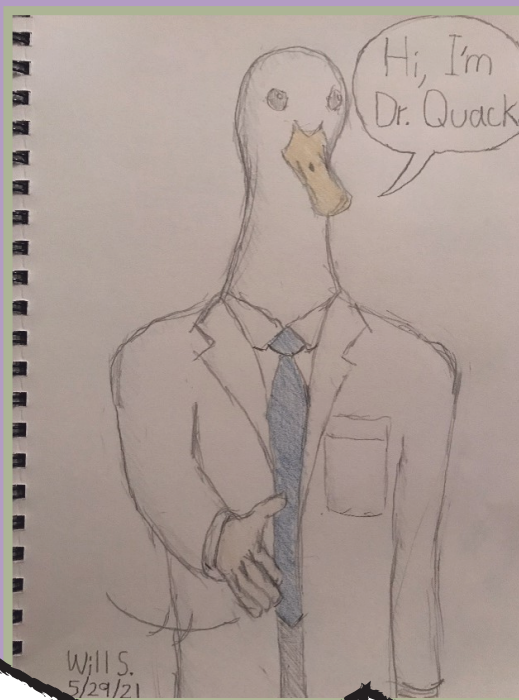
Creative Writing
Social
Wed. Aug 4th
5-7pm
(virtual)

Cartoon Social
Sat . Aug 14th
(in-person)

Virtual Escape
Room
Wed. Aug 18th
5-7pm
(virtual)

Employment Dinner/
Student Soiree
Mon. Aug 30th
4pm-6pm
(virtual)

Zoom ID: 808 111 324



Will enjoys
drawing
during his
free time.
Here is one of
his latest
projects:
"Dr. Quack"



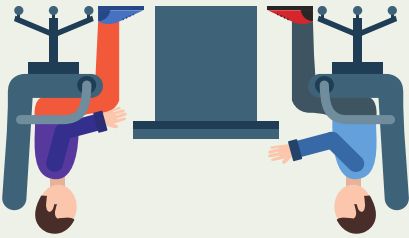
HYBRID PROGRAM

Our in-person and virtual program is up
and running!
Join us for the Work Ordered Day.

IN-PERSON HOURS (REG. REQUIRED)
MONDAY, WED., FRIDAY 9:00AM - 4PM

VIRTUAL HOURS

MONDAY - FRIDAY 9:00 AM - 4PM



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