

# CRANE CONNECTION

RECLAIMING OUR LIVES, SUSTAINING OUR HOPE

210 Industrial Road Ste. 102 San Carlos 650 539 3345 [info@californiaclubhouse.org](mailto:info@californiaclubhouse.org)

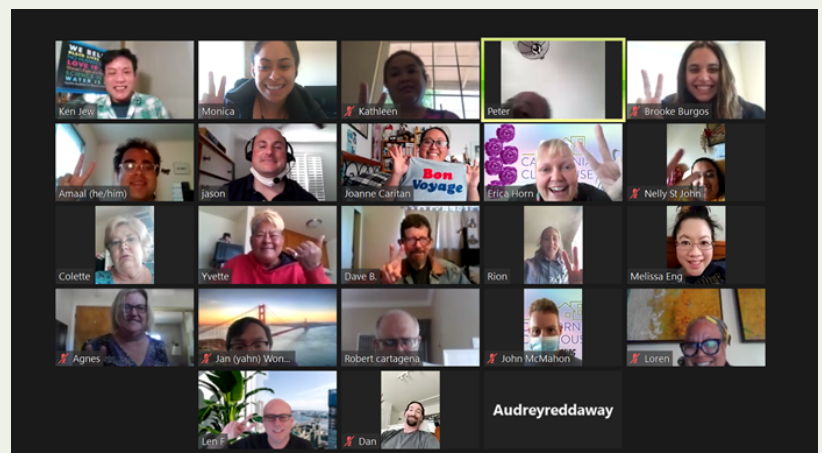
## Bon Voyage to Rion!

On Thursday May 27th, our Clubhouse Community gathered via Zoom to bid farewell to our beloved colleague Rion. Rion has sailed away and moved back home to South Africa.

Due to COVID protocols, we were unable to gather in person but that didn't stop us from celebrating with Rion. The afternoon was full of joy, laughter and dancing! We made it a point to spend time playing songs and jammin' together - Rion was always the one to play music at Clubhouse!

Our colleagues had the opportunities to share personal stories about Rion. It was nice to hear all the different stories! Rion even chance to share their story and love for the clubhouse.

We know Rion will be miles and times zones away but they will always be a member of the Clubhouse. We are excited to have them join our virtual program from abroad!



Safe travels Rion!



### One word to describe Rion

loving energetic smart  
bold everything hopeful  
beautiful funny strong happy radiant  
brilliance inimitable fun daring creative  
compassionate bright insightful

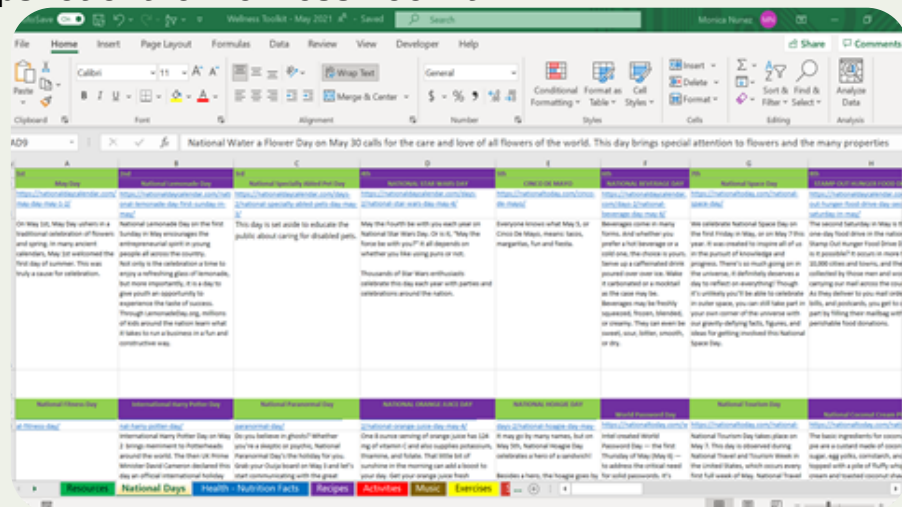


# Wellness Works Updates- Wellness Tool Kit

WRITTEN BY ALAN H., AMY D., LEN F., KEN J., AND PRISCILLA M.

The Wellness Works Group has created a Wellness Toolkit that incorporates topics and resources for wellness. In the Wellness Toolkit, you can find tabs that range from San Mateo County resources, Nutritional Facts to Music Playlist created by various members. In the Wellness Toolkit, you can find tabs ranging from San Mateo County resources, to nutritional facts, to music playlists created by various members. The Wellness group, comprised of members and staff, get together every day to work on the toolkit. Alan mentions that “he has been working on the wellness tool mainly with Ken and Len since Covid started. It’s interesting to see what various national days are celebrated each day.” We pick several “National Days of...” every day and find recipes, music, or videos corresponding to that day. We then place what we find in the Wellness Toolkit – there are always some creative ideas, while others are more practical.

**Here is a snapshot of the Wellness Toolkit:**



**Here is some feedback from members that have found the toolkit helpful and beneficial!**

- Priscilla M. mentions that when she uses the Wellness Toolkit she gets lots of resources for relaxation. She also enjoys listening to the music playlist created by members. She likes looking at the National Days tab, getting exercise ideas and talking to people while working out.
- Len F. likes the Wellness Toolkit's Resource tab because it offers emergency resources, Covid-19 testing sites, housing information, and local warm-lines. Len says, "I enjoy working on [the toolkit]. I like the recipes, jokes and can't live without the music."
- Amy D. reminds us to look up gluten free vegan recipes to include in the Wellness Toolkit.

**LUNCH & LEARN: WELLNESS**

Every Tuesday, the Wellness Works group hosts Lunch and Learns on various topics which are hosted by different members. Cim S. and Audrey R. both have had the chance to learn new things through the Lunch & Learn, including photography and writing poems. Aaron enjoyed the topic of aromatherapy, where we learned about essential oils and scented candles. We researched the benefit of various scents, such as lavender and eucalyptus.



# Career Development - Employment Dinner Update

WRITTEN BY CIMMARON S., AND BROOKE B.

The Career Development Program hosts a monthly employment dinner for members that are working, actively seeking employment, or laid off due to the pandemic. This month the employment dinner topic was on Volunteering. This topic was appropriate for the dinner because many of our colleagues volunteer at the Clubhouse. Several members that participated in the dinner spoke on their volunteer experience in Clubhouse as well as outside organizations. Those who shared their stories mentioned the impact that it had on them and the rewarding feelings it gave them. Volunteering allows you to build a resume while creating connections with other people in our San Mateo County Community. Our community enjoyed the conversations that we had and were grateful for the resources that we provided each other. We shared two websites that provide volunteer opportunities in San Mateo County.



If you are seeking volunteer opportunities, please check out these websites.

[www.volunteermatch.org](http://www.volunteermatch.org) &

[www.idealists.org](http://www.idealists.org)

.....

## Places to look for volunteer opportunities:

- California Clubhouse!
- Retirement homes/recreation centers/hospitals
- Libraries in San Mateo County – such as Redwood City library, San Mateo library
- Radio Stations
- Public service announcements (Advertisements), Newspapers (Daily Journal)
- Churches
- Animal Shelters (SPCA & Pawprints)

Employment Dinner  
Monday June 28th  
4pm-6pm

RSVP by Fri June 25th

YOU  
ARE  
LOVED

# Young Adult Program: WHAT DID WE DO THIS MONTH?

WRITTEN BY RION, PRISCILLA, LEN, GRACE, AUDREY, LEE, DAVE, NELLY, JOHN, AND JOANNE

As you will see, the Young Adults have been busy for the past month! It has been a transitional period for our Clubhouse, with more in-person activity in addition to our Virtual Clubhouse work. Recently, more and more people have been coming to work at the Clubhouse building, such as our Young Adults Priscilla, Rion, Veronica, and Chanel. They have been keeping busy with such tasks as packing up the Clubhouse, assembling social packages, mailing out calendars and postcards, writing cards to their colleagues, and making reach-out calls.

"It felt pretty good, I was happy to see [Clubhouse colleagues], too," said Priscilla.

"I felt cautious about the sanitizing of everything and being with groups of people," said Rion, who tries to go to the building at least once every week. However, she added, "once you get used to sanitizing there is a method to the madness. It gives me comfort to have everyone back there together again."

Virtually, we have been very busy! "We can use all the help we can get," said Audrey. Recently, she has been researching and presenting Lunch and Learns with Joanne and Priscilla on topics like dream interpretation and the Wellness Toolbox. Also, Pablo and Joanne led a Lunch and Learn discussion about mothers on the Friday before Mother's Day. Meanwhile, our April 21 Student Soiree about alternative forms of education was well-attended, with ten people coming to the Soiree. Then, in early May, John, Priscilla, and Joanne continued our community outreach by presenting virtually to organizations like the TAY (transitional age youth) clinicians, Daly City Youth Health Center, and Caminar.

In the first week of May, the Young Adults began operating the Clubhouse social media accounts, such as Facebook, Twitter, and Instagram. This project has increased member participation; in the first two weeks, at least eleven people worked on the social media posts! Our next major project is the Zoom Graduation on June 25, where we will celebrate our Clubhouse's students! Stay tuned!

## Follow us on Social Media



@california\_clubhouse



@CalClubhouse



@CalClubhouse



@california\_clubhouse

EVENING OF CELEBRATION

# ZOOM GRAD

FRIDAY JUNE 25TH

5PM - 7PM

ID: 808 111 324

PASSCODE: 210







## Upcoming Socials for the Month of June

**Wed. June 9th**

**5pm -7pm**

Movie Night Social  
(Evening Chat Zoom)



**Sat. June 19th**

**1pm-3pm**

**Tie Dye**

\*RSVP required for supplies  
(In Person)



**Fri. June 25th**

**5pm -7pm**

**Zoom Grad**

(Evening Chat Zoom)

**Sun. June 27th**

**1pm -3pm**

**Terrarium Social**

\*RSVP required for supplies  
(Evening Chat Zoom)



**I am STRONG**

**By Catarino C.**

*Member since 2021*

I am **STRONG**,  
I don't know why it took so long to notice I am **STRONG**

Even tho my family told I was always wrong,  
In my heart I knew I was **STRONG**

All day putting myself down and now I am moving mountains,  
cause I am **STRONG**

Surviving and striving for what I want in life.  
Can't you see that all along  
I was **STRONG**

In my life I was slowly fading away,  
now I am stronger than ever and here to stay  
cause I am **STRONG**

Even through bad days not letting it get the best of me.

Cause I am proud of me,  
Feeling happy and free  
In love with my recovery  
I am **STRONG**

People were wrong about me,  
Now I love me  
Cause I am **STRONG !!!**

submit  
member  
art



Would you like to see your  
art featured in our 'Member  
Art' Section?

Feel free to submit your art piece  
(painting, poems, photos) via  
email to

**info@californiaclubhouse.org**

MONDAY - FRIDAY 8:30 AM - 5PM

## VIRTUAL HOURS

TUESDAY & THURSDAY 8:30AM -12NOON

MONDAY, WED., FRIDAY 1:30PM - 5PM

## IN-PERSON HOURS (REG. REQUIRED)

Join us for the Work Ordered Day.  
and running!

Our in-person and virtual program is up

# HYBRID PROGRAM



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