



AUGUST 2021 | ISSUE 5

# CRANE CONNECTION

RECLAIMING OUR LIVES, SUSTAINING OUR HOPE

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

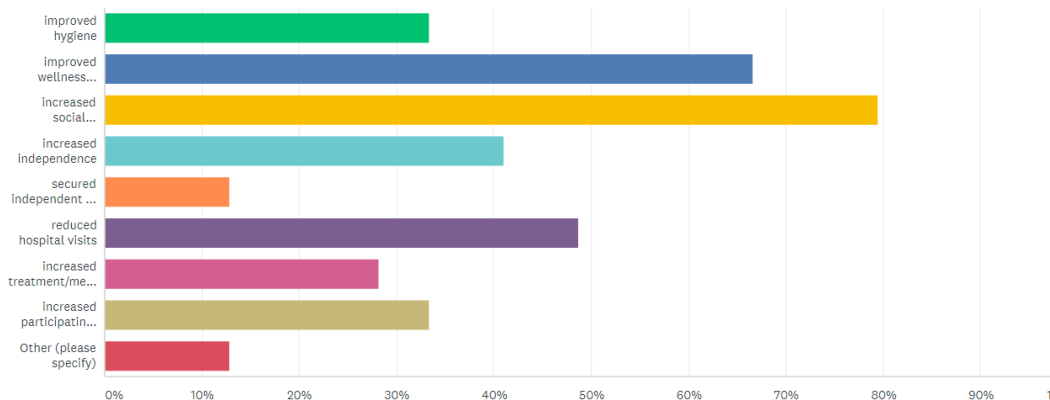
## Membership Satisfaction Survey Results

California Clubhouse conducts an annual Member Satisfaction Survey to assess the level of satisfaction among our community. The survey allows us to know if we are meeting member needs and improving quality of life. The survey results are shared at a Community Meeting where we review and create a plan to initiate growth areas.

Here are the results for our Fiscal Year 2020-2021 survey:

Since joining the Clubhouse, my quality of life has improved in the following ways (check all that apply):

Answered: 39 Skipped: 0



According to our survey results, members that participated in our program saw an increase in social relationships, increased independence and reduced hospital visits.

Member Satisfaction Survey FY 2020-2021

Some of feedback received through the survey are as follows: (these are individual responses, there were no common themes).

- The program seems to be a bit repetitive.
- Request for more walking activities and peer reach out (member to member calls).
- Suggestions for more weekend activities and staff-moderated evening chats.

This survey is conducted every year so we are continuously working to update the content. If you have suggestions on questions to ask, feel free to reach out by email us at info@californiaclubhouse.org with subject line: Survey Questions.

Here is a link to the member satisfaction survey: <https://www.surveymonkey.com/stories/SM-R8BGLXFJ/>

# Career Development Updates

## Interview: Roberto's Transitional Employment Experience

We currently have a Transitional Employment placement at Grand Leader Deli and Market in San Bruno, CA. Our member, Roberto, is currently working this placement. The position is Tuesday thru Saturday from 2pm-6pm. Here is a little interview to learn a bit more about Roberto.

**How did you find out about the Clubhouse?**

*Through a mental health counselor.*

**What is your favorite task at our Clubhouse?**

*Cleaning Bathrooms!! I like pacing myself and doing the job right.*

**What is your favorite color?**

*Black. For example, I purchase Michael Jordan shoes.*

*When I was young, I got an A's toy through a cereal box and since then I've become an A's fan. I also like the 49ers and the Giants.*

**At Grand Leader, Roberto takes care of storing soda bottles and cleans the bathrooms. He gets to stock all their deli meats and he wipes down chairs, tables, and counters.**

**Roberto's favorite sandwich is the New Yorker, which consists of hot pastrami and mozzarella.**

**What is the symbol of your tattoo?**

*It's a crown with a cent symbol to represent California.*

**What's your favorite dinner?**

*My mom's chicken and rice.*

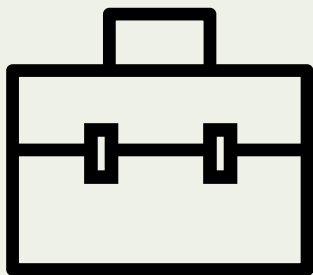
**What things do you like to watch?**

*I like Batman movies and cartoons.*



## What's Transitional Employment?

Transitional Employment is the most structured and supported form of employment that Clubhouse provides. Members are placed in Transitional Employment location where they train side-by-side with placement manager (staff). The placement is part-time (12-15 hours) and time limited (6-9 months). Members are supported through the entire placement - support varies but may include SSI/SSDI support and daily/week check ins.



*Job Club*

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



# Wellness Works Updates

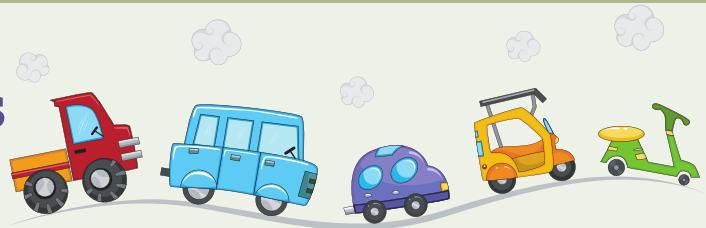
## Movie Social Review By Dave B.



A group of us from California Clubhouse got together on Sunday morning and congregated at a movie theater in downtown San Mateo near B Street. We had a theater all to ourselves with reclining seats with snack tables and built-in heaters. The movie was called "Boss Baby 2". It was about a bad toddler who disguised himself with a mechanical suit as a head of a children's school, and plotted to do away with parents. Now I won't spoil the story for you but the film was animated and incredibly funny and fast. It made me cry at the end, with its message of family and it's sweet closing song, "Together We Stand". It was a wonderful experience that I would give a triple thumbs up. Even some of us grandparents enjoyed it!

# Lunch and Learn Updates

## Transportation By Colette



Thank you Laura for collecting the research and thank you Dave for your wonderful job of hosting the Lunch and Learn on Transportation. From the presentation, I learned about the various transit systems in our Bay Area. More importantly, I learned that there is a link for transportation with the Santa Clara Family Health Plan. I contacted them for information and am waiting to hear back from them. I see that they've also put various transportation information on the Wellness Toolkit's Resource Tab.

## Sleep Hygiene By Ellen D.



It was my pleasure to attend the lunch and learn presented by Betsy S on Sleep Hygiene and Tips to get a better night's sleep. She shared many useful tips such as going to bed and getting up the same time each day; stop using our electronic devices for a while before bedtime; using white noise to block out distracting sounds; drink soothing teas; take a warm bath; or have scents like lavender to help relax before bed. I suffer from severe insomnia and felt all these techniques were helpful. I appreciated Betsy's research and sharing. Keep up the great work Betsy and thank you for a great presentation.



# Young Adult Program Updates

## SpongeBob Social



Last Saturday, August 14, the Young Adults hosted a Cartoon Social in person at the Clubhouse. Nine people attended the social, which happened between 5 and 7 PM; this is the second evening social that our Clubhouse had in person since we reopened. The YAP decided to screen the popular cartoon Spongebob Squarepants, which was a favorite among the Young Adults. Since we were watching Spongebob, we of course needed to have his signature Krabby Patties, so the group ate burgers, fries, and salad from The Habit at Sequoia Station. The burgers were so delicious that they did not need ketchup or any other sauce!

After the meal on the patio, the whole group moved into the building to watch a few classic episodes of Spongebob. First up was the pilot, where Spongebob began working at the Krusty Krab burger joint. Up next was the episode introducing Spongebob's friend, Sandy Cheeks, a squirrel who created a dome underwater so she could live as if she were on land. However, Spongebob, a sea sponge, suffocated without water. Fortunately, Sandy found a solution so that she could spend time with her new friends, Spongebob and Patrick (a starfish).

Then, Sid chose two of his favorite episodes. The first involved Spongebob eating something that led to him having bad breath and causing everyone to run away from him in horror and disgust. Spongebob thought that everyone found him ugly, but they were actually running away from the smell of his breath. The second involved Spongebob working with his boss' daughter, a teenaged whale named Pearl, who had a lot of new and "hip" ideas to improve the Krusty Krab and make it a popular youth hangout.

The group had a great time watching Spongebob, although only Sid and Joanne grew up watching it. Many of those who attended were watching it for the first time, but everyone really enjoyed the show. We look forward to more screenings of different shows and films at the Clubhouse in the future!



## *Employment Dinner & Student Soiree*

MON. SEPTEMBER 27 4PM- 6PM  
RSVP BY SEPTEMBER 24

**Please note:** Members currently in school, working and/or actively looking for employment will receive a Grubhub gift card that they can use the night of the dinner when they RSVP.



## September Socials

Thursday Sept. 2  
5-7pm

Stroll in the Park  
(in-person)  
registration required



Monday Sept. 6  
12-2pm

Labor Day in Patio  
(in-person)  
registration required



Saturday Sept. 18  
Art in the Patio w/ Special  
Guests  
(in-person)  
registration required

Thursday Sept. 23  
Paper Mache  
(virtual)

Thursday Sept. 30  
Murder Mystery  
(virtual)

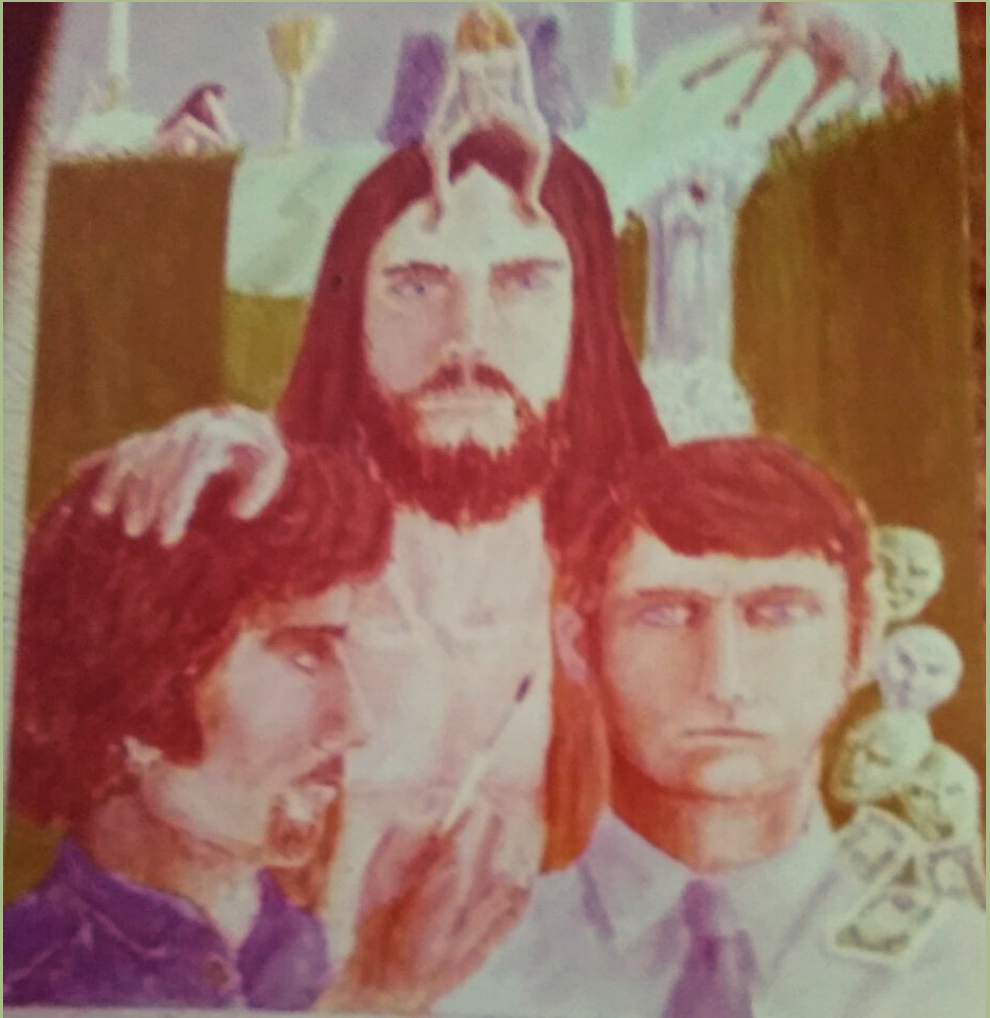
**Virtual Socials can be  
found here**

**Zoom ID: 808 111 324**

**Passcode: 210**



## Member Art



### Self Portrait 1976

-By David  
Bauman

"I was 21 when I painted this self portrait. At the time, I lived between 2 cemeteries on Winchester Blvd in Santa Clara. My biggest critic was a black cat that would come and visit to see my paintings at night."



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

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

# Hybrid Program



210 Industrial Road Ste 102  
San Carlos CA. 94070

P: (650) 539 -3345

E: [info@californiaclubhouse.org](mailto:info@californiaclubhouse.org)

