



SEPTEMBER 2021 | ISSUE 6

CRANE CONNECTION

RECLAIMING OUR LIVES, SUSTAINING OUR HOPE

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Spanish Class With Nelly

Nelly S., Masako H., Monica N.

A lot of people have taken on new hobbies and skills during the pandemic. California Clubhouse community was no different – we started a weekly Spanish Class hosted by our member Nelly. Nelly is a very patient and delightful “maestra” (teacher). Her welcoming personality engages members every week! Spanish Class is a fun and interactive 1-hour course where members can gain new skills and/or practice their Spanish skills from high school. Masako attends the class every week. She says, “It’s fun and it’s one of the most attended Clubhouse hosted events. A lot of people come!”

Spanish class has created a safe space free of judgement where members have an opportunity to laugh while we learn. Spanish has been meeting for about a year now! We have started hosting weekend study hall which is on a small hiatus since our Maestra Nelly is getting adjusted to her new home in Idaho.

Hasta luego! (Until next time!)

Come Join Us!
Spanish Class
Thursdays at 3pm
Zoom ID: 436 740 900



New Member Highlight: Hansel

This month we are welcoming quite a few new members. Hansel heard about Clubhouse through his time at Redwood House. "After leaving Redwood House, my peer mentor suggested that I check out California Clubhouse to support me in my goal to go back to work," he said. At the Clubhouse, he hopes to gain confidence and improve his tech skills, as well as foster new relationships with others coping with mental health challenges. Luckily for Hansel, he already knew one of our members, Theresa, through his previous affiliation with Eucalyptus House. Some goals Hansel has at the Clubhouse include reaching out and recruiting new members as well as increasing participation among current members.

The structure that the Clubhouse provides has increased Hansel's confidence in looking for employment. Since becoming a member, he has already secured an interview for a position helping teenagers with special needs at a local high school. He is excited about this opportunity because he realizes the stigma put on special needs students can be overwhelming, and he is ready to provide encouragement and guidance.

During his free time, he enjoys reading espionage fiction from authors such as Dean Koontz and David Baldacci, as well as umpiring baseball and watching all kinds of sports at every level.

We welcome Hansel to the Clubhouse and are happy to have him as a new member.

Career Development Updates

Transitional Employment

Hansel T., Robert G., Steven D.

Roberto has finished his Transitional Employment with Grand Leader Market and Deli. He has been a valuable asset to them for a few months and is ready to move on. While we celebrate Roberto for his contributions to the deli, we also must look to fill this position. This means our members have a new opportunity to attain gainful employment with support from our Clubhouse. Our Transitional Employment program offers job training and full support on- and offsite by Clubhouse staff, with 100% guaranteed shift coverage. Members gain valuable work experience in a supportive environment that aims to relieve many of the pressures of employment.

If you are interested in filling a Transitional Employment position at Grand Leader Market and Deli, please contact Monica or Joanne for more information or to schedule a tour!



Job Club

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



Socials Updates

The Labor Day Social

By Masako H. and Robert G.



This month California Clubhouse held a FANTASTIC social opportunity to celebrate Labor Day. It was so much fun having delicious hotdogs, fries, soda and ice cream sandos! Then we played bingo! Additionally, folding tables were available to allow for shade and physical distancing. The social was a super enjoyable event which alleviated a 3 day weekend of isolation.

From a grateful member, Masako H.

The entertainment for Labor Day was fun. During bingo, I won a five dollar snack card for Brian's Cafe! Masako won something too. The attendance was good, many new and familiar faces alike. The staff did a good job too. They were attentive in directing us to the food and made sure there was enough to go around for everybody. It was truly a lovely environment to celebrate Labor Day with the clubhouse community.

Clubhouse Member, Robert G.

Wellness Works Updates

On September 21st and 23rd, we had Josie and Alissa, USF nursing students. They showed us presentation slides for morning and night routines. They also showed us gratitude journaling techniques. Their icebreaker was, "If you had a superpower or could be a superhero, which would you choose and why?" Josie chose Storm so that she could control the weather and Alissa chose Spiderwoman. Len chose Batman so that he could have all the technology. Peter chose Harry Potter. Their other icebreaker was, "If you could teleport anywhere in the world, where would you go?"

Best morning routine:

1. Wake up at the same time every morning
2. Make your bed
3. Drink a glass of water to rehydrate your body from your hair to your skin
4. Eat a hearty breakfast
5. Hygiene, i.e., brush teeth, shower, wash your face
6. Pick an outfit that best expresses you
7. Pack your lunch and some snacks
8. Journal or think of 5 to 10 things you are grateful for
9. Lightly exercise to warm up the body and get the blood flowing

Best nighttime routine:

1. Try to go to bed at the same time every night to help your body fall asleep faster
2. Chose what time to go to sleep and have dinner at least 2 hours before going to bed
3. Double-check if your nighttime medications need to be taken with a meal
4. Don't forget to clean up the kitchen!
5. Pack your lunch for the next day
6. Choose your outfit for the next day
7. Do a little relaxation time, including getting in your comfy clothes, meditating, taking a warm bath, brushing your teeth, washing your face, gratitude thinking and journaling
8. Make sure to use the restroom before going to bed
9. Avoid using your bed for other activities. Bed should be for sleep only.

Gratitude examples:

1. Family and friends
2. California Clubhouse
3. Emotional growth
4. Room at brother's home
5. Getting coffee with roommate in the morning
6. Getting to walk with Dad
7. Playing dominoes
8. Sometimes it's also good to be grateful for things that stress us out and perhaps just let them go

Wellness Hour

Wind Down

Meet Nursing Students

Tues. & Thurs. 4-5pm

via Main Zoom

Young Adult Program Updates

LUNCH & LEARN: HOUSING

By Jan, Rion, Len, and Joanne



On August 31, 2021, the Young Adults hosted a Lunch and Learn on the topic of housing. California is notorious for its housing problems and challenges, so the group found some resources to help our members in San Mateo County. They focused on affordable rent, group housing, and shelters. Yvette and Joanne presented the information, while Rion and Joanne did research.

First, they presented ways to find affordable housing. For people who want to find housing on their own, the group suggested finding advertisements in public areas like libraries, looking on Craigslist, and applying directly for low-income housing within the county. Also, the Young Adults are currently working on setting up a Housing Board at the Clubhouse!

For people who need help finding housing, the group suggested going to the Housing Authority office on Harbor Boulevard; seeking help from case managers, facilities & agencies such as Caminar; and visiting the HUD Website. If someone needed financial assistance, they could try to obtain a Section 8 Voucher or join the Shelter+Care Program.

The group also compiled a list of organizations that can help with housing. The information is in the sidebar to the right!

IN CASE OF EMERGENCY

- The sheriff can help you get into a shelter for one night (or over the weekend if sudden homelessness happens on a Friday). Then, you must find housing on your own the next weekday.
- Samaritan House can often help with quick placements!
- Do note that shelters are for limited periods of time (60-90 days).
- Inclement weather vouchers from the county allow you to stay at a hotel/motel during bad weather.

ORGANIZATIONS THAT CAN HELP

1. **Caminar** - Offers case management and housing. Many Clubhouse members use this resource. www.caminar.org
2. **HIP Housing** - Low-income housing assistance. www.hiphousing.org
3. **Housing Authority of San Mateo County** - Main County resource for finding affordable housing. housing.smcgov.org
4. **LifeMoves** - Runs Maple Street Shelter. Helps people struggling with homelessness. www.lifemoves.org
5. **Mental Health Association of San Mateo County** - Runs Spring Street Shelter. Helps adults with mental illness, especially those without homes. www.mhasmc.org
6. **Samaritan House** - Runs Safe Harbor Shelter. Helps with housing, food, and other personal needs. www.samaritanhousesanmateo.org
7. **Serenity House** - A place to go when one is in crisis. Does not focus on housing, but can help people find it after their stay. www.healthright360.org/program/san-mateo-serenity-house
8. **HUD (United States Department of Housing and Urban Development)** - Federal program that helps with housing. Main resource for housing assistance in the United States. www.hud.gov

*Employment
Dinner &
Student Soiree*

OCTOBER 25TH
RSVP BY OCTOBER
21ST



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.

October Socials

Saturday, October 2nd
Giants Watch Party
(In-person at Mountain
Mike's)

1pm-4pm

Registration Required

Monday, October 11th
Indigenous People's Day
Celebration
12pm-2pm
(Virtual)

Thursday, October 21st
Jeopardy Night
5pm-7pm
(Virtual)

Sunday, October 31st
Halloween Social
5pm-7pm
(Virtual)

Monday, October 25
**Employment Dinner/
Student Soiree**
4pm-6pm
(Virtual)

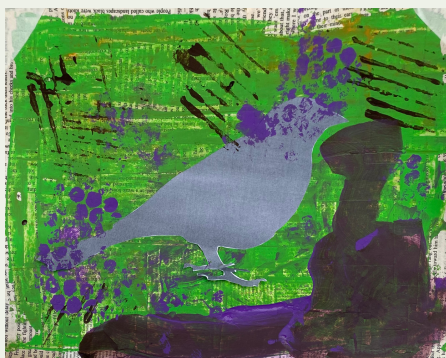
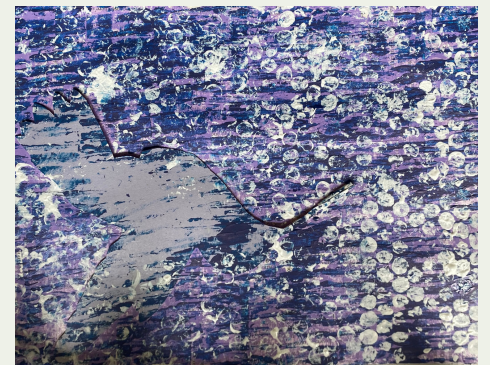
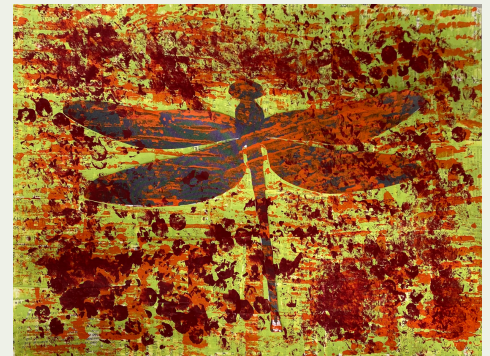
**Virtual Socials can be
found here**
Zoom ID: 808 111 324
Passcode: 210



Member Art

On Saturday, September 18th California Clubhouse hosted an Art on the Patio Social with special guest Roisin. Together we created our own multi media artwork with stencils, paint, ink and Mod Podge.

Check out our creations below:



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

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

Hybrid Program



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