



CRANE CONNECTION

RECLAIMING OUR LIVES, SUSTAINING OUR HOPE

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

Clubhouse Updates Launching Linktree

Technology is everywhere nowadays and Clubhouse is no exception. This month California Clubhouse made use of a new online tool called Linktree. At California Clubhouse we use many different links to access a myriad of resources. These resources include social and facility sign-up, wellness resources, our calendar and much more! You can access this site through our early risers email or by scanning this QR code with your smartphone camera.

NEW



Although this slightly changed the way our Early Risers Email will look, we are excited and hopeful that storing these links together will add a sense of ease and convenience to accessing our online resources.

Scan
here!



MEMBER SPOTLIGHT

If you'd like to be featured
in a member spotlight e-mail
info@californiaclubhouse.org

Young Adult Program Updates

Lunch and Learn: Relationships

On Tuesday, February 8, the Clubhouse had a spirited discussion about relationships. While the Young Adults began work on the Lunch and Learn, many people contributed to the project, and colleagues of all ages joined the conversation. The community had already covered the topic during the January 11 Lunch and Learn, but it was such a rich topic that we decided to bring it back for February. Because Valentine's Day was coming up, the attendance at this Lunch and Learn session was double the amount of last month's session! However, romantic relationships were not the only kinds we discussed.

First, we watched a video about love languages, which is a concept that classifies how people feel cared for in five categories. Sometimes, when a person's love language does not match another person's love language, that person may feel that the other person does not care for them, and this can lead to conflict. The group took turns telling each other which love languages spoke to us the most. Next, we discussed red and green flags: red flags are warning signs that a person is not right for you, and green flags are positive signs about a person. Then, we discussed boundaries, and some colleagues shared very personal stories. Last, we ended the discussion with some words of wisdom about relationships from our member, Hansel.

To the right, we have listed the five love languages. Which one makes you feel the most loved? Which one is the most important to you?

1. ACTS OF SERVICE – This language shows you that a person is willing to put everything down to help you out in order to join you in moments of joy, or help you out through tough times. They truly love and care about you when they do things to help you. For example, helping run important errands, cooking for someone, and finding resources to help someone's wellbeing are "Acts of Service."

2. GIFTS – This language doesn't mean that someone is materialistic, but when someone gives gifts, it comes from their heart. Hand-made valentines and small tokens of affection make all the difference to a person whose love language is "gifts." Receiving presents lets them know that they are being thought of.

3. PHYSICAL TOUCH – This doesn't mean public indecency or extreme public displays of affection! Holding hands, hugging, and other gentle physical contact like putting a hand on someone's shoulder is reassuring to a person with physical touch as their love language.

4. QUALITY TIME – The most important thing you can do for a person with this love language is to make time for them intentionally and be in the moment with them. Time is the most precious resource to these folks. Taking walks, having a picnic, and other ways of spending time with someone are all examples of this love language in action.

5. WORDS OF AFFIRMATION – To some people, words are priceless. Saying things out loud or writing things down can show how much someone cares. These kinds of people really treasure letters, cards, emails, and even voicemails.

*Career
Development
Dinner*

MARCH 28

RSVP BY MARCH 24TH



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.

Career Development Updates

A New Tool Added to the Clubhouse—Resume-Now!

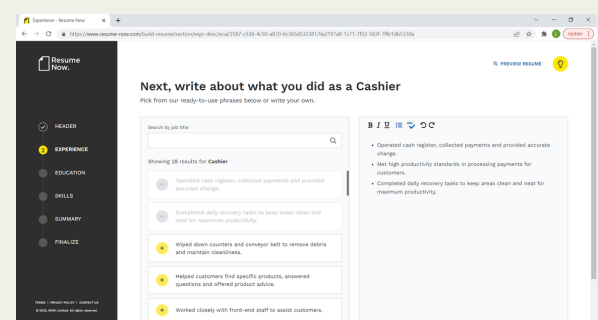
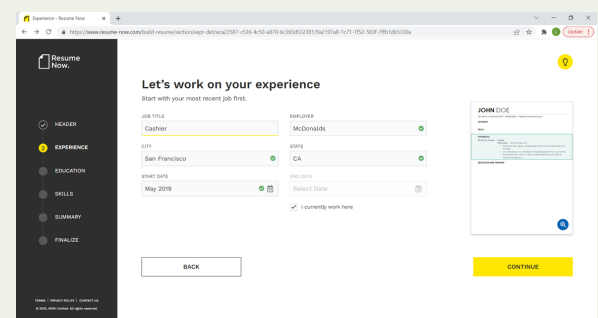
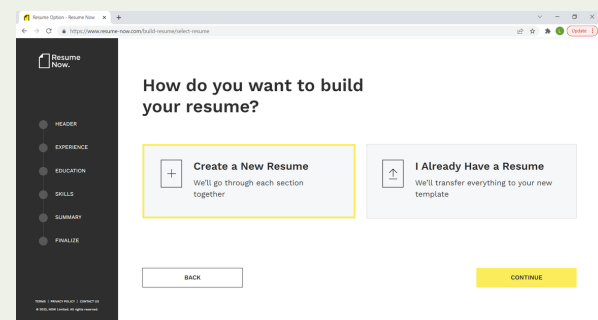
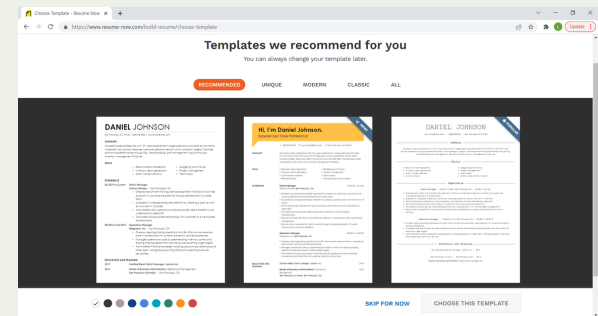
by: Rion E. , Len F., Mary, and Joanne

We as a community at the Clubhouse found a new resource called Resume-Now. This has been a process that many members have been involved with for nearly a year. In other words, this decision was not made lightly. Once we decided that this tool was needed, many hours of research went into finding the right choice for the Clubhouse. We considered many things in supporting the Career Development Program. In order to facilitate and support members to work independently or side-by-side, we took many factors into account. For example, we wanted a platform that was user-friendly so that any member could feel comfortable with it. Also, we needed it to be affordable and allow for several people to work at the same time.

The two functions of Resume-Now are to make resumes and create cover letters. The formats available are PDFs and Word documents. Resume-Now benefits job searchers, as it links them to a tool that makes it easier for them to apply for jobs. It allows you to upload your resume, edit it, create a new resume with preset options, save documents, and download copies.

Clubhouse chose this program because it allows for multiple users at no cost to the member. We are also purchasing USB drives as an option for the members with no internet to keep copies, but just in case the drive gets lost, Resume-Now will keep the documents in the cloud so there will always be a backup copy available. You can always have your resume on hand when you need it.

The Clubhouse hopes to reach as many members as possible, especially the young adults, to engage them in job searching. Our community can gain the confidence to put their best foot forward with well-written resumes. We look forward to seeing many members get the jobs they want with Resume-Now!



Job Club

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



Wellness Works Updates

Partnering up with USF Nursing Students

by: Yvette A., Monica

Every semester we partner up with a new cohort of USF Nursing Students. This partnership is beneficial for both members, staff and nurses. The Clubhouse creates a non-clinical space that many nursing students have the opportunity to experience since their internships are usually in clinics, or hospitals. This semester we have 8 new nursing students - Matthew, Vivian, Jazmine, Rendhel, Franklin, Tim, Iya and Francis. They will be joining our Clubhouse programming twice a week - Tuesday and Thursdays from 4pm-5pm for Wellness Wind Down. It was exciting to meet our new USF Nursing Students on the virtual Wellness Walk. They started the Wellness Walks with ice breaker questions such as "If you could teleport to the future or the past, which would you pick?" and "Do you believe in aliens?". Our member Yvette came up with ice breaker questions to ask the students. Her question was "If I was having a breakdown or had a meltdown, what would you do to help me?". This was such an insightful question that really got the nursing students engaged in conversation.



Upcoming Wellness Wind Down Activities

March 1st 4-5pm Game Day (Scattergories) with Matthew, Rendhel, Tim and Franklin

March 8th 4-5pm Stretching and Chair Yoga with Jazmine, Vivian, Iya and Francis



Socials Updates

Lunar New Year Social

by: Terri T., Ken, Priscilla



It was really good to work along with Len on the Lunar New Year Social and present it to our Clubhouse Family and with my aunt and grandma to add onto the blessings. Year of the Tiger is about togetherness and so much love and support for an excellent team. I loved celebrating it online with my family and close friends. "Sun Nian Kwai La" (Happy New Year – Mandarin) shared by Priscilla, her Aunt Susanna and her Grandma Julia. Jan shares, "Tigers are brave, competitive, charming and endowed with good luck and authority. I am glad to be born on the Year of the Tiger because those are qualities I wish to have." Pete said, "I received a \$2 bill and I was going to spend it, but Linda talked me out of it and it's now sitting on my refrigerator." Laura mentioned, "I got a \$2 bill in a red envelope and exchanged it with my mentor who is collecting \$2 bills. I was excited to see the amount of people who joined us on Zoom. I heard the history of lunar new year." "Lunar New Year was fun! I loved it! Thanks!" exclaimed Hugo. Alex L shared, "As far as the Lunar New Year Social, that was amazing and really festive." I'm already looking forward to next year...Awesome." Amaal shared a wish, "Be most excellent to each other."

March Socials

Thursday, 3/3

Game Day

5pm - 7pm

(Virtual)

Thursday, 3/10

Tea and Biscuit Social

RSVP req.

5pm-7pm

(Virtual)

Thursday, 3/17

St. Patrick's Day Social

5pm-7pm

(Virtual)

Saturday , 3/26

Tai Chi Social

1pm-3pm

(In-Person, reg. req.)

Monday, 3/28

Career Dev. Dinner

RSVP req

5pm-7pm

(Virtual)

Thursday , 3/31

Karaoke Social

5pm-7pm

(Virtual)

Zoom ID: 808 111 324

Passcode: 210



Member Art



SUBMIT YOUR ART!

We'd love to showcase your art in our newsletter. All art welcome! Poems, drawings, as short stories, pictures, etc.

Submit to:

info@californiaclubhouse.org

MONDAY - FRIDAY 8:30 AM - 5 PM

VIRTUAL HOURS

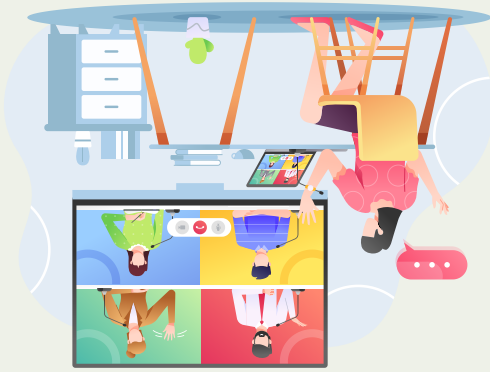
8:30 AM - 5 PM

MON., WED., FRI.

IN-PERSON HOURS

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

HYBRID PROGRAM



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