



CRANE CONNECTION

RECLAIMING OUR LIVES, SUSTAINING OUR HOPE

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Please Note: Some Schedule changes may have happened after this newsletter was published.

Program Updates

Due to the surge in Covid-19 cases, California Clubhouse has proactively moved to a virtual venue for the month of January. To accommodate this change, we have updated the schedule. Here are some of the ways we are adapting to our new program times.

First off, we implemented short breaks for self-care time. During these "self-care moments" we encourage members and staff to step outside, refill their water, take a bio break, and stretch. While some may choose to step away from their computer, others use this time to catch up and socialize to stay energized throughout the day. Along with our self-care moments, we have also implemented short wellness times where we come together to stretch, exercise, or meditate.

While they may only seem like short breaks implementing these time to energize have helped to mitigate Zoom fatigue and keep us productive.



Schedule

Monday, Wednesday, Friday

9:00am Morning Meeting and then Wellness Time
10:00am Program Work Time
10:45am Self-Care Time
11:00am Program Work Time
12:00pm Lunch
12:30pm Wellness Time
1:00pm Huddle
1:30pm Program Work Time
2:15pm Self-Care Time
3:45pm Wellness Wind Down
4:00pm Program Work Time

Tuesdays and Thursdays

9:00am Morning Meeting and Wellness Time
10:00am Program Work Time
10:45am Self-Care Time
11:00am Program Work Time
12:00pm Lunch
1:00pm Huddle
1:30pm Program Work Time
2:45pm Self-Care Time
3:00pm Program Work Time
4:00pm Wellness Wind Down
4:15pm Program Work Time



MEMBER SPOTLIGHT

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

Young Adult Program Updates

Implementation of Texting Service

By Rion and Joanne

This month, YAP began working on a new way of keeping in touch with our Clubhouse community: a texting service! We sent out the initial text on January 14, and we received lots of feedback about the new feature right away. Currently, we are trying to find the texting platform that best fits the Clubhouse's needs.

At the moment, we are researching innovative ways to keep in touch with the Clubhouse community. We intend to create a foundation of information and allow as many members as possible to receive news on: events, meetings, socials, resources, Work-Ordered Day programming, and all other elements of the Clubhouse. Also, we plan to use the text platform to offer words of encouragement and inspiration in addition to announcements. We are hoping that through this form of communication, we could encourage members to participate in our virtual programming in a timely manner and to stay informed throughout the week.

With the technology from Help@Hand, Clubhouse has helped members be more technologically able to participate and react to the resources. This new texting service is just one of the many ways Clubhouse is using the technology around us to link with the community. While the pandemic forced us to find ways to stay together virtually, the innovations we have included in our program over the past two years will continue to serve us - long after the health crisis has subsided. In the meantime, this is part of our plan to stay safe and keep connected.



*Employment
Dinner &
Student Soiree*

FEBRUARY 28
RSVP BY FEBRUARY
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

"Success is not final, failure is not fatal: it is the courage to continue that counts"



-Unknown



When The Job Is Not For Me! by: Betsy

At the Job Club class, the staff and members helped me revise my resume. It helped me gain more confidence in thinking I could apply for a job. Also, seeing other members search for jobs, made me more positive in thinking I could work too!

I got an interview. I was proud of myself that I went to the interview because I had reservations about it. I did not get that job. At first, I took the rejection in stride, and I continued to look for jobs. After several weeks, it began to seem impossible that I would ever find a job. I got discouraged and down on myself. I started believing, "I don't know if I'll be able to find a job in the field of my choosing." Instead of giving in to that belief, I started to look for other opportunities.

I got another interview. To my surprise, they called me back for a second interview. After the second interview, I realized that the job wasn't for me! I didn't take the job because it didn't feel right. The people there were nice. Sometimes I feel a little afraid that I made the decision not to take that job because what if I can't find another job? At the same time, it feels good to make the choice myself rather than take the job knowing it didn't feel right. The job felt too close contact and intense. It felt stressful and it didn't feel good for my mental health. I now have a better idea of what works and what doesn't. I know there is a job for me out there. I need to stay patient, positive and not give up. I am very thankful to the Clubhouse for all their help!



Job Club

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



Socials Updates

This New Year's Day we celebrated with the Clubhouse Community outside in our courtyard. Great food, festive hats and little horns were provided to all. Together we enjoyed potato salad, pinwheel sandwiches, a veggie platter, chips with dip, and cookies with a martinelli beverage! We danced and ate with our good friends while also meeting some new faces. The day was ended by each member created their own vision boards to project their ideal futures and goals for 2022. There was lots of laughs. Peter said, "it was crazy!" We were throwing poppers at the ground and watching them explode with a loud BOOM. David "Everyone was having so much fun that many wanted to continue the festivities."



These are our vision boards that we created to inspire us throughout the year!



Wellness Works Updates

Wellness Toolkit is an extraordinarily sophisticated device. It includes musicals, rock opera, scientific facts, and delicious recipes. When I'm working on it, it helps me to concentrate. And it's fun. - Dave B

On the Wellness Toolkit there's a tab for music with musicals and popular movies. I like looking at other peoples' playlist. It's relaxing. It gives me things to look up and do on the weekends. It gives me resources to look up. I've used recipes from it. There are activities that are tied to the National Day. There are also exercises and meditations. Occasionally I'll look at humor for jokes and riddles. — Jason B



February Socials

Wednesday, 2/2
Bingo Night Social
5pm - 7pm
(Virtual)

Thursday, 2/10
Lunar New Year Social
5pm-7pm
(Virtual)

Monday, 2/14
Valentine's Day Social
3pm-5pm
(Hybrid)

Sunday, 2/20
Lawn Games Social
1pm-3pm
(In-Person, reg. req.)

Monday, 2/28
Career Dev. Dinner
5pm-7pm
(Virtual)

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



Member Art

This months member art was
submitted by Rion.



"I painted this car for a commission job
offer for someone who worked at a
bank."

MONDAY - FRIDAY 8:30 AM - 5 PM

VIRTUAL HOURS

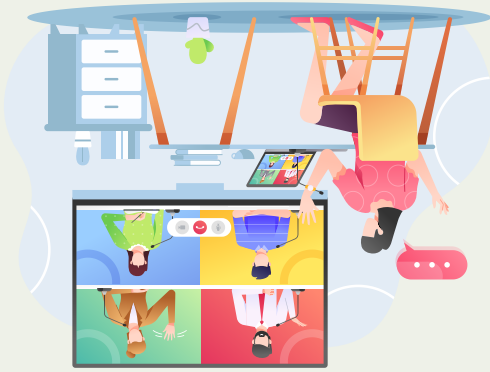
8:30 AM - 5 PM

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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