



MARCH 2022 | ISSUE 12

CRANE CONNECTION

RECLAIMING OUR LIVES, SUSTAINING OUR HOPE

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



California Clubhouse is increasing capacity to 20 individuals in-person. Reception has moved back to its original location.

Clubhouse Updates Creating Unit Structure

In the posted date and time, California Clubhouse has started the transition back into Unit Structure. In the midst of the pandemic, the Clubhouse continued to facilitate programming through a hybrid structure that split tasks between in-person and online meetings. The Clubhouse has remained productive by focusing on four main programs: Career Development, YAP, Wellness, and Membership.

The Clubhouse has decided to allocate Club Ed time to our unit structure. This has given us the opportunity to discuss the new formation of the unit structure. The initial Club Ed meetings were focused on re-education about units and their benefits. We made some decisions in Club Ed about which tasks we would like to have in each unit. This is an exciting time for us because our new members and returning members will have the opportunity to give input and create new units. Our seasoned members have the opportunity to take on a leadership role in guiding the community since many of our folks participated in units in the past.

Here is a draft of what each unit will include. The Business Unit is the face of the Clubhouse that does the first initial interaction and the foundation whereas the Hospitality Unit ensures that meals are prepared and served and housekeeping is taken care of. The Clubhouse can better function with these two units and member's involvement.

Our next challenge is figuring out how to maintain hybrid programming side by side with in-person involvement at the Clubhouse. Come join us for Club Ed at the new time (Fridays at 11:00 am) to discuss how to make it happen!



Young Adult Program Updates

Teas Around the World

By David S and Joanne

On March 10, 2022, the Young Adults hosted a tea social. David S. suggested drinking tea and having biscuits together over Zoom. We put together party packages that included biscotti, Fig Newtons, and a sampler of six different kinds of tea. During the social, the group learned all about tea around the world. Here are five teas we thought were especially interesting!

TAIWAN: BOBA/BUBBLE TEA - Boba tea is originally from Taiwan. Boba refers to the little jelly-like tapioca balls that are in the tea, but the tea can be any variation. It can be called bubble tea or pearl tea as well!

UK: ENGLISH BREAKFAST TEA - English Breakfast is a strong black tea. The reason why this tea got its name is because it is served with a full English breakfast, which includes lots of fried food and meat such as bacon and sausages!

TIBET: PO CHA/BUTTER TEA - Po Cha is a salty tea from Tibet mixed with yak butter. It gives Tibetan people strength, hydration, and warmth. Also the butter prevents chapped lips since many Tibetan people live in the mountains where it is very cold and dry.

INDIA: CHAI - Chai is the Hindi word for tea. When you order Chai in the U.S. you are drinking Masala Chai. Masala is a mix of spices that includes ginger, black pepper, and cardamom. The ingredients of Masala Chai are the spice mix, black tea, milk, and sugar.

SOUTH AFRICA: ROOIBOS TEA - Rooibos means "red bush" in Afrikaans; when the tea is brewed it is red. This tea is only grown in South Africa. It doesn't contain any caffeine. It is a tisane or herbal tea, which means that there are no actual tea leaves in this kind of tea.



*Career
Development
Dinner*

APRIL 25
RSVP BY APRIL 21



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

Career Development Dinner –Tax Time!

by: Nelly and Mary

This month at the career development dinner one of our members, Theresa R, gave a presentation on the most feared topic in the month of April, taxes!

We are happy to inform you that the attendance of the presentation was a full house! Not only did we get together via zoom to discuss a serious topic, but we got to eat a very good meal and socialize before and after the discussion. There were over 20 members who joined the presenter and were very eager to learn more about taxes and their impact on the employed. A few topics that stood out were as follows: financial earning-limitations for those on SSI (Social Security Income) or SSDI (Social Security Disability Income), finding out who is eligible for relief money for those who did not receive the third stimulus check, learning to figure out whether we are mandated to file with financial earnings, and finally, resources on how to receive help filing our taxes.



The presentation was very informative and also raised questions from the members who attended. One of the questions fellow member Nelly S. made was, “Is there a limit of income one can make on the side as a business without getting SSI benefits taken away?” Nelly was so grateful to finally get a straight answer after many months of searching the direct monetary value limit. Members who are currently enrolled in studies asked what type of educational expenses can be tax deducted. Since none of us are tax experts, we were happily referred to local resources to find more answers to our burning questions.

We appreciate you sticking around to hear the wonderful feedback that was given from the income taxes presentation. Be safe, be honest, and keep a good budget!



Job Club

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



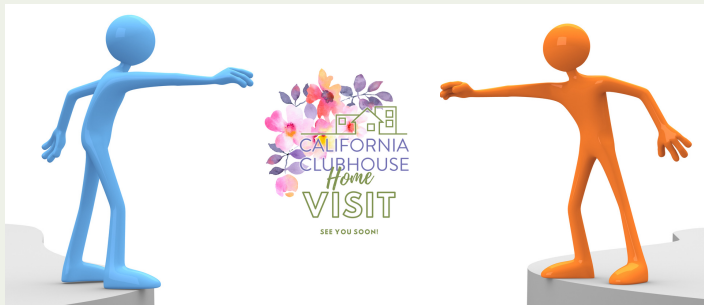
Wellness Works Updates

At-Home Check-Ins for Members

As we emerge from strict COVID policies, we are reengaging in-person check-ins to reconnect with members that we have not seen for a while. We ordered some fun items to include in our reconnection packages - Clubhouse-branded stress balls, masks, hand sanitizer and other goodies. We are hoping this will get us back in touch with several members and remind everyone that the Clubhouse is here for them. We are also utilizing this time to update members on Clubhouse activities and policies such as the increase of in-person attendance and in-person socials (check out social section).

In our recent visit, two colleagues went to visit a fellow member that has been unable to attend in person. They had such a great time together! They played Jenga and had the opportunity to catch up. We received feedback that the members that were visited felt so much more connected to the Clubhouse. We are looking forward to making this part of our programming.

Please Note: The Home Visits will happen more frequently once we break into units.



Socials Updates

Lawn Games

by: Erica with a lot of help from the Community

On Sunday February 20th, we met up at San Mateo Central Park to enjoy a brisk Sunday afternoon with each other's company. We had about 10 folks join in on the fun - we even had the chance to reconnect with a member we hadn't seen in quite a while. We played frisbee, badminton, jenga and cornhole. Yvette was on fire with her cornhole skills - she could be a professional! Our Jenga game was competitive and exciting! As more and more blocks were removed, the game began to wobble and we held our breath, waiting for the final topple. We hope to see you next time!



April Socials

Thursday, 4/7

Card Game Socials

RSVP Req

5pm - 7pm

In Person

Sunday, 4/10

Coffee Chat at Phil's

RSVP Req

11am - 1pm

In Person

Thursday, 4/14

Movie Night

RSVP req.

5pm-7pm

San Mateo Theater

Saturday, 4/23

Barbecue Social

RSVP Req.

12pm-3pm

In Person

Thursday, 4/28

Virtual Escape Room

5pm-7pm

(Virtual)

Zoom ID: 808 111 324

Passcode: 210

Member Testimonials

"The symptoms of my mental illness rise and fall.

Sometimes ambition is overwhelming;

sometimes just the activities of daily living are overwhelming.

Whatever I bring, Clubhouse will meet me halfway, all the way, three quarters or whatever is right for that day." - Riley, Clubhouse Member

Hold My Hand, For I Am Right Here

a poem by Nelly S.

I see you looking somber,
From across a crowded room.
My heart wrenches from the
sight,

As the festivities resume.

I take a few steps toward you,
To give you a much needed hug.

You express that you've had a
rough year,

Feeling like you have had an
emotional plug.

I hear your words,

I understand your fears.

Take my warm sleeve,

So I can help you dry your tears.

You no longer need to feel,

Like you are battling life on your
own.

People around you really do
care,

One way or the other their love
will always show.

You can always confide in me,

No matter what life throws at you
my dear.

You don't have to feel alone,

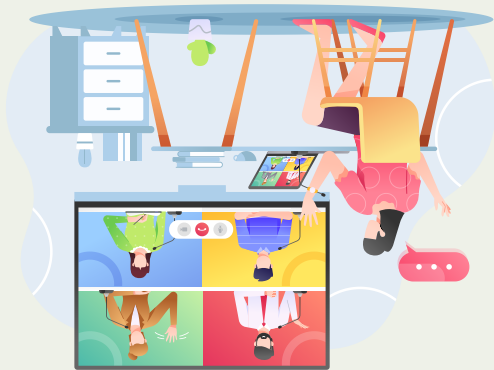
Remember to hold my hand, for I
am right here.

"[The Clubhouse] has given me purpose. [It] gives me a community of support, gives me motivation and inspiration. I feel like I have goals now. I felt like I was at an end point of my life and the Clubhouse has give me a whole new beginning. I feel very hopeful about going back to work – I feel that I have a lot of support." Amy C., (2018) returned in July 2021.

Amy tends to introduce herself as someone that become member a long time ago "but just recently returned". In July 2021, Amy returned to the Clubhouse work-ordered day and participates daily – virtually and in-person.

She enjoys the in-person program the most and feels like "she gets so much done" when she is at Clubhouse. Amy has taken lead in our greeting cards task by using Punchbowl and creating cards to send to members via email.





MONDAY - FRIDAY 8:30 AM - 5PM

VIRTUAL HOURS

*CAPACITY INCREASE TO 20

8:30 AM - 5 PM

MON., WED., FRI.

IN-PERSON HOURS*

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

