

COMPASS

THE NEWSLETTER OF CAPITAL CLUBHOUSE INC

MARCH 2022

VOLUME 4, ISSUE 3

Our Daily Schedule

Monday - Friday 8:30am-4:30pm

Open 8:30am

Coffee/Social Hour 8:30-9:30am

Wellness 9:15-9:30am

Morning Unit Meeting 9:30-10:00am

Task Work 10:00-12:00pm

Lunch 12:00-12:45pm

Afternoon Unit Meeting 1:00-1:30pm

Task Work 1:30-4:30pm

Close 4:30pm

What Are We Doing at Clubhouse?

Employment Dinner

Thursday, March 24th at 5:00pm

Orienting New Members

We oriented and welcomed a new member: Simeon!

Celebrating Women's History Month



CLUBHOUSE STANDARD IN ACTION

By: Jessie, Daniel, Jon, Montell, Brittany, Renée

Standard 16. **The work done in the Clubhouse is exclusively the work generated by the Clubhouse in the operation and enhancement of the Clubhouse community. No work for outside individuals or agencies, whether for pay or not, is acceptable work in the Clubhouse. Members are not paid for any Clubhouse work, nor are there any artificial reward systems.**

We have gatherings and tasks specifically for teaching us skills, job readiness, keeping the place running, to enhance our skills or teach us skills. We don't get paid nor are we given any special gifts. With no members there's no Clubhouse.

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www.capitalclubhouseinc.org

Health and Wellness

By: Simeon, Mark H., Daniel, Julian, Brenda, Jon, & Carlette

In honor of National Nutrition Month, members discussed ways to build healthy lifestyle habits.

- Eating sweets in moderation
- Exercising (going to the gym, jogging, yoga, lifting weights, walking)
- Finding and cooking healthy recipes, like what we prepare at Clubhouse
- Getting outside to enjoy the sunshine

In the Spotlight

Simeon, Member

Interviewed by: Mark H., Carlette, and Daniel

Where are you from and where did you grow up?

I am from Washington, DC

How long have you been a member of Clubhouse? What do you think of it?

I joined Clubhouse a couple of weeks ago. I like it, it is a very supportive environment. Everyone's like a family.

Do you have any hobbies? If so, what do you like to do?

I enjoy video games and watching movies.

What is your favorite type of food?

Spaghetti

What is your favorite experience, thing to do, or place to go in DC area?

I enjoy going to my family's house.

Why did you come to Clubhouse?

I came to Clubhouse to help with my social anxiety and to be more social with people. I also would like help with finding a case manager to help with my anxiety.

Describe yourself in three words!

I am honest, trustworthy, and dedicated.



Ways to Thrive

By: Jon, Brittany, Carlette, Codie, Kadeem, Leah

Sleep Awareness Week starts on March 14th. Sleep is an important part of a healthy and happy lifestyle. There are many effects from getting a lack of sleep, such as memory issues, mood changes or weakened immunity. Below are tips for improving your sleeping habits, to help you thrive!

- Listen to white noise or music before bed
- Limit artificial light when going to bed
- Monitor your caffeine intake
- Limit napping or sleeping during the day
- Build a sleep routine, such as going to sleep at the same time every night, doing a guided meditation before sleep, etc.
- Do aerobic exercises during the day
- Use black out curtains to keep your room dark

"I like coming to come to Clubhouse to see new people and socialize with others. I also am working to get a job, and like to do a good job on my tasks"

-Kadeem

Cooking Corner

By:Montell, Renée

Honey Garlic Chicken Stir Fry

- 1 tablespoon oil
 - 1 cup thinly sliced peeled carrots
 - 2 cups broccoli florets
 - 1 lb boneless skinless chicken breasts, diced
 - 4 cloves garlic minced
 - 1/4 cup low sodium chicken broth
 - 1/4 cup soy sauce
 - 3 tablespoons honey
 - 2 teaspoons cornstarch
 - salt and pepper to taste
1. Heat 1 teaspoon of oil in a large pan over medium heat. Add the broccoli and carrots and cook for 4 minutes.
 2. Remove the vegetables from the pan. Turn the heat to high, and add the remaining tablespoon of oil.
 3. Season the chicken with salt and pepper. Add them to the pan and cook for 3-4 minutes per side until browned and fully cooked. Add the garlic and cook for 30 seconds.
 4. Add the vegetables back to the pan; cook for 2 more minutes.
 5. In a bowl whisk together the broth, honey and soy sauce.
 6. In a bowl mix the cornstarch with a tablespoon of cold water.
 7. Pour in the soy sauce mixture; cook for 30 seconds.
 8. Add the cornstarch and bring to a boil; cook for 1 minute.



Employment and Education Updates

By: Simeon, Mark H., Daniel, Julian, Brenda, Jon, & Carlette

Members have been participating in our weekly job talk to prepare for employment! Topics such as building an effective resume and identifying skills necessary for employment were discussed in February. The Clubhouse will also be hosting an Employment Jeopardy game in the coming weeks to test our member's knowledge on getting and maintaining a job! At Clubhouse, our members are working to develop skills needed for employment such as teamwork, communication, time management, organization, data entry, and computer skills through their work on daily Clubhouse tasks. Additionally, our member Daniel is actively applying for jobs in the DMV area.

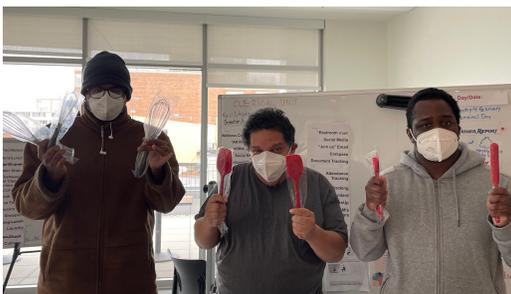
Member Testimonies

"Clubhouse is a very nice place to be and helps me get back on my feet"
- Julian

"Clubhouse is a place you can go to help you overcome fears"
- Brenda

"Clubhouse makes me feel productive"
- Mark H.

Clubhouse is a great place to help you get on the right career path
-Daniel



Thank you to Deacon Linda of St. Thomas' Parish for gifting us kitchen items from our Amazon Wish List!



Save The Date!
Capital Clubhouse Benefit
May 5th, 2022



KEYNOTE SPEAKER
THE HON. JAMIE RASKIN
(D, MARYLAND)

The power of community in mental health recovery



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