

CAPITAL CLUBHOUSE CELEBRATES GRAND OPENING

Capital Clubhouse charter members and the Board of Directors host a Grand Opening Celebration of its imminent DBH Certification allowing it to commence full operations to serve the citizens of Washington DC and open the nation's newest mental health Clubhouse.



Thursday, September 12th, 11am-1pm 1313 New York Avenue, NW, First Floor

[For details go to https://capital-clubhouse-grand-opening-celebration.eventbrite.com](https://capital-clubhouse-grand-opening-celebration.eventbrite.com)

#elpasochallenge

Early in August, which happened to be National Peace Month, we took an 11-year-old El Paso, Texas boy's challenge to heart: to think of 22 good deeds we can do for others. The number 22 represents the number of people who were killed at an El Paso Walmart on Saturday, August 3rd by a domestic terrorist. Here is what Capital Clubhouse members came up with (*see list at right*):



Clubhouse colleagues on National Bowtie Day

1. Helping anybody with bags while shopping
2. Give directions
3. Helping family first before anything else
4. Hug someone.
5. Write a friend a card or a thank you note.
6. Say "I'm sorry" if you hurt someone's feelings
7. Help someone fix something
8. Give a compliment.
9. Give a bigger tip (e.g., 20% instead of 15%), if you can afford it
10. Help someone across the street
11. Take a moment before reacting to anger
12. Open the door for a stranger
13. Get help by calling 911 for someone in an emergency
14. Tell a stranger in passing, "Have a great day!"
15. If you see someone struggling with something ask them, "How can I help?"
16. Check on an elderly neighbor
17. Thank a traffic director or crossing guard
18. Share a newspaper with others
19. Give a seat to someone who needs it (elderly, pregnant, disabled).
20. Support/encourage someone to give up smoking
21. Make someone laugh by telling a joke.

WAYS TO THRIVE ... *In Uncertain Times*

by Desmond

Educate yourself. There's a lot of stuff going on. And there's a glut of voices, telling you THEIR version of it, pulling your mind this way or that. This can be confusing and stressful. And if you're prone to depression or anxiety, it can be downright dangerous. The best defense is Knowledge. Whatever's vexing you, DO SOME RESEARCH. Watch a TED talk or two. Spend some quality time at the library (It's like a gym for the mind.). And most important of all, STUDY HISTORY.

Do something for someone else. There's ALWAYS someone who has it worse than you. When you're overwhelmed, and your mind is telling you that anything you do is futile, find one of these people. See what you can do to help. Not only will you get a good feeling, but it'll give you some perspective on your own life. Also find like-minded, but open-minded, people to spend time with. *(Continued on page 3)*

Have a creative outlet whether its music, art or writing. If you've got a lot of heavy stuff going through your mind, brooding is the worst thing you can do. Better to write it draw it, play it, or sing about it.

Check your breathing. Is it short and shallow? Steady and deepen it.

Lastly, get out of/Stay in/Create your **comfort zone**.

JOB CORNER

KAP/TAL

KHRUB/HOUS

(translated into English, *Capital Clubhouse*)

by Maria E.

If you love to read and are good with grammar, then the court reporting profession could use you. This is a field I have been working towards being a part of by studying to get the NCRA (National Court Reporters Association) certification which is attainable without a college degree. A lucrative job in this field will hopefully follow! I find this field fascinating.

Machine stenography has been around for almost one hundred years. The steno keyboard is unlike the standard QWERTY keyboard in that it has only 21 keys, as you see in the illustration here. A stenographer types words phonetically, as they sound. Stenography students learn to write at a minimum speed of 225 words per minute before receiving certification as a court reporter or captioner. As you can see by the keyboard here, we must learn to stroke different keys together in place of the missing letters. For example, in order to type "club," the stenographer would, in one stroke, press "KHRUB." This letter combination exists for other letters enough so that the left hand can type out every letter of the alphabet. In between my attendance at Clubhouse where I also exercise my clerical and build my cooking skills, I continue to work towards my goal of attaining the NCRA certification.



"The function of freedom is to free someone else".

-Toni Morrison
Born February 18, 1931
Died August 5, 2019

August was **National Wellness Month**.

Here are some of our tips on ways to stay WELL!

- ⇒ Drink water. // Bebe agua.
- ⇒ Take your medication (as prescribed). // Toma tu medicación.
- ⇒ Take a walk. // Dar un paseo.
- ⇒ Stay away from stress. // Mantenerse alejado del estrés
- ⇒ Get good sleep. // Dormir bien.
- ⇒ Eats fruits and vegetables. // Come frutas y verduras saludable.
- ⇒ Get outside // Sal afuera.
- ⇒ Practice forgiveness // Practica el perdón.
- ⇒ Have and nurture friendships // Tener y cultivar amistad.
- ⇒ Get your annual health check-up // Obtener su chequeo de salud annual.
- ⇒ Practice good sleep hygiene. // Practica una Buena higiene del

IN THE SPOTLIGHT

Interview of **Stanley**

by Irving

Where were you born?

Howard Hospital, Washington, DC.

Where did you go to school?

City Lights High School, 62 t Street NE, DC

What are your hobbies?

Walking and playing basketball.

What's one of your favorite places to go in DC?

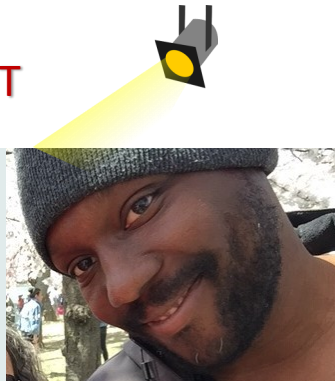
Movies at Gallery Place.

What do you like about clubhouse?

Fun hobbies at clubhouse.

What are three words that describe you?

True & fun & lively



English ⇌ Spanish Learning

We're excited that our diverse community at Clubhouse includes Spanish speakers, and in order to help us all expand our ability to communicate we will be including some language lessons in our newsletter.

| | | |
|-----------------|---|------------------------|
| Set the table | ⇌ | Poner la mesa. |
| knife | ⇌ | cuchillo pr. CoochEEyo |
| fork | ⇌ | tenedor |
| plate | ⇌ | plata |
| spoon | ⇌ | cuchara |
| cup | ⇌ | taza |
| napkin | ⇌ | servilleta |
| tablecloth | ⇌ | pr. serveeYEtta mantel |
| ice | ⇌ | hielo |
| salt and pepper | ⇌ | sal y pimienta |



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If you would like to receive our bi-monthly newsletter by mail or email, please contact us at info@capitalclubhouseinc.org.

Capital Clubhouse

A community where people recovering from mental illness can achieve their full potential and be respected as co-workers, neighbors, students, and friends

Capital Clubhouse's Wish List

- ⇒ Lockable cash box
- ⇒ iPad — We would like an iPad for its photographing and video capabilities
- ⇒ Laminator
- ⇒ InstaPot
- ⇒ Graphic Design assistance
- ⇒ IT assistance
- ⇒ Bus bins
- ⇒ Laminator
- ⇒ Cast iron skillet
- ⇒ Brochure paper

For more items go to our Amazon Wish List: <http://a.co/42j5Zn6>

Mass Shootings and Mental Illness

A statement from Joel Corcoran, Executive Director of Clubhouse International about President Trump's recent uninformed and damaging comments about mass shootings and a relationship to mental illness.

"It is time for all of our leaders, and especially our President, to become informed about the truth about mental illness and mental health; and it is time for our leaders – and our President – to demonstrate a genuine belief in the value of human life. "

For more than twenty-five years Clubhouse International has been successfully working to insist that our world change its response to people living with mental illness. We know - and we strive to help others understand - that people living with mental illness are capable of living, working, socializing and making significant contributions to our communities, just like those without a mental illness.

For FULL TEXT of Joel's article, please go to <http://bit.ly/2ZF8HYb>