

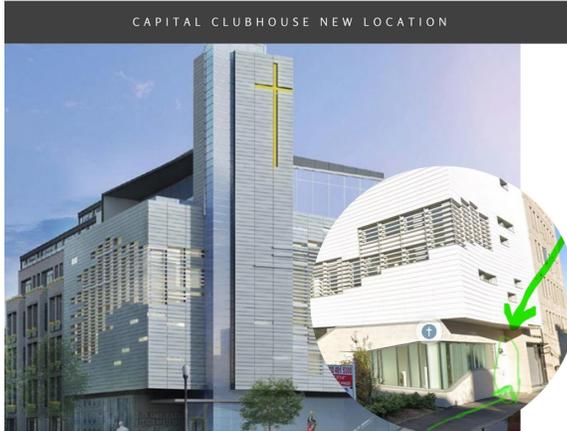
COMPASS

THE NEWSLETTER OF CAPITAL CLUBHOUSE INC

AUGUST 2021

VOLUME 3, ISSUE 8

How Are We Connecting This August?



CAPITAL CLUBHOUSE HAS MOVED!

Call us to find out what date we will start in person at

St. Thomas' Parish
1517 18th St NW
Enter at alley door
(pictured above)

HOURS:

Monday
through
Friday
8:30 am
to 4:30 pm

Located a Block and a Half
from Dupont Circle

FOR MORE INFORMATION
CALL (202)817-9042 OR (202)308-9690



August Events

Employment Lunch

August 12th, 12:00pm

Member Hunter Flores & the
Business & Service Rep for
Goodwill Industries DC

Returning In Person!

*Early- to mid-August! We can't
wait to all be together soon!
Stay tuned to our social media!*

CLUBHOUSE STANDARD IN ACTION

By Brad, Jon, Montell, Stephanie, Mae

20. Members have the opportunity to participate in all the work of the Clubhouse, including administration, research, enrollment and orientation, reach out, hiring, training and evaluation of staff, public relations, advocacy and evaluation of Clubhouse effectiveness.

- Keyword: ALL. Members can participate in ALL the work of Clubhouse.
- Members are vital to running Clubhouse in regards to programs and administrative work.
- Members evaluate Clubhouse's effectiveness often in the "My Day at Clubhouse" survey and the "My Goals" survey. These surveys look at specific programs and the overall experience of being a member.

info@capitalclubhouseinc.org | 202-308-9690 | 202-817-9042

www.capitalclubhouseinc.org

Employment and Education Updates

We are able to have this column in great part due to the hard work of our first VISTA, **Employment & Education Coordinator**, Anna Gallicchio who used her excellent skills and talents to develop our program. While we were stalled by the pandemic, Anna continued to develop partnerships and stakeholders for Capital Clubhouse. She helped individual members stay connected and move forward. She set the groundwork for this program and now our new VISTA, Renée Cordio, will easily pick up guiding our members to help develop the program. Anna will continue to support us by participating on the YPAB (Young Persons Advisory Board).

This month, we will focus on job readiness skills to build our members' confidence and prepare them for work as we get closer to launching our Transitional Employment Program!

News Updates

Clubhouse Model recognized by WHO

We congratulate Phoenix Clubhouse of Hong Kong and Clubhouse International for recognition of the international Clubhouse Model by the World Health Organization. Thanks to their guidance and technical packages as a rights-based approach to recovery. "The purpose of the WHO guidance is to provide information, direction and examples to stakeholders and governments to develop or transform their mental health system and services with the ultimate aim of promoting, inspiring and scaling-up person-centered, recovery-oriented and rights-based, community services around the world." Read more about this important acknowledgment for mental health treatment approaches in this press release from Clubhouse International: <https://rb.gy/lwundc>

Spanish Corner

Let's build a sentence!

Use this sentence starter!	→	Do you remember when we	---	Recuerdas cuando...
Then pick one of these three activities!	→	Went on picnics	---	Fuimos de picnic
	→	Cooked in the kitchen	---	Cocinamos en la cocina
	→	Had a pizza party!	---	Tuvimos una fiesta de pizza

Ways to Welcome Wellness

By Stanley, Mark H., Tina, Brad, Montell, Stephanie

Since August is National Wellness Month Capital Clubhouse offers some tips to welcome wellness!

- Keep in touch with your body
 - Visit the doctor
 - Eat healthy foods (local and fresh)
 - Exercising always helps welcome wellness
- Go out and enjoy the community!
 - Go to the movies and recreational centers to play basketball or volleyball
 - Visit the Wharf for fresh fish and some friendly interactions!
 - Visit the Air and Space Museum, the Washington Monument, or Six Flags. Try the go-kart track!
- Keep daily routines
 - Keeping a good routine helps with wellness, allows you to do what you would like to do, and helps avoid feeling like you're losing out on the day
 - Walk daily, meditate or journal in the morning before setting positive affirmations, intentions
 - Do house chores. Keeping your area clean can help you feel better!
- Stay positive and grateful
 - Appreciate what you have, focus on big and small successes

Support Capital Clubhouse with AmazonSmile



Please use smile.amazon.com if and when you shop on Amazon.

Check out our [Clubhouse Wish List](https://tinyurl.com/2tj3xdvp).
(<https://tinyurl.com/2tj3xdvp>)



CLUBHOUSE
GIVING DAY

Thank You!

**For making this fundraiser
a great success!**

We raised close to \$14,000 through direct donations and two special prizes won by the Clubhouse, and then doubled that via generous matching from the George and Addie Ours Matching Gift Challenge.

Your support helps us grow!



@CapitalClubhouse



@CapitalClubDC



@CapitalClubhouse

In the Spotlight

Stephanie Myers

Intern from Towson University

Undergraduate Psychology

Interviewed By: Brad

What would you like to get out of your internship here or achieve by being an intern?

I enjoy the experience, meeting and working with a variety of people. Nice to see the Clubhouse model in action, since it is new to me. It is nice to meet new people and hear their stories

What excites you about working at Capital Clubhouse?

Excited to try new things like Wellness. I also like working side by side with members and the staff. It makes me happy and excited to see everyone.

Where are you from?

Salisbury, MD; Currently living in Towson, MD.

When will you graduate and what would you like to do afterward?

I am a Psych major with a Sociology and Family Studies double minor. I will graduate spring 2022.

What are your hobbies?

I like to play a specific video game called Genshin Impact which I play religiously every day. They are relaxing and I really enjoy playing them after work. I love listening to all types of music.



Favorite type of food?

I will always be open to Korean barbecue. I love it so much. Another thing I love is bubble tea. I will always say yes to bubble tea whenever asked.

What would you like to experience in DC?

I like cities in general, the city life. Learning how to maneuver through DC on my own. I want to people-watch at the park and relax.

Do you have any pets?

I have a dog at home with my parents. His name is Scooter, he is an old man. He is a golden lab, a golden retriever and a yellow lab. We grew up together. I would love to get a bunny or a cat. I used to have a guinea pig.

Cooking Corner Recipe of the Month

Ingredients:

- 1 ½ pounds green beans, trimmed and cut into 1- to 2-inch lengths
- ¼ teaspoon table salt, plus salt for blanching
- 12 ounces cherry tomatoes, halved
- ¼ cup extra-virgin olive oil
- 2 tablespoons chopped fresh mint
- 2 tablespoons chopped fresh parsley
- 1 tablespoon lemon juice
- ¼ teaspoon table salt, plus salt for blanching
- ¼ teaspoon pepper
- 2 ounces
- feta cheese, crumbled (½ cup)

Green Bean Tomato Feta Salad

Instructions:

1. Bring 2 quarts of water to boil in a large saucepan over high heat. Add green beans and ¼ cup salt, return to boil, and cook until green beans are bright green and tender, 5 to 8 minutes.
2. While green beans cook, fill a large bowl halfway with ice and water. Drain green beans in a colander and immediately transfer them to an ice bath. When green beans are no longer warm to touch, drain in a colander and lay the green beans on a clean dish towel to dry.
3. Place green beans, tomatoes, oil, mint, parsley, lemon juice, pepper, and salt in a bowl and toss to combine. Transfer to a platter, sprinkle with feta, and serve.

