

# COMPASS

THE NEWSLETTER OF CAPITAL CLUBHOUSE INC

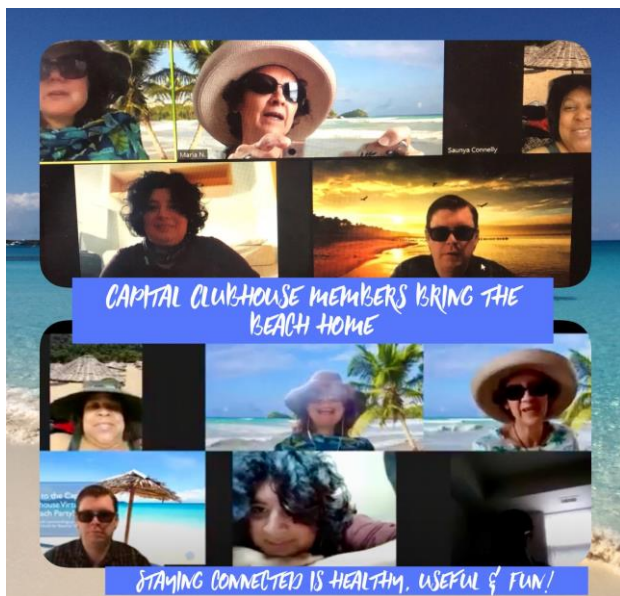
MAY 2020

VOLUME 2. ISSUE 4

## HOW WE'RE CONNECTING

by Saunya Connelly

While our doors are closed, our community is open. Capital Clubhouse is operating remotely, virtually, by phone, text, by emails, reach out, social media, through deliveries, smartphone tutoring visits and best of all Zoom calls every weekday, now starting in May, TWICE a day. Here are some highlights.



### Virtual beach party

Who says you can't go to the beach during quarantine

🤓 In the middle of a work-ordered day, Capital Clubhouse said "if we can't go to the beach, we'll bring the beach to us virtual beach party style."

### Making Deliveries

The Capital Clubhouse Board of Directors delivered essential items to our members in style and with social distancing. Big thanks to the board for all you do.



In addition to daily Zoom meetings, Capital Clubhouse had a Zoom call this month with B'More Clubhouse to brainstorm how to keep members engaged virtually. And we join Clubhouse colleagues from around the country in meetings weekly to discuss how Clubhouses are managing at this time.

## Clubhouse Standard in Action

by Irving Rosenblatt

6. Members have a right to immediate re-entry into the Clubhouse community after any length of absence, unless their return poses a significant and current threat to the Clubhouse community.

Just because you haven't shown up in a couple months, you are still in Clubhouse, unless you are harmful to others and to our community. We want to welcome you back. Even if you haven't "Zoomed in" with us since we've had the Zoom meetings, that doesn't mean you are not in Clubhouse. If you want to "Zoom in" with us but are struggling or don't know how, please call us and let us know so that we can help you!

## Ways To Thrive

by Saunya Connelly

Elementary school is not the time to put away coloring pencils, paints, crayons and colored chalk. Studies show that art therapy can be extremely helpful managing a wide range of mental health illnesses, including depression, anxiety, post-traumatic stress disorder and even some phobias. For those of us who have difficulty expressing our emotions with words, art can allow us to process complex feelings and find relief. Whenever I feel overwhelmed or pressured, I find my favorite color crayon, blue, and draw pictures. Don't worry about becoming the next Michelangelo, just enjoy slowing down and relaxing. Remember the focus is on the activity and not the final result. If you can't recall the last time you colored, consider bringing out your coloring materials again. Your mind will thank you.



## Spanish Corner

by Jon and Hunter

Mom,

This Mother's Day, I'd like to remind you of all the things, little or big, that you have done for me. They are too many to list here, so I'll just say you're the best mother I could ask for. Hugs, Me

Querida Mamá,

En este Día de la Madre, quisiera recordarte de todas las cosas, grandes y pequeñas, qué has hecho por mi, pero son muchas para listar aquí. Entonces, mejor te digo que eres la mejor madre que podría pedir.

Abrazos y Feliz Día de la Madre

## In the Spotlight

Interview with Hunter Flores

by Jon Winskill



*Where were you born?*

Arlington, Virginia

*Where did you go to school?*

Ultimately ended up going to Montgomery College in Takoma Park, MD, but I originally enrolled in NOVA Community College in Annandale, VA

*Do you have any pets?*

I don't currently but I had a cat named Blue Navy once

*What is one of your favorite places to go in DC?*

I love going to any park or forest-y area in DC

*What are your hobbies?*

Dancing  
Writing  
Reading

*What do you like about clubhouse and how long have you been a member?*

I've been a member for about a year now (I think). I love that there is always someone to connect with and something to contribute to!

*What are three words that describe you?*

Kind  
Inquisitive  
Spiritual