

# COMPASS

THE NEWSLETTER OF CAPITAL CLUBHOUSE INC

FEBRUARY 2022

VOLUME 4, ISSUE 2

## 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**

Stay tuned for February's date!

**Orienting New Members**

We oriented and welcomed three (3) new members: Brittany, Codie, and Kadeem!

**Commemorating**



## CLUBHOUSE PROPOSED STANDARD CHANGES

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

The past few months, the members and staff at Capital Clubhouse have been discussing and voting on proposed changes to the Clubhouse International standards. We have had great conversations about why or why not we accepted each proposal, and we had input from almost every member and collaborated to make decisions. It was a large and daunting task but we got through all of the proposals by the deadline! It is empowering for us to know that these changes and our opinions will be taken into consideration by Clubhouse International and will be applied to every Clubhouse chapter in the world. We will be sure to keep members, supporters and friends updated on when Clubhouse International has released the new standards!

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## Health and Wellness

By: Codie, Carlette, Julian, Kadeem

This month we are highlighting Random Acts of Kindness Week which is February 14th-20th. Our members discussed ways to show kindness to others:

- Volunteering
- Holding the door for someone
- Driving safely (a way of showing concern for others)
- Say hello to strangers, smiling
- Complimenting others
- Actively listening to someone
- Helping someone carry their groceries



## In the Spotlight

Kadeem, Member

**Where are you from and where did you grow up?  
And where did you go to school?**

I am from Jamaica, Queens (NY). When I was little I moved to Bowie, Maryland. I went to Parkdale High School.

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

I joined Clubhouse in the middle of January. I'm interested in learning more so I can practice by coming to the Clubhouse. I enjoy the wellness time.

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

I like to watch movies, play with my Xbox, and clean the house.

**What is your favorite type of food?**

I like healthy food like Chipotle, Panda Express and Jamaican restaurants.

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

I like to go to parks with my family.

**Why did you come to Clubhouse?**

I was interested in what the Clubhouse looked like, meeting new people, having conversations, and going for a job.

**Describe yourself in three words!**

I'm friendly, respectful, and hardworking.



## Ways to Thrive

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

This month is National Boost your Self-Esteem Month! Here are some ideas on how to keep your self-esteem high:

- Use healthy coping skills such as art or drawing
- Practice positive self-talk
- Say daily positive affirmations - the "I Am" app is a great resource
- Take a break when you feel stressed or overwhelmed and ground yourself
- Find an emotional release to let go of tension
- Try to break the cycle of automatic negative self-talk

"Clubhouse is a safe environment where I can comfortably share my issues and get good feedback, and through common humanity, I don't feel alone."

- Codie

## Cooking Corner

### Jamaican Chicken Curry

#### Ingredients:

2.5 pounds of chicken  
2 tbs Curry Powder  
2 tbs all purpose seasoning  
3 Cloves garlic  
2 medium carrots (chopped)  
1 small potato (diced)  
1.5 tsp freshly grated ginger  
1 small scotch bonnet pepper

#### Directions:

1. Cut the chicken into small pieces. Add the chicken, onion, garlic, scotch bonnet pepper, pimento berries, ginger, salt, all-purpose seasoning, and the curry powder in a bowl. Marinate for 30 minutes.
2. In a pot, add the cooking oil and put it on medium heat. Add the chicken to the oil and stir well. Cook until chicken is lightly browned.
3. Stir in the carrot, potato and thyme. Add enough water to cover the chicken in the pot. Cover and leave to cook for 25-30 minutes, until the chicken is cooked and the water is reduced to a curry gravy.



## Employment and Education Updates

By: Jon, Montell, Daniel

At the January Employment Dinner, Capital Clubhouse had speakers visit from Infinity Support Services to inform Clubhouse members and staff about how their benefits may be impacted by employment and the different programs designed to help individuals return to work without fear of losing their benefits permanently. The dinner was very informative and gave members and staff a lot to think about concerning how employment impacts an individual's benefits and vice versa.

### Member Experiences:

"It was surprising to learn the various minimums for applying for benefits such as SSI Disability"

"We learned more about social security benefits"

"We learned about a hotline you can call to learn more about employment with benefits"

## Member Testimonies

**"I came to Clubhouse for the social environment, because since the pandemic I have missed a lot of that." - Brittany**

**"I attend Clubhouse to socialize with others." - Montell**

## Support Capital Clubhouse

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- ★ Gift us something from our [Clubhouse Wish List](#)
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