

COMPASS

THE NEWSLETTER OF CAPITAL CLUBHOUSE INC

JUNE 2021

VOLUME 3, ISSUE 6

How Are We Connecting in June? Read on..

MONDAY THROUGH FRIDAY VIRTUAL CLUBHOUSE!

Wake up to Wellness	9:00 AM
Social Time	9:30 AM
Morning Unit Meeting and WOD	10:00 AM
Break for Lunch	12:00-1:00 PM
Afternoon Unit Meeting and WOD	1:00 PM
Wrap-Up Meeting	3:00 PM

Weekly Meetings

Social Media	Mondays	11:30 AM
Job Talk & TE	Mondays	1:00 PM
Community Mtg.	Tuesdays	3:00 PM
Cooking Corner	Thursdays	2:00 PM
Life Skills	Fridays	2:00 PM

All on the same Zoom link!

Upcoming Events

Clubhouse Giving Day

June 1st all day long
see details on p. 4

Employment Dinner

Week of June 20th

Clubhouse Social

Friday June 18th
Details TBD

CLUBHOUSE STANDARD IN ACTION

By Tina, Stanley, Brad, Amy

17. The Clubhouse is open at least five days a week. The work-ordered day parallels typical working hours.

During the pandemic, we started opening up 5 days a week online as opposed to 3 days. This broadens the opportunity for members to attend the work-ordered day and participate at Clubhouse. Clubhouse is special to members and is a constant in people's lives. Clubhouse helps members create a strong work ethic, increase responsibility and have consistent attendance. Just like in a workplace; here at Clubhouse members practice how to work together, communications skills and conflict resolution.

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Employment and Education Updates

Our May Employment Dinner was held on May 20th and we learned a lot about working in restaurant services. During the dinner, we heard about the inspiring employment journeys from three San Antonio Clubhouse members.

We also heard from the management of DC's Immigrant Food, a local restaurant. They shared their expertise and business philosophy as well as encouragement to seek employment now.

During our weekly Job Talk, we learned about online education opportunities such as those from DC Public Library and went over interview tips!

Spring Update

Crisis Intervention Officers (CIOs)

On May 17th, 2021, we engaged in dialogue with officers from the Metropolitan Police Department. These officers hoped to improve their understanding of individuals with mental health challenges and to better their interactions with people exhibiting mental health episodes. The officers met with members and staff of Capital Clubhouse to form relationships and share a mutual learning experience.

We have met with Crisis Intervention Officers on multiple previous occasions and will continue to do so with the belief that these events will only benefit society.

If you or someone you know is in danger due to a mental health crisis, call the Mobile Crisis Number at 1(888)7WE-HELP or 1-888-793-4357 or call 911 and ask for a CIO.

Welcome Summer Interns!

We're looking forward to working with all of you!

Mae Sullivan - Macalester College, St. Paul, MN

William "Billy" Cullen - Marymount University, Arlington, VA

Stephanie Myers - Towson University, Towson, MD

Support Capital Clubhouse with AmazonSmile



When you're shopping on Amazon make sure that you're doing it from smile.amazon.com and have selected Capital Clubhouse as your charity. It costs you nothing to help generate donations by shopping via smile instead of regular Amazon.

In the Spotlight

Mae Sullivan

Intern from Macalester College, MN
Undergraduate Psychology & English

Interviewed by Waltina and Maria N.

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

I enjoy working with people and have never worked with adults with mental illness, just children. I wanted to have this experience.

What excites you about working at Capital Clubhouse?

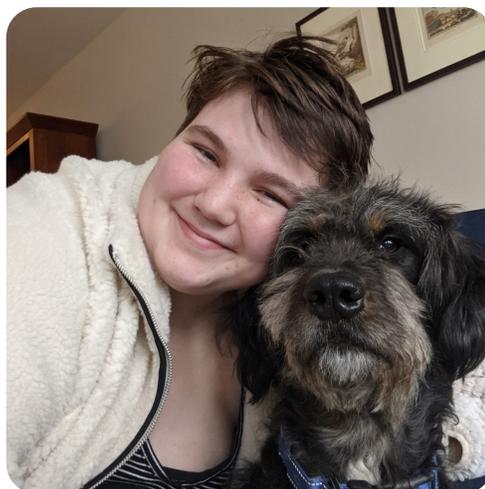
I'm excited to learn how nonprofits work and all the work that goes into sustaining and growing them, like starting the TE program.

Where are you from?

I grew up in Suburban MD. Three years ago my family moved to DC.

What are you studying in school and when will you graduate?

I am majoring in Psychology & creative writing, I graduate in Spring 2023.



What are your Hobbies?

Quilting, I make quilts w/my grandmother and embroider a lot. I also sing soprano in choir at college.

Favorite food spot in DC?

Bantam King

Favorite spot to hang out in the district?

I like the public libraries and Mt. Pleasant is my favorite.

Do you have any pets?

One dog named Greta. She's a bernedoodle, Bernese Mountain Dog and Poodle.

Cooking Corner

Recipe of the Month

ASIAN CHICKEN CRUNCH WRAP

INGREDIENTS

- 10OZ OF BREADED CHICKEN
- 2 CUPS COLESLAW MIX.
- 1/2 CUP SWEET CHILI SAUCE
- 2 GREEN ONIONS: CHOPPED
- 2 TABLESPOON CHOPPED CILANTRO.
- 1 TEASPOON SOY SAUCE.
- 4 FLOUR TORTILLAS (8IN.).
- 1/2 CUP DRY ROASTED PEANUTS (CHOPPED).

PREPARATION

- 1) BAKE CHICKEN
- 2) MIX INGREDIENTS
- 3) PLACE CHICKEN ON TORTILLA, COVER WITH INGREDIENT MIXTURE



<https://www.tasteofhome.com/recipes/asian-chicken-crunch-wraps/>

Ways to Thrive this Summer!

By Brad, Tina, and Mae

Summer presents new opportunities to thrive! With COVID restrictions lessening, here are a few ways to thrive and be safe during the summer of 2021.

- Go Outside!
- Take breaks from the heat and the sun- inside or in a shady place.
- Drink lots of water.
- Wear sunscreen and hats.
- Dress for the weather.
- See family and friends; maintain social connections.
- Go on adventures! Like to the beach or zoo.
- Visit the (future) Clubhouse in person.
- Get vaccinated!



Clubhouse Giving Day!

Tuesday, June 1st, 2021

Every dollar donated will be matched up to \$20K.



Clubhouse Giving Day is a special event to raise awareness and financial support for Capital Clubhouse. Help support our mission of improved mental health for everyone.

Click the photo for the giving link!
Or find us on clubhousegivingday.org

Spanish Corner

Bienvenidos
Estudiantes!

Welcome Students!



@CapitalClubhouse



@CapitalClubDC



@CapitalClubhouse