



COMPASS

THE NEWSLETTER OF CAPITAL CLUBHOUSE INC.

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Dear Friends,

As we look back on 2019, we are thankful for all that we have been able to accomplish thanks to the generosity of our Capital Clubhouse community. Along with our dedicated cadre of charter members, we have developed our work unit and have a busy work-ordered day. DBH amended the clubhouse regulations and granted us our certification. So many of our goals came to fruition in 2019 and we are now looking forward to accomplishing even more in 2020 – including, working towards our Clubhouse International Accreditation and launching our employment program.

Along with achieving our organizational goals Capital Clubhouse has helped members achieve their individual goals; from making friends to improving transportation skills, to gaining self-confidence.

We are proud of and grateful for all of these organizational and individual successes. It is with your help that Capital Clubhouse can continue to serve more and more members and count more and more successes.

Thank you for being a member of our community. We look forward to sharing more stories of success in 2020!

Maria Núñez

Maria

Executive Director

In this space we will be discussing some of the 37 International Clubhouse Standards which guide us.

A Member on the Board

International Standard #4 states: All members have equal access to every Clubhouse opportunity with no differentiation based on diagnosis or level of functioning. And #33 states: The Clubhouse has an independent board of directors, or if it is affiliated with a sponsoring agency, has a separate advisory board comprised of individuals uniquely positioned to provide financial, legal, legislative, employment development, consumer and community support and advocacy for the Clubhouse.

A member of our Clubhouse will have the opportunity to serve on our Board of Directors starting in the new year! They will provide direct representation of members and the daily operations to help in governance at the Board of Directors level. They will report back to the Clubhouse members. The member term on the Board will rotate yearly.

Book Review—*The Beautiful Ones* by Prince

By Maria Ellicott

Near the end of his life, Prince decided he wanted to write a memoir. With the deaths of David Bowie and Vanity (Denise Matthews, his former girlfriend and collaborator) looming over him, he began to take a long look at his mortality. He reached out to writer Dan Piepenbring from *The Paris Review*, who had only published one novel before in his life. They met and talked about Prince's goals for his book, and the result was 28 handwritten pages by Prince of his earliest memories of his parents, his childhood battle with epilepsy, his first stage performance, and his first girlfriend. Twenty-eight pages was all he had written when he died on April 21, 2016. Piepenbring was left with an unfinished book, and memories of his meetings with the music legend.

Shortly after, the estate gave Piepenbring permission to enter Prince's vault and comb through everything to find what he needed to finish the memoir. Piepenbring found old scrapbooks, photos, school report cards, song lyrics and an early film treatment of *Purple Rain*. These along with Prince's untouched 28 pages make up "The Beautiful Ones".

The book is delightful, yet bittersweet. To be honest, it was hard to get through. Not because it wasn't good, but because it was. And knowing that it was unfinished was at times too much to take. But the book manages to do something that not even Prince's music ever did: it made him appear human. The rocky relationship between his parents during his early childhood formed the basis of many songs in his future catalog, songs like "When Doves Cry". They were polar opposites, John and Mattie. John was disciplined, strict, all about rules. Mattie was devil-may-care. Prince described the time his mother barged into his room one night, running from John during a heated fight. She snatched young Prince up to shield her from John's fists. Prince always bragged that he favored his mother's wild side, but he inherited many traits from his father as well. Especially discipline. When it came to producing music, Prince was laser focused.



The Nelson Family, early nineteen sixties. L to R: Mattie Nelson, John L. Nelson, Prince, and sister Tyka.

WAYS TO THRIVE— *Reflection and Perseverance*

By Hunter Flores

This year's reflection is centered around perseverance and the ability to bounce back in the roughest times. Fred Freeman, Capital Clubhouse member, says that "trials and tribulations have strengthened his character" and that he is "feeling better this holiday season" enough to send cards to friends.

Many people with mental health struggles keep themselves afloat with this kind of positivity; without a silver lining, it can be difficult to function day to day, especially with conditions such as depression and anxiety.

As we look back on 2019, we members of the Clubhouse reflect on the obstacles we have overcome instead of dwelling on things we didn't do so well. With these thoughts in mind, we manage and look forward to a new year.



CREATIVE CORNER

The Joy of Giving

By John Greenleaf Whittier

*Somehow, not only for Christmas
But all long year through,
The joy that you give to others
Is the joy that comes back to you;
And the more you spend in blessing
The poor, lonely and sad,
The more of your heart's possessing
Returns to make you glad.*

Wish List

- ⇒ Website Designing
- ⇒ Graphic Design assistance
- ⇒ Cast iron skillet
- ⇒ Silicone-tipped tongs
- ⇒ Hand vacuum

For more items go to our Amazon Wish List:

<https://amzn.to/34zsXYI>

Kentina Graduates!



As we think about goals we reached this year we also want to congratulate our student intern Kentina Saxon who reached her goal of achieving a Master's in Counseling. Kentina was a great addition to our community and she will be greatly missed. However, Kentina will remain in the DC area and knows that she will always be welcomed at Capital Clubhouse!

IN THE SPOTLIGHT



Interview of Jon

by Hunter Flores



Where were you born?
County Kent, England

Where did you go to school?
Swarthmore College

What are your hobbies?
Photography, being outdoors, staying busy

Do you have any pets? Or wish you did? If so, what kind?
I don't currently have pets, and I don't want any.

What's your favorite place in D.C.?
I like the area behind the Smithsonian Castle. I also like the Sculpture Park

What do you like about Clubhouse?
I like the people, the team work and the unity.

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 newsletters.

Cold	<>	Frío
Sweater	<>	Suéter
Hot Chocolate	<>	Chocolate caliente
Coat	<>	Abrigo
Blanket	<>	Cobija
Snow	<>	Nieve
Blizzard	<>	Tormenta de nieve
Visitor	<>	Visitante

Our wish to you



Happy Holidays!

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

PLACES TO VISIT DURING HOLIDAY SEASON

<p>Botanic Gardens Display Enjoy free access to a beautiful seasonal display of plants from Hawaii to Maine at the National Botanic Garden.</p>	<p>All Star Christmas Jazz Jam The Kennedy Center is hosting a jazz fest night on Christmas Day! Don't miss out.</p>	<p>Downtown Window Shopping Macy's, Banana Republic and TJ Maxx all have great window display, and even greater sales.</p>
<p>The Wharf Boats Display Fireworks and dazzling boats on the Potomac River will be free to observe and enjoy this Winter.</p>	<p>Ice Skating on the Mall The Garden Ice Rink will be open for skating from 10 am until 9 pm on most weekdays of the season, .</p>	<p>Kramerbooks & Afterwards This season, Kramerbooks is having their Passport Promotion, in which you get a chance to get free the more you buy.</p>
<p>National Zoo Lights If the animals don't come out, don't fret—this season, you can enjoy the gorgeous Christmas Lights instead!</p>	<p>Holiday Sing Along at Wolf Trap Come join the carol singers at Wolf Trap along with Santa Claus and Frosty the Snowman.</p>	<p>Georgetown GLOW Don't miss out on the brilliant light display that happens every year in Georgetown.</p>



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