

## Capital Clubhouse Celebrates into the New Year

February was a busy month at Capital Clubhouse. We decided to celebrate the Lunar New Year by making Chinese lanterns and using them to decorate our doors. Happy Year of the Pig to everyone! We hope it is a healthy and happy year for all of you!

At Clubhouse, colleagues work together to learn and practice ways to stay healthy throughout the year. Clubhouse standard # 28 states, "The Clubhouse provides assistance, activities and opportunities designed to help members develop and maintain healthy lifestyles."

February was heart health month and members researched heart healthy tips and shared them in a heart envelope. Here are some of the tips we shared:

- Limit junk food;
- Engage in five 30-minute moderate exercise sessions per week;
- Eat 1-2 pieces of fresh fruits and vegetables per day;
- Stress less;
- And, of course, Breathe!

Since maintaining our wellness means adopting a healthy diet, colleagues research healthy recipes for our lunches. On page two we share some of our favorite recipes and encourage you to try them.

Helping others is also good for our mental health. Our members decided to help others by making blankets for the Wendt Center's summer camp for children coping with grief and loss.

Remember, you're always welcome to join us for a healthy lunch. Just call us at (202) 308-9690 and let us know when you want to visit.

### ***A Visit to the Portrait Gallery during Black History Month and near President's Day***

*Top left to bottom right: Sharing a laugh in front of rapper LL Cool J; posing w/our former First Lady; taking a rest in the President's wing; President Obama*





## Cooking!

Lunch is an important part of our day together at Capital Clubhouse. Members and staff team up to cook a delicious, usually hot, meal using fresh ingredients. We enjoy tasty food and good conversation at our lunch table.

We were in great need of hot mats for our pots and pans, so we put our glue gun to good use and made wine bottle cork trivets!

### Capital Clubhouse's Favorite Recipes

**Enjoy these heart-healthy dishes to keep you well through the change of seasons!**

**Lentil Soup**—This tasty soup also includes spinach! From [www.thecozyapron.com](http://www.thecozyapron.com). Good with either chicken or vegetarian broth.

**Butternut Squash Soup**—Also vegan; we used apple juice instead of the milk. Mollie Katzen's Creamy Squash Soup can be found at [www.moosewoodcooks.com](http://www.moosewoodcooks.com)

**Chicken Noodle Soup**—We used Gluten Free noodles and were able to make a vegetarian version of it before adding chicken. From [www.tasteofhome.com](http://www.tasteofhome.com) website; "The Ultimate Chicken Noodle Soup."

**Best Healthy Coleslaw Ever**—(No mayo!) This coleslaw was a big hit with Clubhouse colleagues! Found at [www.ambitiouskitchen.com](http://www.ambitiouskitchen.com).

**Turkey Chili**—A very hearty and warming chili. We added three different types of canned beans, so we could have a vegetarian version. From [www.alittleinsanity.com](http://www.alittleinsanity.com)'s recipe with the addition of celery, carrots, and garlic!

**Teriyaki Turkey Rice Bowl**—An excellent and healthy combination of turkey, broccoli, carrots, green onions. Can be found on [www.yellowblissroad.com](http://www.yellowblissroad.com).



## Sharing Community!

Upper Left to Bottom Right:  
Celebrating Chinese Lunar  
New Year; Brenda's 60th  
birthday; Heart Health  
Month; Making blankets for  
the Wendt Center's summer  
camp for children coping  
with grief and loss.



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 @CapitalClubDC

 @CapitalClubhouse

## Capital Clubhouse

*A community where people recovering from mental illness can achieve their full potential and be respected as co-workers, neighbors, students, and friends*

### Capital Clubhouse's Wish List

- 1 or 2 new or refurbished laptops for member use
- Food Processor to expand our use of recipes
- Binding machine to collate resource booklets

For more items go to our  
Amazon Wish List:  
<http://a.co/42j5Zn6>

**Don't forget to use Amazon Smile  
and designate Capital Clubhouse  
Inc. in Washington, DC!**



### English ⇌ Spanish Learning

We're excited that our diverse community at Clubhouse includes a Spanish speaker, and in order to help us all expand our ability to communicate we will be including some language lessons in our newsletter.

- |   |   |                                       |
|---|---|---------------------------------------|
| What task do you want to do this morning? | ⇌ | ¿Qué tarea quieres hacer esta mañana? |
| What exercise do you enjoy?               | ⇌ | ¿Qué ejercicio te gusta hacer?        |
| Do you want to help cook today?           | ⇌ | ¿Quieres ayudar cocinar hoy?          |