

COMPASS

THE NEWSLETTER OF CAPITAL CLUBHOUSE INC

OCTOBER 2021

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Coming Together at Capital Clubhouse

Our New Daily Schedule

Monday - Friday 8:30am-4:30pm

Open 8:30am

Coffee/Social Hour 8:30-9:30

Wellness 9:15-9:30

Morning Unit Meeting 9:30-10:00

Task Work 10:00-12:00

Lunch 12:00-12:45

Afternoon Unit Meeting 1:00-1:30

Task Work 1:30-4:30

Close 4:30pm

What Are We Currently Doing at Clubhouse?

By Brenda & Montell

Learning Daily Living Skills such as cooking, laundry, cleaning up after ourselves, cleaning restrooms, washing dishes, mopping the floors
We are learning how to eat healthy, stay active, and be engaged with our community

CLUBHOUSE STANDARD IN ACTION

By Jessie, Brenda, Fred and Jon

#1 Membership is voluntary and without time limits.

Membership is a benefit that is available for life, you can formally terminate your relationship with the Clubhouse, but it is often repeated that “once a member, always a member.” Nobody can be forced to come to Clubhouse. There are no set times during the day to come and go. You can skip a day or more, though Clubhouse will be in touch to check in on you, let you know you’re missed and that there’s still work to do. If you decide to leave for a long time, you can still come back again. Even if someone is asked to leave for some reason, they can still come back once they obtain a referral showing the issue is resolved.

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Employment and Education Updates

By Jon, Brenda, and Montell

Last month we had our first in-person employment dinner. Members from B'More Clubhouse of Baltimore visited us and spoke about their experiences with Transitional Employment (TE). We were able to learn from other members' experiences and how they adapted. We learned how to get a job and how to cope during a job. We also learned something about what it's like to work on a team out on a work site, similar to the collaboration that happens at Clubhouse.



News Updates

We're CFC #47097

We are part of the Combined Federal Campaign this year! Tell your friends and acquaintances! Tell someone who hasn't heard of us!

Our CFC number is: 47097. Thank you in advance for the new contribution!

Seeking New Members

Capital Clubhouse is back to offering in-person services in an awesome space and location, Monday through Friday. We want additional members! Check out [Get Involved](#) on our Website for the Referral Form in order to join our community and thrive!



Spanish Corner

Let's learn about Hispanic culture!

Check out the Pleibol! exhibit at the Smithsonian Museum of American History to learn about the history of U.S. Latino baseball, its role as a social and cultural force within Latino communities, and how Latinos influenced the game.



In the Spotlight

Carlette Jones

Graduate Student Intern - George Washington University,
Interviewed By: Mark H. and Renée



Where are you from?

I'm from Augusta, Georgia.

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

I would like to get more experience learning the Clubhouse model, to engage with all of the members here at Clubhouse and to work side by side with people living with mental illness.

What excites you about working at Capital Clubhouse?

I feel like each day is different, and with that I get to learn different skills and have unique experiences.

When will you graduate and what would you like to do afterward?

I will graduate in May of 2022, and I would like to get licensed and become a counselor. At this time, I really want to find a job that combines my undergraduate education in Forensics with my masters in Counseling.

What hobbies do you have or what do you like to do in your spare time?

I like listening to music, exploring DC, walking, and going to museums.

What is your favorite type of food?

My favorite type of food right now is Asian food, but my favorite type of food changes!

What is your favorite experience or thing to do/place to go in DC?

Before the pandemic, I used to choose a new restaurant to visit, and then I would explore the neighborhood around it. My favorite place was Bus Boys and Poets on U Street!

Cooking Corner

Healthy Butternut Squash Bisque

Ingredients:

1 Tbs Canola Oil
1 Tbs Unsalted butter
1/2 cup diced onions
3/4 cup diced carrots
4 cups peeled and cubed
butternut squash
3 cups vegetable stock
salt and pepper to taste
1 tsp Nutmeg

Instructions:

Step 1: Heat the oil and melt the butter in a large pot over medium heat. Cook and stir the onion in the butter until tender.

Step 2: Mix the carrots and squash into the pot. Pour in vegetable stock and season with salt, pepper, and nutmeg. Bring to a boil, reduce heat, and simmer until vegetables are tender.

Step 3: In a blender or food processor, puree the soup mixture until smooth. (If you do not have either kitchen tool, mash the tenderized vegetables until smooth.) Return to the pot, and stir in the milk. Heat through, but do not boil.



Ways to Thrive

By: Julian, Mark H., Renee, and Jon

Getting out of the house and coming to Clubhouse is one way that you can thrive! Our members enjoy doing tasks that they are good at, such as cleaning and cooking, which makes them feel accomplished. Members also enjoy trying new things, like helping with attendance tracking or posting on social media, which leads to the development of new skills. Members can work at their own pace and take breaks when needed, which helps them to stay focused on their tasks and feel like a productive member of our community. It is important for everyone's mental health to have something to look forward to, and to have a place to go where you feel a sense of community.

Clubhouse Chronicles

[Real live stories from real live people!]

There are many difficulties for someone living with mental illness. Dealing with stigma is one of them. We often experience and feel the stigma simply from built up past experiences, even when it is not really there. Clubhouse's primary missions are recovery and health care equality, so it is natural for members to want to put something into the community. It allows us to work and live independently and with dignity like everyone else. It also helps us to be enthusiastic about our tasks, which can give us a small sense of "ownership" and "belonging". In the clubhouse, we take better care of ourselves than before.



is part of the CFC!

#47097



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