

# COMPASS

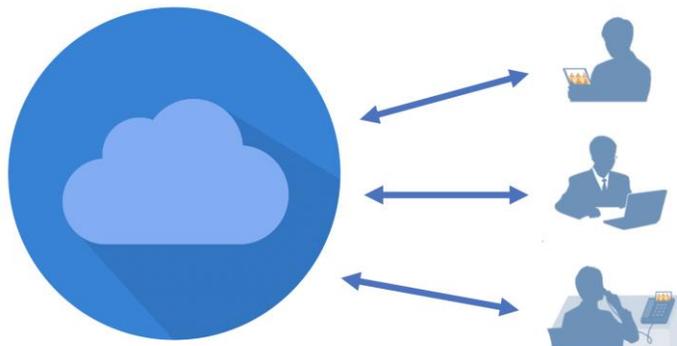
THE NEWSLETTER OF CAPITAL CLUBHOUSE INC.

APRIL 2020

VOLUME 2, ISSUE 3

## Staying Connected

by Hunter Flores



Our Clubhouse building is closed, but our Clubhouse community is open via Zoom and ongoing member reachout. Keep watching this space, along with Facebook and Instagram. We meet daily to share what we've found and to reach out to other members.

Who's at highest risk for getting the virus? Seniors, those with compromised immune systems, people with other medical risks, those who are pregnant, and those who may be suffering from mental health issues, new or pre-existing. All of the above can be complicated by social isolation. There are many organizations springing up to connect higher risk people with healthy volunteers. You can check Facebook or Neighborly. You could try The Table Church in Washington, D.C. It is offering a neighborhood mutual aid system. Be sure to follow all World Health Organization guidelines, whether you're a volunteer, paid worker, or aid recipient.

### Have needs during this time? Looking for Resources?

We made a shared [google document](#) that we regularly update with information.

Just ask a fellow member or staff for the document

You can also contact clubhouse at 202-308-9690 or 202-817-9042

## Clubhouse Standard in Action

by Saunya Connelly

7. The Clubhouse provides an effective reach out system to members who are not attending, becoming isolated in the community or hospitalized.

During the daily Clubhouse unit meetings, staff and members are assigned members who have not been to Clubhouse in recent weeks. These members are

contacted via phone, email, or text to determine their mental and physical health and to ensure that they are not endangered of becoming socially isolated or hospitalized. During the Covid-19 pandemic and the District of Columbia stay at home order, the Clubhouse has not been able to meet in person. Clubhouse staff and members have been meeting daily virtually via Zoom. Reach out efforts continue on a daily basis to ensure the physical and mental well-being of all its members especially during these trying times.

**Capital Clubhouse now has two phone numbers: 202-308-9690 and 202-817-9042**

 [@CapitalClubhouse](#)  [#CapitalClubDC](#)  [#capitalclubhouse](#)

## How to Connect with Us! Zoom Meeting Instructions

**With a Smartphone** or other computer just click on the link given via email for the meeting. The link starts with <https://zoom.us/...>

**When calling from a phone** only (no video)

1. **Dial** the 301-number provided
2. You will be prompted for the **Meeting ID** then hit #
3. You will be prompted for a **Participant ID**. Just Hit #
4. You will be prompted for the **Meeting Password**.  
**Enter password** given for the meeting and then **Press #**.

COME TO THE CAPITAL CLUBHOUSE  
VIRTUAL BEACH PARTY!

Decorate your surroundings or yourself ... just beaching it!

1:00pm on Tuesday April 28

Connect at <https://cutt.ly/9t0snD9> or use the QR code over there

Meeting ID: 918 522 7002

Password: Clubhouse

OR

Dial: 301 715 8592

Meeting ID: 918 522 7002

Password: 401472

## Spanish Corner With Maria N

Spring	<->	Primavera
Flowers	<->	Flores
Trees	<->	Arboles
Rain	<->	Lluvia
Beauty	<->	Belleza
Kindness	<->	Amabilidad
Friends	<->	Amigos
Community	<->	Comunidad
Connecting	<->	Conectado
Health	<->	Salud

## In the Spotlight

Interview with Brenda Frazier  
by Saunya Connelly



### **Where were you Born?**

Brenda was born and raised in Washington, DC and like Saunya has lived in all sections of DC (SE, NE, and NW) except SW.

### **Where did you go to school?**

Brenda attended D.C. Public Schools throughout her education. While the DCPS may have had challenges at that time, distance learning was not one that students had to encounter.

### **Do you have any pets?**

Brenda has a 9-year old miniature Australian Shepherd named Duchess which she adopted from the D.C. Animal Shelter 2 years ago. Duchess recently celebrated her birthday 🎂

### **What's one of your favorite places to go in D.C.?**

Brenda likes to walk Duchess around the neighborhood 2 or 3 times a day (practicing social distancing of course). Although this is one of Brenda's favorite activities, it is not always on Duchess' agenda. A few times they have had to take a cab home because Duchess refuses to walk back, LOL.

### **What are your hobbies?**

Brenda enjoys watching movies, walking Duchess, cooking, and board games (especially Scrabble). She also likes to cook for Duchess. She has a dog cookbook so she can prepare Duchess homemade meals.

### **What do you like about Capital Clubhouse and how long have you been a member?**

Brenda has been a Clubhouse member since its opening 2 years ago. She enjoys preparing and eating communal meals with the other Clubhouse members. She also likes the variety of activities to choose from during the morning unit meetings; she also likes to work with members and staff on those activities.

### **What are three words that describe you?**

Brenda considers herself talkative, respectful and friendly. *This interviewer would quite agree. It was a pleasure to interview her so that we could get to know her better.*