

# COMPASS



THE NEWSLETTER OF CAPITAL CLUBHOUSE INC

DECEMBER 2022

VOLUME 4, ISSUE 12

## What Are We Doing at Clubhouse?

### MONDAYS:

Tech Talk at 9:00am  
Job Talk at 2:30pm

### New Member Orientations

Mondays, Wednesdays, Thursdays 10:00am

### TUESDAYS:

Education Hour 2:00pm-3:00pm

### Holiday Decorating

Thursday, December 8th 10:30am-12:00pm

### WEDNESDAYS:

Community Planning Meeting 12:30pm

### Affordable Housing Talk

Wednesday, Dec. 14th 11:00am

### THURSDAYS:

Social Event Planning 11:30am  
Typing Tutoring 2:00pm-3:00pm

### Employment Dinner (monthly)

Thursday, December 15th 5:00-6:00pm

## CLUBHOUSE STANDARD IN ACTION

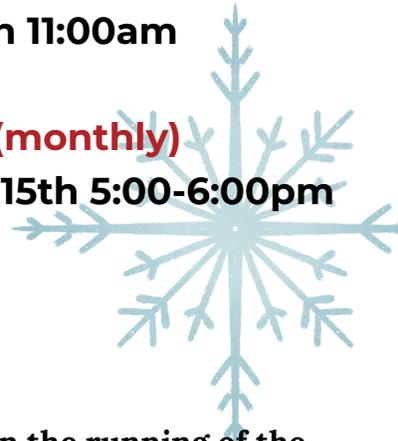
By: Codie

15. The work-ordered day engages members and staff together, side-by-side, in the running of the Clubhouse. The clubhouse focuses on strengths, talents and abilities; therefore, the work-ordered day must not include medication clinics, day treatment or therapy programs within the Clubhouse.

The Clubhouse is about socializing. It's about becoming more independent. Members engage in daily tasks that help with this transition. The skills gained through the work at Clubhouse often translates to life outside of Clubhouse. Nothing is mandatory. We contribute to the Clubhouse based on what we want to do. The better engaged you are in Capital Clubhouse the more you'll benefit.

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## Health & Wellness

By: Jon, Hunter

*"December for many of us is a time that the year draws to an end. It is a time of community awareness. Gathering with family. Making resolutions for the year to come." -Jon*

In our 7th Standard, it says that the Clubhouse "provides an effective reach out system to members who are not attending, becoming isolated in the community or who are being hospitalized." It is important to us to reach out to our members who may struggle during the holidays, which can be a tumultuous and emotional time for many.

Because we are aware that some members may not feel comfortable spending the holidays with family or friends, we have provided a list for ways that members can alternatively spend the holidays:

- Watch a movie with friends on a streaming service, such as Disney+, or another platform, such as Discord.
- Connect with others by volunteering somewhere - just be sure to sign up for the opportunity before the holidays, as plenty of slots can be filled up fast.
- Discover some local holiday sites - such as the National Zoo Lights and our National Christmas Tree.
- Enjoy hot cocoa or hot apple cider and a great podcast on iHeartRadio.
- Create new traditions - now would be a great time to think about what makes life meaningful to you, and how you can express that meaning through new traditions.
- Do a Secret Santa draw with your closest friends or colleagues.

## Members Speak

### What positive transitions have you made this year?

Codie's transition this year was refraining from all substances for an entire year (including coffee).

Transition from using substances to being sober.

Hunter has been making a lot of big transitions this year related to her recovery. She has been teaching herself how to dance, a long-time dream of hers. For her, it is a transition from living in fear to conquering her fears.



## Board Members In the Spotlight

### Codie M and Jon W

#### What motivates you to be on the Board of Capital Clubhouse?

**Codie:** I am motivated to take on a larger responsibility. I want to be a voice for not just myself but for the community of Capital Clubhouse members.

**Jon:** What motivated me to be on the board is to make sure member's interests are represented on it.

#### What goals do you have for being on the Board?

**Codie:** I would like to enhance the Clubhouse members' experience through increasing connectivity between Board, donors and the members of the Clubhouse.

**Jon:** I'd like to learn more about how our organization is run and find new ways to contribute beyond the work-ordered day.



## Education and Employment

### Education Program

Every Tuesday and Thursday, Clubhouse members can join our "Education hour." This is time designated to ensure members have access to education on topics they are interested in. When members come to education hour they receive one-on-one tutoring from community volunteers and other members.

Currently, our education program covers typing, a wide range of computer skills including basic skills, internet basics, email, Microsoft Office, and more. We will be adding budgeting/money management starting January 17th!

### November Employment Dinner

For the month of November, our Employment, Education, and Housing Coordinator, Sierra Meyer, gave a presentation to the group highlighting the key differences between SSI and SSDI, where these sources of income come from, and how they are calculated based on means and individual situations. Together, we learned that SSDI comes from the disability money accrued during periods of employment (10 yearly quarters - or approximately 2 years - worth of employment) and SSI is federally funded tax dollars meant to help those who are severely disabled and cannot work. We learned that SSI is only meant to cover critical food and shelter, but that SSDI can be used more flexibly. We were educated on the Ticket to Work program and how it can help members get on a stable employment path that will help them achieve permanent independence.

We at Clubhouse were left empowered by the information shared during Sierra's presentation, better equipped to take charge our finances and thus our lives.

## Clubhouse News

### Getting Our Wellness On!

by Codie and Amy

For their Capstone Project, students of American University's Public Health studies brought us a wellness program. They shared with us perennial knowledge of the benefits of physical and mental practices that we can do at Clubhouse or elsewhere. At their visits to Clubhouse they learned from us what we like as far as exercise, music, etc. The end result was a guide that gives aerobic, anaerobic, and mindfulness exercises. They even helped us start a music playlist to use in the Clubhouse and on our own. We are grateful for this motivation that inspires us to work on our wellness.

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Clubhouse  
Inc. . . .



Improve your well-being and health with our

## MINDFULNESS & EXERCISE GUIDE

Sifan Tolosa  
Hanan Alawe  
Bryana Dyson  
Sylvie Prepetit  
Issac Kuniakose

*Thank you to our donors for your generosity and we wish you a Happy Holiday Season!!*

## Support Capital Clubhouse

Go to our LinkTree:

<https://linktr.ee/capitalclubhouseinc>

Donate via Benevity or CFC # 47097

And designate us as your charity in  
AmazonSmile



## Schedule

**Monday - Thursday 8:30am-3:00pm**

**Fridays 8:30am-1:00pm**

**Open 8:30am**

**Light Breakfast 8:30-9:30am**

**Wellness 9:15-9:30am**

**Morning Unit Meeting 9:30-10:00am**

**Lunch 12:00-12:30pm**

**Afternoon Unit Meeting 12:45-1:15pm**

**Close 3:00pm/Fridays 1:00pm**



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