



THE NEWSLETTER OF CAPITAL CLUBHOUSE INC

DECEMBER 2020

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## How Are We Connecting in December? Read on..

**MONDAY THROUGH FRIDAY  
VIRTUAL CLUBHOUSE!**

### *Upcoming Events*

Wake up to Wellness	9:00 AM
Social Time	9:30 AM
Morning Unit Meeting and WOD	10:30 AM
Afternoon Unit Meeting and WOD	1:00 PM
Wrap-Up Meeting	3:00 PM

### *Intentional Community Discussion*

A necessary conversation about inclusivity in our community  
**Thursday, Dec. 3rd, 10:30 am**

### **Weekly Meetings**

Social Media	Mondays	1:00 PM
Community Mtg.	Tuesdays	3:00 PM
Reading Group	Tuesdays	4:00 PM
Typing Club	Wednesdays	11:30 AM
Cooking Corner	Thursdays	2:00 PM
Life Skills	Fridays	2:00 PM

### **OPEN HOUSE**

**Tuesday, December 15th, 2pm  
on Zoom!**

Our first of monthly Open House events for potential members and the community to learn about us. Call us for the schedule!

All on the same Zoom link!

## CLUBHOUSE STANDARD IN ACTION

*by Julian, Irving, Amy*

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.

Everyone works together in running the Clubhouse, there are equal opportunities. Its all about the members of the clubhouse (we aren't interrupted by the case managers, psychiatrists and all our other social workers). Clubhouse is run by the Clubhouse and not by any outside organizations.

**info@capitalclubhouseinc.org | 202-308-9690 | 202-817-9042**

www.capitalclubhouseinc.org

## Clubhouse Cooking Corner

### Sugar Cookies!



#### Ingredients:

2 ¾ cups all-purpose flour, 1 teaspoon baking soda, ½ teaspoon baking powder, 1 cup butter, softened, 1 ½ cups white sugar, 1 egg, 1 teaspoon vanilla extract

**Step 1:** Preheat oven to 375 degrees F (190 degrees C). In a small bowl, stir together flour, baking soda, and baking powder. Set aside.

**Step 2:** In a large bowl, cream together the butter and sugar until smooth. Beat in egg and vanilla. Gradually blend in the dry ingredients. Roll rounded teaspoonfuls of dough into balls, and place onto ungreased cookie sheets.

**Step 3:** Bake 8 to 10 minutes in the preheated oven, or until golden. Let stand on cookie sheet two minutes before removing to cool on wire racks.



**STAY HOME** **WEAR A MASK!**  
**OR 2!**

### Ways to Thrive and Survive the Pandemic

**The pandemic continues. It's boring. We can't do what we want to do. I want to be back in the clubhouse, but can't.** How do we keep surviving this?

Here's what our members say: "I got a computer and I can do more than I could before." "I got a smartphone." "I didn't jump straight back into work but went through a mini transformation." "I'm calling people more often and I'm using the computer more often."

**Here's how we'll keep surviving:** Learn to cook that dish you always wanted to try. Practice a new language. Take a walk. Spend time with Clubhouse members. Play video games. Stay busy - finding ways to improve old skills or hobbies. Try to implement therapist's suggestions with newfound time. Exercise. Watch new shows on TV. Create a structured routine. Find and attend an online 12-step meeting.



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## In the Spotlight

### The American University Public Health Capstone Volunteers

by Irving, Mark H. and Anna

#### What is the Young Professionals Advisory Board?

A group of young professionals advising Capital Clubhouse on bettering services to younger constituents, helping with fundraising, and getting involved in general.

#### How long have you been involved in the YPAB? How long have you worked with the Clubhouse?

We have been working on creating the YPAB for the past 3 months through our Capstone Public Health Class at American University.

#### What made you want to work with Clubhouse?

"The Clubhouse model is a more effective way to help people facilitate their own mental healing process - that isn't frequently used in the mental health field."

#### What's one takeaway/lesson you've learned from working with Clubhouse?

We appreciate the inclusion that Capital Clubhouse represents, everyone is working together. We also appreciate the diversity of members, across ages, abilities, and diagnoses.

#### What is one thing you can take from Clubhouse that you can use in your daily life?

One thing is the importance of talking with everyone you can about an issue area, and hearing all sides, not just from your perspective.



#### What are your favorite hobbies when you're not working/in class?

Listening to music, relaxing, cooking, playing video games, watching TV.

#### How do you feel about doing everything on Zoom rather than in-person?

There is more accessibility in that we are online, but it does make it harder because you feel less connected to other people. Also, you miss the human connectivity of everything.

**Thank you to Amelia Molinari, Hunter Stephens, Manali Neeck, and Tezel Byrnes for their work with us this semester.**

## Peace on Earth

Spanish - Paz en la tierra

Chinese - 世界和平

French - Paix sur la terre

Korean - 지구상의 평화

Arabic - السلام على الأرض

Vietnamese - Hoà Bình trên trái đất

Amharic - በምድር ላይ ሰላም

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# Employment and Education Corner

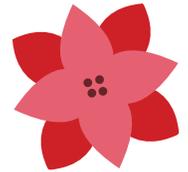
As we approach the end of the year, we wanted to celebrate some of our member's accomplishments in their employment and educational pursuits:



- Irving volunteers now at Bread for the City, finds it fun and appreciates being able to be busy in the morning.
- Tina is working on completing her second Byte Back computer skills class
- Hunter is applying for jobs at the moment!

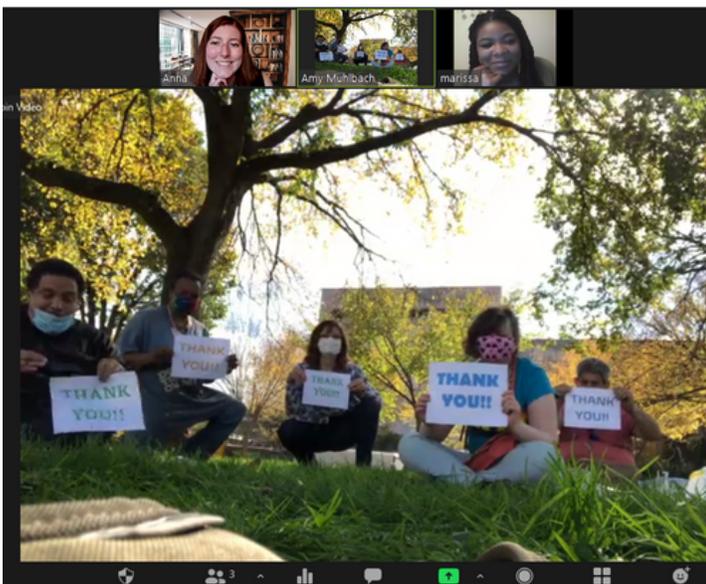


## Happy Holidays and



## A grand thank you to our supporters!

### from all of us at Capital Clubhouse



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