

# COMPASS

THE NEWSLETTER OF CAPITAL CLUBHOUSE INC

MARCH 2021

VOLUME 3, ISSUE 3

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

### MONDAY THROUGH FRIDAY VIRTUAL CLUBHOUSE!

Wake up to Wellness	9:00 AM
Social Time	9:30 AM
Morning Unit Meeting and WOD	10:30 AM
Break for Lunch	12:00-1:00 PM
Afternoon Unit Meeting and WOD	1:00 PM
Wrap-Up Meeting	3:00 PM

### Weekly Meetings

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

All on the same Zoom link!

### Upcoming Events

#### *Employment Dinner!*

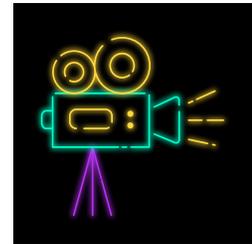
**Week of March 25th**

Employment Dinner (Virtual)  
@ 5:30 PM!

#### *March Social*

**Movie Night on March 17th**

Join us to celebrate our Clubhouse  
friendships.



## CLUBHOUSE STANDARD IN ACTION

by Stanley, Fred, Jon, Anna, Irving

27. Community support services are provided by members and staff of the Clubhouse. Community support activities are centered in the work unit structure of the Clubhouse. They include helping with entitlements, housing and advocacy, promoting healthy lifestyles, as well as assistance in accessing quality medical, psychological, pharmacological and substance abuse services in the community.

Together we help keep people on track, and during our daily work unit structure we integrate healthy lifestyles (washing hands, eating well). Members feel like they can receive care and support with dignity. Members' general knowledge can support their finding programs that may work for other people (housing, medical, jobs and more).

[info@capitalclubhouseinc.org](mailto:info@capitalclubhouseinc.org) | 202-308-9690 | 202-817-9042

[www.capitalclubhouseinc.org](http://www.capitalclubhouseinc.org)

## Employment and Education Updates

We are developing our Transitional Employment Program starting with learning what kinds of jobs we would want to have. We also had our first Job Talk-identifying skills we need for job interviews. Finally we had a successful first Employment Dinner on February 25th with Tyla Harley-Murph as our guest speaker. 12 people attended. We are excited to continue this virtual event series!

## News Update A New Space for Clubhouse

We are in search of a new space for Capital Clubhouse where we will have Clubhouse when it is safe to meet in person. Currently we rent shared space in a church but have been operating on Zoom because of public health and safety protocols.

What we are looking for:

- ADA compliant (wheelchair accessible)
- Good size kitchen
- Common room/meeting space
- Located near public transportation (buses and metro)
- Our own safe space (not shared with other organizations)

If you have any leads or ideas for Clubhouse's new space, please contact [info@capitalclubhouseinc.org](mailto:info@capitalclubhouseinc.org) or (202) 308-9690

## March Is National Nutrition Month

By: Tina, Stanley, Irving, Julian, and Brenda

Here are ten tips we like for a healthy lifestyle:

1. **Get enough sleep**
2. **Eat fish (salmon is great)**
3. **Drink water (hydrate, hydrate, hydrate)**
4. **Get out in the sun, or take a vitamin D3 if you can't get sun**
5. **Use extra virgin olive oil**
6. **Get Cardio (go for a walk!)**
7. **Add herbs and spices to your food (many of these are packed full of healthy anti-oxidants)**
8. **Eggs are nature's multivitamin**
9. **Eat plenty of fiber**
10. **And don't forget your fruits and vegetables**

## EASY PEASY RECIPE from Brad

3 Ingredients:

Brown Sugar, Sour Cream,  
Strawberries

Instructions: Dip strawberries in  
sour cream + brown sugar



## In the Spotlight

### Kara Poorbaugh

Intern from American University,  
Undergraduate Psychology  
by Stanley



#### How long did you live in DC?

I have lived here in Northern VA for a year and a half.

#### What brought you to Clubhouse?

I was looking for an internship and applied to Capital Clubhouse because I liked the model of working together as a community and there was not a hierarchy within the community.

#### What do you like about the Clubhouse?

I love that everyone is so welcoming and so kind.

#### What are you studying in college?

I'm studying psychology.

#### How long does it take to get your degree?

4 years for my BA, Bachelor's of Arts degree.

#### What made you want to go into this field?

I was a hairstylist working with clients who had interesting backgrounds and developed my love for listening and understanding people.

#### What are your career goals?

I start grad school in the fall at George Mason University and will study developmental psychology.

#### Where would you like to go on a Clubhouse field trip?

The Smithsonian Zoo

#### Do you have any pets?

I have a Siamese cat named Tigerlily.

## Support Capital Clubhouse.

When you shop at [smile.amazon.com](https://smile.amazon.com),  
Amazon donates.

[Go to smile.amazon.com](https://smile.amazon.com)

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## Spanish Corner

### Nutrition Month Words

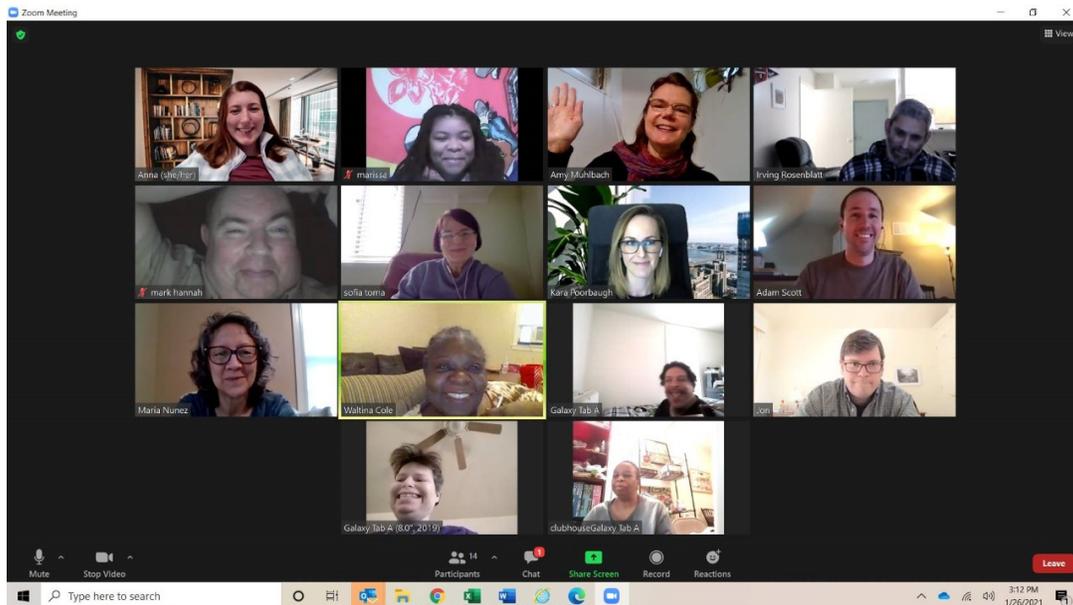
nutrition-nutricion  
olive oil - Aceite de olivo  
hydrate-hidratar  
antioxidants-antioxidantes  
vitamins-vitamina  
salmon - salmón  
exercise - ejercicio  
metabolism-metabolismo  
lime- limon  
strawberry- fresa

## Ways to Thrive

by *Clubhouse Colleagues*

For many of us the days all start to blend together or feel the same. We need a change, big or small. To thrive, here are some things our members are doing to move ahead or leave unneeded things behind.

- Stanley shared that, "Writing a short biography about yourself is great for releasing stress; write down past, learn from it, and work to move on."
- Hunter is moving on from the toxic people in her life, making space for more supportive and compassionate people instead.
- Mark says he is "strengthening my legs more to increase my mobility."
- Jessie says she is "working to let some of the past grief go and meditate more" and "smiling more!"
- Brad is "making a commitment of time and listening to hear what others are going through."
- Irving wants to work on improving his mental health and work towards fewer depressive episodes.



Interested in learning about  
Capital Clubhouse?  
Request a virtual tour!

Email us at [info@capitalclubhouseinc.org](mailto:info@capitalclubhouseinc.org)



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