



THE NEWSLETTER OF CAPITAL CLUBHOUSE INC

NOVEMBER 2022

VOLUME 4, ISSUE 11

## What Are We Doing at Clubhouse?

### MONDAYS:

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

### TUESDAYS:

Typing Tutoring 2:00pm-3:00pm

### WEDNESDAYS:

Community Planning Meeting 12:30pm

### THURSDAYS:

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

### New Member Orientations

Mondays, Wednesdays, Thursdays 10:00am

### Employment Dinner (monthly)

Thursday, November 17th 5:00-6:00pm

### November Social

Friday, November 11 8:30am-1:00pm



## A Thank you to Our Supporters

Thanks to your generous support, Capital Clubhouse is helping individuals make positive changes in their lives ...

"I did not know how to cook and at Capital Clubhouse I learned how to cook new recipes."

"I am able to do work, learn how to save money, and dismantle my mental illness."

"I get to connect with other people with mental health issues."

"Although I am moody, I feel good when I am here and positively participating."

"I enjoy the social aspect of Clubhouse."

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## Health & Wellness

By: Hunter

### Making a gratitude jar:

Step 1: Find a jar or box.

Step 2: Decorate the jar however you wish - make it pretty so you'll use it every day!

Step 3: Each day, think of at least three things you are grateful for. It can be something as benign as a coffee at your favorite place, or as grand as the love of your significant other or dear friend. Write it down on a slip of paper and drop it in the box.

Whenever you're feeling down, you can open the jar and read the slips of paper, reminding you of all of the wonderful things in your life.

Some more ideas for daily wellness:

- Practice breathing exercises
- Take it one step at a time
- Listen to music
- Do something you love
- Go for a walk outside
- Go to the gym
- Read a book



## CLUBHOUSE STANDARD IN ACTION

By: Hunter

**Standard #9 Clubhouse staff are sufficient to engage the membership, yet few enough to make carrying out their responsibilities impossible without member involvement.**

An important aspect of this standard is the fact that the focus is on increasing members taking initiative. At Clubhouse, the goal is to empower members so everyone has the tools they need to reach their own level of independence.

Staff are here to help members, but it's up to the members to show up and be involved. Both member and staff input should cooperate jointly.

Having too much staff on hand could discourage members from taking on tasks and challenges on their own, relying too heavily on staff.

# Member In the Spotlight

## Daniel Runnels

### What do you do for work?

I'm a mail clerk for an agency.

### How did Clubhouse help you prepare to return to your job?

Giving me a routine that helped me prepare for the transition to work. Getting on the bus, coming in to do work. Otherwise, I would have been idle with no activity while away from the office, which lasted a few months.

### What are you looking forward to the most returning to work?

I look forward the most to returning to an organization, structure, and of course my regular pay.

### What has it been like transitioning from Clubhouse back to your job?

The transition has been smooth - having the Clubhouse experience to occupy my space and time.

### What advice would you give to other members who want to return to the workforce?

I would encourage others to be energized - have your strengths handy and be focused.

**“My favorite time at Clubhouse is social hour/breakfast because it helps me gradually get into the spirit of the work-ordered day, as mornings start off slow for me.” ~ Jon**

## Clubhouse News

### Skill building and plant growing

In addition to Clubhouse operations, members participate in Tech Talk to assist with growing technology skills; Job Talk, where we identify and work on specific job readiness aspects; and Typing Tutoring, for members wanting to improve that skill.

We also have a rosemary plant! We water "Rosemary" three times a week and we verbally encourage her to grow! We plan to grow more herbs in the Spring.

### Get your Wellness On!

Join us on Tuesdays in November, when Capstone Students from American University come to the Clubhouse to meet and work with members to make a Wellness guide.

We just welcomed them for the first of three visits.

### More Student Interns!

#### Lauren Nickerson, University of Maryland School of Social Work

I am interning at Capital Clubhouse to get more experience working with different members of the community. I also love that our Clubhouse in particular is rich with member diversity.



#### Eduardo Figueroa, University of Maryland - College Park

Eddy is a sophomore studying Psychology and says, "I wanted to intern at Capital Clubhouse in order to get hands-on experience in the field of psychology while also making a difference in people's lives."



## Recent Social Events

On Wednesday October 19th, we held our first Fall Festival at Capital Clubhouse from 3-5pm. We had a lot of fun activities such as: pumpkin painting, corn hole, and mummy wrapping. We also enjoyed various snacks and treats.

Fall Festival was a complete success and a lot of fun for members.

"My favorite part of Fall Festival was painting small pumpkins and eating candy apples. I had so much fun!!!" - Kadeem

"My favorite part was painting the pumpkins and being a mummy"- Codie



## Job Talk

Job talk is a scheduled activity, every Monday from 2:30-3:00pm. During this time, we work on job readiness skills. Some examples include: creating resumes, practicing interview questions, learning about workplace attire, discussing positive and negative people skills, practicing conflict resolution, and more.

In the activity pictured on the left, members were practicing interviewing their partner, remembering the answers given, then everyone took turns introducing their partner to the whole group.

## 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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