

COMPASS

THE NEWSLETTER OF CAPITAL CLUBHOUSE INC

JANURARY 2022

VOLUME 4, ISSUE 1

Our Daily Schedule

Monday - Friday 8:30am-4:30pm

Open 8:30am

Coffee/Social Hour 8:30-9:30am

Wellness 9:15-9:30am

Morning Unit Meeting 9:30-10:00am

Task Work 10:00-12:00pm

Lunch 12:00-12:45pm

Afternoon Unit Meeting 1:00-1:30pm

Task Work 1:30-4:30pm

Close 4:30pm

What Are We Doing at Clubhouse?

Virtual Clubhouse!

To curb the spread of COVID in our Community, we are virtual temporarily.

Join us on Zoom!

[Click this link](#) or give us a call!

Martin Luther King Jr. Day

Monday, January 17th

"Beloved Community" Clubhouse Social
(stay tuned for details)

Employment Dinner

Wednesday, January 26th, 5:00pm. You won't want to miss it!

CLUBHOUSE STANDARD IN ACTION

By Jon, Irving, and Leah

Proposal to Change Standard #4

Current Standard: All members have equal access to every Clubhouse opportunity with no differentiation based on diagnosis or level of functioning.

Proposed Change: All members have equal access to every Clubhouse opportunity.

Our members support this change for the following reasons:

- It doesn't say anything irrelevant or negative
- Less discouraging language and tone
- Members can learn at their own pace
- Members inherently have equal access to every task and opportunity, and is part of our culture
- "Members check their mental illness at the door."
- It's a welcoming community where no one is judged or labeled for their diagnosis

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

www.capitalclubhouseinc.org

Health and Wellness

By Maria E., Renée and Amy

While the DC Metropolitan Area has a high transmission rate for the Omicron variant, Capital Clubhouse continues to be open for Clubhouse services virtually. When we return to in-person services, all Clubhouse colleagues must be fully vaccinated, have received a booster and wear a mask at all times. We will take other precautions such as physical distancing, routine hand-washing and disinfecting. Additionally, we will continue to offer virtual Clubhouse services for those who cannot come in and are able to connect with us online.



In the Spotlight

Daniel Minor, Member

Where are you from?

I was born and raised in Washington, DC.

When did you join Capital Clubhouse and what do you think of it?

I joined Capital Clubhouse in October of 2021, I have been a member of Capital Clubhouse for 4 months and I enjoy all the time I get to spend with my peers in the Clubhouse. My reason for coming to the Clubhouse was to open my horizon and get to learn new things and learn more about the things that I already know.



Where did you go to school?

I went to Ballou Stay High School.

What are your hobbies?

I like to cook and I like to deal with computers and technology.

Favorite type of food?

My favorite food is sushi.

What is your favorite experience, thing to do, or place to go in DC?

Walk around and do a little sightseeing, going to the National Zoo, and bike riding.

Describe yourself in three words!

I would describe myself as determined, positive, and trustworthy.

Ways to Thrive - Goal Setting

By: Jon, Julian, Renée

Goal setting and reflecting on the past year:

- Set a goal to do or achieve something that is important to you, which will help you stay strong and invested in the goal
- Share your goal with someone close to you so they can help keep you accountable
- Work on one or two goals at a time - you don't need to work towards all of your goals at once. Sometimes it helps to stagger your goals
- Give yourself a time frame for your goal to help keep you on track toward your goal
- Acknowledge the progress you have made toward achieving your goal, even if you have setbacks or face difficulty in the process
- Set realistic and attainable goals
- Create a plan with small steps that will help you to achieve your goals. Don't be discouraged if you have to adjust your plan along the way



Cooking Corner

Zesty Lemon Fish

Ingredients:

2 tablespoons lemon juice
 1/2 teaspoon canola oil
 1/2 teaspoon dried parsley
 1/2 pound fish fillets (cod or halibut)
 1/2 small onion diced
 3/4 teaspoon lemon pepper
 Pinch of paprika (optional)

Directions:

1. Preheat oven to 350°F. Then, place fish on an un-greased baking sheet.
2. Top with onion slices
3. Drizzle lemon juice and oil evenly over fish.
4. Sprinkle lemon pepper, parsley, and dust with paprika (optional).
5. Cover and let stand for 5 minutes. Bake for 20 minutes, or until fish flakes easily with fork.



Employment and Education Updates

This month we will be hosting an employment dinner focused on how returning to work may impact your benefits. Our guest speakers, Chris Schafer and Erika Gomez, are certified Community Work Incentives Coordinators and Chris is the WIPA Program director at Infinity Support Services, an organization that provides benefits counseling and support to individuals returning to work! Chris and Erika will be sharing valuable information about how your SSDI, SSI, and Medicaid may be impacted by earning an income through work. The event will be held on January 26th at 5:00pm. We hope you will join us!



Announcements

Capital Clubhouse's Young Professional's Advisory Board recently hosted a mental health action town hall event to share information about important topics, such as the new 988 Hotline launching in the summer of 2022, Mental Health First-Aid, and the programming offered at Capital Clubhouse. For access to the recorded event and handouts [click here](#) or go to Events on CapitalClubhouseInc.org



Member Testimonies

“I come to the Clubhouse because it keeps me occupied during the day, I like socializing with people, and I make friends. It can’t get any better than that.” - Irving

“...Capital Clubhouse provides me with a community in a similar situation that I’m in. I am surrounded by people who face similar challenges. Also, Capital Clubhouse has resources which is a gamechanger for mental health.” - Fred



Our tree decorating event with St. Thomas' Parish.

Support Capital Clubhouse

- ★ If you shop on Amazon use [AmazonSmile](#)
- ★ Gift us something from our [Clubhouse Wish List](#)
- ★ [DONATE!](#)



@CapitalClubhouse



@CapitalClubDC



@CapitalClubhouse

www.capitalclubhouseinc.org