

COMPASS

THE NEWSLETTER OF CAPITAL CLUBHOUSE INC

JUNE 2020

VOLUME 2. ISSUE 5

How We're Connecting

Monday through Friday Virtual Clubhouse



9:30am Social Time
10:30am Morning Unit Meeting
3:00pm Afternoon Unit Meeting

Walking Wednesdays at One



1:00 p.m. Grab your Water put on your Walking shoes and take a Walk with us. Either join us via Zoom or just in spirit! Enjoy the outdoors and get in some fresh air and exercise!

Share your tips for relaxation...

Share your tips to stay calm and relaxed during these challenging times, and TAG US!

Use the hashtags:
#capclubconnecting
#clubhouseworks

Connect with us!
<https://capitalclubhouseinc.org>
<https://facebook.com/CapitalClubhouse>
<https://instagram.com/capitalclubhouse>
<https://twitter.com/CapitalClubDC>
info@capitalclubhouseinc.org
(202) 308-9690
(202) 817-9042

Ommmmmm...

Clubhouse Standard in Action

by Jake and Jon

28. The Clubhouse provides assistance, activities and opportunities designed to help members develop and maintain healthy lifestyles.

I was referred to Clubhouse by my psychologist and she said that it would be a really good thing for me. So, I checked it out, and have been consistently participating on a daily basis. I look forward to it every day and I'm starting to get a lot more involved as time passes. The isolation because of the pandemic really affected my mood, and clubhouse has really turned that around.

-Jake Folger

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

Ways to Thrive

by Jon and Saunya

As members of Clubhouse, it is difficult to watch time pass without keeping a daily routine. An important step is setting up a schedule. We have morning and afternoon Zoom meetings to provide the backbone of our days. It gives us something to look forward to. It allows us to see each other, laugh a little, and involve ourselves in something productive. Sometimes members need a break, but they'll usually return, often like clockwork.

It is still important to take time away from our communication devices, be present in the moment, reduce stress, be in your body. So here we will recommend some ways to enjoy free time.

The first thing is to simply relax. Some relaxing activities may include

- Meditation
- Exercise
- Taking a walk
- Planning meals so meal time can be truly enjoyed rather than a source of frustration

After that it might be a good idea to think of some longer-term goals

- Maybe pick up an old hobby?
- Find a virtual book club?
- Grow a new skillset?

Taking the first steps may seem difficult, but the reward will be worth it.

Remember The 4 Ms of Mental Health:

Movement. Try to move around a bit each day.

Mastery. Try to gain some control of your mood

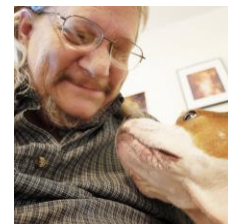
Meaningful engagement. Treat others with respect.

Mindfulness. Be aware of your impact. Be aware of the present moment.

In the Spotlight

Interview with Jake Folger

by Jon



Where were you born?
Syracuse NY

What are your favorite places in the DC area?
Sligo Creek Park to shoot nature photography

What are your hobbies?

I enjoy music; I play numerous musical instruments; I'm a sculptor and a painter and; I enjoy art photography as well.

Do you have any pets?

I had a service dog named Lucy for 8 years. I really loved her and we were together all the time. She helped me with my anxiety disorder. She could let me know when I was about to have a panic attack especially helpful when I was driving. And when I had a panic attack, she could bring me out of it. After 8 years of us working together, I wanted to retire her and give her a life without her having to work. But when I did retire her, she didn't relax with me at all. She was always on alert. I decided it would be best to adopt her to a dear friend with a family, kids and other dogs. I think she really loves her new life and just being a dog. It was terribly hard to give her up, but I know she is really happy.

How long have you been a Clubhouse member and what do you like about it?

I have been a member for about three weeks. I like that the staff and members are treated as equals and are involved in the operations of day to day running of the clubhouse. We are a strong knit community. I am meeting new friends and have much more structure in my day, which is really good for me.

What are three words that describe you?

creative, compassionate and motivated