

# COMPASS

THE NEWSLETTER OF CAPITAL CLUBHOUSE INC

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

### MONDAY THROUGH FRIDAY VIRTUAL CLUBHOUSE!

Wake up to Wellness	9:00 AM
Social Time	9:30 AM
Morning Unit Meeting	10:30 AM
Afternoon Unit Meeting	3:00 PM

### Weekly Meetings

Social Media	Mondays	1:00 PM
Community Mtg.	Tuesdays	10:30 AM
Reading Group	Tuesdays & Wednesdays	4:00 PM 11:30 AM
Cooking Corner	Thursdays	2:00 PM
Life Skills	Fridays	2:00 PM

All on the same Zoom link!

**Join us for our next Social!**

**Tuesday, Nov. 3rd, 11am**

After casting our votes we are going to focus on mental health. Join us to watch a short film, **Hum**, and some of our own videos. BYOPopcorn!



## CLUBHOUSE STANDARD IN ACTION

*by Irving*

#8 All Clubhouse meetings are open to both members and staff. There are no formal member only meetings or formal staff only meetings where program decisions and member issues are discussed.

The relationship between the people in the Clubhouse is like a family. We are there for each other! Staff is a part of that family too because they are a part of our unit. Members are allowed to be involved in most staff activities. Whatever we discuss in the Clubhouse, is part of the Clubhouse and nowhere else. We are grateful for those relationships and friendships that this model created.

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# Clubhouse Cooking Corner

Pantry Essentials by Tina



A food pantry is a place where dried, canned, or bottled food items are stored. The basic food items in a home food pantry consist of: boxed and dried grains, such as pasta, rice, canned and boxed chicken broth, soups, and fruits. Don't forget the jars of peanut butter and jelly. Hopefully, you're not allergic!

Also, be sure to include baking items such as flour, baking powder, baking soda, sugars, and your add-ins for the baking goods. Don't forget the herbs, spices, flavorings, and oils for your creations! Enjoy!



## Ways to Thrive

*In recognition of National Gratitude Month here is what we are thankful for:*

Gratitude List: **Fred** - thankful that I get along with my mother these days, for an apartment of 12 years, and for a friend; **Julian** - thankful for being alive and for my strength; **Irving** - thankful for being alive; **Maria N. & Amy** - thankful to our staff members, Anna, Marissa, Adam and Paula who have contributed to the vibrancy of our Clubhouse; **Brad** - thankful for being alive especially for a beautiful day and thankful for three sisters; **Marissa** - thankful to be alive; **Adam** - thankful for my dogs; **Mark H.** - thankful for Capital Clubhouse and my mental health program; **Anna** - thankful for community; **Maria N.** - thankful for all of our supporters; **Maria H.** - thankful for Capital Clubhouse, family and friends; **Tina** - thankful for life; **Hunter** - thankful for community supports and my ability to heal; **Maria E.** - thankful for generosity from her online community

Take a moment to think about what you are thankful for in **your** life.



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## In the Spotlight with Marissa Clark

by Fred, Maria H., Amy

We are grateful to LVC for this opportunity to grow our staff by providing the “virtual volunteer” to organizations and to Marissa Clark for committing to work with us!

### How did you get involved as a Lutheran Volunteer and with Capital Clubhouse?

A friend who knew about it thought LVC's values aligned with mine. I had dropped out of the program because it would be in person and then learned about the virtual opportunity, read about your mission and work and decided to apply to work here!

**Where were you born? And where have you lived?** I was born in Rochester, NY and lived there for 16 years. I have lived in Newark, NJ for about 8 years.

**Do you have any siblings? If so, how many?** I am the oldest and have six siblings: one brother and five sisters.



### What are your hobbies?

When I get the chance, I like to play tennis and badminton. And I like writing poetry.

### What is your favorite type of cuisine?

West Indian / Caribbean food

### What is your favorite movie of all time?

I'm stuck between *Scream* and *Final Destination* movies.

### What three words best describe your personality?

Reserved, calm and easily-amused



## Spanish Corner

*agradecido* - thankful, grateful

*gratitud* - gratitude

*Dia de gracias* - Thanksgiving

*noviembre* - November

*admiration* - admiration

*compartir* - sharing

*reverencia* - reverence

*la familia* - family

**Donate to**  
**Clubhouse!**