



THE NEWSLETTER OF CAPITAL CLUBHOUSE INC

SEPTEMBER 2021

VOLUME 3, ISSUE 9

## Coming Together in Capital Clubhouse

### Our New Daily Schedule

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

Breakfast available 8:30-9:15

Social Time 8:30-9:30

Wellness 9:15-9:30

Morning Unit Meeting 9:30-10:00

Lunch 12:15-1:00

Afternoon Unit Meeting 1:15-1:30

Close 4:30

### September Events

#### ***Back In Person!***

**We are back! Join us in-person  
at the Clubhouse!**

#### ***Employment Dinner***

**September 16th at 5:00pm**

**Come hear our guests from  
B'More Clubhouse speak about  
Transitional Employment!**

## CLUBHOUSE STANDARD IN ACTION

*By Jon, Stanley, Amy, Carlette, Renée, Fred, Brad*

**19. All work in the Clubhouse is designed to help members regain self worth, purpose and confidence; it is not intended to be job specific training.**

Members' interpretation and thoughts:

- Improve soft skills
- Interpersonal skills (communication, teamwork), time management, goal setting and orientation, self-determination, self-reliance and focus
- Build general skills
- Communicate within a group, focus on the positives and possibilities
- Accomplish tasks that are meaningful and helpful to Clubhouse and give members a sense of ownership

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## Employment and Education Updates

In August, we hosted our employment event where Tamela Brown from Goodwill of Greater Washington came to speak with us about the job training programs offered by Goodwill. Additionally, we heard from Hunter F., one of our members, about what the valuable perspectives she gained and things she learned through various employment experiences.

In September, members from B'More Clubhouse in Baltimore will be coming to share their experiences with Transitional Employment. We will continue to focus on building members readiness to work during our weekly Job Talk and Transitional Employment hour!

## News Updates

### We're CFC #47097

We are part of the Combined Federal Campaign this year! Please consider donating to our organization. **Our CFC number is: 47097.** Thank you in advance for your contribution!



### Working side by side

Capital Clubhouse is back to offering in-person services! Come join us at St. Thomas Parish on 1517 18th Street, everyday from 8:30am-4:30pm!

## Spanish Corner

Let's translate a Clubhouse Standard into Spanish!

**Standard 1:** "Membership is voluntary and without time limits."

### Spanish Translation:

"Asociarse como miembro es voluntario y no tiene límite de tiempo."

### Terms:

Asociarse como miembro: membership.

Voluntario: Voluntary

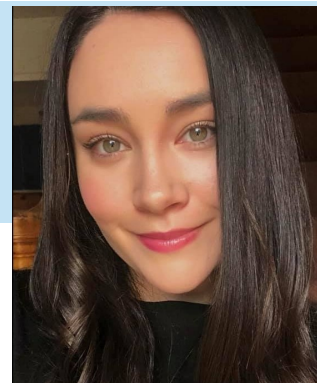
Límite de tiempo: Time limit

## In the Spotlight

### Renée Cordio

Americorps VISTA - Employment and Education Coordinator

Interviewed By: Hunter and Julian



#### Where are you from?

I was born and raised in Westerly, Rhode Island.

#### Where did you go to school?

I went to Assumption College in Worcester, Massachusetts.

#### When did you join Capital Clubhouse and what is your role?

I started at the beginning of July, and I am the Education and Employment Coordinator.

#### What do you like about the Clubhouse model, and what do you like about working at Capital Clubhouse?

I like that the Clubhouse model allows everyone to be involved in all parts of the day. I love that it is a collaborative work space that focuses on members abilities.

#### What would you like to get out of your VISTA year here with us?

I chose to serve at Capital Clubhouse because I wanted a different experience than my last internships. I'm hoping to learn how non-profits operate, and how to build an organization's capacity. I have few expectations and am excited to learn by working in a different field!

#### What hobbies do you have or what do you like to do in your spare time?

I like to play tennis, hike, and spend time with my family (including my dog)!

#### Describe yourself in three words!

I would say that I'm determined, empathetic, and passionate.

## Cooking Corner

### Cucumber Salad

#### Ingredients:

- 2 long english cucumbers
- 1 medium onion
- 1/4 cup white wine vinegar
- 1/4 cup water
- 1 tbsp sugar ( or sweetener of choice)
- 1/3 cup fresh dill, chopped
- 1 tsp salt
- 1/2 tsp black pepper

#### Instructions:

1. Slice the cucumber in half and then in slices. Slice the onion into thin strips. Mix cucumber and onions in a large bowl. Season with salt and pepper.
2. Mix white wine vinegar, water and sugar in a small bowl. Pour over the cucumbers and onions, stir well.
3. Sprinkle some fresh chopped dill and stir.



## Ways to Thrive

By Jon, Carlette, Stanley, Renée

- Take Covid precautions, get the vaccine, and wear your mask!
- Be safe, but don't isolate yourself!
- Come back to the Clubhouse and join us in-person (with your mask and a dollar for lunch)
- Stay in touch with friends and family, even if it has to be remotely
- Try to do something that you enjoy at least once a week. Go back to an old hobby that you did pre-Covid, or find a new one!
- Go to the Movie theater or to the Go-kart track

**"Attending Clubhouse makes my day fulfilled. It makes me feel like I'm doing something for somebody. It makes me feel wanted. It's very therapeutic. And it gets me out of the house."**

**Mark H.**

**We are part of the CFC!**



**Consider donating to us!**  
**#47097**



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