

# COMPASS



THE NEWSLETTER OF CAPITAL CLUBHOUSE INC

DECEMBER 2021

VOLUME 3, ISSUE 12



## 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?

By Julian, Jon, and Mark H.

### **Wellness**

Students from American University completed a cookbook we can use in Clubhouse and at home.

### **Holiday Dinner & Social**

Tuesday, December 14th  
10:30am-2:00pm

### **Mental Health Town Hall**

Thursday, December 9th  
6:00pm-7:30pm  
In-person and virtual

## CLUBHOUSE STANDARD IN ACTION

By Montell, Jon, and Mark

**#5 Members at their choice are involved in the writing of all records reflecting their participation in the clubhouse. All such records are to be signed by both member and staff.**

Members work alongside staff in everything that happens at the Clubhouse, including the writing of our records. We work on various tasks throughout the day, and we often fill out a "My Day at Clubhouse" form to help keep track of all the different things we work on. It's helpful to write down what we worked on, the tasks we liked, and what we're learning so we can see our progress over time.

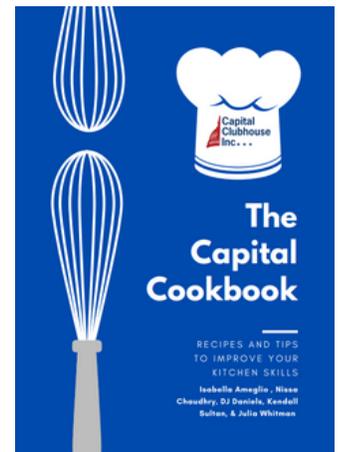
[info@capitalclubhouseinc.org](mailto:info@capitalclubhouseinc.org) | 202-308-9690 | 202-817-9042

[www.capitalclubhouseinc.org](http://www.capitalclubhouseinc.org)

## Health and Wellness

By Julian, Irving, Mark H, Carlette

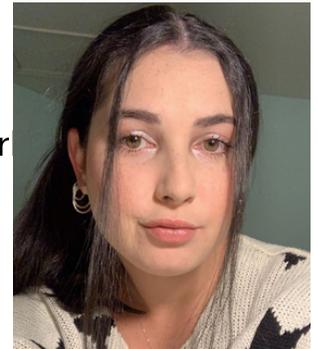
American University public health students did their Capstone project with Capital Clubhouse focused on nutrition. They gave an overview of nutrition, storing food, preparing food, etc. “They showed us skills in the kitchen; for example food cutting skills, how to roast vegetables.” They wrapped up their project by making us a cookbook that each member will get to take home and use!



## In the Spotlight

### Leah Singman

Student Intern from The University of Maryland School of Social Work  
Interviewed By: Brenda and Jon



### Where are you from?

Gaithersburg MD

### What would you like to get out of your internship here or achieve by being an intern?

I would like to learn more about mental health

### What excites you about working at Capital Clubhouse?

The friendships that are created and maintained

### When will you graduate and what would you like to do afterward?

I will graduate in May 2023 and I want to be a child psychotherapist

### What are your hobbies?

Singing, traveling, and researching ancestry

### Favorite type of food?

My mom's cooking, our traditional food

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

I love walking around the national mall, and visiting museums

### Do you have any pets?

My family has two little dogs, Brandy and Yogi

## Ways to Thrive This Holiday Season

By: Mark H., Montell, Mark D., Leah

- Help others
- Be around people you love or care about
- Give back to your community, volunteer work
- See your family
- Eat good, nutritious food
- Stay warm and cozy
- Give and receive gifts
- Play in the snow/ enjoy the snow
- Drink hot chocolate
- Enjoy hot coffee
- Make memories
- Don't worry if you cannot BUY gifts
- Call a friend
- Holidays can be difficult but try to celebrate the holiday you observe

*Happy Holidays from Capital Clubhouse!*

## Cooking Corner

### Sweet Potato Pie

#### Ingredients:

1 1/2 cups canned sweet potatoes or 2 to 3 roasted, peeled and pureed sweet potatoes  
3/4 cup sugar  
2 large eggs  
4 tablespoons (1/2 stick) butter, softened  
1/4 cup milk  
1 teaspoon vanilla extract  
1/4 teaspoon ground cinnamon  
1/4 teaspoon ground nutmeg  
Pinch salt  
1 unbaked 9-inch pie shell, homemade or store-bought

#### Instructions:

1. Preheat the oven to 300 degrees F.
2. In the bowl of an electric mixer, combine the sweet potatoes and 1/2 cup of the sugar, as well as the eggs, butter, milk, vanilla, cinnamon, nutmeg and salt. Beat until thoroughly blended and smooth. Pour the mixture into the pie shell and sprinkle with the remaining 1/4 cup sugar. Allow the pie to stand for 15 minutes before baking to allow the sugar to melt.
3. Bake until a toothpick inserted in the center comes out clean, about 1 hour. Cool before serving.

# Employment and Education Updates

Capital Clubhouse was recently awarded a Community Grant from the Cerner Charitable foundation to help fund our Transitional Employment Program. The Cerner Charitable Foundation supports projects that address the social determinants of health. The Transitional Employment Program offers our members access to improved health and economic stability. Employment provides a pathway to earning a steady income, obtaining essential healthcare coverage, and improving overall health through greater connection to the community. We are excited to use the Community Grant to offer new employment programming to our members, and continue supporting them in their recovery journey. We give great thanks to the Cerner Charitable Foundation for choosing to support Capital Clubhouse!



## Announcements

### Mental Health Action Town Hall

December 9th, 2021  
6 - 7PM



St. Thomas' Parish  
1517 18th St NW  
Washington, DC 20036\*  
\*information to join virtually will be provided upon registration

The holidays can be a difficult time for many DC residents living with mental health challenges. Capital Clubhouse's Town Hall will offer attendees tools to help themselves and others cope during these times.

Join us to learn about mental health resources available to DC area residents. We will discuss the new 988 Hotline, that serves as an alternative to calling 911 for an emergency when mental health is an issue rather than crime. The Springer Institute will also join us to discuss Mental Health First Aid, a way to learn interpersonal skills that can be used as first aid when addressing mental health.

#### Keynote Speakers:



**Melanie Minges**  
Clinical Care Coordinator, Access Helpline



**Micah Saviet**  
BS, LMSW, CGCS Clinician and Director of Springer Institute



*"I like coming to Clubhouse because it gives me something to do and the work makes me feel worthwhile and like I'm helping someone out. Everyone here understands mental health, and I enjoy the camaraderie and talking with other people."*  
-Mark H.

Register at <https://bit.ly/MHAction>

capitalclubhouseinc.org  
facebook.com/CapitalClubhouse/

More Info:  
(202) 308-9690

### Support Capital Clubhouse

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



@CapitalClubhouse



@CapitalClubDC



@CapitalClubhouse

[www.capitalclubhouseinc.org](http://www.capitalclubhouseinc.org)