

# COMPASS

THE NEWSLETTER OF CAPITAL CLUBHOUSE INC

AUGUST 2020

VOLUME 2, ISSUE 7

## How We Are Connecting

by Jon

### MONDAY THROUGH FRIDAY VIRTUAL CLUBHOUSE!

Social Time	9:30 AM
Morning Unit Meeting	10:30 AM
Afternoon Unit Meeting	3:00 PM
<b>Weekly Meetings</b>	
Social Media Mondays	1:00 PM
Community Meetings Tuesdays	10:30 AM
Wellness Wednesdays	2:30 PM
Cooking Video Thursdays	2:30 PM

All on the same Zoom link!

Join us for our August Social  
**At Home Pizza and Plants Social!**

**Thursday, August 27th 2020**

If interested in participating, **please let us know by: August 14th**



## CLUBHOUSE STANDARD IN ACTION

by Julian and Jon

21. The Clubhouse enables its members to return to paid work through Transitional Employment, Supported Employment and Independent Employment; therefore, the Clubhouse does not provide employment to members through in-house businesses, segregated Clubhouse enterprises or sheltered workshops.

We are all continually learning new skills and lessons. Down the road, we hope to find a job, either supported by Clubhouse, or on our own. With our new staff member (see *last Compass issue*) we are preparing to grow our Employment and Education programs. When Clubhouse thrives, we thrive.

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## August Recipe: Turkey Tacos and Limeade

by Julian and Jon

***This recipe is a great way to start a fun evening with friends or family.***

### Ingredients:

taco shells, taco seasoning, salt and pepper, taco sauce, green peppers, ground turkey, shredded cheese, sour cream

### Instructions:

In one pan cook turkey with green peppers and onions. Season with taco seasoning, salt, pepper, and taco sauce

Fill taco shells with heated mixture. Top with cheese, optional sour cream and finely chopped tomatoes. Finally, top with guacamole, salsa or cilantro if desired

**Limeade:** heat water and sugar to make simple syrup. Combine with lime juice in a pitcher. Add a sprig or two of mint, serve cold and enjoy.



## Ways to Thrive: Social Wellness

by Tina

Social Wellness is about the relationship we have with others and how we interact with them. For your social wellness, social contact is extremely important. Every human being needs another person, even when physical contact is limited.

Some other ideas to continue social interaction:

- Call someone by phone or write a letter! Everyone enjoys receiving mail.
- Use platforms like Zoom, Skype, Facetime and social media on your computer and phone to still connect with people.
- Stay connected with friends or have someone to be a buddy who you can text/call about common self-care practice (for example exercise, health, meditation)
- If you go for a walk, say hello to neighbors!

In my experience, I stay connected with friends by calling on the phone or social media. I also go out to the store and pharmacy, but use caution when I go.

COVID-19 may alter our life, but we still have life to live. Your ability to adapt to social norms is critical to your social wellness. If you meet friends or people who are in your bubble in person, wear a mask, wash your hands and try to meet them outside.



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## Employment Spotlight

by Hunter

In this month's newsletter, we interviewed Clubhouse member Saunya about her job as a contact tracer and what her position entails.



Contact tracing is a public health strategy that involves identifying everyone who may have been in contact with a person who has the coronavirus. Contact tracers collect information and provide guidance to help contain the transmission of disease. We also determine if a positive case or contact needs social service resources to successfully self isolate or self quarantine. We follow the case from initial interview to the end of their self isolation or self quarantine.

What specifically do contact tracers do? Well, according to Saunya, "it depends on the day": it usually starts with a unit meeting in which the tracers are told which kind of cases they'll be interviewing (those who tested positive or their contacts) after which they conduct interviews with people.

Saunya says her job involves a lot of probing and helping people remember where they were, what kind of activities they did and who they were with, in order to help trace the path of the virus. She sometimes uses a calendar to help her keep track of dates and places people might have been in order to help them retrace their steps.

Although contact tracing is a lot of work, Saunya says it's worth it because it makes her feel that she is helping us "get closer to a cure" for coronavirus. She says that the number one skill a contact tracer needs to have is listening skills.

"You don't want to do all the talking, you just want to guide the conversation, and listen to what they're saying, especially around their symptoms, especially around the things they were doing," says Saunya. The position involves having very strong detective skills and the ability to be highly empathetic with people.



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## Employment Spotlight, Cont.

We asked Saunya what the process was for applying to be a contact tracer and how one is trained to become one; she gave us quite an extensive account of how she put together her experience and education in her application package to apply for the position:

“Even though my background is in marketing, I thought about the things that they needed for a contact tracer and I remembered that [when I was] working with Amtrak I had to notify customers and find customers when there was a service disruption. There was the time Hurricane Katrina had affected a large region, like Louisiana, Mississippi and Alabama, and a lot of the HBCUs were closed. I had students in those universities as part of a partnership with the United Negro College Fund.

So that's what I put into my application because that involved a lot of investigative work. Sometimes the student's school was closed, sometimes their home was closed, sometimes they had to relocate from their home, or they might have had to relocate from both, and I wanted them to know that even though the train wasn't running either at their school or at their home that they still had access to train service if they needed it. I talked to my supervisor because I felt that for the ones that had to relocate but couldn't relocate to another school, I felt it wasn't fair to them to not be able to use the full year so I talked to her about extending it to 3 more months after the hurricane damage was fixed.”

By the time she had gotten the job and went through the 2-week, self-led and instructor-led training online to become a contact tracer, she was already well-prepared for the job through her previous experience. Broadly speaking, Saunya says her job is well within the \$50,000 salary range.

### Spanish Corner

Learn Words in Spanish to use for medical care or reentry into workforce!

- Face masks - las mascarillas
- Gloves - los guantes
- Hand sanitizer - alcohol en gel
- Reopening - reapertura
- Zoom meeting - reunion de zoom
- Interview - entrevista
- Boss - jefe
- Cover letter - carta de presentación
- Resume - currículum

**Donate!**