

# COMPASS

THE NEWSLETTER OF CAPITAL CLUBHOUSE INC.

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## FIRST STEPS

by Maria Núñez, Executive Director

Welcome to our first issue of COMPASS, Capital Clubhouse's inaugural newsletter! As you'll see we have a lot of wonderful information to share; from clubhouse history, to advice and poetry, to a movie review and inspiring words; we are eager to share our interests and experiences with you.

There are currently over 300 clubhouses around the world. What makes clubhouses so popular? It's actually very simple. Clubhouses provide what we all need to maintain our mental health: a supportive network of friends, a purpose and a sense of achievement, and the need to feel independent, to know that we can help ourselves and also reach out to help others.

Members come to clubhouse and participate in a work-ordered day. Staff and members work side-by-side in a collegial relationship to do the work of the clubhouse. Answering the phone, preparing lunch, writing an article for the newsletter, reaching out to other members; every job is important, and every member is a member for life.

We recently opened our doors at 1313 New York Ave, NW and started recruiting charter members who are volunteering to help us create our clubhouse community. We have planned our lunch menus and are preparing delicious meals. Our charter members have named our newsletter and created the inaugural edition. Together we enjoyed our first member and staff birthday celebration. Our charter members are helping us create a clubhouse that will be a welcoming place.



We invite you to stop by and visit us. We love sharing information about clubhouse and are always ready to welcome new members!

## Ways to Thrive ... with Bipolar Depression

by Adijat Alatishe

- \* Have a positive insight that would weigh out the negative.
- \* Do things that makes you happy and distract you from bad thoughts: listen to music, shop, cook, or write.
- \* Take a nap; relax the brain.
- \* Talk to someone you trust, like a therapist.
- \* Chat with friends or family about things that make you happy.

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## Movie Review by Brenda F.

### **Title: Wizard of Oz**

Release Date: August 25, 1939

Genre: Fantasy/Adventure/Family film

Running time: One Hour and forty- two minutes

Rating: G

### Cast

Judy Garland as Dorothy Gale

Ray Bolger as Scarecrow

Margaret Hamilton as The Wicked Witch of the West

Jack Haley as the Tin Man

Bert Lahr as the Cowardly Lion

Frank Morgan as the Wizard

Billie Burk as Glinda

Clara Blandick as Aunt Em

Charley Grapewin as Uncle Henry

Pat Walshe as Nikko

Terry as Toto



### What I liked about the movie:

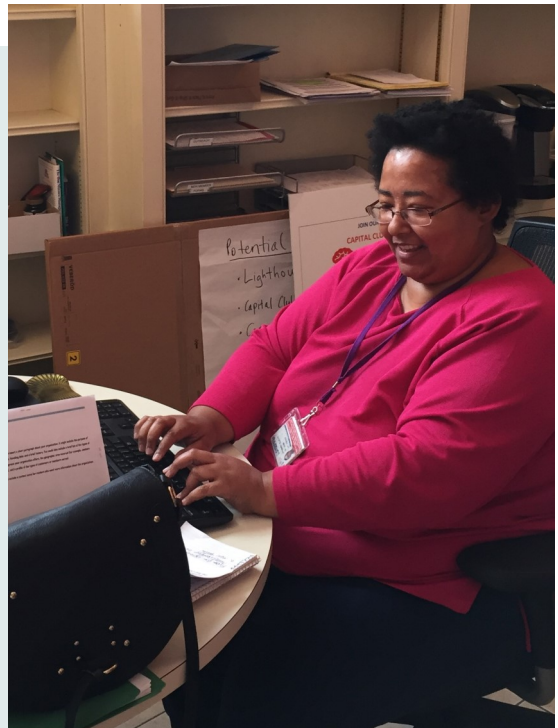
I liked the movie because it is very entertaining. It had fantasy, adventure and singing.

**FUN FACT:** The Wizard of Oz was originally supposed to have a song routine in which he hands out awards to the scarecrow, cowardly lion, and the Woodman. This was scrapped because E Y Harbug, the lyricist, felt the scene would work better as a non-musical one, so he translated the lyrics into prose form.

## Good from Bad

A poem by Maria E.

From labor pains come new life  
 From darkness comes light  
 From scorched earth comes new growth  
 From tragedy comes hope  
 All around us it seems,  
 Good can come from bad  
 From sickness can come health  
 From sluggish can come stealth  
 From poverty can come wealth  
 The great mystery of the universe  
 Is why we must endure all these sufferings  
 And why we come out on the other side of them  
 Renewed and a little less afraid.  
 Perhaps we focus not on the pain  
 But on the good, instead  
 It sees us through  
 When bad is all around us.



## Children with Autism: My Experience as a Mother with a Son who has Autism

by Annie Alatishe

Autism is a bio-neurological developmental disability that affects an individual's ability in verbal and non-verbal communication, social interactions, and leisure or play activities. According to the National Autism Association, boys are four times more likely than girls to have Autism. My own experience as the mother of a son who has Autism is a story filled with many challenges, struggles, and obstacles. However, the experience has taught me a lot about parenting a child with Autism and also about the need to advocate for your child.

### What Parents Need to Know:

Pay close attention to your child's body language

Be aware of your child's eye contact as they can communicate with this

Be "in-tune" to your child and their needs

Learn by talking with other parents

Consider a Special Education program or a Private school to support your child's needs

Advocate for your child

Above all, never let down providing your child compassion, understanding, patience, and a lot of love!

As a parent of a child who has Autism, I realize the importance of the need for more widespread care and services, treating medical as well as behavioral health, teaching coping and social skills, and especially for learning about the science behind Autism.

<https://nationalautismassociation.org/resources/autism-fact-sheet/>

## Inspirational Quotes

by Jen Mareck

***"Be who you are. Not what the world wants you to be."***

Ralph Waldo Emerson once said: "To be yourself, in a world that's constantly trying to make you something else, is the greatest accomplishment." The question I get far too often from people, no matter where I am in a world that's been turned upside down, is: "Where do you work?" As if my entire worth's tied down to whether or not I have a job.


I suppose people think that if I don't have a job that I'm lazy or that I don't want to get a job. The truth is, my worth's what I deem it to be. Not anyone else. I'm more than just a checklist & so are you.

## Capital Clubhouse

*A community where people recovering from mental illness can achieve their full potential and be respected as co-workers, neighbors, students, and friends*



1313 New York Avenue NW  
Washington, DC 20005  
Phone: 202-308-9690  
Email: [info@capitalclubhouseinc.org](mailto:info@capitalclubhouseinc.org)  
[www.capitalclubhouseinc.org](http://www.capitalclubhouseinc.org)

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## The Clubhouse Continuum

### 1940's

Fountain House traces its roots to the late 1940s at Rockland State Hospital in Orangeburg, New York. Six patients formed a group that met in a hospital “club room”. Soon after leaving Rockland, they joined together to re-create the respectful and supportive group they had formed in the hospital, meeting on the steps of the New York Public Library. All believed they could offer each other support in life’s challenges and sustain their social community. They hoped that their successful recovery would gradually change society’s perception of people living with mental illness, leading to broader understanding and a reduction in stigma.

The group they formed, “We Are Not Alone,” speaks to what remains the central problem for people living with serious mental illness today- social isolation. In 1948, with help from their supporters, they bought a building in New York City. The fountain that adorned the “Clubhouse” garden at West 47th street represented both hope and rejuvenation and inspired the name “Fountain House.”

—Fountain House Website; <https://www.fountainhouse.org/about/history>

*“The power of these people to emerge from the state hospital, where they had lived for many years, to form a family of support, is incredible. This is the whole point behind why I want to spread the story of clubhouse, so people can be empowered to know that no matter what their strengths or weaknesses are, we can all live and work independently.” — Jessie Nicoll, charter member*