

COMPASS

THE NEWSLETTER OF CAPITAL CLUBHOUSE INC

SEPTEMBER 2020

VOLUME 2, ISSUE 8

How We Are Connecting

MONDAY THROUGH FRIDAY VIRTUAL CLUBHOUSE!

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 Meetings Tuesdays	10:30 AM
Wellness Wednesdays	2:30 PM
Friday Food Facts Fun	2:30 PM

All on the same Zoom link!

Join us for a celebration of
**Mexican Independence Day with
Spanish/English Bingo!**
September 16th at 3 PM - Bingo
cards will be mailed to all members!
We can also scan and send to you.



CLUBHOUSE STANDARD IN ACTION

by Irving and Anna

25. The Clubhouse assists members to reach their vocational and educational goals by helping them take advantage of educational opportunities in the community. When the Clubhouse also provides an in-house education program, it significantly utilizes the teaching and tutoring skills of members.

Helping each other reach their goals, whatever they are, is a great idea. Clubhouse members could help each other efficiently learn new skills, which may be helpful for getting a job. We connect members with resources that help them to achieve their goals. While online, we are working on using search engines and screen sharing. Irving says, "he is able to use his phone better than he ever could before." Clubhouse helps build members' education levels so they can move on to the next level of their life.

info@capitalclubhouseinc.org | 202-308-9690 | 202-817-9042

www.capitalclubhouseinc.org

September Recipe

3 Ingredient Peanut Butter Cookies

Ingredients:

1 cup of peanut butter

1 egg

3/4 cup of brown sugar



Ways to Thrive

by Fred, Julian, Jon, Mark H., Amy

We say, “Join Capital Clubhouse and Thrive!” Just being a participating member of Clubhouse can help you achieve a more vital lifestyle.

Members provided the following examples of ways they support each other:

- Helping others with their smartphone or computer;
- Socializing on the phone with each other;
- Doing a task together and helping them out along the way;
- Giving encouragement, support and affirmation;
- Reaching out to see how fellow members are doing;
- Helping you feel normal yet unique; treating you with dignity;
- Giving away to each other things that we no longer need but they do;
- Taking a walk together, either to get fresh air, go to the store, or run an errand; and
- Going for a volunteer job together.

Members help members reach their full potential!

1. Put ingredients in a bowl together.
2. You can whisk them with a whisk attachment, or simply by hand with a fork or spoon, until fully mixed.
3. When you’re done mixing, you’ll notice the cookie dough mixture will be soft and moist.
4. Put parchment paper or non-stick spray onto the tray - to make sure there is no sticking!
5. Scoop into small balls shapes on the paper.
6. Using your fork, flatten the balls and make a crisscross pattern on the top of the cookie.
7. Bake at 350 degrees for around 8 minutes or until golden brown.

Enjoy your freshly baked cookies!



In the Spotlight with Adam

by Jon and Irving

How did you end up at Clubhouse?

I am really excited to join clubhouse. I was connected to Clubhouse through my school's internship program, from the University of Maryland's Social Work Program. I find clubhouse a unique and impressive way of connecting people to a community.

What type of social worker do you want to be?

I would like to be a counselor for people recovering from addiction or mental health challenges. First passion is working with people with both aforementioned. Open to all ways of helping too.

What do you think your role will be at Clubhouse?

I am very interested in learning how I can help, what my role will be, and getting to know members and staff better.

How can you help us based on your experience?

I have some experience working in a helping roll. I have been very involved in the Alcoholics Anonymous community. I learned some skills and gained experiences then and am hoping to use that experience to help clubhouse members.



Where did you grow up, and where did you go to school?

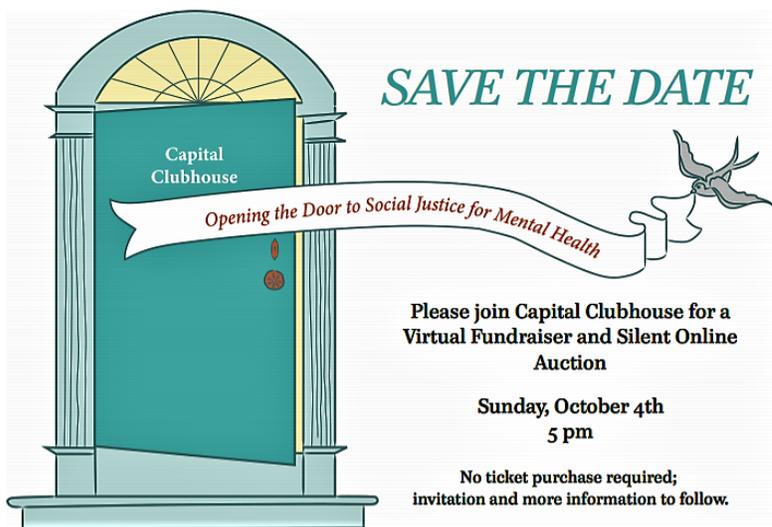
I grew up in Charlottesville Virginia, and went to college in NY at a school call Vassar.

Do you have any dogs, cats, other pets?

I currently have one dog named Panda who is two years old. I am a dog person and hope to get a second dog soon. My dog is a mutt, but I think she has some Australian Shepard.

What three words best describe your personality?

Interested, Fun, Happy



Donate!

Spanish Corner

Virtual work and school
El trabajo y la escuela virtual

- Laptop - Una computadora
- Tablet - Una tableta
- E-book - Libro electronico
- Keyboard - Un teclado
- A Key - Una tecla
- Battery - La batería
- Microphone - El micrófono
- Camera - La cámara
- Screen - La pantalla
- Headphones - Los auriculares
- Turn off - Encender
- Turn on - Apagar