

COMPASS

THE NEWSLETTER OF CAPITAL CLUBHOUSE INC.

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Update from Capital Clubhouse:

As a precautionary measure, Capital Clubhouse has decided to close until further notice. We will continue to share with you vital information and will give you regular status updates as to when we will re-open. We do not anticipate being closed for more than 30 days but we will continue to follow guidance from the DC Government, the Centers for Disease Control and the World Health Organization.

The staff of Capital Clubhouse, Amy and Maria, will be working from home and will be reaching out to members daily to make sure everyone is safe and healthy. Please do not hesitate to call us at (202) 308-9690 or email us at info@capitalclubhouseinc.org if you need assistance, support or just want to check-in.

In the Meantime ...

The DC Cherry Blossoms are predicted to peak on March 27th

by Saunya Connelly

Even though the winter weather was unpredictable and wacky, it seems like spring is just around the corner. One of the most simple ways to relieve anxiety, stress, and depression is to spend some time outdoors. There are countless studies which have shown the positive effect that nature has on improving mental health. We encourage our members to take time to check out some of the seasonal blooms in the area. You could visit the Freer Gallery and the Museum of African Art. Afterward's, relax and meditate in the nearby garden. The main attraction in DC every spring are the cherry blossoms around the Tidal Basin. Or avoid the crowds and find them at the National Arboretum in NE. There's always a lot in season at the Botanical Gardens. That should get you started.

Ways To Thrive As a Clubhouse Member

by Jon and Saunya

Life goals are essential to have targets toward which you point your life. Many people find goal-setting overwhelming which is why it is important to divide your goals into manageable pieces, short-term (day-to-day) and long-term.

Goals are not set in stone. Don't be afraid of learning new tasks. There might be a day when you aren't up for some of the old ones. While your day to day (short term) goals can change easily; try to focus on attaining your long term goals.

Don't lose sight of what brought you to clubhouse in the first place.

TIPS For Avoiding the Coronavirus (COVID-19)

- Wash your hands frequently with soap and water for at least 20 seconds and/or use an alcohol-based hand sanitizer
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your mouth and nose with a tissue or sleeve when coughing or sneezing. Discard tissue immediately into a closed bin.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Clean and disinfect frequently touched objects and surfaces.
- If you think to wear a facemask, follow CDC’s recommendations for using a facemask.

More up-to-date information on the spread of COVID-19 can be found on these websites:

- <https://coronavirus.dc.gov/>
- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>



Julian and Amy in the kitchen

IN THE SPOTLIGHT



Interview with Linda by Jon



Where were you born?
Gallion, Alabama

What are your hobbies?
Doing things in the house
Scrapbooking
Reading
Meeting people at church

What do you like about Clubhouse?

That it is entertaining to join in with others in daily tasks; feeling as one with the universe with common goals. We share chores and responsibilities in life. There is a place to be in leaning on the comforter.

English < > Spanish Learning

coronavirus	< >	coronavirus
health	< >	salud
hand washing	< >	lavado de manos
sick	< >	enfermo
disinfect	< >	desinfectar
doctor	< >	médico
wellness	< >	bienestar
cough	< >	tos

