

COMPASS

THE NEWSLETTER OF CAPITAL CLUBHOUSE INC.

January 16, 2019

Volume 1, Issue 2

Capital Clubhouse Progress

The volunteers and staff of Capital Clubhouse are thrilled to release our second issue of COMPASS! Clubhouse has been quite busy since our last newsletter and we are very excited to share with you what we've been doing and where we're going.

We've had fun working on many DIY crafts and decorating our space for each of the Fall and Winter holidays. We are growing a community where each individual is appreciated. As part of our Thanksgiving celebrations, we both identified things in our lives that we are grateful for and gave each other personalized gratitudes.



Clubhouse volunteers and Board member Linden Von Eichel making holiday decorations.

We continue to learn the Clubhouse International standards (all 37 of them!), test some very tasty recipes, grow plants, and are making plans to start growing outdoor (including edible) plants. To give back to the community, and in honor of Martin Luther King Jr., we are working on a service project making blankets for the Wendt Center's summer camp for children coping with grief and loss.

Thank you for your ongoing support of Capital Clubhouse as we continue to develop our welcoming and supportive community in which all members can experience purpose, connection, and a sense of achievement.

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

Capital Clubhouse's Wish List

- IT assistance
- Website assistance
- 3 new or refurbished laptops for member use
- Food Processor to expand our use of recipes
- Binding machine to collate resource booklets

For more items go to our Amazon Wish List:
<http://a.co/42j5Zn6>

Don't forget to use **Amazon Smile** and choose **Capital Clubhouse in Washington, DC** as the organization you support!



Lauren McLaughlin a staff member from the San Antonio, TX Clubhouse visits us at Capital Clubhouse!

Ways To Thrive... When Depression Makes You Not Want To Do Anything by Maria E.

When you're depressed, doing simple things like taking a shower or even brushing your teeth can seem impossible. I believe this is because people with depression tend use "all or nothing" thinking. For example, *"If I can't do a thing a certain way, I don't want to do it at all"* or *"If my life isn't where I want it to be right now, then I don't want to do anything."*

I'm learning that when it comes to taking care of myself when I am depressed, don't let the perfect be the enemy of the good. The hurdle of doing something even when circumstances surrounding that something aren't "perfect," is a hard one to get over. But, small steps, believe it or not, really do matter.

Give yourself permission to take care of yourself for no other reason than you're worthy. This seems like a brave concept if you're a person with depression who doesn't think highly of yourself. But taking small, manageable steps towards your self-care tasks and being patient and kind with yourself can help a great deal. If all you can manage to get done in one day is just to brush your teeth, then that's okay.

Inspirational Quotes by Dr. Martin Luther King

Submitted by Jen Mareck

- *Almost always, the creative, dedicated minority has made the world better.*
- *A right delayed is a right denied.*
- *Be the peace you wish to see in the world.*
- *Faith is taking the first step, even when you can't see the whole staircase.*
- *Our lives begin to end the day we become silent about things that matter.*
- *Oppressed people cannot remain oppressed forever.*
- *We must in strength and humility meet hate with love.*
- *I've decided to stick with love. Hate is too great a burden to bear.*



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

Happy New Year [1995] by Winifred Morris

Poem from: A Flash of Bright Air: Poems and More
by The Iona Poets

Our volunteer member, José, was inspired to share this poem.

He wishes everyone a very Happy New Year, 2019!

Before the dawn of the new centennial,
In this dusk of a graying century
So snug together in terrestrial twilight
In a friendly terrace to await unknowables
Well aware that years do not make life
While a youthful mind seems imperishable
With a fortune of passions unspent
Lucky in love of living
While the mind thrives
Sensitivity survives
Never to be blind
To need of any kind
Laughter dissolves tears
Lusty courage reappears
As hope cleanses fears
Trust all the years
How grand to be alive
For 1995

Happy
Happy
New Year!



DC has a new Clubhouse!

by Jessie Nicoll

I attended a clubhouse previously for over 15 years. While I was there, I did office work and other tasks. When I attended the Clubhouse, I matured a lot: I went from a scared and confused newcomer to a conscientious member of the global community. In Clubhouse, I learned to speak with confidence in public. This opened many doors for me. I went on transitional employment jobs that boosted my self-worth and independence. I even went back to college. Of course, a good speaker needs to know when to be silent. As I learned to listen carefully to other members and staff members I was taught some valuable lessons including gaining gratitude for my family and upbringing. I thanked my family for everything. I am back in a new clubhouse again, thanks to Capital Clubhouse, where I hope to improve my communication and reliability skills with my peers daily.

English ⇌ Spanish Learning

We're excited that our diverse community at Clubhouse includes Spanish speakers, and in order to help us all expand our ability to communicate we will be including some language lessons in our newsletter.

Let's learn!	↔	¡Aprendamos!
Good morning	↔	Buenos días
How are you?	↔	¿Cómo estás?
My name is ...	↔	Me llamo ...
This tastes great!	↔	¡Esto sabe muy bien!
Do you want more?	↔	¿Quieres más?
I can help with that	↔	Yo puedo alludar con eso
Thanks!	↔	¡Gracias!
Okay; o.k.	↔	Bien; Bueno; Okey
Standards	↔	Normas
Members	↔	Miembros



1313 New York Avenue NW
Washington, DC 20005

Phone: 202-308-9690
Email: info@capitalclubhouseinc.org
www.capitalclubhouseinc.org

 @CapitalClubDC

 @CapitalClubhouse



Remember this Winter.... If you or someone you see needs shelter from the cold, call the District of Columbia Hypothermia line at **311** or **202-399-7093**.
Have a warm and safe winter!

Free Things to Do in the District (and in Bad Weather) by Clubhouse Members and Staff

MLK Day Peace Walk + Parade

When: Monday January 21, 2018
Time: 9am prayer service @ 2500 MLK Jr. Ave SE; 10:45am line up; 11am start parade
Parade ends @ 2730 MLK Ave SE
Transportation: Anacostia Metro Station

Smithsonian Museums on the National Mall

...From the Air and Space Museum to the National Portrait gallery and so many more, there is a museum to catch everyone's interest!
Hours: 10am-5:30pm
Phone: 202-633-1000
Transportation: Smithsonian Metro Station

National Zoo

...Especially the Amazonia exhibit to THAW OUT!
Phone: 202-633-4888
Transportation: Woodley Park-Zoo Metro Station or L1/L2 Bus
Grounds Hours: 8am-5pm
Exhibits/Buildings: 9am-4pm

Friday Evening Jazz Concerts at Westminster Presbyterian Church

...Enjoy some great music to kick off the weekend!
Time: Fridays, 6-9pm
Phone: 202-484-7700
Address: 400 L St. SW
Transportation: Waterfront Metro Station

Millennium Stage at the Kennedy Center

...Did someone say free shows every single day of the year?!
Free performances 365 days/year at 6pm
Phone: 202-467-4600
Address: 2700 F St. NW
Transportation: Foggy Bottom Metro stop + Free shuttle from Metro; 80 bus

DC Snowball Fight @ Dupont Circle

...Join in the arguably funnest annual event in the District this Winter season!
For more info: Join the "Washington DC Snowball Fight Association" on Facebook
Transportation: Dupont Circle Metro Station