

COMPASS

THE NEWSLETTER OF CAPITAL CLUBHOUSE INC

OCTOBER 2020

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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
Clubhouse Cooking Corner Thurs	2:30 PM

All on the same Zoom link!

Join us for an IN PERSON picnic!

**Friday, October 2nd & 23rd
at 12PM**

Join us for a picnic in the park
at McPherson Square,
15th Street between
I "Eye" St. and K St.NW



CLUBHOUSE STANDARD IN ACTION

by Mark, Jon, Amy

#28 The Clubhouse provides assistance, activities and opportunities designed to help members develop and maintain healthy lifestyles.

In our Clubhouse we mention wellness-oriented concepts and activities throughout the day. There have been so many suggestions in Clubhouse meetings and a colleague might take up one of the suggestions, for a bit. We mention meditation and I or others might be motivated to try meditating. It would be nice if we did it together as Clubhouse but that's not necessarily what everyone wants to do. There's no one-size-fits-all Wellness Activity. Recently a member suggested we have a nutritionist come to Clubhouse to give a talk about healthy eating. So, another member who attends a nutrition group is going to ask there, and we'll see what happens. A staff member wants to find someone to speak on the integration of wellness and mental health during Hispanic Heritage Month ... The opportunities are many and we explore them together.

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

www.capitalclubhouseinc.org

October Recipe

5 Ingredient Granola Bars

Ingredients:

- 1/4 cup of salted peanut butter
- 1/4 cup maple syrup
- 1 cup of almonds (loosely chopped)
- 1 1/2 cups of rolled oats
- 1/2 cup of chocolate chips
- Optional: 1 cup of processed dates



1. Put oats, almonds, chocolate chip (and dates, optional) in a bowl together.
2. Warm maple syrup and peanut butter in a saucepan over low heat. Stir and pour over oat mixture. Mix thoroughly.
3. Transfer mixture to 8x8 inch baking dish or small pan lined with plastic wrap or parchment paper.
4. Press down firmly to flatten. (You can use a drinking glass to roll over the mixture to flatten it!)
5. Cover with parchment paper or plastic wrap and put in fridge or freezer for 20 minutes.
6. Remove granola from pan and chop into even bars or squares.
7. Enjoy for yourself or share with others!



Ways to Thrive

by Fred

I was able to get Internet just before the pandemic started and I've learned that there is so much helpful information you can find on the Internet. Here are some of the many examples I've found:

- Health benefits of apple cider vinegar;
- You can download almost any genre of music you like.
- Sports fans can watch the highlights, big plays, of most any of the NFL or college football games that were played that weekend.
- You can attend virtual community/church events. Some are live on Zoom and some are recorded and posted on YouTube.
- And, I, and others, can join fellow Capital Clubhouse colleagues virtually on Zoom!

The opportunities are plentiful in entertainment, information, and now even in finding live community on the Internet.



@CapitalClubhouse



@CapitalClubDC



@CapitalClubhouse

In the Spotlight with Mark H by Irving

Where were you born?
Washinton, D.C.

Where did you go to school?
Here in DC, Greg School



What are your hobbies?

Playing on my computer and going for walks.

What is your favorite thing to do in DC?

Volunteering at CCNV (Community for Creative Nonviolence) shelter.

When did you come to Capital Clubhouse?

I joined about a year ago.

Do you have any pets?

Not right now, but I used to have goldfish.

What three words best describe your personality?

Kind, easy-going, trustworthy.

The Board and Benefit Committee
Invite You to the
Capital Clubhouse Virtual Benefit

*"Opening the Door to Social
Justice for Mental Health"*

and Online Silent Auction
"Delivered to Your Door"



Remarks by

Executive Director Maria Núñez, author
and mental health advocate Pete Earley,
renowned psychiatrist Dr. Marilyn Benoit,
the Hon. Patrick J. Kennedy, and
Clubhouse member Saunya Connelly.

Mental Health Advocacy Award Presented To

Kimberly Clark,
Chief of the Mental Health Division, Public
Defender Service, District of Columbia

**October 4, 2020
5 pm**

Spanish Corner

Let's get well together!

Vamos a mejorar juntos!

- Meditation- *la meditación*
- Yoga - *el yoga*
- Music - *la música*
- Healthy Eating - *alimentación sana*
- Exercise - *el ejercicio*
- Wellbeing - *el bienestar*
- Balanced Diet - *la dieta equilibrada*

*One healthy activity is Apple Picking!
Temporada de manzanas!*