

# COMPASS

THE NEWSLETTER OF CAPITAL CLUBHOUSE INC.

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## Summertime Fun!

Keep cool at one of these free/public places:

- DC Residents with proper identification can take advantage of the following for FREE!
- Outdoor Pools: Every Ward in DC (except Ward 3) has an outdoor swimming pool. We're familiar with Banneker Pool on Georgia Ave NW by Howard U.
- **SPLASH PARKS** are a fun and easy way to cool off and are found in most DC parks and playgrounds.
- Indoor Pools also are in every Ward of the City (except Ward 2). Marie Reed (in Ward 1) and Wilson Aquatic Center (Ward 3 next to Wilson Sr. High) are familiar and pristine pools.
- For more information on wet places to cool off like those listed above, visit: <https://dpr.dc.gov/service/find-pool>

Check out other fun things to do this summer:

- An evening or daytime walk through Rock Creek Park is delightful in the summertime.
- The National Zoo is a great attraction by Rock Creek Park and includes water sprayers along the walk to cool you.
- Indoors there are wonderful daily performances at the Millennium Stage at the Kennedy Center, 5:30pm-8 or 9pm.
- Attend a Nationals Game! The excitement of the game and the crowd can make it enjoyable! Find a ticket for as low as \$5 by going to the stadium and getting into the line. Ask officials where to go! Check out the schedule and ways of getting there here: <https://dc.curbed.com/2017/4/3/15111652/nationals-park-guide-schedule-food-parking>

## Clubhouse Visits

We loved having colleagues of B'more Clubhouse from Baltimore, MD visit us! Visits by and to clubhouses are motivating, inspiring and give us excellent ideas for our own operation. Collaboration is always a good thing! *Continued on page 4.*



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## When Disaster Strikes... Be Prepared!

We have gathered supplies for emergency preparedness such as water, non-perishables, flashlight, and first aid supplies and are hoping to get some blankets donated.

From earthquakes to hurricanes to fires and floods it is important to be prepared when disaster strikes. A great way to prepare is to start by asking yourself four key questions:

### (1) How will I receive emergency alerts and warnings?

Cell phones, TV, radio can all provide notice of an emergency.

### (2) What is my shelter plan?

Depending on the emergency you may need to “shelter-in-place.” You should know where you would do that at both home or work or anyplace else you spend a lot time. You should make sure you have access to a supply of bottled water, non-perishable food, a flashlight, and any medications or medical supplies that you need to wait for a day or two until responders could get to you.

### (3) What is my evacuation route?

In the event a disaster forces you to leave your location you should know your potential evacuation route and point. Make sure the route is one all household members can use factoring in any specific mobility limitations.

### (4) What is my family/household communication plan?

Make sure you and your family or household members know how to get in touch in an emergency and have pre-determined meet up points you would go to depending on the type of disaster.

To learn more about how to be ready for any type of emergency check out the government website: [www.ready.gov](http://www.ready.gov).

**Do not judge me by my successes; judge me by how many times I fell and got back up again.**

**—Nelson Mandela**

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## 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*



**Interview of Julian**

by Stanley

**Where were you born?**

*DC General Hospital , Washington, D.C. 1969*

**Where did you go to school?**

*Kelly Miller Jr. High, N.E Washington, 1992*

**What are your hobbies?**

*Arts and crafts, Watching basketball and football*

**Do you have any pets? Or wish you did? If so, what?**

*In my childhood we had cats and dogs at my mother's house. If I could have a pet now it would be a German Shepherd.*

**What's one of you favorite places to go in DC?**

*The Washington Monument*

**What do you like about clubhouse?**

*Meeting people, nice relief*



**Easy Ways to Stay Healthy**

by Irving Rosenblatt

As June was men’s health month we learned tips on how to stay healthy.

1. A Balanced Diet – try to eat a lot of fruits and vegetables and fewer processed foods, salt, and red meat
2. Exercise –walking throughout the day and stretching in the morning can have huge health impacts, when possible take stairs instead of the elevator
3. Sleep – get 8 hours of sleep a night
4. Limit Caffeine Intake – try and drink less coffee and soda, especially before bed as that may cause you not to sleep
5. Make sure to bathe regularly and wash your hands before meals and after using the rest room
6. Get an annual check up
7. Socialize with people – activities like coming to clubhouse and seeing friends to keep your mind active

**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.

Picnic	↔	picnic
It’s hot today.	↔	Hace calor hoy.
I’m sweating!	↔	Estoy sudando!
humid	↔	húmedo
drink	↔	bebida
beach	↔	playa
swimming pool	↔	piscina
swimsuit	↔	Traje de baño
sand	↔	arena
daylight	↔	luz del dia
ice cream	↔	helado



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If you would like to receive our bi-monthly newsletter by mail or email, please contact us at [info@capitalclubhouseinc.org](mailto:info@capitalclubhouseinc.org).

In our next issue, look for information about our  
**Grand Opening Celebration!**



## Clubhouse Visits *(continued from p. 1)*

Maria Núñez (holding blue shirt): “Many thanks to Pathway Clubhouse in Columbus, OH for their warm hospitality. I enjoyed a delicious lunch and learned a lot from their community meeting. Pathway has been around as a clubhouse for a long time and has great plans for the future. Members are welcoming, hard-working and proud of their clubhouse.”

## Wish List

- ⇒ **2 Laptops for Member Use**
- ⇒ **iPhone** — Our phone is a simple mobile; we would like an iPhone for its
- ⇒ photographing and video capabilities
- ⇒ **Tea pitcher**
- ⇒ **Large Stockpot**
- ⇒ **SEE ALSO: Emergency Preparedness article on p. 2**

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