

COMPASS

THE NEWSLETTER OF CAPITAL CLUBHOUSE INC

JANUARY 2021

VOLUME 3, ISSUE 1

How Are We Connecting in January? Read on..

MONDAY THROUGH FRIDAY VIRTUAL CLUBHOUSE!

Wake up to Wellness	9:00 AM
Social Time	9:30 AM
Morning Unit Meeting and WOD	10:30 AM
Afternoon Unit Meeting and WOD	1:00 PM
Wrap-Up Meeting	3:00 PM

Weekly Meetings

Social Media	Mondays	2:00 PM
Community Mtg.	Tuesdays	3:00 PM
Reading Group	Tuesdays	4:00 PM
Typing Club	Wednesdays	2:00 PM
Cooking Corner	Thursdays	2:00 PM
Life Skills	Fridays	2:00 PM

All on the same Zoom link!

Upcoming Events

MLK Jr. Day

**Monday, January 18th
10-12**

Learn about Volunteer opportunities!

Inauguration Watch Party

**Wednesday, January 20th
at 12 noon on Zoom!**

Join us to watch the inauguration of
the 46th President on Zoom.

CLUBHOUSE STANDARD IN ACTION

by Tina, Irving, and Brenda

11. Responsibility for the operation of the Clubhouse lies with the members and staff and ultimately with the Clubhouse director. Central to this responsibility is the engagement of members and staff in all aspects of Clubhouse operation.

The responsibility for the Clubhouse comes to both staff and members. Everyone in the clubhouse is responsible for it. Members and staff both have input in the Clubhouse and all are entitled to their own opinion. People's two cents are always welcome, but if the activity in question is not related to the Clubhouse then we can't focus on it. We acknowledge that while the director is the head and that members also have input, ultimately the director will make the final decision.

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Action Towards Social Justice

Engaging with Law Enforcement

Crisis Intervention Officers of the DC MPD are in training where they learn more about mental illness and mental health crises and how to intervene safely without inflicting harm. Facilitated by DBH, Capital Clubhouse became part of their training last month when members engaged in dialogue with CIOs. It was enjoyable, and important, to get to know each other as people.



We appreciate the fact that members of the MPD take the time to listen to members of the DC community. And we look forward to continuing this relationship with them.

Achievements

As we approach the end of the year, we wanted to celebrate some of our members' accomplishments in their employment and educational pursuits:

Tina completed ByteBack Foundations I & II computer-learning courses. Other members are learning to use computer tablets, typing skills, a graphic design platform (i.e. Canva) and reading skills. Irving has started working on his math skills.



Clubhouse Cooking Corner

Easy Chili Mac

for home or for Clubhouse

Ingredients:

- 1 lb ground beef
- 1 small onion, diced
- 3 garlic cloves, pressed
- 1 (14 ounce) can diced tomatoes
- 1 (14-15 ounce) can tomato sauce
- 4 tablespoons chili powder
- 2 teaspoons ground cumin
- 3-4 cups cooked macaroni
- 2 cups cheddar cheese
- 1/2 teaspoon salt



This recipe is very easy and quick. Gather the ingredients to the left and follow the directions below:

Brown ground beef. When it is about half done press garlic into pan and add onion. Cook until ground beef is done, onions should be clear. Drain grease. While cooking ground beef, cook macaroni according to box. Drain macaroni. Add diced tomatoes and tomato sauce, stir. Add chili powder and cumin, stir. Add macaroni, stir. Add salt, Season to taste, Stir. Serve and top with cheddar cheese.



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In the Spotlight

With our Executive Director Maria Núñez

by Irving and Tina

What made you want to take the job? What keeps you motivated?

I like the combination of the community building and providing a place that helps people reach their goals. Particularly its members and staff working together. Seeing other people positive, motivated, and working towards their goals.

What is it about the clubhouse that you like?

Community and people working together. We're also a community of clubhouses. We can learn from colleagues of clubhouses all over the world.

Why do you like cooking corner?

I like to watch cooking videos. I like watching what other peoples' favorite foods are. It's a chance to learn from each other like finding new things to eat.

Why do you like DC?

I like DC. There's a lot of things to do indoors and outdoors. It has rich history. It's walkable. The weather is really good. It's a city you can explore and enjoy.

Do you prefer in-person clubhouse or Zoom?

I prefer in-person clubhouse because of the camaraderie with everyone. It's fun to be laughing and talking with everybody. Nice to have coffee and lunch together. I think being in the same space and being with everyone in person is a lot different. It's better for people to be more involved in more things. It's nice to have our own space.



How do you motivate people to get on Zoom?

I try to provide things that people would like to participate in. Like cooking clubs because people like learning about food. People like it because they're learning a lot and are supportive of each other. It's hard to get people on and stay on Zoom.

What do you imagine the clubhouse in the 5th or 10th year?

We'll be accredited. We will have our own space. We will be serving a lot more members and be well-known in the community. We will have our own garden (growing our own food and flowers). And we'll be a Clubhouse that other Clubhouses learn from.

Spanish Corner

Have a prosperous new year! -

¡Próspero año nuevo!

Goals - Metas

Dream, Believe, Aspire -

Sueña, Cree, Aspira

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Ways to Thrive ... in a New Year

Stay warm; wear layers. Eat warming foods like hearty soups; stay safe; get rest. Stay connected with others. What else can make our 2021 fulfilling? We could set *goals*!

Here are member-recommended steps to take towards reaching your goal: Make your goal something that you want to do. Celebrate your small accomplishments along the way. Stay focused - helps you stay determined to reach your goal. Take it step by step!

- Julian wants to learn to use the computer keyboard. He plans to practice on some typing sites on the weekends and “go step-by-step.”
- Tina’s goal is to continue to develop her computer skills and engage in her sewing club. “One step I can take is continuing computer classes at ByteBack. Also, I plan to attend my sewing club when I receive my schedule.”
- Maria E. says, “I will learn how to like myself.” She plans to journal, attend therapy and come to Clubhouse.
- Irving says, “I have a goal of keeping up my apartment. I will continue to sweep and mop the floor. I will make sure everything is clean. I will keep the papers sorted.”
- Mark H says his goals are to build strength in his legs, get a part-time job, and travel more. He plans to go to the gym, work with his m.h. provider and, when it’s safe, go to visit his cousin.
- Jon’s goal is “to focus on myself, family, community and friends. I also have a goal of practicing gratitude daily.”
- Brenda says, “I have a goal of going back to school and going to the gym. I am working on school paperwork. I am looking into gyms with Clubhouse staff/members.”

These are good goals, Clubhouse members! The steps will be challenging but rewarding.

Interested in learning
about Capital Clubhouse?
Request a virtual tour!
Email us at
info@capitalclubhouseinc.org

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