

MEMBER SPOTLIGHT: MARILYN



How did you find out about the Clubhouse: From my new and old skills specialist at Adult & Child.

What were you doing before the Clubhouse: I was in different groups at Adult & Child and I wanted to socialize and needed an outlet to express myself.

How long have you been coming to the Clubhouse: I have been coming approximately four weeks and I really enjoy it.

What do you enjoy about the Clubhouse: I like the feeling that people get along and there does not seem to be a lot of disagreement or any misunderstanding. People accept you for who you are.

Would you recommend the Clubhouse to someone else? I think that I would because you don't have to isolate and you can socialize.

Coping With Stay at Home Order

During the question of the day this week we checked in on managing stress during this time and we all brainstormed some ways!

-Deep breathing and walking in nature, Praying to your higher power, Taking some time to unplug from electronics, Calling a friend, Taking a nap, Stretching, Learning something new, Reading.

Jennie wrote a bit about how she is handling physical distancing: "In this time, we're going through now, I am glad the clubhouse online is there for me. It gives me a sense of belonging and helps me not to isolate to keep positive. I will get through this. There are a few things that have been helping me cope like gardening indoors, talking to friends and family, listening to music, reading, and keeping the faith. I have also been reminding myself this is a challenge but I can handle it."



Job Updates and Transitional Employment (TE)

We are proud of all of our members pursuing employment. Employment is one of the best ways to find meaning and purpose on your way to recovery. Here are some examples of Clubhouse members experiences with employment. Thank you from Circle City Clubhouse to all our supporters who have helped make Supported and Transitional employment programs possible with their generous donations.

ART SHOW

Sevella, a member here at Circle City Clubhouse is having an art show open house this month at a coffee shop called RABBLE here in Indianapolis. Some of her artwork will be on display during the entire month. The address is 2119 East 10th Street and it is open every day from 6 a.m. until 8 p.m. Monday through Friday. Hours may vary due to Coronavirus precautions.



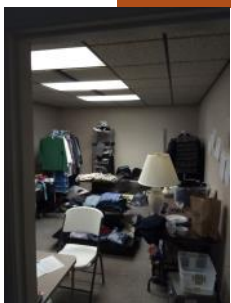
Please come out and support her as we celebrate another member reaching one of her artistic goals. Thank you Clubhouse members!

Dana's Article

My name is Dana McClellan. I want to let you know for the past 35 years I've been sponsoring children from world vision with compassion. I sponsor children from the following countries, India, Sri Lanka, Ethiopia, Burkano Faso, Mexico, Dominican Republic as well as other countries. I also give to children from Afghanistan from Islamic relief. Also, I am a Saudia Arabia American Princess. I have friends, and I know a lot of kings and queens, and presidents. If you want to contact me on this behalf get on my facebook page and I will get hold of you. My facebook page is Dana McClellan



Thrift STORE



The thrift store is getting ready for the changing of the seasons!

We are currently having a sale. All winter clothing such as pants and long-sleeved shirts are available for a quarter each. We are also looking for donations of gently used clothing, especially spring and summer clothes and new underwear. Additionally, we are requesting good condition items, such as houseware (glasses, pots, pans, bowls) and jewelry.

Clubhouse Community Continues

Jay Brubaker - Circle City Clubhouse Executive Director

It's hard to believe that its only been a little over three weeks since we all gathered to celebrate five years of Circle City Clubhouse. With everything that has happened since, it feels like a lifetime ago. As I try to wrap my mind around all of the changes that have happened so quickly, I can't help but think of all of the changes we have already undergone as a community.

On the first day we opened, there were seven of us, five members, one other staff, and myself. Things changed quickly. We added another staff, reached out and added new members, and by the end of the year we were averaging over ten members attending each day. Things continued to change – members and staff joined and left. We got chickens and planted a garden. We found transitional employment opportunities for our members. We started a newsletter, and now a news show. We got vans, to help members get to Clubhouse. Most of those changes were good. Some of those changes were hard, as we said goodbye to people we loved. But through it all, the community of Circle City Clubhouse endured and continued.

Now, we face one of the biggest changes of all. Even though we expect it to be temporary, its hard to be without the space that housed our community for the past five years. Closing our Clubhouse doors was the single hardest decision we have had to make yet in our existence. It is hard to be without the space where we made friends, supported one another, had fun together, and worked along side one another. It is hard to lose a space where we found meaning, where we found support, and where we found safety.

However, our community is not defined by its space, it is defined by our members. As we continue on we have found other ways to keep our community connected – checking in with each other by telephone & web conference, calling one another, supporting one another in accessing community needs, delivering food to some members who need it, and continuing to collaborate remotely on our Clubhouse newsletter, outreach, and social media.

At Circle City Clubhouse, we are committed to keeping that going as we reach out to the state, individuals, foundations, and businesses for support. The response has been amazing as we work to find funding to keep our staff employed full time and focused on coordinating our community and keeping our members connected.

We will continue to take this day to day, and as new information becomes available, adapt as we need. However, as long as we continue to care for one another, our community will continue. No matter what happens over the next few weeks and months, remember, “We Are Not Alone!”

Meet Me at the Clubhouse

This is our third year doing Meet Me at the Clubhouse and we want to ask you to come to see what we do to help mental-health consumers in the Indianapolis area. Feel free to bring friends or family with you. We will only take up one hour of your time. I hope we see you at the Clubhouse soon! Our upcoming dates will be changing do to the Shelter-in-place orders. Please check out social media platforms for the most up-to-date information. Scheduled Meet-Me dates are as follows:

WED May 13th: 12:00 PM—1:00 PM

WED May 27th: 4:30 PM—5:30 PM

WED June 10th: 12:00 PM—1:00 PM

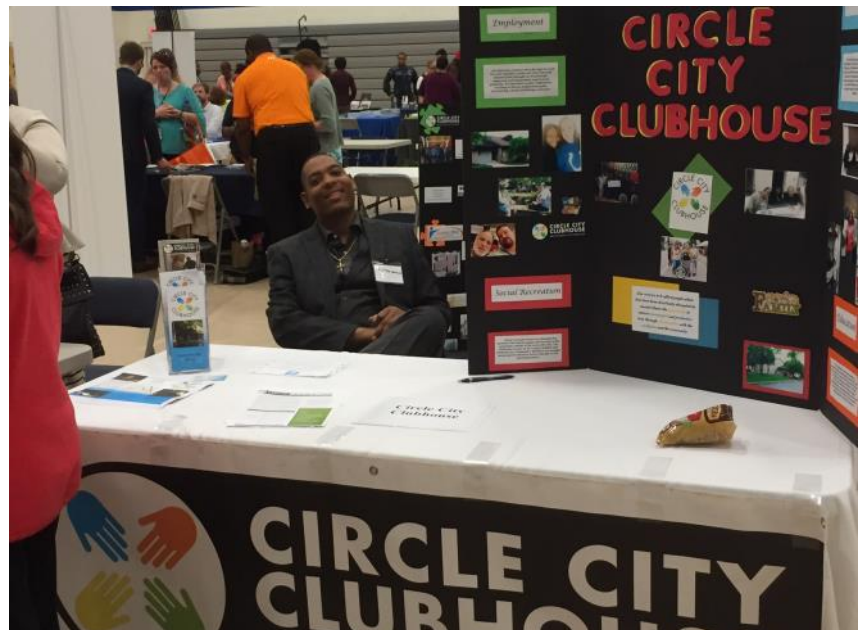
WED June 24th: 8:00 AM—9:00 AM



SPEAKERS BUREAU

Meet Me's are in full swing and we need members to become a part of your Speakers Bureau team. Without Speakers Bureau, no one in the community would learn about your Clubhouse. We go out into the community to universities, businesses, organizations, non-for-profits, businesses that specialize in mental health and anywhere anyone will give us an opportunity to speak. We consider ourselves to be a cheerleader for your Clubhouse in letting the community know just

how special Circle City Clubhouse really is. If you like speaking and telling your story about what the Clubhouse means to you, then Speakers Bureau needs you! We meet weekly at 10 a.m. on Wednesdays. If you have an idea of where we could speak, we would love to hear from you.



Mobile Outreach



On Thursday, March 12, a group of 3 members and a staff went out into the community to visit Juan, a member they hadn't seen for a long time. He was excited to hear about social recreation activities such as going to the movies and sports games. It was a good time to meet other members and catch up on how life is going both at the Clubhouse as well as for Juan. Everyone in the group was excited to see him, and he seemed to like having

visitors. If you are interested in receiving visitors for mobile outreach, you can call (317)260-8058 or e-mail CircleCityClubhouse@centralindianaclubhouse.org.

V.O.L.C.A.N.O.E.S.



The VOLCANOES unit has not really introduced itself to our clubhouse family. It took the place of the CORE unit as well as some of the things that the LIFE unit did. Our name means V for Vehicles, O for Outreach, L for Library, C for Clerical, N for Newsletter, O for Orientation, E for Education, and S for Social Media. We decided that that would be the new name because we wanted our members to feel that they could

vote on the job they feel they might want to do during the day and not just in general. We as members also might gain an opportunity to learn all aspects of the VOLCANOES unit and maybe apply it to a job out in the community or help the Clubhouse here. Here is what we're doing this month:

We need help in the Clerical area of the Clubhouse which files Demographics, Receipts, Business (in house), Attendance as well as make labels for files, make orientation folders, update files when necessary and do monthly outreach. Other things that always needs to be done is the weekly newsletter, and weekly newscast. We need YOU as a member to come and get involved with the VOLCANOES unit and see what it can offer you. Look forward to seeing you!

APRIL 2020

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
	1:15pm Daily Virtual Meeting		1:15pm Daily Virtual Meeting	1 Daily Virtual Meeting	2 Daily Virtual Meeting	3 Daily Virtual Meeting	4 Closed	5 Closed					
6	1:15pm Daily Virtual Meeting	7 Daily Virtual Meeting	1:15pm Daily Virtual Meeting	8 Daily Virtual Meeting	9 Daily Virtual Meeting	10 Daily Virtual Meeting	11 Closed	12 Closed					
13	1:15pm Daily Virtual Meeting	14 Daily Virtual Meeting	1:15pm Daily Virtual Meeting	15 Daily Virtual Meeting	16 Daily Virtual Meeting	17 Daily Virtual Meeting	18 Closed	19 Closed					
20	1:15pm Daily Virtual Meeting	21 Daily Virtual Meeting	1:15pm Daily Virtual Meeting	22 Daily Virtual Meeting	23 Daily Virtual Meeting	24 Daily Virtual Meeting	25 Closed	26 Closed					
27	1:15pm Daily Virtual Meeting	28 Daily Virtual Meeting	1:15pm Daily Virtual Meeting	29 Daily Virtual Meeting	30 Daily Virtual Meeting	1:15pm Daily Virtual Meeting	1:15pm Daily Virtual Meeting				Closed		Closed