



New Member Highlight

Meet our new member, Trent!

CCCH: How did you hear about the Clubhouse?

Trent: A few people at my house told me about it.

CCCH: What were you doing before you came to the Clubhouse?

Trent: I was working at Goodwill.

CCCH: What do you think about the Clubhouse?

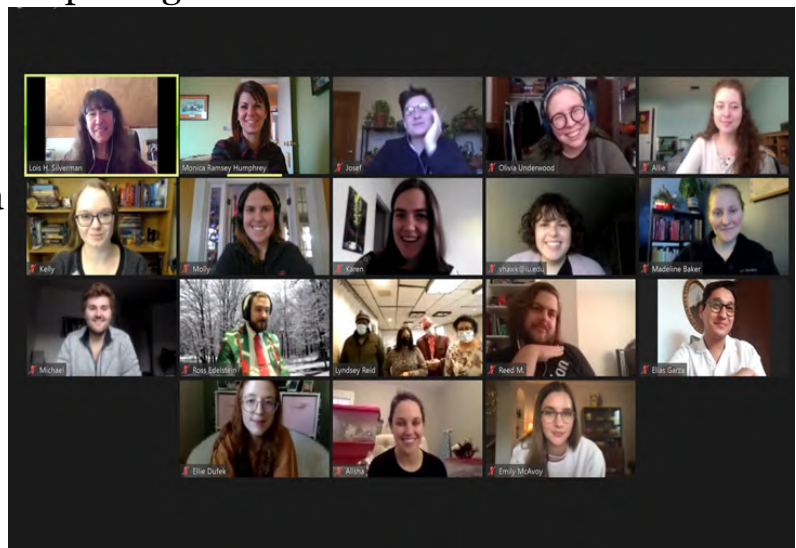
Trent: It's great so far! It beats staying at home, that's for sure!

CCCH: What do you want others to know about you?



IUPUI Museum Studies Collaboration with Clubhouse

Late August 2020 IUPUI Museum Studies class collaborated with Circle City Clubhouse to create a new tour for Clubhouse to incorporate for new members and potential donors. Professor Lois Silverman and Lyndsey Reid worked diligently to brainstorm and put together an outline for members and students. The Clubhouse did an amazing job, sharing ideas and expressing their honest feelings about how clubhouse has made a personal impact in their lives. After countless Monday meetings and tons of hard work OUR NEW TOUR IS COMPLETE!! Next time you visit the Clubhouse feel free to ask for a test run of our new tour!



Managing Depression and Anxiety

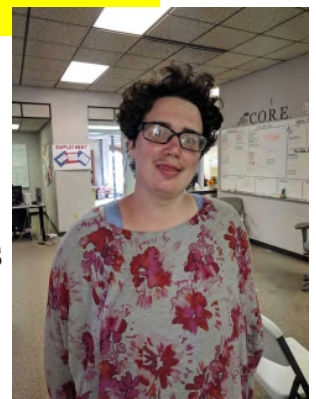
Many people experience increased symptoms of depression and anxiety during winter months. People are also struggling as we continue to address issues related to COVID-19. Below are some tips from the CDC of how you can manage symptoms of depression and anxiety.



1. **PAUSE** – do deep breathing, meditate, stretch. Pay attention to how you feel; how your body is responding to your emotional needs.
2. **TAKE BREAKS FROM UPSETTING CONTENT** – use relaxation techniques, listen to music; don't just watch television and listen to all the troubles of the world.
3. **TAKE CARE OF YOUR BODY** –
 - a. Exercise; one session of moderate-to-vigorous physical activity reduces anxiety, even short periods of physical activity are helpful.
 - b. Get plenty of sleep - go to bed at the same time each night and get up at the same time each morning, including on the weekends.
 - c. Try to eat healthy - add healthy fats, cut sodium, bump up your fiber, and aim for a variety of colors on your plate.
4. **REACH OUT AND STAY CONNECTED** - Talk with people you trust about your concerns and how you are feeling. Check in with your friends/family/community often. It can help you and others feel less lonely and isolated.
5. **SEEK HELP IF YOU FEEL OVERWHELMED OR UNSAFE** - If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or

Winter Poem by Christian B.

Winter snowflakes snow flaks swirling around oh what a beautiful-
Winter magic and a wonder sight to see. I can feel the crisp cold
air beating against my fuzzy warm winter coat. Oh, the sounds of
my snow boots stomping on the ground making crackly and jag-
ged footprints on the snow and it is leaving a reflection of my boots
as I prance across the snow. Oh, how it winters again. I welcome it
with delight.



Holiday Recap

This past Christmas, we made meal deliveries of chili to members who wanted some. Members said they truly enjoyed their meals and appreciated the Clubhouse community opening up their hearts to connect with members! Trendera hosted Zoom, and members were able to sing winter and Christmas-themed songs. Some members stayed online to watch a movie. A big shout out to the generalists and board members for making the holiday meals a success. Hopefully this year we will be able to come together in-person to celebrate all of the holidays at the Clubhouse.



Happy New Year 2021!

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We wish you all the
best this year!

ATN Update

In mid-December at program meeting, members and staff discussed the need for more structure for our beloved snack shop and lunch processes. We decided as a group to remind folks that the hours for lunch will be as follows:

Lunch: 12:00pm – 12:45pm

Snack shop will be open 9:30am – 10:00am and 2:30pm – 3:00pm

We decided with less folks joining us in person, we needed to reduce the hours, but also make sure there were times for people to get a morning and afternoon snack. This also holds us accountable to count the money at the beginning and the end of each day. Thanks for everyone's input!



Tablet Wait List

Clubhouse has been distributing tablets to active members during meal deliveries and mobile outreaches. At the moment, we have assigned all of the tablets to members and are waiting for another batch of tablets to become available. In the meantime, members who have requested tablets have been added to a waiting list. Tablets will be disbursed to members according to their place on the waiting list on a first-come, first-serve basis. If you are interested on being placed on the waiting list to receive a tablet, please call the Clubhouse at (317) 260-8058.

Winter Weather

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O	T	H	E	R	M	O	M	E	T	E	R	M	A
L	T	E	M	P	E	R	A	T	U	R	E	S	Q
T	X	E	C	O	L	D	Q	S	L	E	E	T	M
W	Y	F	L	U	R	R	I	E	S	G	U	P	G
W	I	F	R	E	E	Z	I	N	G	R	A	I	N
I	I	N	Q	I	Z	F	O	G	G	Y	W	W	A
N	B	C	T	F	C	S	U	N	N	Y	H	I	V
D	L	R	E	E	O	I	I	O	C	F	I	N	A
C	I	A	C	S	R	R	C	C	E	R	T	D	L
H	Z	I	S	H	T	S	E	L	Y	O	E	Y	A
I	Z	N	S	L	I	O	T	C	E	S	O	H	N
L	A	Y	T	N	U	L	R	O	A	T	U	A	C
L	R	V	M	L	O	S	L	M	R	S	T	I	H
U	D	G	N	U	N	W	H	Y	Z	M	T	L	E



avalanche
blizzard
chilly
cold
flurries
foggy
forecast
freezing rain
frost
hail
ice storm
icicle

icy
rainy
sleet
slush
snow
sunny
temperature
thermometer
whiteout
wind chill
windy
winter storm

1	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
					JANUARY 2021				New Year's Day w/ Jay & Pat 11am-3pm	2	Closed	3	Closed
4	9:15 am Morning Meeting 1:15 pm Afternoon Meeting 2:00 pm Program Meeting	5	9:15 am Morning Meeting 1:15pm Afternoon Meeting 1:45 pm Employment / Education Meeting	6	9:15 am Morning Meeting 1:30pm House Meeting	7	9:15 am Morning Meeting 11:00 am Speaker's Bureau 12:30 pm Meal Planning 1:15pm Daily Meeting	8	9:15 am Morning Meeting 1:15pm Daily Meeting	9	Closed	10	Closed
11	9:15 am Morning Meeting 1:15 pm Afternoon Meeting 2:00 pm Program Meeting	12	9:15 am Morning Meeting 1:15pm Afternoon Meeting 1:45 pm Employment / Education Meeting	13	9:15 am Morning Meeting 1:30pm House Meeting 5:00pm-7:00 pm Music/ Hang Out Night	14	9:15 am Morning Meeting 11:00 am Speaker's Bureau 12:30 pm Meal Planning 1:15pm Daily Meeting	15	9:15 am Morning Meeting 1:15pm Daily Meeting	16	Closed	17	Closed
18	9:15 am Morning Meeting 1:15 pm Afternoon Meeting 2:00 pm Program Meeting Last day to request delivery of chill	19	9:15 am Morning Meeting 1:15pm Afternoon Meeting 1:45 pm Employment / Education Meeting 5:00pm-7:00pm Bingo	20	9:15 am Morning Meeting 1:30pm House Meeting	21	9:15 am Morning Meeting 11:00 am Speaker's Bureau 12:30 pm Meal Planning 1:15pm Daily Meeting	22	9:15 am Morning Meeting 1:15pm Daily Meeting	23	Closed	24	Closed
25	9:15 am Morning Meeting 1:15 pm Afternoon Meeting 2:00 pm Program	26	9:15 am Morning Meeting 1:15pm Afternoon Meeting 1:45 pm Employment / Education Meeting	27	9:15 am Morning Meeting 1:30pm House Meeting	28	9:15 am Morning Meeting 11:00 am Speaker's Bureau 12:30 pm Meal Planning 1:15pm Daily Meeting	29	9:15 am Morning Meeting 1:15pm Daily Meeting	30	Closed	31	Closed