

THE FREE SPIRIT

THE OUR PLACE CLUBHOUSE NEWSLETTER

AUGUST 2019

Clubhouse standard No. 25: The Clubhouse assists members to reach their vocational and educational goals by helping them take advantage of educational opportunities in the community. When the Clubhouse also provides an in-house education program, it significantly utilizes the teaching and tutoring skills of members.

Around The Water Cooler

Clubhouse happenings and updates

** New Holiday Hours**

Starting Labor Day (September 2nd) Our Place Clubhouse will be shortening its holiday hours. On all holidays except for **Christmas and Thanksgiving** we will be open from 10am to 2pm. Please remember to schedule transportation accordingly!

A note about the AHCCCS Independent Oversight Committee:

Are you a member interested in participating in the independent oversight committee (IOC)? The IOC's purpose is to provide oversight to various issues of concern for AHCCCS members. Meetings are held at 10:30 am on the last Tuesday of every month at 400 W. Congress, 2nd floor, Room 222. More information can be found at ioc.az.gov

Integrated Resources:

We would like to welcome Wendy to Integrated resources! She will be helping develop our employment and temporary employment program- welcome Wendy!

Thrift Unit:

Members can continue to find great deals in our thrift store! Don't forget our member discount and weekly half off sale on Friday!

Clubhouse Café:

The Café continues to cook up delicious meals for the clubhouse! Members can learn how to slice and dice and work on their culinary skills in the kitchen.

Membership Services:

The healthy living group is back with a new time! Members wanting to learn about health and wellness can gather in the dining room Mondays at 2pm.



ASK MARGO

Dear Margo,

I want to get out and meet new people, but I have a tendency to isolate myself and find it hard to meet people that I have anything in common with. How can I build a support network around myself?

Dear Reader;

It can be intimidating to venture out after becoming isolated, especially after a bout of depression. For those of us with social anxiety, the idea of having a conversation with a stranger can seem especially daunting. I would suggest taking small steps and spending time in places where you're more likely to find people with similar interests.

Where are some good places to start? Support groups can be a safe place to talk about common experiences and connect with people who have been through similar. You may start off going to the groups just to listen and be around people at first, and maybe work up to feeling comfortable sharing. Maybe someone's story will speak to you and you can connect with them afterwards for coffee or exchange numbers. Another great source to find likeminded people is joining a club- are you interested in board games, running, books, writing, hiking, or knitting? There's probably a club for that! Try sites like meetup.com find one near you where you can meet in person, or take it slow and find a facebook group where you can chat online with folks who share a common interest!

Whatever you chose, remember you can put yourself out there slowly. Human connections form over time, just show up how you are and let people get to know you!

Want to be featured in our newsletter? Do you have an article idea or creative writing piece? Do you want to participate in editing the newsletter? We encourage anyone interested to submit their ideas! Please see Kaitlyn or email Kaitlyn.noris@ourplaceclubhouse.org

Inside This Issue

1	Ask Margo- Advice column
1	Around The Water Cooler- announcements
2	Creative Writing Pieces & Monthly birthdays
2	Health Corner
3	Notes From NAMI- Blog/ Op-ed piece
3	Events and Horoscope
4	Calendar

August Birthdays:

Ruth G. Eric C. Sonali F. Tim H.

Elsbet M. Tyrone S. Nancy W. Garrett W.

Caterina G. Patrick C. James F. Helene S.

Elaine B. Robin M. Christine L. Anne R.

Jeffery N. Alayne A. Keri R.



Health Corner:

Adult Vaccinations and immunizations- what you need to know

August is National Immunization Awareness Month. Immunizations (also known as vaccines or shots) help prevent you and those around you from catching dangerous and sometimes deadly diseases. Did you know that shots are not just for kids? The Centers for Disease Control (CDC) recommends that adults keep up with a vaccine schedule, including “booster shots” of immunizations you get as a child (like the Tetanus and Diphtheria vaccines) and new immunizations as you get older (such as for shingles or the pneumonia vaccine). Additionally, some people are at higher risk for contracting certain diseases and should consider additional immunizations depending on factors like travel, having a chronic health condition, and exposure to the disease.

Not sure which vaccine is right for you? The CDC has a handy self-assessment that determines your lifestyle factors. You can find it at ww2.cdc.gov/nip/adultImmsched/. You can also visit the Pima County Health Department to find information on where to receive immunizations as well as view a printable adult vaccine schedule flyer. As always, discuss any concerns with your doctor at your next wellness check up!

CREATIVE WRITING

FRIEND BY GEM

F= forever
R= respect
I= important
E= empathy
N= noble
D= delightful

To me, a friend has these characteristics.
Friends are your friends forever.
Friends are respectful to you and your family.
Friends are important to keep and important to have.
Friends are empathetic to your feelings.
A friend is noble to you and others.
Friends are delightful.

People don't realize how important friends are to the human Existence. Friends make you feel important and worth something. Friendship is a give and take relationship. Friends are your light in a dark tunnel and your rainbow on a rainy day and your reason to exist in the world. I would go the distance with my friend, even if hurdles get in your way, to get over them, under them, or around them.

Garrett's Story

By Garrett W.

All the books I read, I should be able to tell even a short story. So I thought I would for the newsletter.

When summer comes, it's time for summer fun. The kids get out of school and the swimming pools are packed. One of my favorite times of summer is the 4th of July, all the fireworks and all the people watching the fireworks, and it only comes once a year. This summer, I fell asleep early and missed the celebration.

When I went swimming this summer, almost no one was there, it was probably because of the summer heat. But anyway, I had a blast jumping off the diving board, but we had to go early because my friend wanted to go. Another good part of the summer was Breaker's Water Park. I could stay there for hours. I like to stay inside during the summer because it's super hot. When I was a kid, the pools were packed and there were long lines at the diving boards. Another good part of the summer for me is watermelon. I eat about 1 a week. Beat the summer heat and wear lots of sunscreen. Also drink plenty of water and try to stay inside.

CALENDAR OF EVENTS

Weekly meetings:

Morning meeting: M, T, W, F at 9:30

Program Meeting: Tuesdays at 2:30

Community Meeting: Thursdays at 9:30

Thrift store Hours:

M, W, F 10am-3:30pm

Tuesday 10am-2pm

Thursday 10:30am-3:30pm

Workshops:

Writer's Workshop: Thursdays at 2pm

Technology Workshop: Wednesdays at 2:30pm

Healthy Living Workshop: Mondays at 2pm

Job Club every other Weds at 11am

Remember! The clubhouse closes at 4pm!

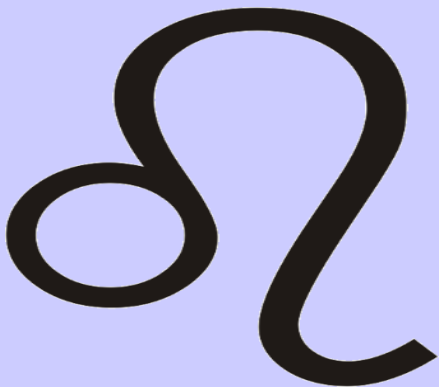
Monthly Horoscope- Leo

Ah Leo's; our cheerful strong lions who love to relax, really enjoy a day off, and are self-confident leaders. Leos love problem solving and enjoy being king of the jungle. They are not often followers and therefore don't particularly enjoy taking orders.

Known for their great sense of humor, Leos are fiery and passionate, often getting emotional about causes they care about. Not big lovers of antiques, Leos often enjoy new technology and gadgets and appreciate gifts and surprises.

2019 is supposed to be a fruitful and successful year for Leos and they should jump right into things that interest them with great vigor. It's also a great time for travel or changes to your home. Redecorating and seeing new things are all good plans for the Leo in 2019.

That's all for now from Horoscope Holly!



Notes from NAMI- Love Yourself as a Minority with Mental Illness

By Angela S.

Struggling with the notion that one is 'less than' because of a mental illness may leave you feeling that you will never find true love, may never accomplish your goals, or are even unable to love yourself; to name a few. One may see symptoms as significant flaws holding one back from everything you ever wanted. After years of living in disarray barely making ends meet, I began putting my life together. I realize now I can live the life I want with my diagnosis – if I own it and move on, treating myself as I would treat others.

Here are four ways to love yourself as a minority with mental health issues:

1. Find Your Affirmation. I have found it in faith even stronger than that I practiced as a child. I attend church weekly, and even during the week when I can, reading scripture daily with "The Word Among Us". And I have even joined a weekly Bible study. I have come to know God's love deeply, and loving my family, friends, and peers more.
2. Put Yourself First (after God of course). Dealing with my chemical imbalance I have often isolated, being unsocial. I have missed family events because I did not have the means to get there. But it has been just as well, what could I contribute to my loved ones with my head stuck in the sand. Coming out of isolation a better, healthier person, I have found family and things I put on hold, still there. The people who truly love me will always understand. If things get out of control for you, or you feel busy and unproductive, take a step back and don't be afraid to say no. Focus on you and see how things can change.
3. Ask For Help. It is hard asking for help after being independent for the longest time. I grew up with both my parents and seven siblings. Mom was always there for us. Dad kept a roof over our heads and food on the table. My siblings and I did what we could. As I began to battle with my medication, after trial and error I have settled for compliance as much as possible. This has stabilized me. My family and friends are there for me. I don't have to ask for help as much as accept it.
4. Protect Your Peace. As a minority or whoever you are, fighting stigma within our communities, surrounding mental health issues, has its challenges. When you are up to it, put your condition out there and fight the stigma. On a more mellow note, just listening with a grain of salt, is okay too. Talking to someone who is negative, it is all right to stop the conversation and shift to a positive topic. This is not selfish it is self-care.

Let these practices empower you to live unapologetically. They may lead you to your purpose and give you the courage to pursue your dreams. May these tactics give you the confidence you need to build your own system of loving yourself.

Originally: Four Ways to Love Yourself as a Black Woman with Mental Illness

By Kara Lynch 7-03-19



OUR PLACE CLUBHOUSE
 COYOTE TASK FORCE
 66 E PENNINGTON ST
 TUCSON, AZ 85701



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Leftovers 9:30 Community Meeting	2 Orange Chicken	3 Social Day
5 Mindy Pie	6 BBQ Tilapia 2:30 Program Meeting	7 Soft Tacos w/ Beef	8 Leftovers 9:30 Community Meeting	9 Cold Chicken Pasta Salad	10 Social Day
12 Corndogs	13 Fish Sticks 2:30 Program Meeting	14 Tuna Salad sandwiches	15 Leftovers 9:30 Community Meeting	16 Chef Salad	17 Social Day
19 Pozole (Chef Andy)	20 Taco Salad 2:30 Program Meeting	21 Catfish (Chef John)	22 Leftovers 9:30 Community Meeting	23 Chicken Mole (Chef Janet)	24 Social Day
26 Greek Chicken and Salad w/ Hummus	27 Ham and Scalloped Potatoes 2:30 Program Meeting	28 Shrimp and Pesto Pasta (Chef John)	29 Leftovers 9:30 Community Meeting	30 Tortas	31 Social Day