

THE FREE SPIRIT

THE OUR PLACE CLUBHOUSE NEWSLETTER

JULY 2019

Clubhouse standard No. 21 Members who are working independently continue to have available all Clubhouse supports and opportunities including advocacy for entitlements, and assistance with housing, clinical, legal, financial and personal issues, as well as participation in evening and weekend programs.

Around The Water Cooler

Clubhouse happenings and updates



Come celebrate Independence Day at the clubhouse! We will be open from 8:30- 4pm and will have a BBQ, games, and social activities!

Integrated Resources:

Janet is holding job club at its new time! Every other Wednesday at 11am, members can gather to work on their resumes, get help with applications, and participate in mock interviews. Additionally, the next Vocational Rehab orientation will be July 3rd from 10:30am- 11:30am. Call Janet ahead of time to reserve your spot!

Thrift Unit:

Thrift Unit would like to welcome our new staff member Myndi to the team! Myndi will be taking the lead in thrift to help members continue to work on their retail skills.

Clubhouse Café:

Clubhouse Café continues to cook up delicious and healthy meals perfect for hot summer days. Come see TwoFeathers and the rest of the kitchen unit to work on your culinary skills!

Membership Services:

Andy and Kaitlyn are preparing for the next session of our Healthy Living workshop starting Monday, July 1st! Interested members can sign up on the activities board. Members will participate in hands on activities and learn about ways to improve their emotional and physical health in a variety of topics. Healthy snacks provided!



ASK MARGO

Dear Margo,

I'm scared that my past habits will still define who I am. I've changed and grown, but still feel the same. I don't want to regress but the patterns still feel the same. What do you suggest?

-Jill

Dear Jill,

I am so glad that you reached out to me. I understand that recovery is not always easy and you should know that these are very often normal feelings in recovery. Sometimes, even when we change and grow, past ways of being and thinking sneak-up on us and tell us that we are still the same.

First, I would like to point out what great self-awareness and insight you have. Pause a moment, and pat yourself on the back!

I can share with you what has worked for me in the past was talking to peers, getting online and finding information on mutual self-help groups, talking with other people who may be feeling the same way or have experienced, working with peers and find positive people to be around and giving myself positive self-talk and positive affirmations. "Positive" is key. It gives me hope.

What has helped you in the past? How have you worked through these feelings before? Tap into the power that has promoted and aided in your recovery. Make use of the coping skills you developed along the way in your recovery and reach-out to your peers and other supportive people in your life.

If you find yourself in crisis, I encourage you to call the Warm Line (520)770-9909 or call the Crisis Line (520) 622.6000.

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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

July Birthdays:

Annette D. Cheryl H. Lee J.

Paul P. Roxanne P. Josephine H.

Carolina R.L. Danny N. Stephen H.

Russel Z. Walter A. Diana T.

Walter F. Jason R. Rudy P.



CREATIVE WRITING

Recovery By Gem H.

The first time that I heard the word recovery, my understanding was that it was like a magic wand it would erase everything and make me normal again! I was totally wrong because recovery is about how to exceed with the challenge of day to day activities and the stigma for people not understanding what mental illness is.

Recovery is also a day to day basis. What my recovery looks like to me is being able to be me and not let the influence of the world decide who I am! I struggle day to day with my mental illness. I want in my recovery to break the chains of society and finally have the wings to fly and be the beautiful butterfly I am.

Health Corner:

By Tina and Billie

Monsoon Survival guide: Everything you need to know- from storm safety to battling the rise of allergy aftermath!

Arizona's monsoon season begins June 15th and ends September 30th. Did you know that the word monsoon is a derivative of the word "mausim" which is Arabic for "season?" Many Tucsonans relish this unique weather pattern, which brings much needed rain to the desert valley. But the monsoon can also bring with it potential hazards. Some of which are well known such as flash flooding, lightning, and dust storms, and some are less well known such as strong allergies due to increased moisture in the air and strong winds. Follow these tips below to keep yourself safe this rainy season!

Stay alert this monsoon season! Pay attention to media alerts on your phone, radio, and tv for severe weather alerts and flash flood advisories. While driving, pay attention to changing weather conditions! Monsoon storms often start and stop suddenly- adjust your driving speed and distance in the rain and leave extra room when the roads are wet. Drive slowly over wet roads to avoid hydroplaning (where your wheels are not making contact with the asphalt but are actually driving on a thin film of water). Do not ignore hazard signs or road closure signs, and never attempt to cross a road where a wash or other running water is flowing through it. Not only is this extremely dangerous and can lead to death, injury, and damage to your car; you can (and will) be fined for ignoring signage and needing to be rescued. Cars can be swept away in as little as two feet of water.

If you are driving and find yourself caught in a dust storm (affectionately known to locals as a haboob) you should pull over to the side of the road *immediately*. In a dust storm, your visibility is limited, so is the visibility of other drivers. You should turn off your car and headlights, and take your foot off the brake so the brake lights don't engage. Engage your parking (or emergency) brake instead to reduce the chance of being hit by another driver. Wait out the dust storm until your visibility returns to 300 feet in front of you and return to the roadway when it is safe to do so.

Not only does the monsoon bring dangers to driving conditions, but it can also leave some of us feeling the effects of allergies. Seasonal allergies typically start in the spring, but the strong winds and moist conditions make monsoon season a breeding ground for pollen and other allergens. Here are some tips to fight off the worst symptoms:

- Keep windows and doors shut at home and when driving
- Be sure to drink water, this helps to hydrate the mucous membranes
- Monitor pollen and air quality index through tv and radio, or even phone apps like webmdallergy.
- Shower after working and spending time outdoors
- Change the filters on your AC units regularly
- Carry an allergy relief kit with eye drops and other items
- If allergies worsen consult your doctor.

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 10am

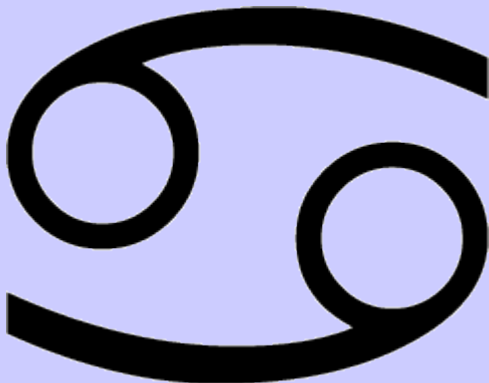
Job Club every other Weds at 11am

Remember! The clubhouse closes at 4pm!

Monthly Horoscope-

Ah, Cancer, the crab. a water sign. Compassionate, intuitive and people pleasers. But watch your moodiness, and make sure you are not too clingy with loved ones. Often known to be funny and intelligent, Cancers are great friends. And 2019 is a good year for friends and relationships, a great year for job opportunities and an amazing time to start new projects. Always wanted to try something different? This is the year for that. Cancers often like to stay close to home, but they also are skilled at making that home a comfortable and safe space. Being a water sign, Cancers need to make sure they stay hydrated and watch their time in the sun. So go forth, Cancer, and conquer. Try dancing, hiking, painting, sculpture, whatever tickles your fancy.

That's it for this month from Horoscope Holly!



Notes from NAMI

By Angela S.

Originally: "Improving Our Understanding and Education about Psychosis"
by Meenal Khajuria published 6/13/19

Psychosis conditions and symptoms are rarely talked about, thus often misunderstood. Far too often, those experiencing psychosis get treated as violent or crazy. They may experience the discrimination of being fired, shunned, or jailed. Stereotypes are often reinforced in movies or on TV, where those who face delusions or hallucinations are shown as dangerous and criminal. In reality psychotics are more likely to be the victims than to commit a crime.

Psychosis itself is not a mental illness, it is a symptom. It affects those with schizophrenia, schizoaffective disorder, bipolar disorder, depression, and substance abuse. It may also occur in someone who is experiencing dementia, trauma, and post-partum depression. When delusional; one may experience paranoia, they may believe someone is watching them or that a god wants them to save the world. One may also experience hallucinations such as internal voices repeating highly negative things, dots that move and disappear, or see blobs out of the corner of their eye that makes one jumpy. They may experience disorganized thinking, thus hopping through topics, making understanding hard for others. They may even struggle with self-awareness and are unable to discern delusions and hallucinations from reality.


Psychosis can be situational and short term, during or after trauma or the birth of a child. Or it can effect a person for a longer time, with triggers, unknown causes or be hereditary.

Understand psychosis with programs such as Mental Health First Aide training classes which provide us with the tools and insight to understand what someone facing a mental health emergency is experiencing and how to help. This is beneficial to community organizations and leaders within public safety, education, and hospital teams. It may also benefit a family member, colleague, acquaintance, or anyone just wanting to help someone with a mental issue. Psychosis may be scary, but it does not have to be lonely.

Read the original post here:
<https://www.nami.org/Blogs/NAMI-Blog>



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Spanakopita	2 Soft Tacos	3 Breakfast for Lunch	4 th OF JULY! 	5 Leftovers	6 Social Day
8 Chicken Fajitas	9 Fish and Chips Program Meeting 2:30	10 Chef Salad	11 Leftovers Community Meeting 9:30	12 BLT's	13 Social Day
15 Egg Salad Sandwiches	16 Quiche (Chef John) Program Meeting 2:30	17 Chicken Mole (Chef Andy)	18 Leftovers Community Meeting 9:30	19 Pesto Pasta	20 Social Day
22 Spaghetti & Meatballs	23 Jambalaya Program Meeting 2:30	24 Grilled Cheese W/ Bacon and Tomato	25 Leftovers Community Meeting 9:30	26 Enchiladas (Chef Christin)	27 Social Day
29 Brats and Sauerkraut	30 Chop Suey (Chef Reuben) Program Meeting 2:30	31 Chicken Curry			