

THE FREE SPIRIT

THE OUR PLACE CLUBHOUSE NEWSLETTER

MAY 2019

Clubhouse standard No. 19: All work in the Clubhouse is designed to help members regain self-worth, purpose and confidence; it is not intended to be job specific training.

Tucson Palooza

"Tucson Palooza is a community- wide, high energy family friendly event that brings together agencies from across Tucson and Pima County to deliver useful information in a fun, informal setting. It is free to attend and combines the informational force of a resource fair, the festivities of a carnival, and live music. "

Attention Members: On Saturday, May 4th, we will be attending the Tucson Palooza *instead of* having a social day at the clubhouse. We will be leaving promptly at 10am to head over to the U of A mall. Sack lunch will be provided. We will return by 2pm! We hope to see you all there, we plan to enjoy gathering information on community resources, hearing some great music, and playing some fun carnival games!

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ASK MARGO

Dear Margo,

I wish I didn't figure out about a new diagnosis! Why me? I'm in denial and having a hard time accepting it completely. I wish it wasn't me.

-“Kelley”

Dear Kelley,

It can be hard to accept and process receiving a new diagnosis. The news can bring up a lot of emotions such as shock, anger, sadness, even grief. You may mourn your idea of what life would be like without this label on you- all of your plans for the future and aspirations have now been replaced with talks of medications and symptoms.

These negative emotions that you are feeling may come from many places, one such place may be the self-stigma that we feed ourselves. When we think of certain diagnoses such as schizophrenia, bipolar disorder, or PTSD we tend to get squeamish and conjure of negative images in our minds. Often times, those negative generalizations make it difficult for us to imagine ourselves with that diagnosis. Being diagnosed with an illness that you have only heard negative things about can seem scary and hard to accept, and makes you want to run from it. I would suggest the opposite approach.

Instead of running away or fighting your diagnosis, learn to work with it. Inform yourself on the symptoms and treatments and work with your doctor to come up with an effective treatment plan. Reach out and build a support network, whether in real life or online. Learn about others' lived experiences who share your diagnosis. Most importantly, remember- YOU are a person. Not your diagnosis. All of the wonderful things that you have to offer and that make up you as person will not change.

Around The Water Cooler

Clubhouse happenings and updates



Integrated Resources: Our PSAT program has started a new session! Good luck to all of our new students! IR is also re-launching job club for those interested in participating in mock interviews and getting help writing resumes and applications. Job club will start its first meeting May 1st at 1pm.

Thrift Unit: Re- Threads continues to bring you the best in recycled fashion! Members who are interested in learning retail and customer service skills are encouraged to check out the thrift unit.

Clubhouse Café: The kitchen is churning out fun and fresh meals every day! Volunteers interested in learning slicing, dicing, and cooking are encouraged to stop by.

Membership Services: Membership services is continuing to hold our Healthy Living Workshop every Tuesday at 10. Join us for healthy snack and discussions surrounding health and wellness. We are also saying goodbye to our team member Jeff, who is moving on to a new position! We wish him the best and will be sad to see him go.



Melissa C. Carol M. Charles S.

Vivian M. David M. Jimmy B.

Robert S. Lisa S. Mark M.

Alex Q. Cameron D. William R.

Marcus J. Danielle C. Phillip G.

Meredith K. Omar J.

Happy birthday May Babies!

Health corner:

The summer heat is fast approaching, soon the temps will creep towards the triple digits. Our summer days are long and it feels as if the heat lasts even longer. Although we have come to know and love our yearly monsoon season, Tucsonans know that the phrase "it's a dry heat" doesn't just apply to the lack of humidity. With more sunny dry days than not, Tucson is a dry climate experiencing an average of 300 sunny days a year. Here are some tips on how to protect your skin from the scorching sun:

- Lightweight, hydrating sunscreen: moisturizing sunscreen above 50SPF will not only protect you from UVA/UVB rays and sunburn, it will also help moisturize your skin and keep it from drying out.
- Lip balm: try and get some with included SPF for double protection- lips get sunburned too! Aim for natural ingredients like beeswax, olive oil, and coconut butter over petroleum
- Minimize sun exposure between the hours of 10am and 2pm when UV radiation levels are the highest! If you have to be out, apply sunscreen 30 minutes before and every two hours.
- Cover up! While it seems counterintuitive to wear long sleeves, covering with lightweight natural materials can protect your skin from the sun. Also, always wear a hat when going outside for extended periods. Your hair is not a sun screen.

CREATIVE WRITING:

From one day to another, your best will change over time.

As you build the habit of the four agreements, your best will become better.

Keep doing your best- no more and no less.

If you try too hard to do more than your best, it will take you longer to accomplish your goals.

"Inspiration" By Rose M.

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

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

Nutrition Workshop: Tuesdays at 10am

Remember! The clubhouse closes at 4pm daily.

Monthly Horoscope- Taurus

Ah Taurus- the bull. Stubborn and determined, Taurus are often great leaders and loyal friends. Usually intent on finishing what they start, the "bulls" are good to have on your team.

Right now, the sun features prominently in your forecast and this light brings you joy, friendship, and makes you feel like dancing. This may be an excellent time for family activities! Make sure you plan to get together on skype with relatives. This is also a fine year for Taurus' health, so exercise and reap the benefits!

Career, finance, and education are also on the radar, so maybe take a class, invest, or look into how you feel about your job and its future. All in all, May and 2019 in general are looking pretty "bullish"!

That's all from Horoscope Holly! Happy Spring!



Notes from NAMI

By Angela S.

Education on the Power of Emotion

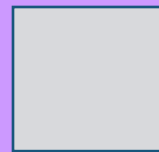
Originally: The power of Emotion Education by Hilary Jacobs
4-10-19

Depression is a flaw in brain chemistry, so most of us are taught. Understanding our emotions is another important and hopeful way to understand depression. Adverse life experiences can ignite emotions in the brain. Research shows that burying them, is one of the things that may lead to depression or many other symptoms of mental illness.

Safely Releasing Traumatic Emotions. Traumatic events may create such intense and complex emotions that one can't process them effectively. A person may push them off to the back of their mind to maintain their sanity. When emotions are not processed it may throw the mind and body into a state of imbalance called dysregulation. Symptoms of dysregulation are frequently given various labels and diagnoses like depression, chronic anxiety, personality disorders, Etc. At the root, these diagnoses often share a common component: buried and blocked emotions that eventually give way to the unbearable sense of being disconnected from one's self.

Process Emotions Rather Than Avoid Them. No one teaches us what emotions are, let alone how to work with them safely and skillfully. We often avoid our emotions using such defenses as addictions, overworking, under-eating, isolating ourselves, etc. Chronic reliance on defenses will eventually lead to a sense of being disconnected and disassociated from both our self and others. These symptoms are often labeled "depression" because they present similarly. Feeling disconnected, deadened, and hopeless also describe what it can feel like to be cut off from one's core emotions.

Learning about our emotions helps us to understand them. It's a step toward making emotions less scary so we learn to stop avoiding our most difficult emotions. When we understand emotions, our suffering changes from shameful to human. When we learn to work with our emotions, becoming familiar with how they feel physically, we feel better. We stop being hampered by the traumas and wounds we have experienced; thus unlocking a healing potential to restore a deeply felt calm and connection to our self and others.



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 MEATLOAF	2 COMMUNITY MEETING 9:30 LEFTOVERS	3 FISH AND CHIPS	4 SOCIAL DAY
6 BBQ CHICKEN	7 GRILLED CHEESE AND TOMATO SOUP	8 HAMBURGERS	9 COMMUNITY MEETING 9:30 LEFTOVERS	10 BREAKFAST FOR LUNCH	11 SOCIAL DAY
13 CHILI AND CORNBREAD	14 STREET TACOS- ANDY	15 SLOPPY JOE'S	16 COMMUNITY MEETING 9:30 LEFTOVERS	17 QUICHE	18 SOCIAL DAY
20 POTATO BARS	21 LASAGNA	22 FETTUCINI ALFREDO	23 COMMUNITY MEETING 9:30 LEFTOVERS	24 SWEET AND SOUR CHICKEN	25 SOCIAL DAY
27 MEMORIAL DAY- HOLLIDAY MEAL!	28 TACO SALAD	29 TUNA SALAD	30 COMMUNITY MEETING 9:30 LEFTOVERS	31 CHICKEN CEASAR SALAD	