

WEEK OF 3/9/18



Rebuilding lives
Removing stigma
Restoring dignity
Resource for mental health recovery

GOC WEEKLY GAZETTE

Amazing Give

The GOC once again will be participating in the Amazing Give, an online fundraiser that the non-profit community of Gainesville will take part in March 21-22.

We will be working with the GOC Members on Mondays, Thursdays. And Fridays to include everyone in our Social Media Campaign leading up to the event. Anyone who would like to help us with our fundraising efforts for the Amazing Give, please ask Brett how you can help.

The best way members can help is by visiting GOC's Facebook page and Like & Share!



Monday 3/12	Tuesday 3/13	Wednesday 3/14	Thursday 3/15	Friday 3/16
10:00-Morning meetings	10:00-Morning meetings	10:00-Morning meetings	10:00-Morning meetings	10:00-Morning meetings
10:30 Lunch Preparation	10:30 Lunch Preparation	10:30 Lunch Preparation	10:30 Lunch Preparation	10:30 Lunch Preparation
12:00 Lunch	12:00 Lunch	12:00 Lunch	12:00 Lunch	12:00 Lunch
12:30 Lunch Cleanup	12:30 Lunch Cleanup	12:30 Lunch Cleanup	12:30 Lunch Cleanup	12:30 Lunch Cleanup
1:00 Computer Class	1:00 Crafts Class	1:00 Art Class	1:00 Newsletter Work-	1:00 Newsletter Work-
3:00 Garden Harvest	Art Class	3:30 Closing Cleanup	shop	shop
3:30 Closing Cleanup	3:30 Closing Cleanup		3:30 Closing Cleanup	1:00 Social Activities
				3:30 Closing Cleanup

Member Stories....

Going to the Gainesville Opportunity Center has been a very good thing. There are many activities that are done at the GOC! One of my favorite things that I do at the GOC is going for walks with some of the members that come to the GOC. We usually walk about forty to fifty minutes. The area is pretty, and it's always enjoyable to see the houses.

Yesterday Kenny, Brenda and myself walked to a park near by and we enjoyed swinging on a bench swing. We had many fun things to talk about, and at the same time, we are getting exercise. At the GOC different people walk, but some members are consistent with walking almost every day. So if anyone ever would like to walk with us come on out and expect to have fun.

-David D.

At the GOC we have a garden that we use in our kitchen. We use food from the garden for stir fries and salads. One way we kept the garden growing is watering and fertilizing it often. The GOC garden is a good thing to do!

Joevan J.

I'm waiting to hear back about a job that I applied to in February. I want to help other people find jobs and people with mental illnesses like schizophrenia and bipolar disorder. They will be glad to have a job for their benefit and to sharpen their skills.

- Joel F.

Every week we will share a Clubhouse Standard. These Standards come from The International Clubhouse Coalition. Are we meeting or exceeding these standards? Or do we need improvement. Members and staff will be discussing the Weekly Standard at each day's morning meeting.

Standard #10 Clubhouse staff have generalist roles. All staff share employment, housing, evening and weekend, holiday and unit responsibility. Clubhouse staff do not divide their time between Clubhouse and other major work responsibilities that conflict with the unique nature of member/staff relationships.

Consumer Council Meeting

In our monthly consumer awareness council, we discussed the need to get accreditation so that GOC can offer transitional employment. We discussed ways to mend the cracks in "the system" that people often fall through. One thing we discussed is how Tampa and Jacksonville lack clubhouses. We hope to be a model for others and get clubhouses going in those cities. We deeply want to get a full clubhouse with 5 full-time staffers and 50 people per day with full supportive and transitional employment. We are hoping for both DCF funding with Medicaid for \$200,000 and a share of \$1,000,000 for clubhouses state-wide. Another initiative we are championing is in-state training for key staff as the current training center for International Club-

house in the United States is in Massachusetts.

Other miscellaneous was discussed. Eric D. talked about his membership and shared his story and his interest in volunteering as a peer specialist. If a member is interested in becoming a specialist themselves, there is a class, with date TBA in Alachua. One standard of a clubhouse that was discussed was a housing unit that helps get homeless people with mental illnesses indoors. In other news, we are preparing to write a letter to DCF Secretary Mike Carroll and John Bryant who is in charge of state mental health and substance abuse services. Our goal is to get a clubhouse in every city.

MENU

Monday 3/12

Spaghetti
Stir Fry
Rolls
Salad

Tuesday 3/13

Taco Tuesday
Beans
Rice
Salad
Stir Fry

Wednesday 3/14

Pizza
Salad
Stir Fry

Thursday 3/15

Shepherd's Pie
Salad
Stir Fry

Friday 3/16

Burgers
Leftovers
Salad
Stir Fry

Weather

Monday 3/12



43/29

Tuesday 3/13



50/28

Wednesday 3/14



43/30

Thursday 3/15



50/37

Friday 3/16



55/37

