

WEEK OF 4/2/18



Rebuilding lives
Removing stigma
Restoring dignity
Resource
for mental health recovery

GOC WEEKLY GAZETTE

Amazing Give

The GOC once again participated in The Amazing Give, an online fundraiser for the non-profit community of Gainesville that took place March 21 6pm - 22 6pm. Friends and members of the GOC launched a Social Media Campaign for the event. So far we have raised \$17,403 from 85 donors.

Thank you everyone for all of your help. These funds help provide programs at the Gainesville Opportunity Center that include employment education, software, seeds and equipment for our gardening work unit, staff training, as well as arts and crafts.

All this helps get the mentally ill out of isolation in their homes and/or apartments and gets them involved in a work-ordered day, reducing hospitalizations and encounters with the police.

Garden News



In our garden we have some seedlings sprouting. Cucumbers and squash have germinated as well as lettuce, purple, Thai, holy, lemon and Eleandra Basil. I personally am looking forward to using them when I do cooking duties. We are just starting our garden and we want to further the wellness of our members by horticulture therapy. In the 1940's and 1950's, use of horticulture therapy gained acceptance when treating disabled veterans. In horticulture therapy, people learn to work independently, problem solve and follow directions.

Consumer Awareness Group

Bryan Mingle was at GOC on March 2nd to discuss accreditation by International Clubhouse. This distinction would give us greater access to state funding and the prospects of supportive employment leading to at least partial independence. Unfortunately we are stuck in a chicken and egg problem, in that we need bootstrap

money to get Gainesville Opportunity Center accredited by International Clubhouse and therefore eligible for more state funding. We also discussed the need for clubhouses in every major city in Florida as well as the need for Drop-in Centers, which provide a place to be with others and de-isolate.

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 #12 The Clubhouse has its own identity including its own name Mailing address and telephone number. The best Clubhouse name really doesn't say anything about mental illness and is unconnected as much as practical from any stigmas.






Activities

Monday 2/5	Tuesday 2/6	Wednesday 2/7	Thursday 2/8	Friday 2/9
10:00-Morning meetings 10;30 Lunch Preparation 12:00 Lunch 12:30 Lunch Cleanup 1:00 Computer Class 3:00 Garden Harvest 3:30 Closing Cleanup	10:00-Morning meetings 10;30 Lunch Preparation 12:00 Lunch 12:30 Lunch Cleanup 1:00 Crafts Class Art Class 3:30 Closing Cleanup	10:00-Morning meetings 10;30 Lunch Preparation 12:00 Lunch 12:30 Lunch Cleanup 1:00 Art Class 3:30 Closing Cleanup	10:00-Morning meetings 10;30 Lunch Preparation 12:00 Lunch 12:30 Lunch Cleanup 1:00 Newsletter Work-shop 3:30 Closing Cleanup	10:00-Morning meetings 10;30 Lunch Preparation 12:00 Lunch 12:30 Lunch Cleanup 1:00 Newsletter Work-shop 1:00 Social Activities 3:30 Closing Cleanup

MENU

Monday 4/2 BBQ chicken Green Beans Salad Rolls	Tuesday 4/3 Taco Tuesday Beans Rice	Wednesday 4/4 Vegetarian Spaghetti Stir Fry Salad Garlic Bread	Thursday 4/5 Burgers Mac & Cheese Salad Stir Fry	Friday 4/6 Pizza Salad
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Weather

Monday 4/2	Tuesday 4/3	Wednesday 4/4	Thursday 4/5	Friday 4/6
				
86/50	87/60	84/58	76/55	82/61

