

**WEEK OF
1/29/18**

VOLUME 1, ISSUE 2



Rebuilding lives
Removing stigma
Restoring dignity
Resource
for mental health recovery

GOC WEEKLY GAZETTE

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 #4—All members have equal access to every Clubhouse Opportunity with no differentiation based on diagnosis or level of functioning.

MENU

Monday 1/29	Tuesday 1/30	Wednesday 1/31	Thursday 2/1	Friday 2/2
Vegetarian spaghetti Stir fry veggies Salad Garlic Bread	Taco Tuesday Beans Rice Salad	Chicken Fresh Vegetables Salad	Shepherd's Pie Salad	Meatloaf Fresh Vegetables Salad

Monday 1/29	Tuesday 1/30	Wednesday 1/31	Thursday 2/1	Friday 2/2
10:00-Morning meetings 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 Workshop 3:30 Closing Cleanup	10:00-Morning meetings 10:30 Lunch Preparation 12:00 Lunch 12:30 Lunch Cleanup 1:00 Newsletter Workshop 1:00 Social Activities 3:30 Closing Cleanup

FLCC Member Survey

The Florida Clubhouse Coalition is asking members of all Clubhouses to fill out a survey. The survey is multiple Choice and is about four pages in length. The results of the survey are a very important measurement tool that we will use to show the importance of Clubhouses like the GOC. Please see Brett to get a survey. For those of us in the Office Unit, we also need members to help input the data into the computer. We will share our results with the other Clubhouses throughout the state.

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.

Members can help simply by visiting our FaceBook page and remember to

Like & Share!

GOC Art Show

We are participating in an art and craft show February 10th from 11-3 at One Love Café at 4989 NW 40th Place (near 39th Ave and 43rd St) in Gainesville.

Please sign up to participate at the reception desk at GOC. Members will be selling art and crafts that they made here at the Gainesville Opportunity Center.

Sports and Mental Health

By Meredith K.

Chronic Traumatic Encephalopathy (CTE) is a disease that slowly degenerates the brain. CTE is caused by blows to the head constantly in contact sports, which cause concussions. CTE was first seen in boxers in the 1920's. Then it was known as punch drunk syndrome or dementia pugilistica. There's a football player named Luke Kuechly. He has had three concussions in three years in a row. He could have it when he gets older. There has been a recent article of a hockey player who donated his brain to research. CTE has also been found in college and high school athletes. The only way to know for sure if someone has CTE is to do an autopsy on that person's brain after they have died. Symptoms of CTE include memory loss, impaired judgment, confusion, impulse control problems, depression, aggression, suicidality, progressive dementia, and parkinsonism.

