

March 2019

GOC GAZETTE



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Amazing Give 2019

By: Susan T.

On March 20-21, the Gainesville Opportunity Center (GOC) will be participating in the Amazing Give. The Amazing Give is a 24-hour fundraising event for nonprofits. The Amazing Give is held by the Community Foundation of North Central Florida. Last year, 88 organizations participated. This is our greatest annual fundraising effort.

Members and staff both work together to raise money through multiple methods, such as planning and peer to peer fundraising. Members can also share about the GOC through social media. On Facebook, members can share their testimony about how the GOC impacts their life and a link to the Amazing Give website.

We kicked off the Amazing Give with a 'flapjack fundraiser,' on March 2nd at Applebee's. We raised \$1,100 that will be used as matching money for the Amazing Give and spread awareness about our program. We are thankful for everyone who supported us.

GOC is collaborating with the Gainesville Peer Respite and NAMI to paint the SW 34th Street wall when the Amazing Give webpage goes live on March 11th. We will all meet at the wall to paint three blocks: one for NAMI, GOC and GPR. Even though we're three separate organizations, we all

work together to raise mental health awareness.

Last year, the GOC raised \$17,500 and we hope to beat that number this year. We need to raise \$25,000 for the GOC. This money will help to train more employees and help us better assist our members. We need to train our employees in ICCD training. ICCD training is a two-week program to teach the Clubhouse model to staff, members, and

board members. This is required for our organization to become accredited.

The Amazing Give kickoff will be on March 20th from 6-9pm. Members, staff and board members will begin by hosting a social. It will be held at the Northwest Grille 5115 NW 39th Ave. It is open to the public and

friends of GOC are encouraged to attend.

Please spread the word to friends and family. How can you donate? The website for the Amazing Give is www.bit.ly/GOC-AmazingGive. It will open on March 11th at midnight and it will close on March 21st at 6pm.

There is research evidence that fully accredited clubhouses have improved employment results with our high risk population. Clubhouses not only help people get jobs, but provide support so members can keep them.



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GOC's New Program Director

By: David S.

Starting March 4th, Maggie Hannon will be the new Program Director here at GOC! What will happen is Brett's position of Executive Director will be split into two Co-Director positions: Brett will be the new Community Engagement Director, and Maggie will be the new Program Director. Brett will be involved in developing Transitional Employment positions, and gaining community support. Maggie will help to develop the Work-Ordered Day and expand our program. All of this will help us towards attaining Accreditation, and will help us to cover more ground by having two directors.

"I am so excited to be joining this organization as we work toward accreditation of the International Clubhouse Organization," states Maggie.

Maggie's background includes her being a volunteer at GOC for four years, enabling her to have familiarity with the program and members. She also just retired from Shand's Hospital as a senior recreational therapist. She will work part-time, about 20 to 30 hours a week. Welcome Maggie!



Education Program Booming

By: Chris P.

As we move towards accreditation, the GOC has begun to implement an education initiative that will aid Members in continuing their education.

Terrell Jenkins is a pre-college advisor from Santa Fe College who has repeatedly visited the GOC. He provided info on vocational trades, GED prep, financial aid, and other useful information Members needed to know. Santa Fe hosted an Open House on Saturday, February 23rd, and a few members went down to meet with representatives from programs that peaked their interest.

It's safe to say that it was a success. Members learned a lot about what opportunities are available in the community. One member, Susan, will be going back to Santa Fe in the fall. She will be finishing up Associate's Degree, and she hopes to continue on to get her Bachelor's in social work.

We created an education board to showcase Member's process, and provide information regarding what options they have going forward. We're excited to see member's next steps in reaching their educational goals!

Building Social Connections

By: Paula H.

Susan and I are members at the GOC. That means seeing each other frequently and sharing common interests. Meeting people is the easy part, becoming friend's takes time. We both share kitchen duty here at the club so we have reason to communicate about what we're doing and not getting in each other's way or duplicate the chores that need to be done. Anyway, we wound up being friends and since we were, we figured out ways we could have fun together.

So, on Valentine's Day we went to Three Sisters Springs to see the Manatees. The adventure began with just trying to get up and get ourselves together. Then, we went through Williston and onto the back roads to the Crystal River area. We parked in town took a Trolley ride into the springs.

The walk to the springs is fantastic. There's a board walk right off the Trolley stop and Manatees were abundant it's up to you as to how far you travel from the boardwalk but the further we went from the beaten path the more Manatees we saw.

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February at the GOC



Brett has taken multiple trips to Tallahassee to advocate for clubhouse funding as president of the Florida Clubhouse Coalition.



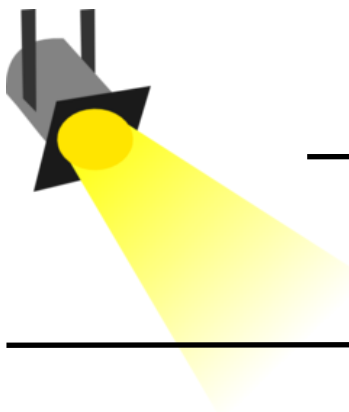
Our monthly art social, led by staff member Ouida, taught members how to create a collage painting. One will be held every second Tuesday of the month.



The Academy at Glengary visited the GOC to help mentor us on the next steps to becoming accredited!



Members participating in the Work-Ordered Day.



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Members in the Spotlight

By: David S.

James “Jimbo”

Jimbo first became a GOC member in September of 2018. He heard about GOC from a presentation that GOC gave at Meridian, and Jimbo liked what he heard. He thought it would be a good idea to become a member to get him out of the house.



Here at GOC, Jimbo likes to help out in the Culinary Unit as much as possible. He likes to cook, clean, mop and sweep the floor, wash dishes, set the tables, and roll silverware.

GOC helps Jimbo’s obstacles related to mental illness by keeping him focused and out of his house. It also gives him control of his illness and he has met good friends here that give him social support.

The most valuable thing that Jimbo has learned from being at the GOC is the value of work. He enjoys the pride of doing something meaningful. Some changes Jimbo has seen in himself since coming to the GOC is that he has learned how to cook and work in a team setting. Also, Jimbo feels calmer, more prepared for the future, and more confident since coming to the GOC. It feels good to Jimbo to teach and to help others cook.

Jimbo’s always happy to help wherever he is needed.

He would like people to know that the GOC is a good place to come to learn how to cook, gain life skills, and get a job.

Jerry

Jerry has been coming to the GOC since August 2018. He was referred to the GOC from Meridian, and gets to GOC by way of the bus.

Jerry likes the GOC because we help people get jobs and there are good people here. He thinks the GOC keeps him out of trouble, and helps with his Depression. Here at GOC, Jerry likes to clean the bathroom, help wash dishes, and water the flowers out in the front garden.

Jerry’s favorite part of his experience of being at the GOC is being around other people. He always comes in with a smile on his face and is ready to work hard with the other members. He has applied for a job at Walmart and is waiting for them to call him back to let him know if he got the job...and let’s hope he gets it!

In the future, Jerry would like to see the GOC to acquire a van to give members a ride to GOC and back. Since coming to GOC, Jerry has learned how to use a computer, and how to take better care of plants.

Jerry would like to thank GOC for helping him get through a rough time and, “Just wishes [he] knew about the GOC sooner!”



Jerry loves spending time in the garden .

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Unit Update:

We ask our Members to share what strides they've made in our work units

Office Unit

In the office unit, we created quarter-page marketing flyers that staff and members can hand out at events. The quarter-page sheet provides information about what the GOC offers and how to get in contact with us.

We also created centerpieces for the flapjack fundraiser in the office unit. They will spotlight members on individual tables in order to personalize the flapjack fundraiser experience. This way, guests, members, and staff will be able to learn more about what GOC does for unique members and what these members plan to do with their GOC experience.

Members are starting to become familiar with Microsoft Publisher and are able to utilize it to make creative materials.

Culinary Unit

In the culinary unit, we planted new seeds to use for our daily lunch. Examples of these are broccoli, radishes, and beans. They are sprouting nicely! Some crops have become so large, we've already needed to transplant them.

Also, we are in the process of purchasing a commercial dishwasher. It will help us to be more professional, as well as help a lot of members out. Dishwashing by hand has been difficult at the GOC we because we use a large amount of dishes in a small space. The commercial dishwasher should help us speed up the dishwashing process so that dishes pile up less and so that less people have to be in the dishwashing area at once.

Media Team

We purchased a new iPad and Mactintosh desktop for the Media Team. Ouida will be able to teach graphic design using the iMac. The iMac will also make it possible to edit promotional videos. The computer will come with Final Cut Pro, which is the industry standard. Members will learn how to edit video on the same software that is used by T.V. stations and Hollywood studios. The skills learned in making these videos could be applied by members in a new job.

We can also take the paintings by GOC members and create thank you cards to send to donors of the GOC. This way, members are able to take a therapeutic skill and turn it into a potential source of revenue.












Wellness Team

The Wellness Team will be having a smoking cessation class on April 2nd. It will take place at the GOC starting on April 2nd and go until May 7th. The classes will be from 1:00-2:30pm on every Tuesday. It's a 5 week program at the GOC that will help Members develop coping mechanisms to replace smoking habits. It's run by the Suwannee River Area Health Education Center.

The goal is to help members who wish to curb the unhealthy habit gain encouragement and support in a safe environment. After the end of the class, the GOC and participating members will decide how to provide continued support. Come to the GOC on Tuesdays from 3-4 pm for our Wellness Team meeting to work on new goals. Or join us for our daily wellness walk at 3:30.

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March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1.	2. Flapjack Fundraiser at Applebee's 8am-10am
3.  Jaqueline D.	4.	5.  Bryan G. Sprint/Walgreens Job Fair @ CareerSource 10a.m.-1p.m.	6.  Marilyn H. Jorge Jr. N. Cristina Q.	7.	8.	9.
10.  Ouida M.	11.  Jason Amazing Give 34th St. Wall Painting 1-2pm	12.  Katrina H.	13. Art Social with Ouida 5pm-7pm	14.	15.	16.
17.	18.	19.  Joseph S.	20. Amazing Give Kickoff @ North West Grill 6-9pm	21. Amazing Give ends at 6pm	22.	23.  Jimbo M.
24. 31.  Ella T.	25.	26.	27.	28.	29.  Dominic O.	30.  Terrika N.



Birthday



Closed

GOC
MISSION

THE GAINESVILLE OPPORTUNITY CENTER INC. is dedicated to rebuilding lives, restoring dignity, and removing stigma while serving as a resource for mental health recovery