

September 2019

GOC GAZETTE



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Clubhouse International Training!!! Where we went; Where we are Going

By: Susan Thomas

Along with our Directors Brett Buell and Maggie Hannon, I went to Gateway Clubhouse in Greenville, SC for accreditation training. Two staff, a Member, and a Board Member typically attend this training so we can make positive changes at every level of our organization. Gateway is an international training center with tremendous resources. I really enjoyed myself because it showed what the GOC can become someday! There were two other Clubhouses also attending. The Gateway Clubhouse is so busy, they have to split their lunches into two sessions in order to serve 60 Members. They see almost 85 people every day. The members take a leadership role in everything. Members run the meetings for the morning and afternoon.

We were busy every day for two weeks from 8am until 4pm. We each spent time in the five units. There is a member bank, a clerical unit, a kitchen unit, a snack bar and a video unit. I spent extra time in the Member bank. The Member bank allows Members to save money and helps people pay their bills. And it is run by other Members! I enjoyed working in the video unit as well. There is a daily newscast that I got a chance to anchor.

At 8am daily, the visiting colleagues like myself participated in an article discussion. Then we would work in our assigned units for the day. One of the things that stood out to me was that the lunches are very healthy. You get salad with each meal first then after you finish your salad you get the main meal. The main meal also has another serving of vegetables along with a serving of fruit. There is always water and it is often fruit and/or cucumber infused.

Having a Member like myself participate in this two week training will help me help others. It shows that Members are capable of almost anything!!!

Susan Thomas has been a GOC Member for the past four years. She participates in our Work Related Activities several times a week. She was selected to attend our International Clubhouse Training due to her hard work and dedication to the GOC.



We were one of three teams going through training. Clubhouses from Hernando County Florida and Michigan joined Brett, Mike, Susan and Maggie. Clubhouse is considered a "Best Practice" for successful rehabilitation by leading psychiatric authorities.

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GOC: Open and Thriving with colleagues away

The GOC couldn't exist without our Members. While directors Brett Buell and Maggie Hannon were away for International Clubhouse Training in Greenville South Carolina, our Members proved it. In the Clubhouse Model, Members and staff work side by side to complete the work of the Club. Members help with every Clubhouse activity, from cooking and cleaning, to fundraising and marketing. Many come several times a week and know our daily routines so well that they can fill the staff's shoes for short periods. In this recovery through work model, the Members help run the GOC and they prove to themselves and others all what they are capable of.

And while the Members did plenty of work, we want to commend staff and volunteers, Lee Brooks, Ouida McIlhinney, Cristina Quiroga, Claudia Cuadros, and Shoab Rana for their dedication and leadership during this time.

Claudia and Larry were two of the many people who stepped up recently. Thank you as well to Lee, Ouida, Cristina, Shoab, and many others while we were away.



Senator Perry Visits GOC

With the GOC slated to receive over \$300,000 in state funding, Senator Keith Perry decided to pay the GOC a visit. Senator Perry has been aware of the GOC for several years now, and has helped us in our quest to increase our funding. He recognizes the GOC both helps people integrate into the community, and saves tax dollars as our Members have less of a need for crisis and high cost services.

Having more people come see what the GOC is all about is critical to getting the community support we need.

Sen. Perry recognizes the good that we are doing for the community. He also wishes to help raise the visibility of the GOC in the community. It is very important that more people understand how we impact on the individuals we serve and the greater Gainesville Community.



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Monthly Art Market

By: Cristina Quiroga

The GOC takes part in an art market the second Saturday of every month. Our members make things such as, necklaces, bracelets and bags as part of our entrepreneurial program and sell them. They get to keep 90% of the profits and GOC gets 10%.

The art market this month was August 10th, at our new location near CYM Coffee Company at 5404 NW 8th Ave. from 9am-1pm. GOC Members that would like to participate can sign up any time before the next event. Items that we sell at the art market are handmade, so if you are a GOC member and have a craft or hobby that you enjoy we would love you to participate.



Wednesday's from 1pm-3pm we have art class where members can either paint or make things to sell at the art market.

Mental illness robs people of their identities, their sense of self, and the meaning in their lives. We begin the process of rediscovering who we are when someone looks you in the eye and says 'I need you.'

--Robby Vorhees, Clubhouse International

Conventional wisdom used to say the best way to deal with mental illness was to absolve the person from all responsibilities. A Clubhouse like the GOC does just the opposite: we empower our Members by integrating them into our daily work flow. The GOC can't run without them. We truly need our Members and that is an important part of their recovery.

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Unit Update:

Culinary Unit

The Culinary Unit was quite busy during the month of August. We made over 325 meals for our Members and guests this month.



Office Unit

Brett, Maggie, and Susan spent significant time in the Office Unit of Gateway House during our trip. We saw how Members and Staff work side by side to track all kinds of important data for the Clubhouse.

Many Clubhouses even have a Member Bank as part of their office. The bank allows Members to save money and allows the Clubhouse to assist Members with their bills. Learning how to handle money and work with book keeping skills helps our Members strive for greater independence.

Wellness Center

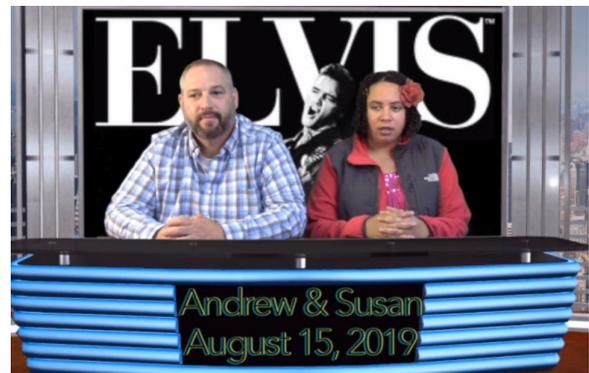


One of the many Wellness activities we observed on our training trip was access to water. Gateway House fills pitchers of water and makes them available throughout the day to help people stay hydrated. During our Unit meetings one of the items on the checklist is whether anyone would like a glass of water.

The result is that Members drink more water throughout the day. Besides making water available, they add sliced cucumbers, lemons, apples, or other fruits and vegetables to flavor some of the pitchers and fortify the water with extra vitamins.

Media Team

Members have been hard at work using our new iPad to take photos during the day. At Clubhouse training, we participated in their daily newscast. GOC Member Susan Thomas anchored the news one day along with Vincent House Director Andrew Harding. Along with anchoring the news, Members edit the newscast on Final Cut Pro.



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Member Spotlight

David Delotelle by Jason Holtet



David works hard in throughout the club. He is turning the compost for our garden.

David Delotelle works hard and is always willing to help other people. Along with his active, and busy lifestyle he remains very committed to all of the activities available at the GOC.

David started coming to the GOC in 2012. He really likes coming to the GOC to socialize and to make friends with everybody as David really enjoys being around people and loves the positive attitude of all of the GOC Members.

David is a very friendly and outgoing member of the GOC. He helps in nearly every area of the GOC from the garden, to the kitchen, to the office and data tasks. And you will always see him with a great big smile. Data entry is one of his favorite tasks. David is in the process of seeking employment. David has recently married

to another GOC Clubhouse member; named Brenda. He also enjoys the outdoors, and landscape work.

Member Spotlight

Mariann Zaatari by Robin Bokaw

Mariann Zaatari says that she loves coming to the GOC because it is helping her learn and grow. She is learning entrepreneur skills. She wants to start her own business involving military surplus sales.

Mariann is happy to learn social interaction skills. Mariann likes working at the reception desk and also works in the culinary and garden departments. She likes cutting vegetables and preparing meals for lunch. She has quite the "Green Thumb" and helps keep our garden flourishing.

Mariann has been coming to the GOC for 4 years. She loves to help out in the office unit and the kitchen. She often cuts vegetables and rolls silverware for our lunch program.



Mariann is answering the phone at our reception desk. You will often see her in the kitchen where she cuts vegetables.

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The Month in Pictures



Susan (top right) went on a Wellness Walk with Members from Gateway Clubhouse down the Swamp Rabbit trail in Greenville, SC.



Kyana is sorting blueberries. One thing you will notice if you visit here is that there are a lot of smiling people.



Maggie is working with Gateway Members in their Clubhouse bank. Susan also spent time in the bank while visiting South Carolina.



Malik from Gateway Clubhouse shows Brett how they mop in South Carolina. They smile a lot at their Clubhouse, too.



Laura cooks fresh eggplant for the GOC. Making items from scratch helps Members with greater independence.

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Monthly Calendar and Events

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2  Robert M.	3	4	5  Karen M. 10am Job Readiness Workshop	6	7  Sharon D.
8	9	10	11	12 10am Job Readiness Workshop UF Charity Luncheon 10-2	13  Daoud R.	14  Elicia G.
15	16 Tallahassee DCF  Joel A.	17	18  Janeequa D.	19 10am Job Readiness Workshop	20  Joel A.	21
22	23	24	25  Curry B. Michael D.	26 10am Job Readiness Workshop	27	28
29	30					