

September 2020

# GOC GAZETTE



102 NE. 10th Ave., Gainesville, FL 32601  
(352) 224-5523      www.goclubhouse.org      Vol. 2 Issue 9  
info@goclubhouse.org

## Available, Dependable

Just like leaders at every business during COVID-19, the GOC Board and Directors have contemplated whether to stay open. How much access to grant the individuals we serve has been another key issue.

The GOC is currently following Clubhouse International Standards. Under the Clubhouse model, we have unofficially adopted the mantra, "Physically distant, socially connected." People living with chronic mental illness are often isolated, and cut off from much of the community. Many live at poverty level. They are not flying on airplanes to other cities, or filling up football stadiums on Saturdays and Sundays. Getting our Members back into the community is one of our

top goals, so everything we are being asked to do is against the Clubhouse Model of rehabilitation.

While Maggie and Kyana work in the Garden, Joel takes pictures for social media posts and our newsletter. Members participate in a wide range of work-related activities at our Clubhouse.



And yet, catching COVID could be life-altering. Our Members and staff safety is also paramount. We have the fortune of having Dr. Kathleen Ryan on our Board. She is a top expert on infectious diseases with UF Shands. Gaging the spread in our area, we have come up with what we believe are safe protocols. We believe our services are essential to our Members well-being, and we continue to stay open.

We continue to limit the attendance to 10 people in our building at any one time. While our numbers of physical attendance are down from the pre-COVID time, we are serving as many as we can in our recovery through work model.

Each staff has been assigned GOC Members to reach out to. We call them all at least once a week. During the workday Members are very busy. The receptionist makes sure everyone who comes in has their temperature taken and is wearing a mask. That Member also keeps track of the number of people inside the GOC. Members throughout the morning help in the culinary unit. We do everything from check the temperature of the refrigerators and freezers to the actual making of our lunch. Other Members wipe down surfaces, perform cleaning tasks, search for jobs, and participate in activities that keep our business running.

We eat lunch at 12pm. Instead of everyone eating in one room, we spread out throughout our facility. Throughout the afternoon, we participate in many work-related activities from writing a daily newsletter, to reconciling our lunch charges, to mopping our floors. Our Members go home each day having accomplished something and participating in something greater than themselves. They are continuing to build confidence and move forward with their lives.

And that is how the GOC is staying available and dependable to the Members who need us most.

# GOC GAZETTE

Member Spotlight: Mark Bielawa

By David Stevens

Meet Mark Bielawa, the GOC Member with the newest Transitional Employment at Culver's! At Culver's Mark sanitizes places where people touch, takes back trays, and cleans tables for two three hour shifts per week. Mark likes working at Culver's because his back doesn't hurt as much as when he washed dishes at his previous job. Working at Culver's is also important to Mark because working there will help Mark get other jobs by keeping his resume having huge gaps in it.

Mark started coming to the GOC to get back into the workforce. GOC has helped this Air Force veteran by giving helping him with his daily work stamina and socialization Before coming to the GOC, Mark last worked in 2001 . At GOC, Mark does data entry, works with InDesign, and helps work on the GOC website. This is useful to Mark because it builds his knowledge of modern day software tools.

Participating at the GOC has helped Mark get into the workforce. It lets him be around other people who are working on moving forward, and slowly succeeding. This is something that Mark finds empowering. Mark keeps coming back to the GOC because he wants to polish his work ethic, and it keeps him from loafing around. If Mark had never started coming to GOC, he says he would probably be at his group home wasting time.

Mark has a bachelors in psychology and some of the most interesting jobs he has had are being a scooter messenger in San Francisco , designing plastic fire engine tanks as a cad(computer and design) operator (which was his favorite job), and preparing specifications for manufactured housing to resist hurricanes (which he hopes to get back into some day).

Mark's long term employment goal is to work as a peer support specialist, and to do CAD work at home. He is grateful to the GOC, the VA, and Culver's for supporting him on his journey back.

"Working at the GOC has helped me with my anxiety. It allows me to shift my concentration to more creative and rewarding activities. Having too much time on my hands makes me feel more anxious. I am grateful to the GOC for their help."

Mark performs a wide range of tasks. His primary duty is to keep the lobby clean, sanitized and stocked. When he isn't busy cleaning, Mark loves to take food to the customers.



# GOC GAZETTE

## Amazing Give

During the Amazing Give, we raised over \$8,000 dollars. Thank you to all our donors we really appreciate your generous donations! The Amazing Give is an on line fundraising platform for non-profits in the greater Gainesville area. This is our fourth year participating in the Amazing Give. In all, 110 local charities took part in the on line fundraising platform. In previous years the GOC has purchased a commercial dishwasher and an iMac pro computer with Amazing Give funds. These type of extra purchases have greatly enhanced our program. With our anticipated move, coming in October, the Amazing Give money will come in handy for various needs.

As always, what we do here at the GOC is done with staff and Members working together. Please stay tuned for further details. You can donate through our website at [goclubhouse.org/donate](https://goclubhouse.org/donate).



## New Home: Moving Closer

By Valerie Sanders

The GOC continues to make history as we get closer to moving into our very own building. Throughout our entire thirteen year existence, we've been paying rent. Over the past few years we have more than tripled our staff, significantly enhanced our work day, and launched Transitional Employment (TE) program.

We're moving closer and closer to our closing date of September 15th. Bill Childs completed our inspection. Overall It's in great shape but needs some immediate improvements. The gutters are full of pine needles, there's some bare wood that needs paint, and the front side walk needs to be handicap accessible. In preparation for our move we are doing some shredding, cleaning and getting rid of things we don't use.

We will have more space, as this building is over 750 sq ft bigger than what we have now. More space will help us with COVID-19 and helps us serve more members. We will have more control over our programs. We will be able to host events like BBQ dinners, and other get-togethers.

Program Director Maggie Hannon says "We will have more space for specific unit resources such as education, culinary, employment and media." GOC member Larry Markham says "I'm excited. There will be more people and it will bring new success to the GOC. It will give us more jobs like cutting the grass."

If all goes well we will be out of our current location and into our new building by the end of October.



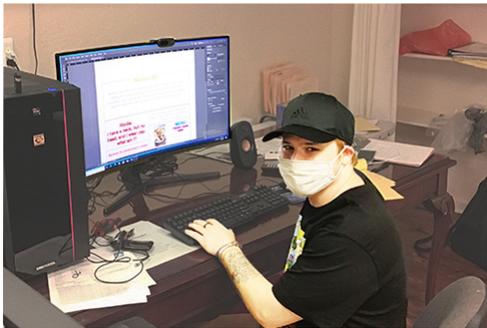
# GOC GAZETTE

## Unit Update:

### Media

Due to the growing activities we are doing with the Adobe Creative Suite, we have purchased a new state of the art computer.

The computer is capable of producing professional quality graphics and video.



### Culinary

In the culinary unit we are taking a conscientious effort to provide more meat-free options. This month we tried things like black bean burgers made from scratch. For this recipe we mixed black beans, garbanzos, a potato, fresh onion, cilantro, and a variety of spices.



### Employment

Jane Perez-Bernard is working 5 days a week at McDonald's. Melissa DeVaney started working in her career field as an LPN! With students returning to college, many other local jobs are opening up. Please come see us if you are seeking employment.



### Office

When Mark isn't at Culver's he helps with the GOC computers. Here he is backing up our main server database to a hard drive.



# GOC GAZETTE

## Monthly Calendar and Events

### September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 Karen Mckay 
6	7 Sharon Dexter 	8	9	10	11	12 Mark Bielawa 
13 Daoud Rana 	14 Elecia Green 	15	16	17	18 Janeequa Dewberry 	19
20	21	22	23	24	25 Michael Dunagan 	26
27	28	29	30	31		

# GOC GAZETTE

## The Month in Pictures



Above: Ashley, John, and Susan participate in a Wellness Walk. Below: Lee leads the kitchen crew in our virtual meeting. We space out through the building and talk to Members at home via teleconferences.



Above: Mark and Susan are working on a project with Adobe Creative Suite. Below: Larry and Kyana are helping prepare lunch. Pictured here are Philly cheese steaks but we have a wide range of vegetarian options.



Clubhouse International



Florida Clubhouse Coalition



FLORIDA DEPARTMENT OF CHILDREN AND FAMILIES  
MYFLFAMILIES.COM



GREATER GAINESVILLE CHAMBER

