

July 2021

# GOC GAZETTE



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## Masks Come Off!

by Rose Ann Walker



At the GOC, it's great to see smiling faces again! After more than a year of everyone wearing masks, the GOC has altered its mask policy. Joanna Broaundes face lit up when she learned she could take off her mask. "I feel like myself again!" she said with her signature smile.

Last spring, the GOC had a brief closure when Alachua County declared a state of emergency, due to the pandemic. Upon reopening, we had rules of social distancing and wearing masks, as recommended by the CDC. Because the CDC recently changed their recommendations and because the number of COVID cases in Alachua County has dropped significantly this month, we

consulted with Dr. Kathleen Ryan, Infectious Disease Specialist at UF Shands and GOC Board Member, about changing the policy. "As long as people are vaccinated, people are essentially safe from getting a clinical illness from COVID," she said. "While we do see breakthrough cases after vaccination, these have been mild illnesses and the vaccinations have protected extremely well from severe illness, hospitalization and death."

As GOC Members have input on major decisions, we discussed masks at our weekly Programming meeting. By Consensus, we decided anyone who has been fully vaccinated, is no longer required to wear a mask. Members who have not been vaccinated may still attend the GOC but must wear masks.

The GOC has helped Members get vaccines through education about myths and realities, helping Members book appointments, and offering transportation and other support. Also, by keeping a record of Member vaccines in our locked medical records, GOC is able to help Members who lose their own cards by supplying them with a copy of their records.

Now, the majority of Members have been vaccinated and are able to go mask-free. As Joanna put it, "It's so nice just to see everybody smile."



**Fully vaccinated people can resume activities without wearing a mask or physically distancing, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance.**

# GOC GAZETTE

## Member Spotlight: Sean Siegel

by Sean Siegel

After attending many work ordered days at the GOC, the next logical step for many Members is finding a job. So, with a little help from the GOC some Members, like me, are moving toward paid employment. This was the next gradual step in me striving and living in recovery. I have gained confidence in myself as a direct result of paid employment.

As a Member, I have been attending the GOC for three years. In previous Gazette articles, many of you have read about Members working for Alachua County. I am glad to be joining them as an employee of Alachua County in the GOC Transitional Employment Program. My position is at the County Administration building. Also, I am living on my own for the first time since college. Having an income source is something I really need. On that monetary topic, the GOC helps me in vocational and housing supports which are crucial. Really, much of the credit is to all of you for allowing me to help out and gain skills specifically enabling me to attain long term employment. Helping out at the GOC's three units have helped me in occupational and skills training. I learned from the culinary unit how to prepare great tasting healthy meals. In the office unit, my favorite unit I learned employability skills on software programs.

As a person, I really enjoy meeting new people. Work is a great vehicle towards meeting that end. Casual hello's and greetings help me get through the day.



Sean is riding the bus to get to work. GOC Staff Member Sandy Munson rides the bus with Sean to help him get over any anxieties with this part of the job process. Sand also works with Sean on the job.



As an employee, my first three weeks have been incredible. The first week or so, I had a GOC staff member help me build the confidence in the basic task of riding the bus until I was comfortable riding alone. Then, the first three to four days on the job I received step by step guidance which filtered towards complete independence at performing all the job tasks by myself.

**My name is Sean and I am proud of myself!!!**

GOC Program Director Maggie Hannon works with Sean, Pat and other Members at their places of work. This is the extra mile that we go to make sure that GOC Members get the support they need to stay on their jobs.

# GOC GAZETTE

## Unit Update:

### Employment

Transitional Employment (TE) jobs mean that GOC staff learn the jobs with the Member and work side-by-side with them on site. Supported Employment (SE) means that GOC staff works with the employer and may or may not have physical access to the job site.

Currently we have Two TE's with Culver's, and an SE with them. Jerry Baker and Keoun Phillips are working the TE jobs, and Joe Van Jenkins is working the SE. At Alachua County, we have one TE job. Sean Siegel just moved into that role. Others in SE include Joanna Broaudes, Susan Thomas, and Pat Bateman.

We are so so proud of Valerie Sanders. She has moved from TE into a full time position, where she will get support from us. Way to go Valerie!

### Culinary

Two years ago, the GOC debated whether we should charge GOC Members for meals. Many Members live at poverty level.

Since our goal is to help Members become more independent and stand on their own, we decided to charge a nominal fee for lunch and breakfast. Lunch is \$1.00 and breakfast is usually a fraction of that.

In the first six months of 2021, the GOC has earned \$1,942.50. Or, you can say that is what GOC Members have contributed to our program along with their hard work.

All of this, we believe, helps our Members build upon their dignitiy and self-worth as they work towards greater independence.

### Media

The GOC has started meetings to focus on video editing. Members will learn how to use the Adobe Creative Suite to post videos on social media about our activities. GOC Member Reid Schreiber will lead the activities Thursdays at 2pm.

Facebook has over 2-billion users, and video is exploding on the social media platform.

1,300,000,000 people use Youtube. 300 hours of video are uploaded to YouTube every minute. Almost 5 billion videos are watched on Youtube every day.

Having the GOC present, and Members learning these social media platforms is crucial to our success. Like everything else at the GOC, we are doing it together.

### Wellness

When Joe Van isn't working Culver's he is often at the GOC. His long term goals include working in the health and fitness field, so it is natural for him to lead a new light fitness class at the GOC. This class takes place at 11:15am, and Joe Van often leads it on Tuesdays.



# GOC GAZETTE

## How You Can Help

If you are a regular reader, you know the GOC is growing every month. Do you want to help? Below are various ways that you can help us help others.



### United Way Campaign and Link

If you work for a business that's part of the United Way, you can donate pre-tax through your employer. The United Way has a sign up period near the end of the calendar year. Think GOC!!!!

United Way  
of North Central Florida



When you shop on Amazon, think of the GOC! You can designate us as your charity on Amazon Smile. A small percentage of every purchase will go to the GOC.

We are in need of specific items. Check out our wishlist at



<https://tinyurl.com/yum48cu3>

### Paypal Donate



Please use our email [info@goclubhouse.org](mailto:info@goclubhouse.org) as the recipient.

**GOC is funded by: The Florida Dept of Children and Families, and Lutheran Services of Florida.**



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# GOC GAZETTE

## Monthly Calendar and Events

July 3 - Social Saturday	10a-2p
July 3 - Wellness Planning	2pm -3pm
July 5 -Independence Day BBQ	10am-2pm
July 17 Social Saturday arts	10am-2pm
July 17 Wellness Planning	2pm-3pm
July 28 Employment Dinner	5pm-7pm
July 30 Birthday Celebration	12:30pm

### Newsletter Credits:

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Writer

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## Weekly Meetings

Monday 2:00 p.m.- Programming
Tuesday 2:00 p.m.- Culinary, Wellness, Garden
Wednesday 2:00 p.m.- Website
Wednesday 3:00 p.m.- Newsletter
Thursday 2:00 p.m- Adobe/Media

## Daily Events and Meetings

8:30am Culinary Unit Arrives to start Breakfast
9:00am Clubhouse Opens, Breakfast is served.
9:30am Wellness Walk
10:00 am General Membership Meeting
10:30 am Work Day commences in Office, Culinary, Media and Garden
1:30 pm Office Unit Meeting
2:00pm Work Day Continues
5:00 pm Clubhouse Closes

## Birthdays

Lloyd Boulet	July 1st
Reid Schreiber	July 10th
Keoun Phillips	July 21st
Valerie Sanders	July 21st
Kristy Benson	July 26th





(Left) GOC Members take a Wellness walk every morning at 9:30.



(Right) Jacqui loves to help us keep the GOC clean.



When Amanda isn't doing data entry in our Office Unit, she loves to help in the garden.



(Above) After twenty years of unemployment, Joanna has been working for six months straight. She shared her tips for others at our monthly employment dinner.



Business Director Brett Buell and Rose Ann are paying the GOC monthly bills.



John pauses from data entry to answer GOC phones.