

September 2021

GOC GAZETTE



Gainesville Opportunity Center

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Weekend Activities Expand

Rose Ann Walker

Great news: the GOC is expanding weekend and evening activities! On Social Saturdays (held on the first and third Saturdays of the month), we have the opportunity to create art and play board games together. We also have WHAM (Whole Health Action Management), which gives Members the opportunity to focus on specific health goals, as well as learning about how to improve overall health.

You may wonder why we are expanding into social activities since GOC primarily focuses on work. As a Clubhouse, we also have the goals of getting Members involved in the community and helping them build social connections. Participating in weekend social activities breaks isolation, which can sometimes trigger a setback, and helps us build supportive friendships while engaging in enjoyable activities. Members are in a unique position to offer support to one another as they often face similar challenges. The GOC also provides a supportive place for people to get to know one another.

Once a month, in the evening, we have the GOC Employment Dinner. Here, Members can share a meal and share their work experiences, including celebrating successes and discussing ways to overcome challenges. All Members are welcome, whether employed or not.



GOC Members Amanda, Joel, Rose Ann, Susan and John went on a hike at the San Felasco Preserve.



John says that getting together with friends and being out in nature helps him overcome his negative thoughts. These activities keep Members moving forward with their recovery and keep them from going backwards as well. Setbacks could lead to hospitalizations or other high-cost crisis services. As a GOC Member, I value these activities as an opportunity to connect with friends and do something uplifting. I'm grateful that we have an organization like the GOC in our community to help us fill the void of isolation and connect with one another.

Members produce art at the GOC that they keep, donate to other organizations or sell in our GOC Boutique.

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Member Spotlight: Terrica Nelson-Gent

by David Stevens

Meet Terrica! Terrica has been coming to GOC for almost three years. At the time she started, Terrica had never had a paid job. Through participating in the GOC workday, she gained the skills and self-confidence needed to work.

At the GOC, Terrica helps in the kitchen where she cuts veggies and assists with food prep. She also does daily data entry and answers the phones. Terrica has learned important social skills working with other Members in a cooperative environment.

GOC helped Terrica to get her first job in 2019. She is currently working for Aramark on the UF campus, serving in the student cafeteria.

Meanwhile, back at the GOC, Terrica is receiving tutoring in Math and Language Arts. Terrica's goal is to eventually get a Certified Nursing Assistant certificate. She wants to help others in need of daily activities, as well as assisting with their medicines and other needs.

She is also interested in becoming a Home Health Aid. In this position, she will go to client's homes to cook them light meals and assisting with daily activities like grocery shopping. These skills are also being used on a daily basis at the GOC. Terrica also is working on getting her Operator's Driver License and hopes to have it by November.

Terrica is on Social Security Disability, which helps pay the bills. She is taking steps to make sure she doesn't lose her benefits—including health insurance. The GOC is helping her make sure she stays within allowable guidelines until she is ready to work full time. These guidelines will help her keep her benefits. Terrica keeps coming back to the GOC so she "can have something to do during the day, and laugh and talk with members, and to help where I can." Terrica believes that coming to the GOC has helped her experience less anxiety and depression. She says that she looks forward to coming here and enjoys the sense of accomplishment she gets while helping out at the Clubhouse. Terrica says she has made real friends here, and that has meant a lot to her and her overall well being.



Terrica is one of many GOC Members who had never held a tax-paying job before taking part in our program. The GOC is proud of Terrica and Members like her. Participating in our volunteer work activities helped her get ready to find and hold employment. We believe working will change her life.

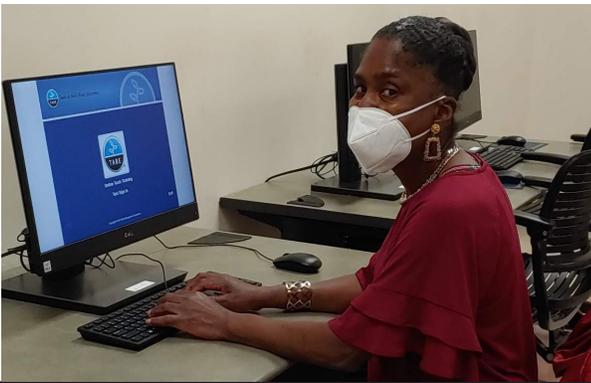


GOC GAZETTE

Unit Update:

Education

The GOC has been helping Members get back into school. GOC is providing transportation to Santa Fe college to take the TABE test and also paying for the test. The TABE test gives an evaluation of adults regarding thier education levels. The GOC also has limited tutoring at our location.Plus we help members enroll in classes.



Culinary

At the GOC, we are committed to our Members safety. We are putting extra emphasis on wearing masks, gloves, and washing hands in the kitchen. Menwhile, we have also put extra emphasis this month on healthy eating. Our menus have included couscous, tabouli and other high-fiber, protein rich choices. We have also experimented with several no-sugar oatmeal



Employment

Alachua County has issued a new mask mandate. They are hiring our Members to hand out masks at the County administration building. The GOC connected our Members to these jobs and even helped fill out some of the applications. We are proud of our Members, like David (pictured below) who will help to fill these important jobs.



Media

WUFT recently featured the GOC on it's television show called "The Greater Good." The series highlights non profits from North Central Florida, showing their input on our community. You can watch the segment at this link:

<https://www.youtube.com/watch?v=opAOI0HOTnM>



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
of North Central Florida

<--- Click to go to the United Way Campaign Website

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!!!!



When you shop on Amazon, think of GOC!

You can designate us as your charity on Amazon smile. We also have an Amazon Wishlist. Any and all help is appreciated. Simply search for us on Amazon or click the images to the left and to the right. (Wishlist-> <https://tinyurl.com/yum48cu3>)

Thank you for supporting The Philanthropy Hub!

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The GOC is mostly funded by the Florida Department of Children and Families through our Managing Entity, Lutheran Services of Florida.



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GOC GAZETTE

Monthly Calendar and Events

September 4 - Social Saturday 10a-2pm

September 6- Bowling

September 17 - Consumer Advisory Council 10:30am

September 18 - Social Saturday

September 29 - Employment Dinner

October 18 -20 Clubhouse Accreditation

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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

Sept. 2 - Bob Manning

Sept. 2 - Sara Olney

Sept. 5 - Karen MCKAY

Sept. 7 - Sharon Dexter

Sept. 12 - Mark Bielawa

Sept. 13 - Daoud Rana

Sept. 14 - David Turell

Sept. 16th - Joel Andreasen

Sept. 18th - Janeequa Dewberry

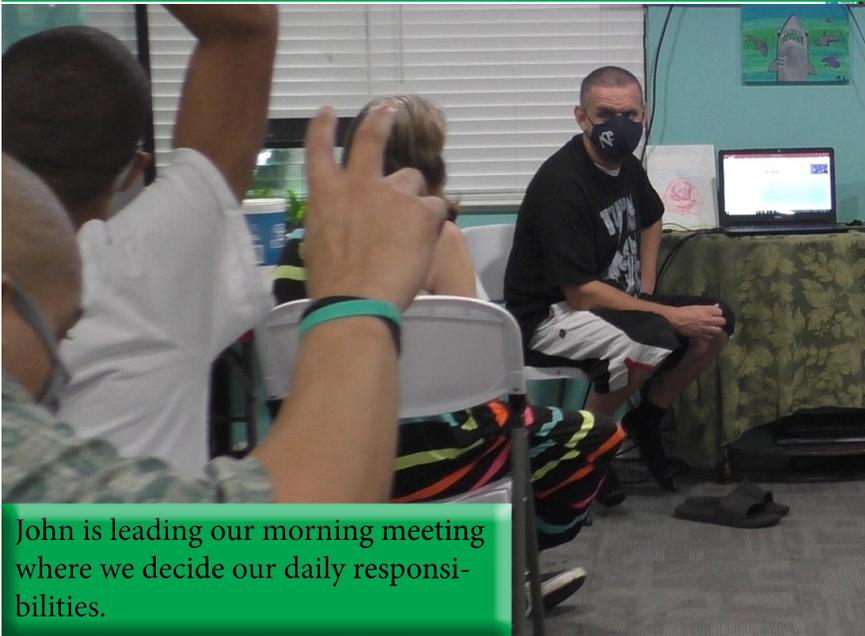
Sept. 25th - Michael Dunagan



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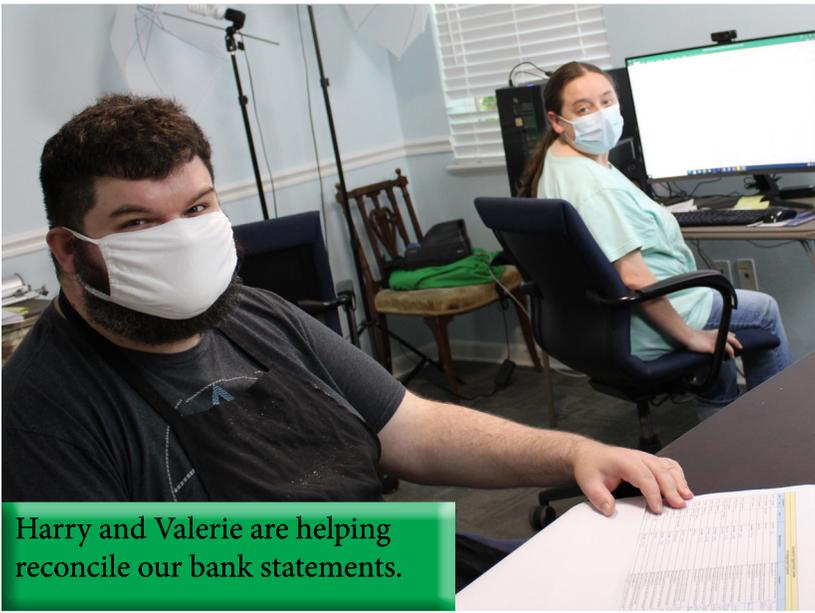
Month in Pictures



John is leading our morning meeting where we decide our daily responsibilities.



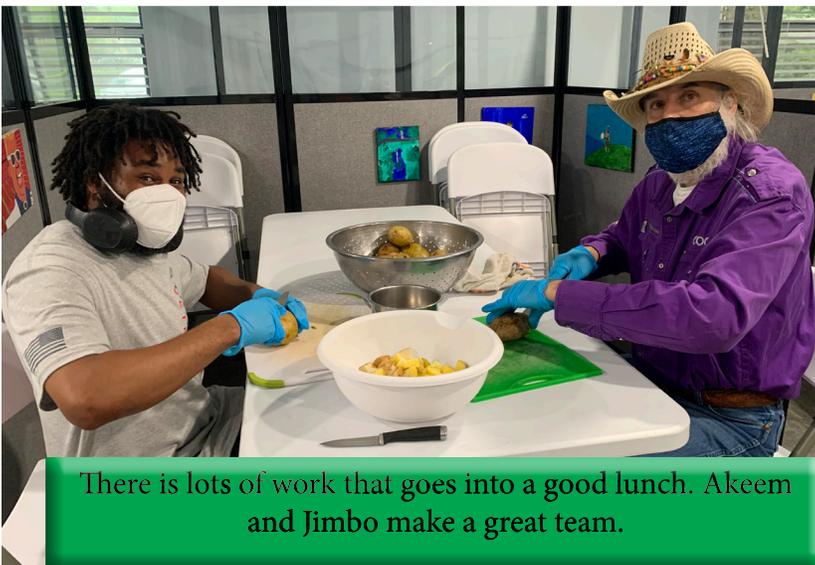
Maggie and Lana are working together to make another great meal.



Harry and Valerie are helping reconcile our bank statements.



Jacob finds all kinds of things to help with, including sweeping and mopping our floors.



There is lots of work that goes into a good lunch. Akeem and Jimbo make a great team.