

October 2021

GOC GAZETTE



Gainesville Opportunity Center

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New Look Website

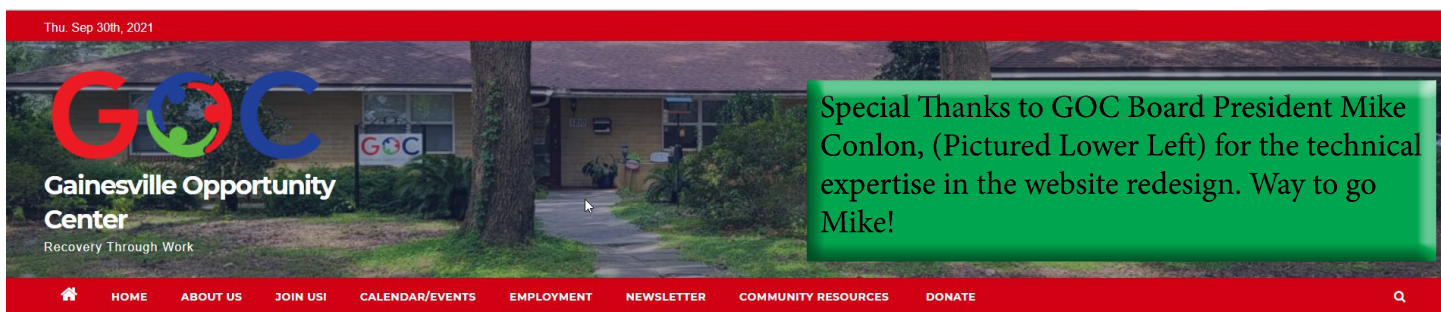
Rose Ann Walker

Every month the GOC has something new and exciting. Sometimes it's new jobs, sometimes it's new vehicles or a new house. This month, it's the new look of our website!

www.goclubhouse.org
<https://www.facebook.com/Gainesville.Opportunity.Center>

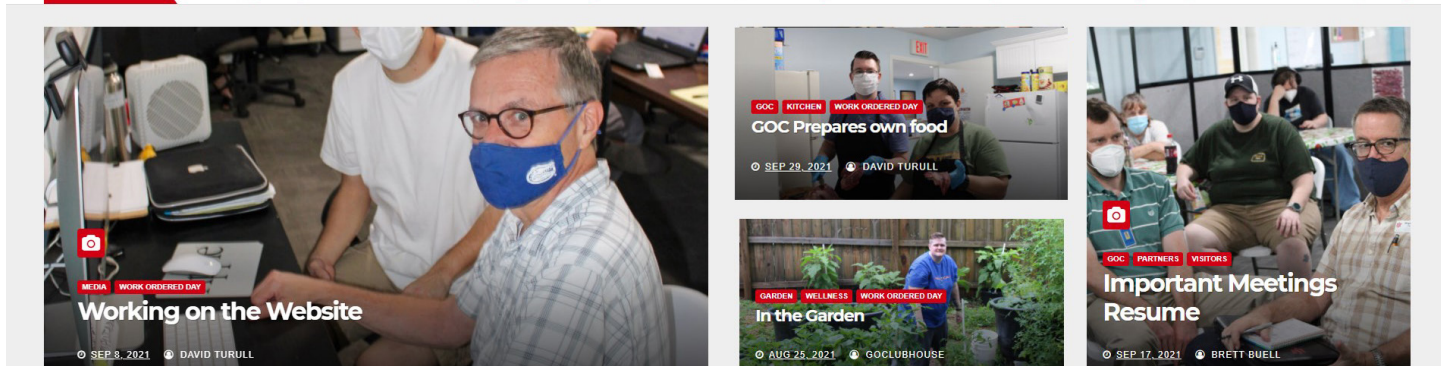
Our new design allows us to display our current and important activities that we are doing daily with our Members while allowing us to communicate important resources and other information that does not change. We are putting our current activities on our home page. You will see these activities and the stories behind them, so people can understand what we are doing, why it is important, and how our activities are making a positive impact on our Members. Over the past year or so we have been updating our Facebook page daily and getting lots of good reviews. But not everyone sees that, and search engines don't readily point people to our Facebook page. So it's really important that our main web page look fresh, and reflect all of the great happenings the GOC. We have a ticker/scroll at the top of the page. We have a slide show on the front page with our latest photos and stories.

We continue to update our Facebook page daily during the week, with (same-day, fresh, new) photos and information on the latest happenings at the GOC. We've had a lot of feedback that people enjoy these posts and find them both informative and uplifting. Please like us on Facebook to receive our latest posts.



Top Tags 14th ave mask main street Amanda susan brett fish tank

Latest Post le Housing Authority visits the GOC Labor Day Bowling Working on the Website Important Meetings Resume Welcome Mary! Gainesville Housing Authority visits the GOC Labor Day Bowling



GOC GAZETTE

The Consumer Advisory Council met again for the first time since COVID hit. Like the name implies, this meeting is for anyone who uses mental health services. It is hosted by our funding agency, Lutheran Services of Florida. They make important funding decisions based on the discussion of these meetings. While the meeting is open to everyone, the GOC makes a great host because our Members need and receive a wide range of mental health services from many local organizations.

The Consumer Advisory Council will meet on the third Friday of every month at the GOC. Our Next meeting will be Friday October 15th at 10:30am.



Member Spotlight: LaSheka Roberts

by David Stevens



Meet LaSheka! LaSheka started coming to the GOC because she heard it was a good place to go to get a job and she meet people...both of which she did! At the GOC, LaSheka helps type the lunch menu for the week on the computer, sweeps the floors, and helps out in the kitchen. LaSheka keeps coming back to the GOC because "It is so amazing! It's a good place where (people living with mental illness) can come to get together, as one—because everyone needs help!"

The tasks that she does at the GOC have helped LaSheka learn how to interact with people better in a job environment. She uses these skills at her new job at the Alachua County Administration Building where she greets people and hands out masks. GOC staff trained her at this position, and even helped her navigate the city bus system so she can get to

work on her own.

LaSheka started coming to the GOC in 2016 when she lived in a neighboring county. After two years, she lost her ride service due to Medicaid restrictions and was unable to attend. It was very sad to say goodbye to her when she left. Fortunately at the GOC, our program is without time limits. Once a Member, always a Member. This year, LaSheka moved into a group home in Gainesville and has been able to attend once again. LaSheka is now able to take the bus or ride in the new GOC vans.



GOC GAZETTE

Unit Update:

Wellness

The GOC received \$24,241 from Alachua County for each of the next three years to focus on Members' Wellness. There are many factors to improving an individual's quality of life, and overall wellness is critical to mental health. This will allow us to continue and expand our activities in these areas. Look for future announcements regarding specific wellness plans!



Culinary

We took an extra hard look at our meals this month, and we made them even healthier. We added "refrigerator oatmeal" to our breakfast menu. Making this from scratch involves several low cost ingredients and can be made without adding any sugar.

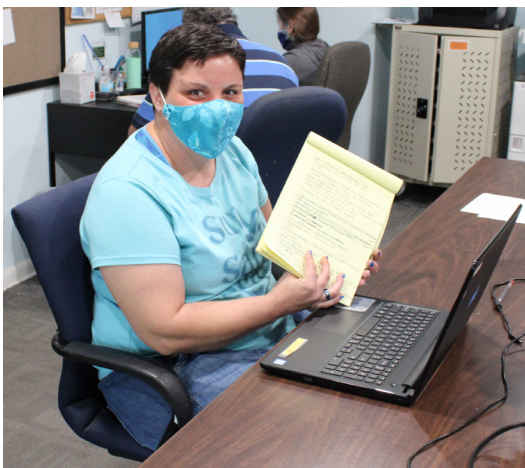
We have also been focusing on vegetarian options, and have been experimenting with meat-free Thursdays. Recipes include protein rich grains like quinoa, tabooli and cous cous.

Members are working with staff making these tasty dishes.



Education

The GOC is helping Members facilitate their adult education needs. We have five Members like Lana, pictured below, taking classes. Some are working on their GED's while others are taking training in specific skills. The GOC is also helping with transportation to and from their classes at the Santa Fe College Blount Center. At the GOC, we are committed to helping the Members achieve!



Garden

We bought new garden equipment and began planting for Fall. We planted cabbage, brussel sprouts, squash, kale, onions, romaine and arugula lettuce, tomatoes and peppers.

GOC Member David Hoover made this table for us in his woodshop and delivered it to Maggie and the garden team will put this to



GOC GAZETTE

A Celebration of Growth and Independence

Fall Festival

Friday November 12

11AM to 7PM

1210 NW 14th Avenue

An open celebration of Gainesville, the GOC, our neighbors and all things Fall. Fun, food trucks, music, raffles, crafts for sale, tables for sponsors, games with prizes and tours of the house.

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>)



Please use our email info@goclubhouse.org as the recipient.

Click here to donate with bank card through the Philanthropy Hub



LUTHERAN
SERVICES
FLORIDA

GOC GAZETTE

Monthly Calendar and Events

October 2 - Social Saturday 10a-2pm
October 15 - Consumer Advisory Council 10:30am
October 16 - Social Saturday 10a-2p
October 27 - Employment Dinner 5p-7p
October 18 -20 Clubhouse Accreditation

Newsletter Credits:

Brett Buell
Producer / Writer/
Layout

Rob Ellis
Photographer

David Stevens
Writer

Michael Leyman
Writer/Layout

John Smith
Photographer

Rose Ann Walker
Writer/Editor

Sandy Munson
Photographer

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

Oct. 2 - Bob Manning
Oct. 3 - Manny Alcantara
Oct. 3- Titus Smoaks
Oct. 8- Zennie Best
Oct. 16- Devin Jackson
Oct. 24- Michael Leyman



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Month in Pictures

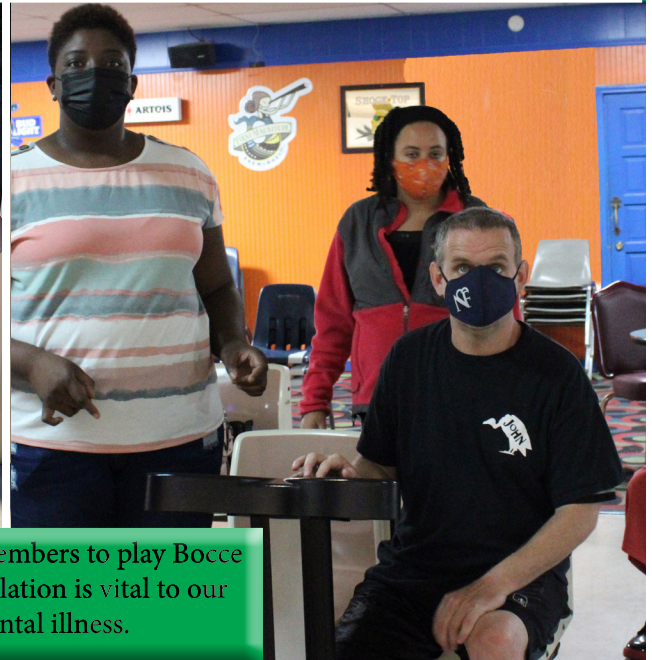
So many GOC Members need transportation. Other GOC Members like Joel are supporting us by keeping our vehicles clean.



We made refrigerator oatmeal with cocoa and bananas. Being healthy can be fun.



Over Labor Day Weekend we took Members to play Bocce Ball and went bowling. Breaking isolation is vital to our Members recovery from Mental illness.



Marianne is helping in our garden. Our jobs are designed to help people build confidence and self worth so they can take their next steps forward.



We are so proud of Scott Hesch who is working for the first time in many years.