

February 2022

GOC GAZETTE



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Vol. 4. Issue 2

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Working Again!

First time since 1995

by David Stevens

"The GOC has given my life more meaning—it gives me something to look forward to," Susan Call will tell you. Susan started coming to GOC to get out of the house, and to socialize.

Two years ago, when Susan first came to GOC, she felt anxious, so after four or five visits she stopped coming. One year ago, Susan tried GOC again for four or five times, but she just wasn't ready yet. But, two months ago, Susan tried coming to GOC again. This time she stayed and has been coming ever since...she was ready!

At GOC, Susan works in the kitchen. She also participates in wellness walks and Social Saturdays. These activities give her an opportunity to socialize, and stay active. Susan also uses healthy vegetarian recipes that she learned at GOC at home.

Recently, Susan got a Transitional Employment position at Culver's, which is the first job she has had since 1995!

The reason that Susan has not worked since then is because she was being hospitalized three or four times a year, and that made it so she could not work. But with the support of GOC being there for Susan at her job, and with the experience of working in the GOC kitchen, she found the confidence and stamina to move forward. Not only is she working again, she is enjoying it. "The people I work with are really nice, and the job is busy, and fun! I like giving customer service, too." Susan says that working helps with her self esteem which makes her feel more productive.

Before Susan found GOC, she did not get out of the house much. She would watch TV inside her house most of the day. The only time that she would go out of her house was to do laundry, go grocery shopping, and to go to therapy appointments. With the help of GOC, Susan feels less isolated, and more connected.

Susan has made significant strides at the GOC because we focus on our Members strengths, not their shortcomings. "You don't feel judged when you come to GOC. You feel included—part of the team," Susan says.

And Susan is part of the team. We are proud of Susan and all she has overcome.



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

GOC GAZETTE

Unit Update:

Office

We provided more program space in our existing building by clearing out a room that was designated for storage. We purchased an outdoor shed for things we cannot store inside.



Culinary

At the end of every month, the GOC Celebrates Member Birthdays. Why? Because each of our birthdays are a special day and we should all be acknowledged for being special. That is one of the things Clubhouse is all about. We are proud of all of our Members for who they



are and what makes them special. We can see it in their smiles every day how much these little things matter. Just ask Maryann Zaatari. Happy Birthday to all of the GOC Members born in January!

Community

Don't forget... the GOC is the Round Up For Charity partner with Satch Squared. Order a pizza, round up for charity, and the GOC gets the proceeds. Multiply this by thousands of transactions, and the GOC could get a nice donation at the end of March.

Satch Squared is located at 405 SW 4th Ave and their website is <https://satch2.com/>.

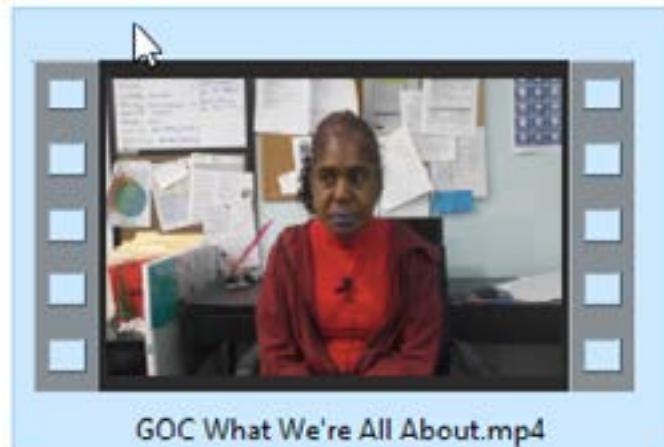


Media

Do you know someone who might need our services? Or maybe you know someone who knows someone who might need our services. Invite them to watch this short video.

https://www.youtube.com/watch?v=fyb_jhXU26w

The GOC has capacity to help more people. Help us spread the word. Please like and share what we have to offer.



GOC What We're All About.mp4

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GOC Proudly Supported by:



LUTHERAN
SERVICES
FLORIDA

The GOC will be the primary recipient of Rotary Wild Game feast Funds this year. We plan to use the money to upgrade our kitchen to commercial quality.



<https://www.rotarygainesville.org/wild-game-feast/>



Want to help? Below are various ways that you can help us help others.



<--- 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!



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

GOC GAZETTE

Month in Pictures



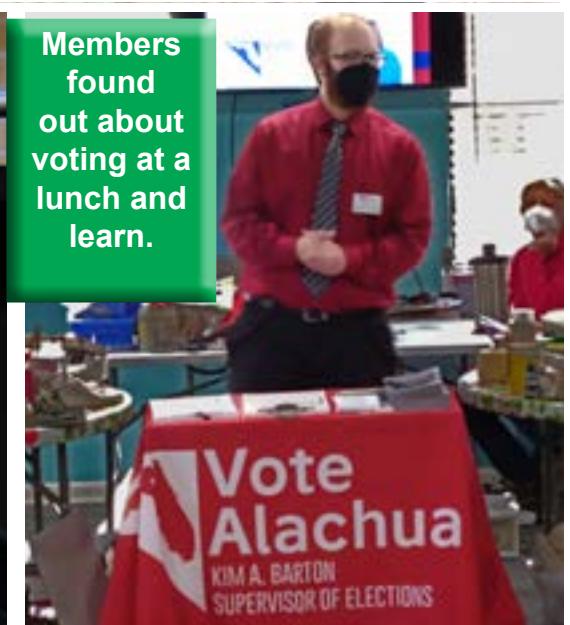
Maryann has been taking her turn with monthly photos. She took the one of Rose Ann (Middle right photo) watering our garden.



Members made vision Boards on new Year's Day.



Kristi is trying new things. She has never operated a grill before.



Members found out about voting at a lunch and learn.

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Monthly Calendar and Events

February 5- Social Saturday Fishing and Art
Feb 12 - Rotary Cleanup Hatchet Creek
Feb 19 - Rotary Cleanup Hatchet Creek
Feb 26 - Rotary Cleanup Hatchet Creek

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

Newsletter Credits:

Brett Buell
Producer / Writer/
Layout
Rob Ellis
Photographer
David Stevens
Writer
Michael Shea
Layout
John Smith
Photographer
Maryann Zaatari
Photographer
David Turull
Layout/Consultant

Daily Events and Meetings

8:30am Clubhouse Opens
9:00am Breakfast starts
9:30 am General Membership Meeting
10:00 am Work Day commences in Office,
Culinary, Media and Garden
12:00 pm Lunch
12:30 pm Wellness Walk
1:30 pm Office Unit Meeting
2:00pm Work Day Continues
4:30 pm Clubhouse Closes

Birthdays

Feb. 8 - Lana Blischak
Feb.16 - Kenny J Winston
Feb. 17 - Paula Horning
Feb.20 - CJ Wagoner
Feb.29 - Susan Call

