

December 2022

GOC GAZETTE



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GOC Brings Community Together

The GOC 2nd annual Fall Festival took place on the first Friday of November. It was a cool and sunny day under the oaks and pines of the neighborhood where we serve our Members. We closed the street, cooked out on the on the grill, and enjoyed the company of others. As always, there were lots of smiles. We had people from Gainesville Fire department, the police department, Santa Fe College, other healthcare agencies, and people from all walks of life. We had jazz music performed by a Member. We had line dancing to rock, country and hip-hop music. And we even had a 1930's radio play that helped launch the detective genre of entertainment.

It's great to say people are learning about us, and even better to say a lot of people know about us and have known us for some time.

We have lots of pictures, and probably some of someone you know. If you missed it, we hope you will join us next year for the fun.



Terrica Nelson-Gent and Joanna Broades.

Special thanks to the UF Driveway Theater Project, the Newcomb Jazz Duo, and Smooth Flava for providing great entertainment!!!!

Please turn to pages 9 & 10 for more photos.



Manny Quiroga and Tony Barr.



Richard and Pat Berne with GOC Staff and Board.

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Updates

Computer Class

The GOC has started a computer workshop on Wednesdays from 1-2 pm. This gives our Members the opportunity to work on improving their computer skills anyway they want to. Topics include basic computer skills to website construction and more.



Thanksgiving

As part of the Clubhouse International Standards, the organizations like the GOC are open on holidays. This helps people break isolation and become part of a community.

We held a wonderful Thanksgiving Day celebration at the GOC. We started the morning by picking up everyone who does not have transportation in our vans. Members helped prepare the meal and took responsibility to help us make everything happen.



Accreditation

November 23 marked our one year anniversary of being a fully accredited Mental Health Clubhouse. The Clubhouse Model of psychosocial rehabilitation has been recognized for initiating change and promoting recovery outcomes for those living with serious mental illness. Restorative activities focus on our Members' strengths, not their illnesses. The underlying assumption is that each person is capable of improving their own functioning.



Working

David Montigue is working again. He is employed in our Transitional Employment job at Culver's. David is fairly new to the GOC. We could tell right away he is a hard worker with a great demeanor for customer service. After six months at Culver's, the GOC will look to place David in a permanent job. If you would like to employ our Members, please contact Brett Buell at the GOC.



Community Health Director Visit

Did you know the City of Gainesville has a new and much needed position??? It's the Community Health Director. Brandy Stone was just named to this important job a month ago. The job coordinates public health efforts for the city and works closely with the Community Resource Paramedicine Program. With more support, the City hopes to reduce the need for emergency services while providing overall better healthcare to people. The Community Resource Paramedics go into people's homes to get them hooked up with the care they need. Sounds a lot like the goals of the GOC, doesn't it? Brandy is already working hard making visits to strategic partners like us. Thank you so much for coming to visit us, Brandy. We look forward to partnering with you to provide important services to our community.



Working with GRACE



The more we all work together, the more help and hope we can give. It was a privilege to speak to staff at GRACE Marketplace about the GOC. We shared about our services, learned about theirs, and exchanged contact information so we can all get in touch with each other quickly. Many people from Grace can qualify for our program, and many of our Members battle obstacles that lead towards homelessness. One thing is for sure: There is a lot of caring in our community.

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You Can Help

If you are looking to support the GOC this year and into the future, here are three great ways.

If you have donated to the GOC, you will be getting a year-end letter from us. This year, the letter comes from GOC Member Susan Call. She shares her story of how mental illness has affected her life. If you would like to read Susan's letter or donate to our campaign, please follow these links:

<https://goclubhouse.org/how-we-helped-susan/>

<https://goclubhouse.org/donate/>



Donate Walgreen's Points

We're participating in the myWalgreens donation program! You can donate your myWalgreens cash rewards to the Gainesville Opportunity Center through 02/28/23. At Walgreens, you'll earn unlimited 1% Walgreens Cash rewards when you shop and you can choose how much to donate. It's that easy. Whether you'd like to contribute \$1, \$5, or more of your Walgreens Cash rewards, you'll be making a big difference. It really adds up!

Help communities *you* care about by donating your Walgreens Cash rewards.

myWalgreens



[https://www.walgreens.com/
mywalgreens/donation.jsp](https://www.walgreens.com/mywalgreens/donation.jsp)

Givebacks.com

This program is new and is growing. Here is what you do:

- 1) You sign up to participate in the program. It costs you nothing.
- 2) You designate which non-profit you would like to support.
- 3) Every time you make a purchase at a store or restaurant that participates, the GOC or the charity you select gets a percentage of every purchase you make.
- 4) They have 25,000 retail and restaurant participants and they are growing.

Welcome To Givebacks!

<https://www.givebacks.com/mobile/web/goclubhouse>



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Member Spotlight: Jake Newcomb by David Stevens and Brett Buell



Jake studied classical music at the University of North Texas.

Meet Jake! Jake started coming to the GOC in the late summer of 2014 because he wanted a support system and to be a part of the mental health community. The GOC has helped in Jake's recovery by giving him a support system and the opportunity to be around people with similar experiences in the mental health community. Jake heard of the GOC through the FACT Team. During the time Jake was active at the GOC, he enjoyed cleaning.

Members not only get support at the GOC, they also give support to others. It is all part of our process. Jake says, "Volunteering at the GOC has given me positive steps towards my goal of working in the mental health field."

Jake went to the University of North Texas and studied classical bass there from 1999 to 2002. He played classical solo and orchestral music. After a number of years of not playing regularly, Jake started playing again in 2014... around the time he came to the GOC. When Jake started playing again he focused on jazz, which was his love since childhood. So coming to the GOC and doing something he is passionate about has helped Jake take charge of his recovery and move forward.

Around the greater Gainesville area, you will often find Jake playing with Decyo and the Newcombs at places like One Love Cafe, Celebration Point and the Great Outdoors. Jake plays in the band with his father, Larry, which is special to him.

And if you attended our Fall Festival, you would agree that it has been a good thing for the GOC that Jake is playing... Jake says, "Playing music takes a lot of work. It takes effort and concentration... but it's rewarding.



Coming to the GOC and participating in something he is passionate about (music) have both helped Jake move forward.

"I am doing something that I love and I feel like I am helping others."

That's what life is all about.

Jake and his father Larry performed at the GOC Fall Festival in November.

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Monthly Calendar and Events

December 3 Social Saturday
December 5 CIT Officers and Art Market
December 17 Social Saturday
December 24 Christmas Celebration
December 26 GOC Closed (Christmas Day Observed)
December 28 Employment Dinner
December 30 Birthday Party

Weekly Meetings

Monday 2:00 pm- House
Tuesday 2:00 pm- Culinary, Wellness, Garden
Wednesday 1:00 pm- Computer Workshop
Wednesday 2:00 pm- Website
Wednesday 3:00 pm- Newsletter
Thursday 2:00 pm- Wellness
Thursday 2:00 pm- Adobe/Media

Newsletter Credits:

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Photographer

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Editor and Layout

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Layout/Consultant

Daily Events and Meetings

8:30 am Clubhouse Opens
9:00 am Breakfast starts
9:30 am General Membership Meeting
9:45 am Unit Meetings
10:00 am Work Day commences in Office,
Culinary, Media and Garden
12:00 pm Lunch
1:00 pm Work Day Continues
4:30 pm Clubhouse closes

Birthdays

Scott Hesch December 18
Marcelle Leacock December 27



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GOC Proudly Supported by:



LUTHERAN
SERVICES
FLORIDA



COMMUNITY FOUNDATION
of North Central Florida

**Click here to donate with a bank card
through the Community Foundation-
Philanthropy Hub**

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



United Way
of North Central Florida

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.

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Month in Pictures



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Fall Festival Pictures



GOC Board Member Joanne Edde of First Federal Bank helped us shop.



It was great to see Sue Eichner catch up with Tarrica and Mia.



Claudia and Mia are hard at work on the grill.



Reid, Maryann, Lloyd, Brian and David enjoyed Mia and Claudia's work.



Smooth Flava led the line dancing. Or was that GOC's John Smith?



Newly elected City Commissioner Ed Book is with GOC Member Kim Sugar.

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More Fall Festival Pictures

