

April 2023

GOC GAZETTE



Gainesville Opportunity Center

(352) 224-5523

1210 NW 14th Ave, Gainesville, FL 32601

www.goclubhouse.org

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Gainesville.opportunity.ctr@gmail.com

County Leaders Examine the GOC

by Reid Schreiber



Terrica shares with Comm. Ken Cornell how the GOC has helped her get a job for the first time in her life.

All eyes are upon us. Every County Commissioner visited us last month. Sheriff Clovis Watson and his entire command staff came to see our program. Why? Because leaders are starting to notice the GOC is making a big difference in people’s lives. Imagine if we were bigger. When local officials meet our Members and see them taking action that is moving their lives forward, they have found it incredibly inspiring. It is becoming clear the GOC is transforming the lives of people in our community.

The GOC receives most of its funding from the State. If we were to receive more local funding and support, the GOC would have a greater impact on Gainesville and Alachua County. Research has demonstrated that organizations like the GOC reduce Members’ needs for emergency services. In fact, the World Health Organization has chimed in on this. They wrote that Clubhouses

provide “a strong example of a comprehensive, community-based, person-centered mental health service that operates without coercion, is responsive to people’s needs, and supports recovery for people with lived experience of a mental illness.” The WHO recommends governments and communities invest more in our type of program.

Since many of those with mental illnesses live below the poverty level, the community and taxpayer end up paying the bill for high-cost services. And without support services after the crisis ends, many people end up in a never-ending cycle in and out of hospitals. The GOC also provides support for Members to return to employment. Many GOC Members had never worked in their lives or were out of the workforce for decades.

The GOC is taking a leadership role helping people with mental illness lead productive and meaningful lives. The community is noticing. With your awareness and support, we can make people’s lives and our community better.

Together we can make a difference.

We hope you will come visit us, too.



Joanna leads Comm. Mary Alford on a tour. Joanna is working again after a 17 year absence from the workforce.

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Amazing Give

On April 22, from 8 am to 8 pm, the Amazing Give will take place. The event is online, and it will allow you to donate to special causes like the GOC. We invite you to donate and get your name on our donor logs.

<https://www.theamazinggive.org/organizations/gainesville-opportunity-center>

This type of event makes it incredibly easy to donate. Just hop online and enter your credit card on the secure site. You can even check a box to make it a recurring gift. These donations help us run all of our programs and contribute to our growth as an organization. We appreciate your support!



GOC Bike Day

The GOC 2nd annual Bike Day is coming Saturday May 13. Join us in promoting awareness and support for people living with chronic mental illness by riding with us on the Hawthorne Trail. We will start and finish from First Magnitude Brewery. Registration will start at 9 AM, with the bike ride at 10 AM. After the ride, we will have a celebration with music, food, and dancing until 1pm.

Cyclists will be able to ride at their own pace on three suggested courses.

- 1-Beginners can circle Depot Park. You decide how long you want to ride.
- 2- Intermediate riders can take a 6 mile Hawthorne Trail to La Chua Trail and back.
- 3- Advanced riders can go 24 miles on the trail, from First Magnitude to Hawthorne and back.

Even if you don't ride, you can still come out and support us. The Gainesville Garden Club will be walking around Depot Park. After the ride, from about 11 AM to 1PM we will have music, socializing, and food trucks on hand to wrap up the event. <https://www.eventbrite.com/e/bike-day-2023-tickets-529463358157?aff=ebdsoporg-profile>

Sponsors

Allen Law Firm	Gainesville Rotary Club
Culver's	Rotary Club of Downtown Gainesville
Exit Realty Producers	Satch Squared
First Federal Bank	Straw and Company
First Magnitude Brewery	Subaru of Gainesville
Friends of Laurie Russo	Sweetwater Framing



GOC GAZETTE

Member Spotlight: Reid Schreiber

by David Stevens

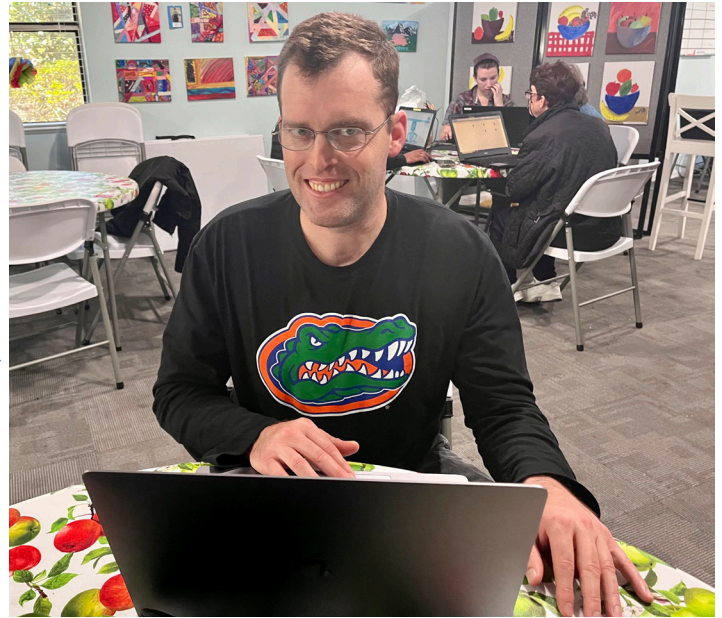
Meet Reid Schreiber! Reid learned about the GOC through one of our partner organizations, NAMI. He became a Member in 2014.

The GOC has helped Reid in many ways. It built him his confidence and provided the support needed to return to work. He has helped other Members who also struggle with mental illness. Through the GOC community activities, Reid has a platform to share his experiences with others. A recent trip to talk to patients at UF Health Psychiatric Hospital led to his new job as a Peer Specialist. The value of peer support is now recognized by medical professionals and researchers.

At UF Health Psychiatric Hospital, Reid uses his lived experiences of mental illness to empathize with individuals in crisis and help them to have feelings of hope that recovery is possible. He also tells them about resources he uses in our community. One of these is the GOC! Isn't giving back great?

Before coming to the GOC, Reid felt alone and experienced a lot of self-doubt. Learning others have similar experiences was the starting point in Reid's recovery. He saw others succeeding and felt part of a community, at the GOC. Through his increased responsibilities at the GOC, Reid has found an increase in his self-esteem. At the GOC, Reid helps manage the website, edits videos, and writes for our newsletters. Reid also serves on our Board of Directors as Vice President. "At the GOC, I am helping myself and Members improve our lives. My perspective has shifted. I used to be a heavy user of crisis services, having several hospitalizations a year. Now I am using my experiences to strengthen and inspire."

Reid says he is proud of his work at the GOC. The sense of accomplishment he gains from helping the GOC helps him move forward in other aspects of his life. As part of the GOC, Reid has made friends, is helping others, and feels like he is part of a community.



Reid helps in many areas of important Clubhouse activity, including our billing and media. He also serves as Vice President of our Board of Directors.

Reid is with Chamber President Eric Godet, City Commissioner Bryan Eastman, and Rotary Member Jay Nordqvist. Reid inspires people at all levels, and his success shows how important services like the GOC are.



Photo taken Jan 5, 2023

GOC GAZETTE

Updates

Thornebrooke

If you didn't visit the GOC, maybe the GOC has visited you. This month we went out to Thornebrook to show people some of the important work we are doing.

We had a table at their festival where Members, Board members, and GOC staff promoted our program.



Kitchen Update

The countdown is on!!! Construction on the Rotary Kitchen will begin soon. Along with the *Rotary Foundation of Gainesville*, we would like to thank:

D.R. Baker Construction, architect Michael Pellett, Mike Conroy, Quality Plumbing, Santa Fe Electric.

During the construction period, the GOC will be preparing meals at the Grace Presbyterian Church. We will be operating the rest of our program at our regular location.



Office

We refurnished our Employment and Education room to make it more of a work-oriented quiet room. With new tables and laptops with large monitors, GOC Members and staff can work together on important projects.



Shopping

Since most of our Members do not have their own transportation, the GOC makes a trip to the grocery store with them so they can purchase food. We help Members shop for healthy food, and working in our kitchen provides opportunities to learn delicious recipes and meal planning. It is all part of the gateway to greater independence.



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Monthly Calendar and Events

April 1st Social Saturday
 April 3rd Art Market
 April 20th Amazing Give
 April 25th UF Health Street
 April 26th Employment Dinner
 April 28th Birthday Party and Art Walk

Monday 2:00 pm- House
 Tuesday 2:00 pm- Culinary, Wellness, Garden
 Wednesday 2:00 pm- Website
 Wednesday 3:00 pm- Newsletter
 Thursday 1:30 pm- Computer Workshop
 Thursday 2:00 pm- Adobe/Media
 Thursday 2:30 pm- Wellness

Newsletter Credits:

Brett Buell
 Producer / Writer/
 Layout/Photos

Rob Ellis
 Photographer

Reid Schreiber
 Writer/Editor/
 Layout

David Stevens
 Writer/
 Photographer

David Turull
 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 Afternoon Meeting
 4:30 pm Clubhouse Closes

Birthdays

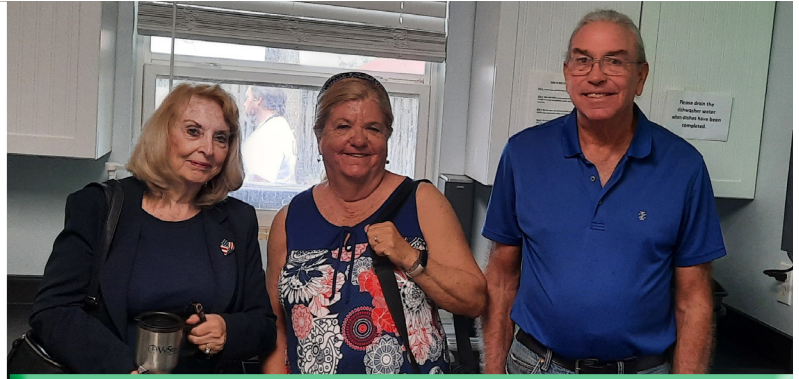
April 8th Jonesha Churn
 April 10th Rose Ann Walker
 April 13th David Stevens
 April 23rd Christopher Rhodes
 April 25th Joe Van Jenkins
 April 30th Kelly Anne Hurtt

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GOC Car Wash Brings New Faces



Rotarian Marion Colburn, NAMI's Brenda Bayne, and CJ Wagoner



Rotary members Mary Crane, Jennifer Elder, and Steve Elder



Brandy Stone and Kristy B.



Deidra and RJ Simon, Cpl. Bill Gough, and Victoria Blass



Rotarian Billy Coombs



Eve Cater and Bill Childs



Reid Schreiber, Jodi Irving, & Trish Sokol



Rotarians Ed Book, Carl Smart, Diane and Bob Robar, GOC's Susan Thomas, and Mike Conlon

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Team Appreciation Day



We held team Appreciation Day this month at a local bowling alley. Members and staff celebrated the hard work we do every day by taking the afternoon off early to socialize and play a few games of bowling. Thanks to all staff and Members for making the GOC a great place for improving confidence, providing meaning and purpose, and getting our Members ready to return to work.



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Visitors



Reid Schreiber, Gail Childs, and Comm. Anna Prizzia



Brett Buell, Rotarian David Gracy, Kim Sugar, and Jeff Davidsen



Deidra Simon and Comm. Marihelen Wheeler



Chuck Chestnut, Brett Buell, Mike Conlon, Reid Schreiber, and Deidra Simon



The Sheriff and his entire command staff came to see our program. Capt. Becky Butscher, Col. Chad Scott, Sheriff Clovis Watson, Jacob Rush, Esq. Major Lance Yaeger, Undersheriff Joel DeCoursey, and Capt. Josh Crews were honored guests.

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Sponsors and Supporters



DONATE

Click here to donate with a bank card through the Community Foundation Philanthropy Hub. You can even make your gift recurring.

THE

AMAZING GIVE

April 20, 2023

8 a.m. to 8 p.m.

The Amazing Give is coming up soon. We hope you will support us.



Check with your employer for pre-tax donations. The University of Florida and The United Way allow you to choose the GOC for donations.



United Way of North Central Florida



Our Amazon Wishlist has things we need. Check back from time to time as we update it.

Please Don't forget us in your will.