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### Mark Your Calendars

**Consumer Network of Miami-Dade Meeting**  
**Tuesday, November 22**  
**10:00am-12:00 noon**  
 401 NW 2nd Ave.  
 Room N-1011  
 Miami, FL 33132

**Biscayne Babes Book Club Benefit Auction**  
**December 8, 2011**  
 6:00pm - 8:00pm

### Membership

**The Key Clubhouse is Welcoming New Members to Join Us!**



By Peter Rhoden

The Key Clubhouse is a place where you are accepted for who you are.

People who attend The Key Clubhouse come from many different cultures, races and backgrounds. You could say that The Key Clubhouse reflects the whole population of South Florida, i.e. a melting pot from around the country, and many parts of the world. The Key Clubhouse is a place to recapture old skills and to learn new skills.

Since starting at The Key Clubhouse program, I have been introduced to learning the "modern" computer. My previous knowledge of computers is twenty- five years out of date. The staff and other members have been very helpful and patient with me in learning new computer applications. For example, I have learned data input and retrieval, how to use the internet, and have done some work in Excel as well.

The Key Clubhouse has high standards when it comes to everything it does. You could say it is a place where you learn what it takes to be a true professional.

Are you or someone you know interested in participating in our program?

To schedule a special tour of the Clubhouse.

**Please call us at  
305-374-5115**

We are open Monday thru Friday, 9am to 5pm



Everything from the use of computers to the preparation of the daily lunch is done to the highest level possible everyday without failure. The Key Clubhouse environment is maintained by members to create a clean and hygienic surrounding environment rivaling any place with a full time maintenance crew. This makes me feel good about attending The Key Clubhouse.

I feel that The Key Clubhouse provides a place with good structure, where I can rebuild my life. At The Key Clubhouse I've met new acquaintances and made new friends. People at The Key Clubhouse are welcoming to new members and are happy as the program grows in size.

Lastly, The Key Clubhouse is a place where helpful advice is given when needed to develop a plan to build a new life. The Clubhouse even assists members to search for part-time employment.

The Clubhouse has many success stories give new members encouragement on their recovery journey. These are some of the reasons I attend The Key Clubhouse. I hope and wish this encourages you to tell a friend about us!

## ***A Day of Work At The Clubhouse***

By Stephanie Barker



At the Key Clubhouse we have three units that operate on a daily basis. Since our days are structures at the Clubhouse by the flow of our work activities all members have opportunities for growth. Adhering to the ICCD Clubhouse model, all activities are voluntary and members volunteer for their work assignments for the day. This enables members to work in any and all of the units they are drawn to. The three work units are: the Membership Unit, Culinary Unit, and the Business Unit.

I am going to provide a "picture" of the Membership Unit and its functions. The Membership Unit assumes the responsibility for the following tasks: making reach out calls to members not present and providing support for any variety of hardships and difficulties that a member may be affected by. This work unit also creates, publishes, and mails birthday, get well, and special occasion cards for members. Additional tasks include; recipe research, conducting tours and orientations for perspective members; tracking perspective members to offer assistance and encourage them to complete their enrollment paperwork and finalize the enrollment process. The Membership Unit is responsible for making recruitment presentations at community organizations.



We are continually recruiting new members, so if you have read something that attracted your interest or know someone who might be interested in joining the Key Clubhouse, please give us a call at 305-374-5115. As you can see there is a place for everyone at the Key Clubhouse.



By Frank Laberdesque

Basically before I came to the Key Clubhouse I had no culinary experience. I would cook basic things and my mother cooks all the difficult stuff. Helping out in the culinary unit at the Clubhouse has really opened up my eyes to how many different things you can cook in about an hour.

We start the Culinary Unit with recipe research. We look in cooking books and we also ask the members if they have any favorite recipes to bring in for ideas. After we have our different menus for the week, we go grocery shopping on Fridays. We try to emphasize healthy eating habits. We go to Winn-Dixie which allows us to use our coupons and sample some of the meats and cheeses that we buy including my favorite chicken wings.

Before we have lunch we sell lunch tickets. Buy selling lunch tickets we are aware of how many people are going to eat lunch and to make sure we have enough food for everyone. Selling the tickets makes you use your math

skills and teaches you cashier work just in case that is the type of job you want to get.

At the Clubhouse every morning members volunteer to set up the tables. We place plates and flatware, glasses, napkins, and a beverage so that everyone can enjoy their food. Serving is also a crucial part of the Culinary Unit. Usually, the food is attractively arranged on all the plates by the members who cooked and meals are served to everybody while collecting their lunch tickets.

Cooking at the Clubhouse has helped me learn how to cook anything from beef tacos to pork-fried rice to spaghetti with turkey "meatballs" and chicken caesar salad. We've also cooked stir-fried pork with oranges and snow peas. Believe it or not, everything is cooked in two rice cookers.

Boy, I'm appreciative of the program for everything I have learned and continue to learn.



By Bob Mandell

The Key Clubhouse is divided into different units that oversee several functions of the work-ordered day. The Business Unit is the part of the Clubhouse that is responsible for clerical duties, financial tasks, data gathering, and compiling of important information. It is an essential part of the Clubhouse because it not only moves us along administratively but also is where the most technical skills are learned.

The Business Unit allows people to learn and maintain their computer skills in various programs such as Microsoft Excel, Word, Publisher, and our newsletter creator Constant Contact. It also allows members to learn to use the internet to search for information and resources they may not be familiar with. Finally, members also learn valuable data entry skills while maintaining the clubhouse records and generating reports.

While at the Clubhouse I have had the opportunity to teach several members how to use the computer and the various programs used by the Clubhouse. I enjoy helping other members learn these valuable skills and it helps me keep my skills up to date. In the 21st century these computer skills are generally required in many jobs so it is valuable asset to have.

## **Member's Emergency Fund**

By Bob & Deon

The Key Clubhouse is creating a new "Member's Emergency Fund". The reason we're starting this fund, is to help those members who have no income at all. This fund will enable us to provide members with breakfast and lunch and bus tickets to get to the Key Clubhouse. We have some members who live in assisted living facilities and shelters and who have no way of coming up with forty cents for breakfast and seventy-five cents for lunch and have to leave the Clubhouse and rush back to the facility where they live to eat.

Some prospective members have no money to pay for transportation to get to the Clubhouse and therefore cannot join the Clubhouse and remain isolated and without opportunities for recovery. We're hoping that supporters of Key Clubhouse will donate to this new fund to help out our less fortunate members who are so very motivated to attend the Clubhouse program. Please make checks payable to The Key Clubhouse and indicate "Member Emergency Fund" on the check notation line. We thank you for your generosity and your concern.



**There are many way to contribute to The Key Clubhouse!  
Below are some of the items on our Wish List:**

**photocopier  
copy paper  
cash register  
new desk chairs**

**dry erase board markers  
poster board paper  
bulletin board  
toner  
new computers**

**PART-TIME JOBS FOR MEMBERS!!!!**

**The Key Clubhouse is a 501(c)(3) not-for-profit organization. All donations are fully deductible to the extent of tax law. To make a donation, please contact Stephanie Solovei at (305) 374-5115 or by email at [KeyClubhouse@att.net](mailto:KeyClubhouse@att.net).**



**This newsletter is written and published by the members of the Key Clubhouse. The mission of The Key Clubhouse of South Florida is to afford people whose lives have been disrupted by mental illness the opportunity to recover meaningful and productive lives through reintegration in the**

workplace and the community.

The Key Clubhouse provides an accepting place to spend the day, participate in valuable work that supports the Clubhouse operations, socialize with friends and co-workers and gain access to transitional and supported employment within the community.

The Key Clubhouse of South Florida is a 501(c)(3) tax-exempt charitable organization.

The Key Clubhouse is truly a gift from the community to all people who live with a serious mental illness. It could never have opened if it weren't for friends and supporters who shared our dream.

### **SUPPORT OUR WORK WITH YOUR CONTRIBUTION**

Please consider making a donation. We are completely supported by donations from the community. Your gift will be put to work to make the best Clubhouse ever for our members.

#### **To make a contribution:**

1. Please mail your check made payable to "The Key Clubhouse of South Florida" at 260 NE 17th Terrace, Suite 202, Miami, FL 33132 or
2. Pay by credit card by clicking on the PayPal button:



There are other ways that you can help:

- Arrange for our group to make a presentation at your club, agency, or place of worship
- Help with our fundraising efforts
- Provide employment opportunities for Key Clubhouse member

To learn more, please visit our website or contact us at 305-374-5115 or at [keyclubhouse@att.net](mailto:keyclubhouse@att.net).

Registration # CH28915

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