

Diamond Head Clubhouse News



Our CARF Accreditation Experience

By: Karley & Esther

On September 23rd, we had the pleasure of welcoming Maryann, a representative from the National CARF (Commission on Accreditation of Rehabilitation Facilities) Organization to The Diamond Head Clubhouse. Her visit was part of an important evaluation to assess the efficiency and effectiveness of our program.

Maryann toured the entire Clubhouse and expressed genuine enjoyment throughout her visit. She was particularly impressed by our garden and the transition from ground gardening to raised-bed gardening. She met with Paul, Director of The Diamond Head Clubhouse, and asked questions about our program and operations. During the tour, a meeting was in session that included both staff and participants, so there wasn't much of an opportunity for member interactions with Maryann. This helped ensure a smooth visit, without the concerns over saying the "wrong" thing under pressure.

Before Maryann's visit, our team conducted an internal review to ensure all required standards and safety procedures were in place. We are especially grateful to Karen, who, even after retiring, returned to support us through this process. She worked closely with our new Quality Manager Nurse, together they gathered the essential information and visited sites to evaluate our strengths and identify areas for improvement.

One of CARF's core values is gathering feedback from program members. In advance, we collected member feedback through the satisfaction surveys, and this data got entered into our system for the CARF surveyor's review. This input is vital because our members are at the heart of everything we do.

We are happy to report that Maryann left our Clubhouse smiling—a sign that she genuinely enjoyed her time with us. We are currently awaiting the results of our accreditation, as the clinics and clubhouses statewide are participating in this process. We remain optimistic and will learn more about our accreditation status in due course.

Thank you to all staff and participants for your hard work, dedication, and professionalism during the CARF visit. Your efforts made a real difference.

We look forward to many years of service and success here at The Diamond Head Clubhouse!

Diamond Head
Clubhouse
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Clubhouse Guarantees Its Members:

- The right of place to come to
- A right to meaningful relationships
- A right to meaningful work
- And a place to return to



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Appreciation for Diamond Head's Kitchen Unit

By: Aliko & Katrina

Let's take a moment to express gratitude for the incredible work and dedication the Kitchen Unit has done this past month. From prepping our meals for breakfast and lunch to cleaning tables and floors, the Kitchen Unit has been on it. The Kitchen Unit preps and delivers all our meals and also on occasion makes us delicious snacks like cookies or brownies. Dustin (whose fave dish is the breakfast sandwich) is one who is always working in the kitchen. I was able to get a few words from him about how much he enjoys working in the unit. He tells me that it is an honor and a privilege to work alongside staff and volunteers whether it be prepping, cooking, plating or serving; he enjoys himself and finds happiness in serving others. Dustin also works with Zach and David and between the three of them and the staff who is working that day, they always deliver a meal that is satisfactory and delicious. They've been amazing and consistent with their service. They have displayed due diligence, ethics of character, and all around they're just good people, doing God's work. I personally appreciate all the hard work and effort they put forth whenever they are here. As far as I'm concerned, they are the best and cannot be replaced. Thank You. You are appreciated.

Here's what a few members and staff have to say about the Kitchen Unit:

Ramah: "Everyone seems to work together and seems to have a relaxing atmosphere. Thank you for always being willing to be working." (Fave dish: Spaghetti)

Queenie: "I like menu planning." (Fave dish: Corn chowder and hot dog)

Bryan: "I like the skills training and hands on operation." (Fave dish: Chicken curry and rice)

Mona Lesa: "Free bread. Aloha Harvest comes once in a while. It's always cool to get snacks and stuff and cake and good food." (Fave dish: Her free birthday meal)

Rylan: "They get good breakfast." (Fave dish: Portuguese sausage, egg and rice)

Lance: "They always have a good lunch. I thank you for the lunch every day." (Fave dish: Spaghetti)

Zach: "I like the team effort we put in, helping with the recipe, and focusing on what's cooking on the stove. That's my most wonderful experience in the Kitchen Unit." (Fave dish: Shoyu chicken with stir fry veggies)

Garret: "Working the cashier and checking the temperature and cleaning the microwave." (Fave dish: Spaghetti)

Dave: "Chores." (Fave dish: Baked spaghetti)

Tyler: "All the wonderful smells from the various food. I like how everyone works and I get along with everyone here. Always a pleasant atmosphere." (Fave dish: Loco Moco or clam linguine)

Mark: "The action and the fun and the camaraderie." (Fave dish: Portuguese bean soup)

Errol: "All the people in the Kitchen Unit have great personalities. That's the truth." (Fave dish: Sloppy Joe's)



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Member Interview: Dustin

By: Squirrel



I had the opportunity to interview Dustin recently. A Native Hawaiian, he went to Pearl City High and has been around the island but hasn't island hopped. He started college to study automotive, but life happened. He chose automotive as he enjoys working with his hands. Having spent 2 years in the mental health community, he heard about DHC from his friends. He likes it here and chose the Kitchen Unit so he could continue working with his hands and learn how to cook. When asked what his hope for the future is he initially said, "good question" before responding with "to land a full-time job".

While not having a specific movie genre, he enjoys movies that are funny in one fashion or another. His favorite TV show is "Cops", favorite song is "White Sandy Beach" by Israel Kamakawiwo'ole. His favorite food is Hawaiian, and therefore Kalua Pork. One of his favorite places to go when he needs to chill is at any beach. He really enjoys the Jason Bourne movies with Matt Damon because of the storyline.

If he had a million dollars, he would save it. His dream is to return to Alaska (to visit?).

If a friend was having a difficult time, he would talk with them, and when asked what he likes most about himself he replied "I'm outgoing."

Member Interview: Sky

By: Squirrel

I had the pleasure of interviewing Sky. Sky, having lived in Hawaii for about 30 years, has been around the island many times and has friends all over O'ahu but has yet to island hop. Having been involved with mental health since 1997 and knew of Diamond Head Clubhouse from her clinic visits. She likes it here at DHC and chose the Business Unit. Hobbies include singing, art, and creativity. She enjoys spending time with her doggies, doing karaoke and going to places.

Her favorite movie genres are documentaries and thrillers. Her favorite movies are the original "The Color Purple" and the original "Clash of the Titans". Favorite TV Shows are "The Golden Girls" and the original "Hawaii Five O". Favorite book is "The Color Purple". She's loving old songs along with Sade and Tina Turner. Favorite actresses: Cicely Tyson and Angela Bassett as they bring their characters to such life, and all the Golden Girls because they're funny and perfectly cast. She enjoys Thai and Indian food, her favorite dishes are Pad Thai, Naan Bread, and Curry Dal. She loves to go to Kahala Beach Park to chill. If she had a friend that was having a difficult time, she would be supportive and ask what she could do to help.

If she had a million dollars, she would take good care of herself and travel. What she likes most about herself is that she's compassionate, aware, and likes herself now. When asked if she's got a bucket list the answer was yes, "I want to go to Egypt." Her dream is to be happy and stay happy.



Diamond Head Clubhouse News



The Lotus Bloom

By: Sky

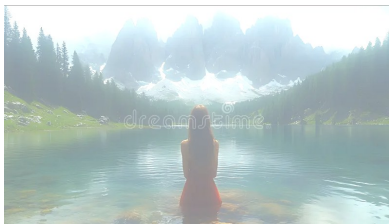
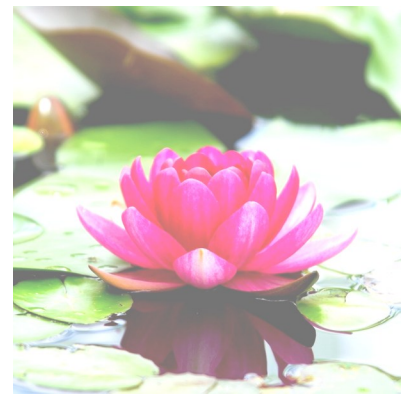


In muddy waters, dark and deep,
A lotus seed begins to creep.
It grows through murk, through pain
And strife, yet blooms with beauty,
A gentle life.



Its petals unfold, a sight to see,
Untouched by mud, wild and free.
It rises above, a symbol true,
Of strength and hope, for me and you.

In harsh environments, it finds a way,
To bloom with beauty, every single day.
A reminder that we too can thrive,
In our own struggles, and stay alive.



The lotus bloom, a treasure rare,
A symbol of hope, beyond compare.
It shows us that we can rise above,
And bloom with beauty, in endless love.

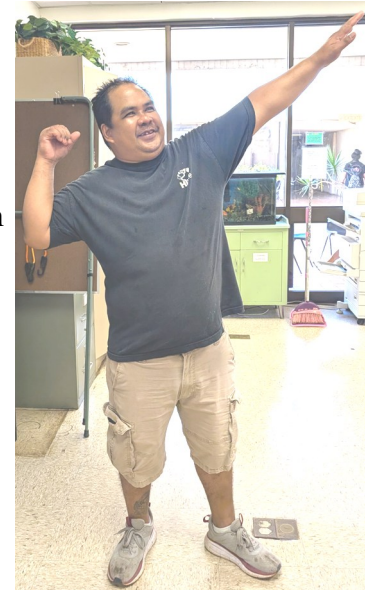
Battle of the Champions: Corn Hole Saga

By: Alika & Dustin & Paul



Last year the Diamond Head Clubhouse purchased a corn-hole game from Costco, and we finally got a chance to use it by holding a Corn Hole Tournament as one of our Thursday evening activities on September 11th. We had a great turnout of participants and played individual and team matches. It was productive, fun, and created a sense of unity, understanding and camaraderie. Competition was fierce and everyone played to the best of their ability. After several rounds of play, the person who came out on top was Alika! Dustin came in 2nd place, and our Clubhouse director, Paul, came in 3rd place even though he said he was going to “win it all”. We also played doubles, and Paul and Sky won the doubles tournament. It was a lot of fun, and Paul says he would like a rematch!

Thank you to Paul and Jason for running this activity, it was a complete success. Thank you to all who participated in this event, I hope we get to do it again real soon.



Diamond Head Clubhouse News



Kitchen Unit Update

By: Sandra & Jason

This month in the Kitchen Unit, we concentrated on preparing for our CARF certification. This involved a lot of cleaning, organizing, cleaning, organizing, and more cleaning. In addition to getting ready for CARF, the Kitchen Unit was also busy purchasing ingredients and supplies for the Hawaii State Hospital Remembrance Ceremony, as well as for our Breakfast Bento Fundraiser. We made 100 ham and cheese sandwiches for the HSH outing and 100 breakfast bentos for our fundraiser. On top of all that, we still had our work-ordered day to deal with and as always, the Kitchen Unit took care of business. Members filled in where needed and everyone had each others' backs. Great job Kitchen Unit! Keep up the awesome work!



Birthdays

JAIME

MICHAEL

JAMAL

FERNANDO

MARK

MARIA

KIHA

SUSAN

MEGAN

DENA

Business Unit Update

By: Ramah & Katrina

This past month in the Business Unit, we were busy preparing for the CARF Accreditation visit. In order to prepare, we organized the unit shelves, ensured labels were clear, and physically cleaned the unit so it was spick and span (i.e. sweeping; mopping; dusting; wiping down tables and chairs; cleaning out the air conditioner vents; etc.). We also triple checked that everything was HIPAA-compliant, that all necessary information was posted for members and visitors to see, and all safety drills were completed. We want to thank all members and staff who put great effort into ensuring our success, especially for making our Clubhouse safe and welcoming to all.

After the CARF visit, we shifted our gears to focus on the last quarter of the year. This means holidays, fun, and more fundraisers! We created the flyers for our upcoming breakfast bento mini fundraiser on Wednesday October 15 from 9:00 am to 10:00 am. We want to thank all who supported us! We have also been discussing plans for Halloween festivities and are working on decorating the Clubhouse in time for spooky season! We hope you have a great start to the holiday season and we'll be back with more updates next month! Aloooooohaaaaaa! :)





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Sudoku

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	2				1		4	
				8				7
8					6			5
4						5	8	3
6	3		1					
						1	3	
					7			
	1	6	2					

October Word Search

B N B T B H A U N T E D H S X
 D Z X Z S W Z S A N B V F T W
 V I M C P I C F C A N D Y G E
 S W U F I T O S C N M Z X E R
 K G M R I H T L C S B M S O W H E
 E H M A I H U A C P E S B U M O
 L O Y N T H A M C U L E R I M A L
 E S Y K S A M E K L P E C K I S
 T C F N I L O Y A R F O H I C P
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|--------------|-----------|-----------|
| FRANKENSTEIN | HALLOWEEN | BLACK CAT |
| CAULDRON | WEREWOLF | COSTUME |
| HAUNTED | MONSTER | SKELETON |
| VAMPIRE | CANDLE | PUMPKIN |
| SPIDER | GHOST | CANDY |
| SPIRIT | WARLOCK | ZOMBIE |
| WITCH | SPOOKY | MAGIC |
| MUMMY | SPELL | BAT |

Inspirational Message

**“The only limit to our realization
 of tomorrow will be our doubts of
 today.” - Franklin D. Roosevelt**