

Diamond Head Clubhouse News



Diamond Head
Clubhouse
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Hawaii State Hospital Remembrance Ceremony

By: Alika & Squirrel

The HSH Remembrance Ceremony was held on October 10th at 9:30 AM at Hawaii Memorial Cemetery. The weather was beautiful for the ceremony. I really enjoyed the whole ceremony. I felt honored to be there to honor those people that passed away on the hospital grounds from 1930's – 1960. There were performances by singers and a local hula halau, which was a very beautiful performance by all. Everyone lined up to pay their respects by placing a rose at the gravesite. It was great to spend some face time with people I usually see on Zoom. Our clubhouse provided the ham & cheese sandwiches, other clubhouses brought veggies, cupcakes, musubi, chips, cold drinks, & hot coffee. While seeing people that would be able to hear about requests and comments, it was neither the time nor the place to do these things. All in all, I had a great time getting educated about the HSH Ceremony. One part of the Ceremony I really enjoyed was the hula. The hula dancers brought back so many memories of my home Moloka'i and the performances I used to watch at the Ka Hula Piko. The dancers performed beautifully and it brought tears to my eyes and touched my heart. While at the HSH Remembrance Ceremony I ran into a few familiar faces that I met during my admission at HSH and SOSRP. It was nice to catch up with them and show them that I'm doing better. One person I was happy to see was Kaleo from HSH. He encouraged me to continue to perpetuate my culture through my music and my attitude towards life. I also got to talk story with the members of the other clubhouses as well, and put names to faces. It was a beautiful ceremony, and I was honored to be part of it and represent 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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My Supported Employment Journey

By: Dustin



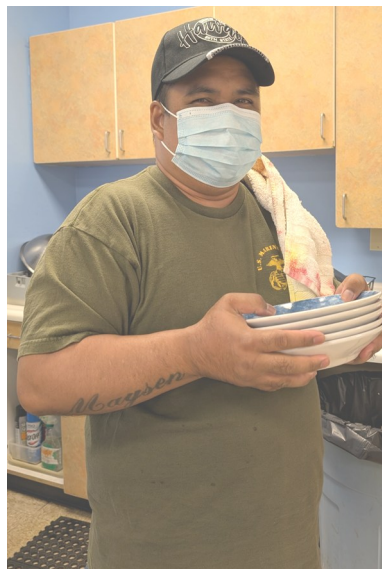
Hi, my name is Dustin, and I recently began my Supported Employment position at the Times Kahala deli. Through the help of Clubhouse and staff Jason, I was able to secure the position. Before I go into further details about the job, I will share with you a little of my employment history.

Before I came to Clubhouse, I had an extensive history of various jobs. I previously worked as a warehouse staff through Snelling contract work, as a stock clerk at Fisher Hawaii, and a cook with Zippy's. The most recent position that I can recall is a dock supervisor at Copper River Seafood in Alaska, which lasted from 2011 to 2016. I moved to Alaska because I wanted to better my life and I really enjoyed the environment there. The thing I miss the most is working with my fellow coworkers and reveling in the camaraderie. The reason why I returned to Hawaii is because I missed my family so much.

I became a member of the Diamond Head Clubhouse in June 2025 and joined the Kitchen Unit. One of my favorite things about the Kitchen Unit is learning how to cook on a daily basis. I was engaging in the work-ordered day at the Clubhouse for three months before I approached staff Jason about my interest in beginning to work again at Times Supermarket. After we discussed the job roles and responsibilities, Jason and I called Times to inquire if they had an opening. It turned out that they did, so I went down in person to meet the store supervisor. I made such a good impression that they offered me the job and sent me paperwork to fill out. Before I knew it, I was scheduled for orientation, and it was both long and informative. I am currently scheduled to work 20 hours a week. The most challenging aspect of the job is memorizing all of the codes to print out the prices, but the best part is helping out the customers.

I am motivated to continue to do my best and maintain my position at Times Kahala. In order to maintain that drive, I will remember how this opportunity will allow me to get closer to my kids. If I have difficult days, I will remember that work is counting on me to be there and the financial compensation is also a major plus! What drove me to return to work is the appeal of being financially self-sufficient and stable since I do not have any government support. So for those who are hesitant

about returning to work, I encourage you to give it a try because work keeps me motivated and it also feels good to make my own money. In closing, I know I will do my best and I'm glad to have the support of Clubhouse members and staff!



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NAMI Hawaii Walk

By: Squirrel & Lindsey

Squirrel: The NAMI Walk was held on Saturday October 11. I really enjoyed being in such an accepting atmosphere. I had the opportunity to meet Kumi MacDonald, the executive director of NAMI Hawaii, along with seeing my friends from other clubhouses & United Self Help. I also spent some time with Dr. Matsu. There must have been around 800-900 people there. I enjoyed eating food from Guava Smoked, & the free Shave Ice. A great time was had by all.

Lindsey: I got to attend my second NAMI Walk and decided on completing the 1K this time. The weather was nice and I got to say hello to a few people who I normally don't see, one gentleman was Mike Durand from NAMI and the other was Randy from United Self Help. There was a pretty big group of walkers this year, and I mentioned to Queenie that I thought the block around Iolani Palace must be the longest block in all of Honolulu. Walking is great exercise and it enabled me to stretch my legs and briefly forget about the shave ice place I had seen back at the main field, which I ended up getting three afterwards. For me, being outdoors and walking was a great stress reliever and helps me to relax.



Breakfast Bento Mini Fundraiser

By: Megan & Katrina

We had our Breakfast Bento Mini Fundraiser on October 15 which featured lil' smokies, scrambled eggs, and rice for \$7.00. We sold 79 bentos in total, and it was a success! I helped out with making the bentos, along with Dustin, who also helped cook the lil' smokies. Jason and Mark were in charge of the cooking. Also, Paul manned the cash station. It was a busy morning putting everything together, but we worked seamlessly together like a well-oiled machine. A lot of clubhouse members and staff from other programs in our building supported us by buying multiple bentos per person. It turned out delicious! This was our third year selling these bentos and we plan to continue putting on this fundraiser in the future since it was such a success. Thank you to all who supported us and we hope to see you next time at our upcoming Christmas Fair on Thursday December 11, 2025, from 10am-2pm. Aloha!



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Halloween Party at Diamond Head Clubhouse

By: Alikea

This year's Halloween Party was so much FUN! First, Clubhouse handed out goodie bags to everyone. Then we played games. The first game we played was a test of teamwork. We were split into teams of four, and given a small amount of tape and fifteen balloons. The object of the game was to build the tallest structure. After that we had ice cream floats. Then we had a mask drawing competition. After that judges voted for the 'scariest', 'most creative' and 'cutest' costumes. Then we had a mummy wrapping competition where teams had to use rolls of toilet paper and 'wrap' one of their teammates up like a mummy. Every team was having a difficult time because the toilet paper was so thin, and kept tearing. It made for laughs, but also lots of grunts from frustration. After that we played a game where a team of two people had to work together to eat a donut dangling from a string. One person had the job of eating the donut and the other person had to 'feed' the donut to the their teammate by slacking or pulling on the string. After that we had an Oreo eating competition where participants had to eat four Oreos without using their hands. The last game we played was 'Gimmie, Gimmie' which was a scavenger hunt based game. Thank you to DHC staff for doing all this for us. Aloha!



DH Clubhouse

By: Sandra

D - D is **D**edicated

H - H is be **H**ealthy

C - C is **C**ommunicate

L - L is be **L**oyal

U - U is **U**nderstanding

B - B is **B**etter yourself

H - H is **H**appy

O - O is **O**ver calm yourself

U - U is be **U**seful & **U**nderstanding

S - S is be **S**afe

E - E is **E**veryone has feelings



Diamond Head Clubhouse News



Kitchen Unit Update

By: Frankie & Sandra

This past month in the Kitchen Unit, we were busy preparing for the Breakfast Bento Fundraiser on October 15. It was a success! We planned a ghoulish meal for Halloween, and worked together to make the goulash, veggies, and rice concoction. Every day, we continue to cook breakfast and lunch, always with safety on our minds. We participate in daily safety trainings and work together to keep the unit clean, organized, and safe. Our next goal is to prepare for our upcoming Christmas Fair on December 11. The kitchen will be busy with baking, cooking, and packaging so we hope to see you all there! Also, Thanksgiving is just around the corner! We hope you have a wonderful feast!



Birthdays



THELMA

MONA LESA

Business Unit Update

By: Stansen & Katrina

This past month in the Business Unit, we have been busy busy busy with the Breakfast Bento Fundraiser on October 15, and purchasing supplies for our upcoming Christmas Fair on December 11. It seems like the year flies by once Halloween is in sight. Our unit was busy preparing for upcoming festivities (i.e. creating Halloween goody bags; preparing the games for the Halloween Party; decorating the Clubhouse; planning what baked goods to make for the Christmas Fair). Despite all of the holiday excitement, we continued to complete our daily and weekly work-ordered day tasks. Members have been proactive in learning new tasks and it has been rewarding to see members teach each other how to utilize the computer to create our daily Canva slideshows, checking and responding to emails, logging daily attendance and snack shop tally, and etc. We also continue to work in the garden together every Friday, in addition to our steady members who go down to work there on a daily basis. We also continue to welcome new members to the Clubhouse each month during the orientation and can't wait to include more into our ohana. Alooooohaaaaa!!!





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Sudoku

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2					4			
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						5		4
	5	1	9					7
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November Word Search

A P I L G R I M W A R M T H Y
 U M A R F L O W E R A N G
 T C A R V E G A T H E R I N G
 U C O R N I L Y P H Q M R E S V
 N E U T U R C I A T I O N F E K
 A P S H E D P I A T O E S T
 M A S P K I N P I E T L S U F
 P U T O G E C O N R E C H P J Q I
 K H D Z C O N R Y H P I N G T N
 Q R A N B E R G I V I N G X Y G
 E T H A N K S I U D E C Z O T G
 L A U G H T E R Y L Z Z O T G

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| MASHED POTATOES | TOGETHERNESS | THANKSGIVING |
| CONNECTION | MAYFLOWER | PUMPKIN PIE |
| GRATITUDE | LAUGHTER | GATHERING |
| HARVEST | CRANBERRY | PILGRIM |
| APPRECIATION | AUTUMN | TURKEY |
| STUFFING | CARVE | FAMILY |
| WARMTH | UNITY | FEAST |
| GRAVY | | CORN |

Inspirational Message

“It does not matter how slowly you go so long as you do not stop.” - Confucius