Diamond Head Clubhouse News

Diamond Head Clubhouse
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Halloween Spooktacular Party

By: Matt & Katrina

On Friday October 30, the Diamond Head Clubhouse kicked off the holiday season with our Spooktacular Extravaganza. We started off the celebration by serving delicious worms (spook-etti) to the ghouls, goblins, and ghosts (members and staff) in attendance. After this frightening fare, we transitioned into our Halloween games. We began the festivities with a mask-making contest along with the costume contest. A big congratulations to the winners for their creative designs and the judges for taking time out of their day! We were entertained by such characters as Fiona (from Shrek), the Sharpest Red Crayon in the Box (ouch!), Mr. Penguin, Alice in Wonderland, Quasimodo, Mickey Mouse, Gandhi, Spirited Halloween Babe, and more!

Matt said, "the Gimme Gimme game was good" and remembers that he found the purple dragon in one of the offices. He said it was challenging, but it was "good to get some exercise." In regards to the donut eating contest, he exclaimed "that was hard…because the donuts were too small." He mentioned that the mummy wrapping game was fun. He added, "I loved the toilet paper because I was the mummy." He recalled being wrapped up in toilet paper while wearing his penguin costume. He mentioned that his favorite part of the Halloween Party was the goodie bags and the mask-making contest. He said he drew a pumpkin face and was so happy that he won the Cutest Costume Award. He said he still needs to use his Coffee Bean and Tea Leaf gift card that he won and plans to treat his cousin. We also played a trivia game, but Matt said, "it was difficult." However, everyone was a winner and the prize was a delicious churro Fat Boy! Whoohoo! We can't wait for next year's Halloween Party and hope that the costumes will be even more creative than this year. We hope you had a safe and fun Halloween and happy start to the holiday season! Aloha!




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Clubhouse Guarantees Its Members:

- The right of place to come to

-A right to meaningful relationships

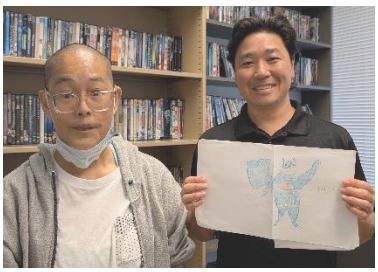
-A right to meaningful work

-And a place to return to

Thanksgiving Special: What Are We Thankful For?

By: Your Friends at Diamond Head Clubhouse

* Being American in America.
* I'm thankful for life, health & strength, I am thankful for the things I have and don't have. 😊
* Food, Family & Good Times.
* I am thankful to be alive.
* The opportunity to wake up each morning, make the best & most of each day, to work with such wonderful people, to have health, love & choice and to be alive to experience it all. 😊
* Good food in Hawaii, No flooding around my residence, A.C. when it's hot.
* I am thankful for challenges that help me grow!
* I AM THANKFUL FOR YOU!
* Life & all it has to offer & give.
* Friendship and life.
* Some may say they want this and that but for me I'm thankful for everything I have.
* I am thankful to be around my friends and staff.
* The support & care of my fellow members.



* This year I am thankful for the same things as last year: Everything!!!!
* I'm thankful to be able to walk, to breathe, I'm thankful for things I don't need to do and everything I get to experience and do!
* I'm thankful that I have enough to take care of myself. I'm also thankful to have an awesome mom who always came through with my sister and I growing up.
* My mom
* I am grateful for everything.
* I am so thankful for the belief I have in my higher power.
* I am thankful for my family, my life & God
* I am thankful for my health and sobriety!
* Friends & Family
* I am thankful for my siblings. I am thankful for a house to live in.



* I have so much to be thankful for. First, I am thankful for life and all that there is. Second, I am thankful for the people I get to share life with and lastly, I am grateful for things that happened, things that didn't happen and things that will happen and for that I am grateful.
* I am thankful for growth and the support I get from the people in my life. I am grateful for how far I've come in this program and since I've gotten into this phase of life and also, I am thankful to still be breathing.
* I'm thankful to be able to walk, to breathe, I'm thankful for things I don't need to do and everything I get to experience and do!
* Food, Friendship, Honesty, Reliance, Compliance and Independence.
* I am thankful for friendship and resilience.
* This world makes me thankful.
* I am **thankful** for *me* and *you*!!!!!
* So grateful for everything 😊
* Good weather, no traffic, zoom meetings, short lines, friendly faces. 😊



Member Interview: Raquel

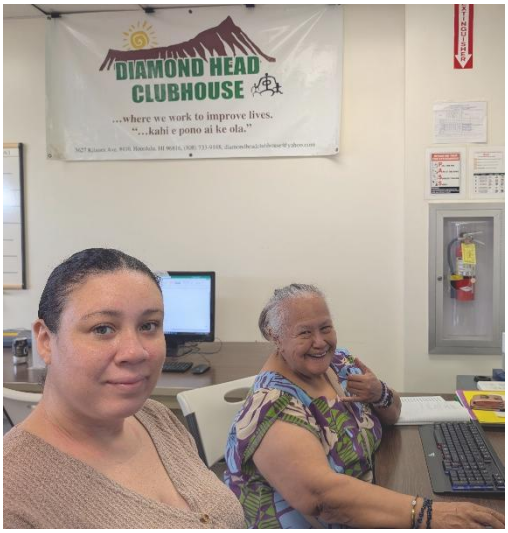
By: Squirrel



I had the pleasure of Interviewing Raquel recently and learned quite a few things about her. A Puerto Rican, she was born in Pennsylvania and raised in Hawaii since she was thirteen, along with two younger siblings, (1 brother & 1 sister). Wanting to learn about the legal system and law, she attended Kapiolani Community College for a semester and studied to become a paralegal.

Raquel has been involved with the mental health system since 2019. She heard about DHC from her case manager as well as her treatment team. She enjoys being a member of DHC's Business Unit as she likes doing clerical things, which makes sense because she was studying Paralegal. She aspires to return to college and would like the many supports that DHC has to offer as she works towards completing her educational goals.

She also enjoys hiking, watching movies, relaxing, going shopping and especially loves spending time with family. Some of her favorite things are: "The Lanterns" TV show, The novel "Flowers for Algernon", The rapper "Kodak Black", Puerto Rican food, with her favorite dish Pasteles. When she needs to chill, you might find her in the mountains somewhere. Raquel would also like to learn about stocks and wealth management.



Her favorite actress is Sarah Paulson because she is quite versatile having starred in "American Horror Story" and has quite the accolades over the course of her career.

To support a friend going through a tough time, Raquel would be a good listener and offer good advice as she feels she's a good person. She does not have a bucket list but would like to go skydiving one day. If she had a million dollars, she would invest it in land as well as stocks.

To that I say you go Raquel!



The Benefits of Employment

By: Mona & Mark

Currently, the Diamond Head Clubhouse has several members working Transitional (TE), Supported (SE), and Independent Employment (IE) positions in a variety of employment settings. All members working report gaining deep satisfaction from working as it provides for structure, purpose, social contact, skill and confidence development as well as financial rewards. This month, we are featuring two of our members who are working to dive into the benefits they feel they have gained from working. Member Dena, who is working an SE at Goodwill, enjoys the social connection and exposure to different people as she learns about different cultures and lifestyles from her co-workers. Working also provides her structure and the satisfaction of being a productive member of the Goodwill team. She enjoys interacting with customers and further developing her socializing skills. She is working for an organization that helps people overcome barriers and to grow and realize their full potential as contributing and connected members of the community. Dena encourages others to return to work. She said, "I'm happy it was so easy to get a job with the TE position."

Member Mona has had a variety of jobs including working at A&J Audio and Karat Cake which is a store that sells purses, watches, and accessories. Through working, she used her honesty, sense of responsibility, and reliability as she was trusted with opening and closing the store. The experience also trained her to effectively manage time and be on time.

Diamond Head Clubhouse recognizes Dena and Mona for their employment successes. Way to go!

Wellness During the Holidays

By: Squirrel

Greetings to you all!

It's just me, your favorite Squirrel writing a short article on striving to be well during what could prove to be an extremely busy holiday season. Now you might think that I might have it all together during this holiday season, but to be quite frank with you the reader I find it to be a work in progress. As some of you may know, I had to move out of my home in Makiki and find myself in a medical respite in Kalihi Valley. That being said, I do have some helpful ideas that may be helpful if you find yourself stressing out, or in need of some peaceful moments. It's easy to get caught up in the various activities, some good, some not so good and others that really ought to be completely avoided. On November 15th I will have 24 years clean from methamphetamine. Even so, I find that I go through moments of cravings, and not just for drugs & alcohol. Anyway, I have found that if I pace myself instead of trying to be Speedy Gonzales (in more ways than one), I can actually be calmer than I thought. I also discovered that I don't have to accept every invitation, or every request, especially when I already feel overwhelmed or tired. I've also discovered that I don't have to fill my plate up to overflowing just to satisfy my host. With that being said, take care of yourself this season!



Diamond Head Clubhouse News

Kitchen Unit Update

By: Jason

This month in the Kitchen, the unit focused on trying to finish up some of our goals for 2026. One of those goals was to redo our stars & clouds mural, which is our tribute to our members who have passed away. Queenie decided to spearhead this project and began to work on it this month. Thank you, Queenie! Another goal was to recruit and train more cashiers for our snack shop, which over the course of the year we have beefed up our cashier roster. Although we have increased the number of cashiers we have changed some of our cashiering procedures that we have implemented this month. We are also in the process of retraining our cashiers to work with these updated procedures and so far so good. Great job guys! We continued to prepare for our upcoming Christmas Fair Fundraiser, completing our bake list for the fair, did most of the shopping and updating our supply inventory. In addition to all of our ongoing projects, the Kitchen Unit continued to take care of our work ordered day tasks and pump out some delicious meals for breakfast, lunch and some dinners. Mahalo to everyone in the Kitchen Unit for doing a great job in October. Yeeeeee Haaaaaaaaaw Cowboy!



Birthdays

Johnathan

Thelma

Mona Lesa



Business Unit Update

By: Ramah & Katrina

This month in the Business Unit has been business as usual. We continue to complete our daily tasks like the daily attendance stats, snack shop sales, mailing out letters, daily Canva slideshow, checking email correspondence, daily outreach calls, and other various statistics logs. We also have been diligently focusing on orientation each month and ensuring our lovely newsletter is finalized for production. We have been feeling festive since we decorated the Clubhouse with Halloween decorations, and are now transitioning to Thanksgiving décor.
In addition, we are looking forward to our upcoming Christmas Fair on Thursday December 10, 2026. To kick off this project, we created the plate lunch tickets for our mushroom chicken plate. We have also been working on the baked goods signs and labels, along with documenting our expenses. This holiday season has come really quickly, but we are all strapped in and ready for the wild and fun ride. We hope you continue to ride along with us as you read our future newsletters. Thanks for the companionship and support! We'll see you again next month. Until then – alooooohaaaaaaaa! 😊



November Word Search

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

MASHED POTATOES
BLACK FRIDAY
CRANBERRY
GRATITUDE
NUTMEG
TOGETHER
ACORN
PECAN
VETERANS DAY
STUFFING
HAYRIDE
CHILLY
SQUASH
CRISP
ROAST
THANKSGIVING
PUMPKIN PIE
AUTUMN
HARVEST
MAPLE
TURKEY
GRAVY
OAK

Sudoku

3			4	6				
6	5	4	2	9				1
5	6					1		
						7		
	4	7	9		5			6
	9		5		7			
				1			8	
8	1	6	3	2	4	9		

Inspirational Message

"Challenges are what make life interesting. Overcoming them is what makes life meaningful." – Ralph Waldo Emerson

"All our dreams can come true if we have the courage to pursue them." – Walt Disney

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