

Diamond Head Clubhouse News



Diamond Head
Clubhouse
Volume 22 Issue 5
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Walk for Wellness

By: Karley & Lindsey

Aloha Everyone! Thank you all for coming out to the Walk for Wellness on the 2nd. It was so nice seeing everyone having fun and enjoying themselves and having the different Clubhouses join us there at Kapiolani Park, May is Mental Health Awareness Month, and physical health plays a big role on mental health. During May, we like to focus on giving back to the community as well as on our mental and physical health. So, the clubhouse came up with The Walk for Wellness where we walk around Kapiolani Park, play a few relay games and eat nutritious food. The games that were played at the walk looked like so much fun, and it didn't look too strenuous on the body except for the three-legged race. A lot of games were played and many people participated and some people did three laps around the field. The games were all simple and easy to understand. There were four teams of 5 or 6 people, and they had team names like Team Clubhouse, Team Strong, Clubhouse Mix Plate and Team Bless. Everyone was a winner that day! Lindsey said he really enjoyed the fresh fruit. The tuna sandwiches were awesome. We also had sub-sandwiches, vegetables and chips, from other clubhouses, and we brought ham and cheese sandwiches with us in addition to the tuna sandwiches. Although, our goal is to get the other clubhouses to take the lead in hosting the Walk for Wellness from here but we're still in the woods with that. Thank you all for a successful day in the park and thank you to our heavy lifters for breaking down, setting up and unloading. Thank You!



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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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NAMI Hawaii Conference

By: Squirrel



This annual event took place on Monday April 13, 2026 from 8:30 AM – 4:30 PM at the Prince Waikiki Hotel. The theme was “Reimagining Crisis Response”. The keynote speaker was Kody Green, a person with lived experience with Schizophrenia that is also an author, motivational speaker & a content creator with over 2 million followers across social media like TikTok, YouTube, etc. He is a dynamic presenter and is funny too. There were other presenters also, but I can’t really remember what all was spoken about. If you didn’t go, you missed out. The sandwiches were great and the desserts were too. They had several booths with freebies set up just outside the conference room, and alas well as a quiet room set up by MHA Hawaii. I look forward to next year.



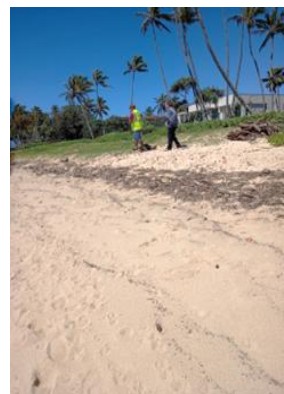
Earth Day Clean-Up

By: Karley



For Earth Day, the Diamond Head Clubhouse likes to give back to the community and by doing so we do a beach clean-up. On April 22, 2026, a few of the members and staff of the Diamond Head Clubhouse went down to Kahala Beach and did exactly that. We put on vests, gloves and got trash bags, paired up and set out to clean Kahala Beach.

It was a beautiful sunny day with nice trade winds and the water was glassy. At the beach our director Paul Newell was talking to a few beach goers that turned into volunteers for our mission. We started under the pavilion and broke off into groups, some went over the bridge to the right of the beach, and the other group went towards the hotel. We spent a good amount of time surveying the beach and gathering the trash that we found. One of our members found a golf ball while another found filled doggie bags on the beach which would have been a monstrosity if the doo-doo wasn’t in the bag. Overall, the members as well as the staff had a great time giving back to the community for this very special day. When I was in the fourth grade for Earth Day, we ended up planting trees to give back to Mother Earth and ever since I can remember on Molokai, they have an event for Earth Day in Kaunakakai. They have booths that talk about how you can save the earth or how you can give back and booths that educate you on problems in the world today, vendors that sell food and drink, and entertainment for the whole family and it’s very educational. I enjoyed going to the Earth Day event as a teenager. This year for me was quite different since I went for the beach clean-up, but I did enjoy giving back. So, there’s a win!



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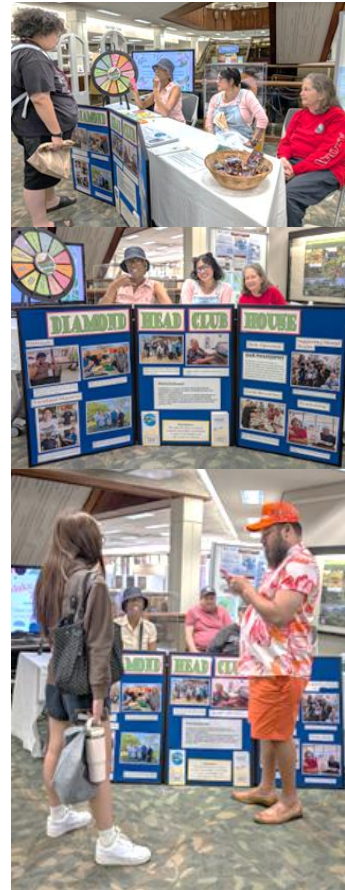
Kapiolani Community College Mental Health Awareness Booth

By: Sky

The Diamond Head Clubhouse participated in setting up an interactive display “spin the wheel” at the Kapiolani Community College (KCC) library during the kick-off of Mental Health Awareness Month. Students and staff at KCC could test their knowledge on various Mental Health Topics. The event was to educate and raise awareness about mental health while providing resources and support.

Participants received small prizes including pens and candy, and some shared personal stories about mental health experiences. The booth also attracted students studying Mental Health, and those interested in volunteering with the Clubhouse. The event was deemed fun and informative with appreciation extended to KCC for making space and everyone that participated from Diamond Head Clubhouse.

“Team work makes the dream work!”
Til next year!
Aloha!
“Sky”



Education Dinner: Mona

By: Katrina

On Thursday April 30, 2026, Mona presented at our monthly Education Dinner social rec activity. She walked us through her history of Education, which has been full of accomplishments. She previously attended some classes at Kapiolani Community College and even attained a degree from an online Business program. Currently, she plans to enroll in the liberal arts program at Kapiolani Community College. She hopes to begin classes in the Summer Term. Mona has been such an inspiration and leader to other members, and has been a valuable resource in guiding other members to return to community college. With a liberal arts degree, Mona said she would like to pursue further Business classes and eventually start her own business. Way to go Mona! We are incredibly happy for you and can't wait to see what you accomplish next!



Diamond Head Clubhouse News



The River of No Return

By: Vernon

How can I find my way to the

River of No Return

My footing is sure and I won't

Lose my way

My course is fretted and ahead

My sight is untested

The clouds lead the way

Surely, to be reunited with

The best and bravest



Mother's Day

By: Sandra



M - remember **M**other's day

O - **O**ver joy this day

T - always be **T**ogether

H - **H**appy

E - **E**njoy this day

R - **R**emember this day

S - **S**uper **S**pecial woman

D - have a good **D**ay

A - **A**lways be with your loved one

Y - **Y**ou will have a nice day



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Kitchen Unit Update

By: Dustin, Mark, Queenie & Frankie

Aloha Everyone, Welcome back to our Kitchen Unit. Updating you on how we are doing! Last week Friday, we prepared over 100 ham and cheese, and tuna sandwiches for the Walk for Wellness on Saturday May 2, 2026. We had fun preparing for the Walk for Wellness. During this week, the Unit made a variety of lunch dishes, including tomato soup and sandwich, chicken stir fry, and pork adobo. Thanks to our cooks: Queenie, Christian, Dave, Dustin, Zach, and Staff. Thank you Shanta and Frankie for checking the refrigerator and freezer temperatures, and cleaning the microwaves. Also, a big round of applause to the Kitchen Unit for handling both breakfast and lunches during the days we lost power and had to toss out hundreds of dollars worth of ingredients. You are so awesome and wonderful for keeping our tummies fed! Until next time, Aloha!!



Birthdays

ERROL

PAUL K.

MALIA

PAUL N.

SHU

ANGELO

GARRET

ALIKA

JOEL

Business Unit Update

By: Karley

Aloha Everyone,

This is the Business Unit Update, this month in the Business Unit we'd like to welcome Joel and Johnathan to the Diamondhead Clubhouse along with Eseta, Runqin and Richard. We hope they enjoy working with us here at the clubhouse. Also, this month, Alikea and Vernon cleaned out the fish tank and removed it from the Business Unit; Malia is training Eseta, Runqin and Richard on some of the daily tasks; and Rylan is still answering the phones. We'd like to send a big appreciation shout out to Leigh Anne for making our orientation posters and to William, Daniel M., Dell, and Vernon for taking out the trash, sweeping and mopping our unit and doing the recyclables. We are continuing to do the snack shop tally, daily attendance, updating the Canva project and job searching. We'd like to thank Mona, Malia, Squirrel, Shardeh, Lindsey, Ramah, Vernon, Alikea, and myself for taking part in doing so. We'd like to thank Stansen, Frederick, and Rylan for doing receptionist and Richard for taking time to do the Morning Cleaning. We are working on doing the Outreach Stats that take place at the end of the month, we're running behind but it'll get done. For the job search you can find the pink binder in the conference room by the job search computer. We try to keep it updated and up to date. We are all thankful for the help from everyone that takes part in the duties of the day and for everyone that stays on task. I personally would like to send a big thank you to Katrina for all her hard work and for every question answered especially when it comes to the computer. So, thank you Katrina you are very helpful, we appreciate you!

May Word Search

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

CELEBRATION	CINCO DE MAYO	HUMMINGBIRD
BLOOMING	BASEBALL	OUTDOORS
SUNSHINE	MEMORIAL	CAMPING
FLOWERS	RENEWAL	GARDEN
JOYFUL	MOTHER	RAINBOW
REMEMBRANCE	SERVICE	GROWTH
MAY DAY	PICNIC	SOCCER
WARMTH	HOPE	LEI



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Sudoku

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

Inspirational Messages

“Be who you are and say what you feel, because those who mind don’t matter, and those who matter don’t mind.” – Bernard M. Baruch

“You only live once, but if you do it right, once is enough.” – Mae West

“In three words I can sum up everything I’ve learned about life: it goes on.” – Robert Frost