

# Diamond Head Clubhouse News



## Recap of Mental Health Awareness Month

By: Katrina, Megan, Paul, Squirrel & Matt

As mentioned in last month's newsletter, we kicked off Mental Health Awareness Month by cleaning Kahala Beach Park on Clean Earth Day. We also set up a booth at Kapiolani Community College during the last week of April to inform students and staff on campus about our program and to raise awareness of the importance of mental health. Since our last newsletter, we continued to celebrate Mental Health Awareness Month with various activities. On May 7, we trekked to our neighboring bus stops to clean around the area and to determine if any repainting needed to be done. We were able to clean three bus stops and felt very accomplished with the amount of litter we picked up and disposed of. This is just one of the ways we advocated for mental health and gave back to our surrounding community.

One of the new ideas that we came up with was to recognize some of our supporters in the building by making something for them. We decided to make several large batches of a variety of cookies and gave each program a container of the assorted cookies. Most of the programs in the building have supported our many fundraising events over the years, so we wanted to do something to show some appreciation for their support. Most of the programs seemed pleasantly surprised and graciously accepted our small gift. We decided to call this simple gesture "Supporter Appreciation Recognition," and because it was so well received, we may just have to do it again next year.

For the last few years, we have held a dinner at the end of May to celebrate the many activities we hold to draw recognition to mental health issues. We started the dinner with our Clubhouse director facilitating a review of all the activities for the month as we evaluated their effectiveness and efficiency. Members collectively supported the activities, so we will likely continue them next year. The one event that many of us missed having was our annual Walk for Wellness, which we were unable to host due to State mandated restrictions for our staff workers in regards to overtime compensation. On another note, the dinner was yummy since Jason made pot roast and veggies, with chocolate cake and ice cream for dessert. There was more than enough food for everyone, and it was free! If you weren't there, you really missed out! Until next year, Aloha.



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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## T.E. Employer Recognition: Mark Merriam at Aloha Graphics

By: Paul & Squirrel

May is Mental Health Awareness Month, and our Clubhouse hosts an activity or an event each week during this month. One of our new ideas to be implemented into the month was to recognize an employer for outstanding work and support for our Clubhouse members. This year, Aloha Graphics was chosen as the outstanding employer to be recognized for their many years of employing many Clubhouse members. Mark Merriam is the owner and operator of Aloha Graphics and has always been a friend of the Diamond Head Clubhouse. We started working with Mark at Aloha Graphics about 20 years ago as one of our first Transitional Employment (TE) sites. Aloha Graphics currently has two Diamond Head Clubhouse members working there—one member works part time in a TE position and the other member transitioned from a part time TE position to a part time Supported Employment (SE) position. We are very proud of them both!



We presented a certificate of recognition, a large gift basket, and containers with brownies to Mark and the Aloha Graphics crew. They were pleasantly surprised when we gathered them all to present our gifts to them. It was a simple way for us to show some gratitude to Mark and his business for taking a chance with us.

Thank you Mark for believing in us! And a big mahalo to all the Aloha Graphics crew for being a great team to work with!



## Mental Health America Awards Luncheon

By: Squirrel & Megan

Every year, the Mental Health America Hawaii Chapter group hosts an annual luncheon to recognize people and organizations in our community who have done an outstanding job in the field of mental health. We are able to bring ten members for free to enjoy the festivities, all thanks to a donation from a sponsor. Thank you whoever you are! The luncheon started with mingling and music. There were many speakers, all with different stories, but the one thing they all had in common was advocating for people who struggle with mental illness. The part that most people seemed to enjoy was the video presentations from the students, who ranged from elementary school through high school. We also got to see our friends from all the other Clubhouses on Oahu. They all seemed to be having a great time as well. Thank you Mental Health America Hawaii Chapter for having us at this wonderful event. It was something we will remember for a long time! Mahalo!





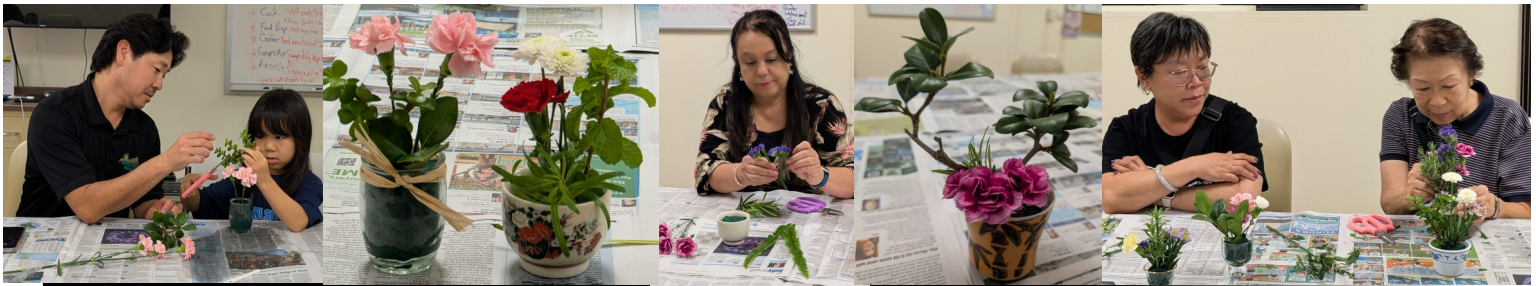
# Diamond Head Clubhouse News



## Mini Ikebana Fundraiser

By: Squirrel & Katrina

We held our first Mini Ikebana Class Fundraiser on Thursday May 8, 2025. Attendance was smaller than the lei making fundraiser, however the enthusiasm equaled that of the lei making one. Squirrel said, "I enjoyed watching people create their arrangements, as they were very interesting and creative. The color combinations chosen for each arrangement made each one of them very special and unique." We want to recognize our Advisory Board President, Monica, for organizing this event, purchasing the supplies, and creating the marketing flyers. In addition, Monica put together Dancing Lady Orchid, also known as Popcorn Orchid, potted arrangements for sale just in time for Mother's Day. They were beautifully done. Thanks Monica! Everyone had a wonderful time creating their Ikebana arrangements and it was a blast seeing each individual put their own personal touch into each masterpiece. Lastly, we would like to thank everyone who attended and supported our Clubhouse! We truly appreciate all of your help and support!



## Sophie's Choice

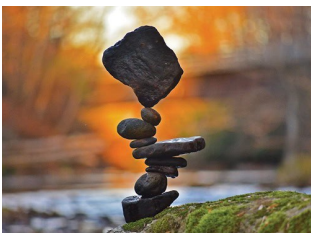
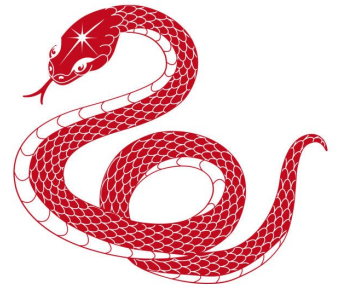
By: Vernon



What has the new year been like so far?  
We have a new President and a new Pope, Pope Leo XIV.  
For many there has been a change in diet which means no snacks.  
Drink no sweetened juices {no added sugar}.

Health issues have been addressed.  
We are also in a new Chinese year...the Year of the Serpent.  
I have found that Buddhism is enlightening.

Life can be the worst.  
Life has to be hard to be worth it.  
This year live by intuition, bringing to the fore what has helped you  
In the past.  
If you haven't found anything consider plugging into  
Something you like.  
Who knows?...Something new might work.  
Plan where you are going.  
And may the Force be with you.  
We may realize that people have been doing this all along.



# Diamond Head Clubhouse News



## One Wish

By: Queenie

Hallucinations

Delusions



Voices



Many wishes to heal my soul.  
Journey's through mazes, my destiny is still unsure.  
I read the Bible for answers,  
But my mind seems to be scattered.  
I stop from place to place....  
Asking a friend of these puzzles in my mind,  
I can't explain!

My vision doesn't seem to be seeing right.  
Even my hearing I'm feeling fright!  
Days and nights seems forever.  
Life just doesn't seem to get any better.  
Finally there's a light at the end of the tunnel.  
I've checked into a hospital, feeling safe from all my troubles.  
With a Magic pill, which would help.  
A wish, a prayer, a new journey, a now known Mental Health.  
I now live through my experiences in life with help and support.  
Once a month to my P.O. I must report  
Yeah my life is better it seems.  
Clubhouse is where you'll also find me.

AA meetings Saturdays  
Helps with my alcohol, and addiction old ways.  
Always Keeping positive, love to hang with family and friends these days.  
You can say I went from Usher "You Got It Bad",  
To Nelly "Luven Me".

Keeping in mind the changes in life and where it's taken me.

Just remember wishes do come true....Don't let go of your dreams and your dreams won't let go of you.

# Diamond Head Clubhouse News



## Kitchen Unit Update

By: Sandra

Every morning, we do our work ordered day tasks and work together like a team. We always keep up with our jobs and get better every month. Every week, we have different menu planning ideas for breakfast and lunch. In addition to the kitchen tasks, we participate in the following meetings: Wiki Workout, Education, Sign Language, Community Meeting, Employment, Chief's Round Table, Advocacy, Club Ed, Advisory Board, Wellness, Fundraising, and Safety. On July 10, 2025, we will have our Summer Fair & Silent Auction from 10:00 am to 2:00 pm. We will have a lot of food to prepare, baked goods to make, and other items to sell at the Fair. We have currently been busy preparing for this annual event. Please come and join us for this special event! We hope to see you there and that you will have lots of fun. Bring your friends and continue to read our newsletter for updates.



## Birthdays

DANIEL M.

DEREK

STEPHEN

MICAH

DARWYN

SCOTT F.

SANDRA

## Business Unit Update

By: Katrina

This past month in the Business Unit, we have been busy with the preparations involved for our Mental Health Awareness Month activities. We had a blast and can't wait for next year. However, the excitement and work never ends and we are now shifting our focus to preparing for our upcoming 17th Annual Summer Fair & Silent Auction occurring on Thursday July 10 from 10 am to 2 pm. We look forward to seeing you all there! We continue to check off our 2025 unit goals and we would like to give a big shout out to all of our members who have been volunteering to complete work-ordered day tasks, such as inputting attendance and financial statistics; updating the daily Canva slideshow; handling email, snail mail, and telephone correspondences; daily typing; reach out; and keeping our unit nice and clean. Also, we cannot forget to recognize all of our members who diligently participate in the garden work each week! You are all a jack of all trades and we would not be the unit we are without you! A big Mahalo! We can't wait to see what's in store for us next month, so stay tuned for more updates! Aloha!







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## Sudoku

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

## June Word Search

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

AINAKEA	KAMEHAMEHA	NAHA STONE
ALII	KAPU	POWERFUL
CHIEF	KING	PROPHECY
CONQUEROR	KINGDOM	ROYALTY
CONQUEST	LEADER	SACRED
DESCENDANT	LEGACY	SOVEREIGN
GREAT	LONELY ONE	STRONG
HAWAIIAN	MANA	WARRIOR

## Inspirational Message

**“When you can’t control what’s happening, challenge yourself to control the way you respond. That’s where your power is.”**  
 - Lisa Nichols