

# Diamond Head Clubhouse News



## Message From the Director

By: Paul Newell

Aloha everybody! Our New Year 2025 is well under way, and we've been actively working at making this year better than the previous. We ended 2024 with a bang. We had a 3-day accreditation visit while also training 2 new Transitional Employment (TE) positions, as well as prepping and having our Annual Christmas Fair all in the same week! It was an exciting and incredibly busy week.

To start the new year right, we scheduled and held our Business Unit Retreat, our Kitchen Unit Retreat, and our Advisory Board (AB) Retreat all in January. These retreats are a time for the units (and AB) to look back on the previous year and see what we've done. The retreat is a time to acknowledge and celebrate our accomplishments, and it is also a time to scrutinize and evaluate what we could have done better. Our plan is to establish goals within the units, clearly define the objectives, then carry out the plan to achieve and obtain the goals. We want to be able to learn from our past, make adjustments, implement changes as needed, and anticipate a better outcome. As we aim to improve our units and Advisory Board, we must remember that the purpose of all this is to improve the quality of service to our Clubhouse members, thus improving their quality of life.

The Clubhouse is truly a special place with a wholistic approach to psychosocial rehabilitation. If we embrace the Clubhouse model and practice the principles of this working and living dynamic, we will be able to keep up with the times, stay relevant, maintain a vibrant environment, all while retaining the foundational values of the original founders of Clubhouse.

As we move forward as a Clubhouse and push ourselves to be a little better and try a little harder, we hope that you, individually or collectively, can challenge yourselves to do the same. Let's make this the year of encouragement and growth. All the best to everyone, remember that "no deed lacks reward" ('A'ohe hana i nele i ka uku), so try, try again, and "let us all move forward" (pupukahi I holomua).

Aaaaaaloha! (Gooooo-d-bye)

Diamond Head  
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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

## Legislative Opening

By: Squirrel & Jason

Happy 2025 Everyone! We hope that everyone has had a wonderful start to the new year. That being said, with the start of the new year comes the opening of the legislature and all of the good stuff that comes with that. This year we had an awesome adventure with our group of staff and members at the opening, and I swear we walked about 3 miles around the State Capitol building visiting our local Senators and Representatives. It seemed a lot busier this year than last, although the line to get upstairs to the offices moved a lot faster. As we were making our rounds, the opening ceremonies began and finished. By the time we were done visiting the offices, it was time to go. Although we did not get to experience the ceremonies this time, we did get to speak with some of the assistants in the different offices, and were able to deliver a lasting impression of our program and what we are all about. All in all, we had a great time but were glad to get back to our Clubhouse and catch our breath. We look forward to the bills that will be introduced and advocated for this legislative session.





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## Business Unit Retreat

By: Squirrel & Megan

**Squirrel:** We had such a great retreat. We went over last year's goals, to see how well we did. We also went over our achievements, as well as where we need to improve. What we didn't do was mark off the goal steps as we did them. It turns out that most of the goals from last year were to be carried out this year as well. We decided to have a business unit captain who will oversee the unit's activities & be there to help with carrying out the tasks. This task will change daily. We also decided that we need a business unit manual; it would describe all the tasks of the business unit. We had some wonderful snacks; the little muffins were good. I think they are so on so that we need to have them available at the snack shop, we had Subway Sandwiches for lunch.

**Megan:** Our business unit retreat was awesome. Some of the achievements we had last year included getting new computers and having our Summer and Christmas fairs. We also had other fundraisers throughout the year. So overall we accomplished a lot. One of our goals for this new year is to get a new offline computer for our unit. We also have extended the goal of exercise equipment maintenance to this year and hopefully achieve it this year by adding it to the whiteboard as a weekly goal. We want to continue our goal of updating the employment and education boards. We also want to add jobs from Craigslist and other websites on the employment and education computer. We hope more people will use this computer. My favorite part of the retreat was the ice breakers at the beginning. Everyone participated and had fun guessing who matched the descriptions.

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## Kitchen Unit Retreat

By: Jason

The Kitchen Unit had our annual retreat on Thursday, January 30th from 9:30am til around 2pm. The retreat was a good experience for all who were there. We started the retreat with an ice breaker to help everyone get more acquainted with each other and learn more about our fellow unit members. We then got right into it. Paul (our Clubhouse Director) facilitated the event. We wrote down all the things we do really well in the unit and acknowledged everyone for the great work they do everyday. After that we took a good look at the things we don't do so well and where we need improvement. We started to brainstorm and figure out the necessary changes to become a better unit. We established some new goals and objectives for the year, and plan to re-evaluate our progress in June. It was a big undertaking for us to have this 5-hour meeting/workshop, but there were breaks and snacks to help keep us focused. When we finally finished the meeting, we all felt very accomplished and proud for taking on this big project. Thank you Paul for doing such a great job, and great job everyone who was there! Now we can look forward to a year of progress and direction. Let's go Kitchen Unit!



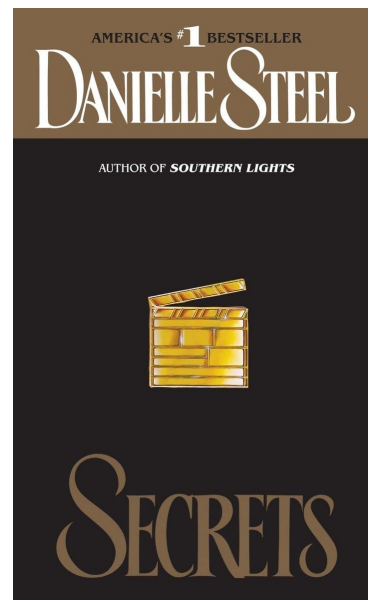
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## Book Review

By: Lance

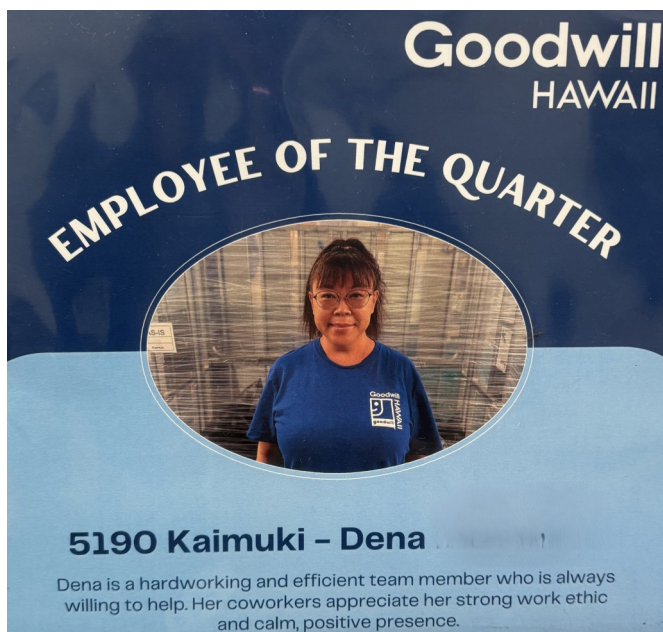
In “Secrets” by Danielle Steel, she weaves a tale of Hollywood and the television industry. Sabina Quarles is a sex goddess who meets Mel Wechsler. He casts her in a perfect role in a TV series called, “Manhattan”. Janet Gole is casted in “Our Secret Sorrows”, which she keeps a secret from her abusive husband, Jack. She tells him she’s working at a hospital. For ten years she has been in “Our Secret Sorrows”. She gets casted in “Manhattan”, and she brings it up with him. Jack leaves her. Bill Warwick is now an unemployed actor with an agent. He hunts a bar frequently catering to actors. Bill’s wife Sandy is hooked on heroin and cocaine. Her life becomes worse and worse. She finally dies. Bill is in court being blamed for her death. They find him innocent. Other members of “Manhattan” are Zach and Gabrielle. They go to Paris for costumes by Francios Brac. The ending of the book is when they start shooting “Manhattan”. “Secrets” is an engaging book.



## Member Highlight

### Dena: Employee of the Quarter

By: Dena & Katrina



We want to congratulate Dena for her accomplishment as Employee of the Quarter in her Transitional Employment position at Goodwill Kaimuki. Dena has been employed there for the past six months and will transition to Supported Employment soon. In her role of production worker, Dena is responsible for sorting through textiles, tagging them, and displaying them on the sales floor. She feels that the description on her award is both “complimenting” and “very rewarding.” She stated the following as her favorite aspect of the job: “That it keeps me very busy and there’s room for improvement. And I like the people. I get along with others and I’m impressing myself. I’m quite surprised.”



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## Kitchen Unit Update

By: Sandra

Everything is going to be different with the two units this year. The Kitchen and Business Units will do their work-ordered day tasks. Members love to engage in Thursday evening, holiday, and Saturday social rec activities they choose. The activities this month are Bingo, Van Ride, Movies at Kahala Mall, Education Dinner, and Milkshakes and Movie. Every morning we have our morning meetings and in the afternoon on Fridays we have our Community Meeting. Everyday we have other meetings and every month different tasks will get done. I hope you enjoy reading the newsletter since it is good to read what is happening every month.



## Birthdays



Lindsey  
Kristen  
Cherilyn  
Leighanne  
Samantha  
Kimberly  
Carol  
Kuuipo  
Darrell  
Shardeh  
Wataru  
Angela  
Judy



## Business Unit Update

By: Esther

We are off to the races! It's been a great start to the new year. It all started with our unit reviewing our 2024 goals and setting our new goals. Thanks to Angelo, who has beautiful handwriting, they are all written up and posted on our wall for us to keep track of on a weekly basis. We already got started on a few of our goals. For the first time, we all went to the garden as a unit and spent 15 minutes weeding, clipping and watering. It was an invigorating way to start our day! We also started on improving our outreach system of updating member contact information. We created forms and a process with written instructions for our outreach callers. The units are also working together on finishing up our newsletter together. We have a monthly meeting with both units. It helps to broaden our scope of what we capture for our monthly newsletter! We hope you enjoy the ride along with us here at DHC.



## February Word Search

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

EVERLASTING	SWEETHEART	VALENTINE
CHOCOLATE	SOULMATES	PUPPY LOVE
TRUE LOVE	AFFECTION	BE MINE
CUDDLE	BELOVED	ROSES
CUPID	FLIRT	LOVE
HUGS	CANDY	DATE NIGHT
SNUGGLE	DARLING	KISSES
HEART	ARROW	DEAR
BOW		

## Sudoku

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

## Inspirational Message

**“In order to have friends, you must first be one” - Elbert Hubbard**



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