

PLAN @
1121 ROCK

People Living Active Now

PLAN UR MONTH

YOUR NEWSLETTER FOR PLAN @ 1121 ROCK
AN ACCREDITED CLUBHOUSE MODEL NON-PROFIT

EMBRACE GRATITUDE

Welcome to the time of year when we reflect on that for which we are grateful. As you read through this issue take note of who and what you are especially thankful for at PLAN. We have many new and returning events to be excited about, which we know we will embrace with so much of the heart and culture that make us who we are as a Clubhouse Community. Seek out what ways you can embrace gratitude for what has been, what is, and what is yet to come.

-Daniel M., Fletcher P., Christy W.



THUNDERBIRD REPORT



An ambassador team got to visit Thunderbird Clubhouse in Norman, Oklahoma on September 26th. They got a tour of the location, getting to see the surrounding neighborhood, the design of their clubhouse and even their member housing, which is directly across the street. TJ reflected, "I like how they were organized into different rooms for different meetings, units and parts of the work-ordered day with plenty of whiteboards. I also got to see how they were able to incorporate meditation and other wellness activities while not interfering with the Clubhouse standard. I met some cool new people and learned ideas to improve our Clubhouse."

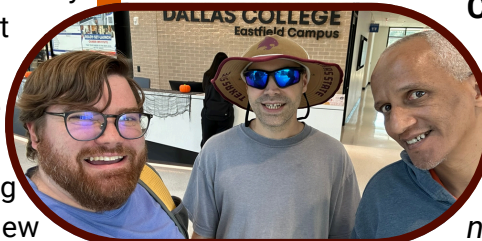
PIN-HUNT PROGRESS

We are making progress on our Clubhouse goal of visiting all the Dallas College campuses!* In September, we went to Richland College and in October we visited Eastfield. Here's some of our thoughts on the experience!

Chris O.: "I attended Richland awhile ago and wanted to visit again to see what options I would have to return so I can find my dream job and achieve my goals. I want to find purpose in life, and going to school can help me figure it out."



Christy W.: "I was excited to see they have really good science labs! I want to help others who want to go back to school. It's never too late! Go get 'em!"



*See Page Four for details about our November visit to El Centro!

PLAN @ 1121 Rock - 1121 Rockingham Dr. - Richardson TX 75080 - 972-379-9904

www.planntx.org - PLAN is a program of Jewish Family Service of Greater Dallas

CLUBHOUSE STANDARDS

23. The Clubhouse offers its own Supported and Independent Employment Programs to assist members to secure, sustain, and better their employment. As a defining characteristic of Clubhouse Supported Employment, the Clubhouse maintains a relationship with the working member and the employer. Members and staff in partnership determine the type, frequency, and location of desired supports.

AN ATTITUDE OF GRATITUDE - ROBIN K.

Gratitude is the feeling of being thankful; readiness to show appreciation for and to return kindness. The opposite would be a GRRR...Attitude - having a grumpy attitude towards life or things, needing to learn to encourage yourself and be around encouraging people and situations.

A previous psychiatrist taught me an important concept with a very ugly but cute stuffed animal with the name, "Grumpy Bug": who wants to be around a 'grumpy bug'? Why would anyone want to go around with this ugly behavior when things could be going well for them?



The positive spin on negativity is that you can turn a frown upside-down with the way you choose to look at the world around you.

So, are you ready to change your entire way of thinking? Writing down just three things you are thankful for a day will most likely surprise you at the change you see in yourself, your wellbeing, and your happiness! Starting every day with some quiet time to reflect on the little things (or the big things!) that you are thankful for is a sure way to start the day on the right note. If we constantly focus on what we don't have how in the world do we expect to be happy? But if we choose to see the blessings all around us, big or small – a beautiful, sunny day, a good cup of coffee, that first savory taste of your favorite dark chocolate, the smell of rain after a storm – we begin to focus on the good things in life, the little things that sometimes mean the most. Take five minutes, write down three things, just three simple things, and remember to seek the beauty in this life that you've been given.



MEMBER SHOWCASE

MEET TRAVIS T.!

If you come for the special lunches that Travis cooks you need no introduction.

Travis has been a member of the Clubhouse for about 4 years and is our resident "chef" who makes us delicious meals like cashew



chicken or cheeseburger meatloaf. Originally from Louisiana, Travis has also lived in Alaska, Missouri and more. He's been in Texas for the past 27 years and loves the Clubhouse. In his words, "The Clubhouse saved my life. Before I was just making it day to day and didn't have many friends, but my life has changed in really big ways because of the people at PLAN. I didn't

realize how ill I was until I came and got to work through my problems. In talking to others, I realized



I'm not alone. I now have a great circle of friends who I can hang out with every night. The connections I've made at PLAN are invaluable."

On getting to cook at PLAN he shared, "it is one of my favorite things to do. It feels really good to have people appreciate my cooking. I am often the hardest critic on myself, so the support of others means a lot."

His goals include trying new recipes at PLAN and using the welding skills he went to school for to make sculpture art. And for anyone new at PLAN, his words of wisdom are, "Just give it a try! You never know what will happen. And if you're uncomfortable, just ask anyone for help or support. This is a very positive and welcoming community."

We asked Travis what he's grateful for. He replied, "I am thankful to feel loved at my job (Popcorn Shack) as a chef and production manager. Extra special thanks to Darla and Ruth for the opportunity. I am thankful to have so many friends and family in my life that love me. And I am thankful to be where I am." We are truly grateful for you, Travis. Thank you for the gift of you.

SOUNDCARE - COMING MONDAYS IN NOVEMBER

We are having a class on Mondays at 2p on how

SOUND
influences
SELF-CARE



It will include topics such as:

**Digital - Nature - Instruments - Ambience
Silence - Live Music - Voice - Tunes**

**IF YOU ARE INTERESTED IN CO-LEADING A CLASS OR
CONTRIBUTING CONTENT, PLEASE TALK TO A STAFF.**

OY VEY, WHAT A DAY! WITH DANI SHAY

♥ SMALL TEAM, BIG HEART: ♥

FINDING GRATITUDE IN THE EVERYDAY

November reminds us to pause between the oy vey's and notice the good. Even on the busiest days, there's always something — or someone — to be thankful for. It's the laughter in the bistro, the teamwork when things get hectic, and those small moments that remind us why we do what we do. As we head into the season of gratitude, let's celebrate the people and milestones that make our days brighter and our work more meaningful.

★ Gratitude Spotlight: David & Lisa

This month we're grateful for David and Lisa, two peers who bring heart and humor to everything they do.

David keeps our days grounded! He's always calm under pressure, quick to help, and ready with a steady presence that makes the chaos a little lighter.



Lisa shines with quiet kindness, offering support, empathy, and a listening ear when it's needed most. She reminds us how powerful compassion can be.



Our team may be small, but David and Lisa are mighty. They continue to show up — for work, for each other, and for our members — with consistency, care, and heart.

JUST GETTIN' BETTER: WELLNESS A COLUMN BY JIM D.



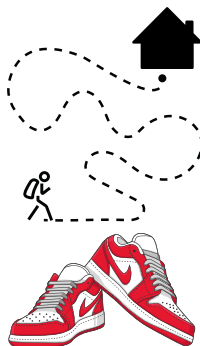
Wellness is an important part of recovery. It takes many forms at PLAN. For the first time we had a Ping-Pong tournament. The purpose wasn't to crown a champion, although that was

part of it. For many it was to participate in a new activity. Even those who didn't play watched from the side and cheered for participants who were PLAN family. When a match ended, participants smiled and shook hands. Not only did the winners advance, but those who lost their first match got to play again, also. I've not seen so much enthusiasm and so many happy faces at PLAN in a long time! Isn't that what wellness is all about?



CHAMPIONS

STEP TO IT: PROGRESS



We are making progress with our steps! So far we have collectively walked over 36,000 steps in the month of September and October! That's the equivalent of over 14 miles! Keep marching on!

"Shine brightly. See Beauty. Speak kindly.
Love truly. Give freely. Create joyfully.
Live thankfully." – Mary Davis

PAGE FOUR

COFFEE HOUSE JAM - NOV 15TH

Greatest Hits

The Coffee House Jam you
know & love!

@ 5 PM



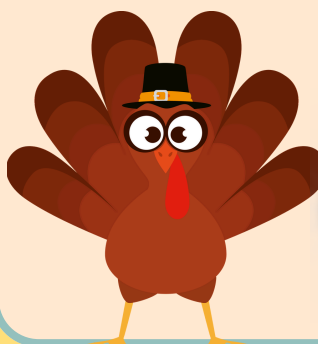
THANKSGIVING DAY - NOV 27TH

Join us from 11-2 for

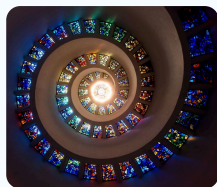
Lunch and Family Feud!

Turkey will be provided.

Sign up to bring sides, drinks, or dessert.



PIN-HUNT: EL CENTRO + NOV 19TH THANKSGIVING SQUARE



We will be venturing to downtown
Dallas at 11a for our El Centro Visit!

This will be our third Dallas College
Pin-Hunt destination, and is the
oldest campus of all seven.

We will also have lunch
in the underground food court
and visit Thanksgiving Square!

SUPPER CLUB: NOVEMBER 22ND



OLD FASHIONED
HAMBURGERS®

5PM

@ 3521 CUSTER PKWY

New! *For November*

SOUNDCARE CLASS
Mondays at 2 PM



PLAN WESTERN DAY
NOV 5



HOOPS @ JFS RETURNS!
NOV. 7 & NOV. 21 AT 11 AM

PUBLIC SPEAKING CLASS

11 AM ON NOV. 13, EVENT 1:30 ON 14TH



SUPPORT YOUR CLUBHOUSE



IF YOU'D LIKE TO
DONATE TO PLAN,
SCAN THE QR CODE
WITH YOUR CAMERA
ON YOUR PHONE
AND FOLLOW THE
LINK.

WE APPRECIATE
YOUR GENEROSITY!