

PLAN @  
1121 ROCK  
People Living Active Now

# PLAN UR MONTH

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

# December 2025



## RECEIVE JOY



Life is a gift. We are given this life to enjoy ourselves and to enjoy life to the full. Life certainly has its sorrows. Unexpected things happen all the time. But even so, you CAN choose to live a joyful life. Choose Joy...every day. Receive it. It is readily available for those who open themselves to it. So during this holiday season, actively welcome joy as it comes, and let all your senses come alive.

- Robin K.



## CONGRATULATIONS, DEANNA ADAMS: OUR NEW DIRECTOR!

We are excited to have Deanna take up the mantle of Clubhouse Director. Here she shares her vision for us as a Clubhouse: "my vision is to make it a place where people feel genuinely welcomed, valued, and at home. I want the spirit of our community to be warm, uplifting, and grounded in mutual respect – a place where we all support one another and share in the everyday moments that make us feel connected.



As Director, I hope to continue building a culture where everyone's strengths are noticed, everyone's voice matters, and everyone has space to grow. I want the Clubhouse to feel like a community that believes in people, celebrates them, and walks beside them as they build the lives they want." Thank you, Deanna. Lead us forward!

"Since becoming our new PLAN Clubhouse Director, Deanna Adams has truly transformed my work-ordered day. Her dedicated and visionary approach has brought an innovative system that keeps everything running smoothly. Deanna's supportive and compassionate leadership style makes me feel empowered to handle challenges with a resilient mindset. She encourages an optimistic atmosphere that helps everyone stay motivated throughout the day. I am genuinely grateful for the positive changes she has inspired in our routine. Because of her guidance, each work-ordered day feels more organized, uplifting, and successful than ever." – Darren M.

## CONGRATULATIONS, DANIELLE SHAYMAN: OUR NEW PEER SUPPORT MANAGER!

As Dani takes the reins for Connections, here is her vision: "From



the concept of the tribal cultures, I believe that within our Connections Unit, we are the tribe – when one of us is hurting, we gather around, love on them until they can love themselves again, and help them keep going.

I am so grateful to step into the Peer Support Manager role and bring my heart for helping others feel seen, supported, and valued. After years in crisis work, case management, and support services, I earned my master's and became a licensed social worker, holding close the belief that when we lead with heart, everything else finds its way. On a personal note, I look forward to expanding into trauma treatment, gaining new certifications, and continuing advocacy around the importance of self-care, compassion fatigue, and secondary trauma.

My professional vision is to grow our Peer Support team, strengthen Connections as an independent and empowering force, reach more people throughout our community, and continue doing what we love, advocating for and supporting our clients."

"We are excited in Connections to work with Dani in her new role. She brings a team focus and helps us maintain compassion, confidentiality and documentation in our roles. She brings a great deal of expertise, enthusiasm and is increasing our opportunities for support through more community outreach. We look forward to what lies ahead!" - David R.

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

**10. Clubhouse staff have generalist roles. All staff share employment, housing, evening and weekend, holiday and unit responsibilities. Clubhouse staff do not divide their time between Clubhouse and other major work responsibilities that conflict with the unique nature of member/staff relationships.**

## THANK YOU, INTERNS ZOEY AND HANNAH!

We were thrilled to have Zoey and Hannah as our student interns for the past three months. In their time with us, they helped create the Step-To It bulliten board, design A/V scripts, film and edit the PLAN Newscast, and contribute in many other areas including clubhouse signage, the newsletter and social media posts. They also got to shadow Peer Support Specialists and Dani. They have contributed so much, and we are so grateful.

We asked what their favorite part of interning with us was. Zoey said, "My favorite part was to meet all the members, get to know everyone, hear everyone's stories and about how PLAN has been so impactful." Hannah responded, "I really enjoyed spending time with the Peer Support Specialists – it showed me another side of the Clubhouse community and the impact made here through services offered. In general, I just loved being here with everyone."



As they conclude our time with us, here's the thoughts they'd like to leave with us:

**Zoey:** We're so thankful for everyone being so welcoming. We believe it's a truly special place full of amazing people who we were thrilled to get to know.

**Hannah:** Keep coming back. I'm so grateful to have been here for a few months, and it's been neat to see how much it can mean just to show up. So don't stop showing up.

Thank you so much, Hannah and Zoey. We have enjoyed your presence and will always treasure your time with us!

-Fletcher P., Daniel M.



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## MEMBER SHOWCASE: RICKY A.



If you've been at PLAN for any length of time, you know Ricky already. He's been a part of the Clubhouse since 2018, and is a great example of someone pouring into themselves.

Ricky was born here in Plano, TX and has lived here his whole life. He

is a deep thinker and has a powerful mind. In his free time, he likes to ponder philosophy – as he says, "the nature of thought, man, God, and principle." This comes out in how he shows up at the Clubhouse: "I like to participate in thoughtful projects, work and conversation – things that require genuine caring, effort, intelligence and thoughtfulness. I enjoy anything that challenges and engages me. Some people are concerned about intelligence, and while I value it, I also appreciate a variety of personalities."

We asked Ricky how PLAN helps him. He said, "PLAN keeps me socially engaged. It gives me a community of people who recognize the complications of life and are geared to pursue mental health more so than the majority of the population. Mental illness can be triggered by vulnerabilities in your environment, so PLAN gives me an environment where I feel safer to be happier and myself because I'm around people who care about me, help me, accept me, and support me."

Ricky has exemplified for us over the past several months what self-investment looks like. He now has his own place to live, continues his job at Trouvi, and has had several achievements of his own he is proud of. Ricky said, "I am proud for getting an A in the class I just completed. Going back to school and being around students and a professor was rewarding – I struggled with that in my past, but it allowed me to build back some confidence and momentum. I'm also happy that I put together my Periodic Table Puzzle and glued it together myself, and I'm going to frame it." We asked him how working has contributed to his well-being overall, to which he replied, "everything is a learning experience. There are many things I like about Trouvi – my boss is great, my coworkers are neat to work with, and I've learned a lot about bakery work. It gives me money to function and more social experience. I also appreciate the predictability. I like variety, but a routine is good. You don't want things you can't handle thrown at you, and the routine helps me feel competent with the work."

When asked about his goals, Ricky shared, "I want to improve my relationship with my mother and sister, and even though I'm not content with those relationships right now, I do want to improve them because they are relationships that are important to me. Also, I want to achieve my degree in cybersecurity. As well, I'd like to look into becoming a Peer Support Specialist!" His advice to new members is, "Learn what the Clubhouse is all about! It can be complicated, but tap into the resources. First off, read the newsletter and get to know what the Clubhouse does. Also lean into the member buddy system! New members are important, and we don't want you to feel left out to dry! Let us know what you need!" Thank you, Ricky, for all the ways you contribute to our community and share yourself with us. It is a joy to know you.

- Fletcher P., Ricky A., Robin K., Daniel M.



## BUILDING NEW CAREERS: LENNIE C. & IKEA

Recently, our own Lennie C. has begun climbing the ranks of Swedish furniture superstore, Ikea. We asked her a few questions about her new gig.



**Kim:** How does it feel getting back into work?

**Lennie:** Wow! For me, it's actually been exciting. It feels good to participate again, to show up, and to be part of a team. I didn't realize how much I missed that feeling until I returned.

**Kim:** What are you most excited about in your new position?

**Lennie:** Honestly, the learning. IKEA is full of new products, new systems, and different areas of the store to explore. Every shift teaches me something I didn't know the day before. It keeps things interesting, and it keeps me growing.

**Kim:** What are you hoping to learn?

**Lennie:** Timeliness. Being on time matters, and punching a clock is something I haven't done in many years.

**Kim:** What advice would I give someone thinking about getting back into work?

**Lennie:** Do it. Really — just do it. You'll meet people from all kinds of backgrounds, and the diversity is refreshing. IKEA has the most diverse, unique, and unusual management style of any place I have ever worked — and that's exactly what makes it such an exciting place to be. It's good for your mind. You discover new things, and yes...the people-watching is fantastic.

Congratulations, Lennie! Keep building the life you want! You inspire us!

-Kim K.

## STEP TO IT: PROGRESS



We have collectively walked over **80,000 STEPS** which is the equivalent of **OVER 30 MILES!** And that's just so far! Let's keep going!

## JUST GETTIN' BETTER: THE JOY OF KNOWING BEAUTY A COLUMN BY JIM D.



Each year the UT-Southwestern Medical School Residency Psychiatrists come to PLAN Clubhouse to observe our recovery program for people who have suffered a mental illness. In November, fifteen residents visited us. They participated with our Clubhouse members in the work-ordered day. One of our duties we shared with them is flower arranging. We told about flower arranging and why it is important to PLAN:

Many of the flowers we receive are damaged, just as many of our members come to us damaged with emotional scars. We prune the damaged parts of the flowers and arrange the beauty remaining, putting them in vases to brighten our day. This symbolizes the restorative aspect which many of our members experience as they participate at PLAN. We have learned that the flowers are most beautiful when combined with a variety of colors and species in the same vase. This represents the diversity of our membership in our clubhouse. PLAN welcomes members, regardless of race, religion or any other reason. It puts the "we" in wellness.

The young doctors selected vases and went to work. They enjoyed the participation and better understood PLAN's inclusiveness and cooperation as their floral arrangements filled the room, brightening our Clubhouse.

When I am asked why Jewish Family Service and PLAN spend all of that time, energy, and money to help our people, I am reminded of a quote by Elisabeth Kubler-Ross:

***"The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen!"***

Thank you PLAN members, staff, volunteers, and Jewish Family Service. There is so much beauty to see here. Wishing you one and all a happy holiday season and a new year which continues "Just Gettin' Better!"

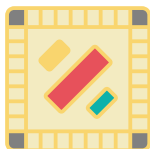




## DINNER & GAME NIGHT - DEC 18TH



4:00 - 6:30 PM



**DINNER FIRST.  
GAMES TO FOLLOW!**

## COFFEE HOUSE JAM - DEC 20TH

COFFEE  
HOUSE JAM  
*Joy to the World!*

5:00 - 6:30 PM

**AN EVENING OF CAROLS, HOLIDAY CHEER,  
AND COMFORTING CLASSICS**

## COMING DECEMBER 22ND!

*It's a  
Todd-i-ful  
Life*

**AN ORIGINAL HOLIDAY PLAY BY TODD W.**

**BASED ON THE "TRUE LIFE STORY" OF GEORGE BAILEY**

## Christmas Week

MONDAY, 12/22 - IT'S A TODD-I-FUL LIFE

TUESDAY, 12/23 - WHITE ELEPHANT  
GIFT EXCHANGE

WEDNESDAY, 12/24 - COOKIE  
EXCHANGE AND MOVIE @ 1P

THURSDAY, 12/25 - CHRISTMAS DAY  
LUNCH, 11A - 2P

FRIDAY, 12/26 - HOOPS @ JFS @ 11A

SATURDAY, 12/27 - SUPPER CLUB  
@ EL FENIX @ 5P



## CHRISTMAS EVE FESTIVITIES



## 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!**

