

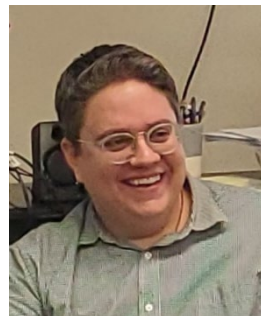


This month we feature opportunities to celebrate, small and large. In this PLAN UR MONTH you'll find articles about...completing our Clubhouse International Accreditation visit, recognizing a special JFS Volunteer, getting together for our biannual Planning Day, an article on International Women's Month and more... We're taking this time to recognize and celebrate our accomplishments at PLAN as we recognize and celebrate LIFE!

ACCREDITATION VISIT

WE DID IT!

It was a pleasure to welcome Clubhouse Int. faculty Michael Brown (Hero House, Bellevue WA) and Kathy Pate (member of Thunderbird Clubhouse, Norman OK) to PLAN @ 1121 Rock for three days this February.



They provided their wise feedback and recommendations for how to best abide by the 37 Clubhouse International Standards.

NEXT STEPS: They will be submitting their report to Clubhouse International and we will be getting word about our Accreditation status within the next few months.

Big thanks to members and staff who worked so very hard to improve our systems and get in shape for their visit. As always, in the words of Jim D., we're "just gettin' better!"

Operation Update

What a wonderful way to get our year in gear at Planning Day. Over 40 members and staff got together on Feb 8th to work on crafting ideas for new projects, discuss safety protocols, and streamline processes related to the Work

Ordered Day. We also reviewed all 37 of the Clubhouse Standards and how they relate to our Clubhouse in preparation for our Accreditation visit. We enjoyed break-out groups and times of brainstorming! It was a great time of celebrating the camaraderie at 1121!





Member Showcase



Meet Jade

Meet Jade M. She is a long time PLAN member, who started when we were back at Iris Place, but has been a regular for the last year here at the Clubhouse. She grew up in West Bloomfield, MI, but has been in Texas for the last 20 years. She loves the Clubhouse and attributes the members and her Peer Support Specialist, David, to helping her with her mental health. In her free time, Jade likes to shop and watch movies. The person she admires most in the world is her mother because she raised her and Raised her and takes care of her

when she is ill. Her favorite part of the Clubhouse model is the work-ordered day, which provides structure. One of the other ways the Clubhouse has helped Jade has been in assisting her in getting an apartment to live independently.

When you come to the Clubhouse you will see Jade greeting you at the front desk with a bright and cheery smile! She enjoys giving our members reach out calls and updating our Big Board. She believes the Clubhouse has helped improved her mental health and in the future, she would like to work part time. – Lisa W.

Celebrating a Special Volunteer

A **SHOUT OUT** to our cherished volunteer

Robbyn Lewin

who was awarded the **Hearts and Hands** award at the JFS Volunteer Appreciation Event on February 9th. Robbyn was recognized for the hard work and dedication that she gives to our PLAN members as part of the Culinary Unit each week and also on Holidays.

In attendance to see her accept her award was the whole Lewin family--including kids and grandkids! We celebrate Robbyn, and her family, as such a blessing to our community!



Pictured: Nadine, Robbyn & Ruth

Clubhouse Standards

18. The Clubhouse is organized into one or more work units, each of which has sufficient staff, members and meaningful work to sustain a full and engaging work-ordered day. Unit meetings are held to foster relationships as well as to organize and plan the work of the day.

Member Poetry



**Celebrations! Images of excitement and joy!
A thrill, a victory, a triumph.**

We celebrate each win, the big, the small,
Each one counts...never know what you'll find
Achieving our goals, we keep taking steps toward the
life we want, into new unknown depths heights
Supporting each other all along the way
Learning from mistakes, growing every day

*Clubhouse is full of surprises and new hope!
The environment is made ripe by the development
of ideas and projects through a supportive and
intelligent staff along with aspirational members
that effectively utilize the tools around them given
from an unknown source, perhaps God.*

The collaboration deserves celebration when it fulfills the needs of a growing member base that yearns for and earns the rewards it receives. All benefit when the fortunate guide the less fortunate towards a better existence.

At our Clubhouse achievements and celebrations are abundant! Rejoice!!

- Liz M. & Ricky A.

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Celebrating Women Who Tell Their Stories

WOMEN'S HISTORY MONTH



A Special Article by Liz O.

Every female should tell their story. What a woman says about their life, it is a unique story that is very important to the world. One person makes a big difference. Often a female's life is not told. This year 2023 is the year to tell your story!

Eleanor Roosevelt supported people and groups of people not given support in the first place, before Eleanor's support. A woman who is a great artist, Japanese, in a wheelchair, who lives in a mental hospital, who can travel – Yay Oi Kusama, is an abstract artist who worked out her life for herself and for her career as an artist, internationally. Previously her art was featured in the Dallas Museum of Art.

Madam Vice President Kamala Harris said, "Dream with ambition. Lead with conviction. And see yourself in a way that others may not – simply because they've never seen it before." And Eleanor Roosevelt said, "You must do the things you think you cannot do."

Women do not have to hurt each other or fight each other, even though we are all different. PLAN has women who have grit and courage to face fear with strength. Women who have creativity in all areas: medical, writing, art, know-how, teaching, learning, life experience and degrees, and the aptitude and ability to work on our mental health – and much more. I know that because I did it myself. Tell your story in 2023. All PLAN women are great!

A Celebration of PLAN Women Members!

Some PLAN Women have medical degrees, such as RN's --Tania for example, who gives lectures on health. Several members are certified Mental Health Peer Specialists, such as Lisa W., Pam C., Nadine X. & Michelle C. They are good listeners and give possibilities. Some give of self, such as Tiffany in Culinary, and Jade and Ann are PLAN receptionists. Originally from Ukraine, Helen published online a book of her poetry. Bri is a cartoonist, as you can see in this newsletter. Teri is an artist. I am an artist too.

Just Gettin' Better A Column by Jim D.

Tax season is upon us. This year I've decided to avoid the stress of waiting until the last minute. The Richardson Library, just six blocks from PLAN @ 1121 Rock, offers a free service which many of us can use. Tax Aide's trained preparers can complete returns for most Texas residents who use simple forms like me. For more information or to sign up, call 409-609-0903. If you qualify, as most of our members and staff likely do, you can get an appointment, and they will tell you what to bring.

They recently completed my return. The process entailed a visit to the library for a couple of hours. Before your appointed time, you may want to visit the section on the third floor for a favorite newspaper or magazine to read while they are preparing your return.

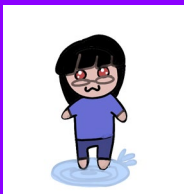
After my return was completed, a second preparer double-checked it for accuracy, then electronically filed it for me. I didn't even have to go to the post office. Hopefully you'll get a refund this year. If you do owe money to the IRS, and you don't wish to mail a check, you may provide your bank name, the routing number, your account number, and what you owe can be transferred before the deadline for payment.

The Tax Aide preparers are friendly, it's convenient to our Clubhouse, and the price is right! Give them a call to see if they can help you. It's likely they can. Don't wait until the last minute. It's one less thing to worry about.

**FREE
TAX
PREP**

Richardson Public Library
900 Civic Center Dr.
Richardson, TX 75080
972-744-4350
Tax Prep Service – 409-609-0903

THE BRI ZONE





Our Culinary Evolution



Hello, from the Culinary Unit! We have been cookin' up a storm and have a few updates to share.



Pictured: Tiffany G.

The Culinary Unit is working to improve and organize the task system for our morning and afternoon work units. We are excited to try out new organization strategies and to implement some of the suggestions provided by the Clubhouse International faculty!

The Culinary Unit has also added a few new tasks to our morning Work Ordered Day unit, and we are updating our Pantry Board. The Pantry Board lists weekly, seasonal, and "ASAP" tasks, whereas the Kitchen Board lists daily tasks related to preparing and serving lunch. That being said, please be patient as we may take time to adjust to new systems.

At Planning Day, we passed out Culinary Surveys to get a better idea of what people like and what they don't like to eat for lunch. We got a lot of responses to the survey, and look forward to sharing more about our findings soon. For now, we can tell you that the bean soups and spicy foods are quite unpopular while tacos, enchiladas, and Italian food got two thumbs up!

By: Katie S.,
Liam R.,
Christy W.
Chris O.,
& Shira S.



Finally, the Culinary Unit has been bustling with many members and cooking new meals and desserts. Here are a few quotes from members about the Culinary Unit:

- *"In culinary, I enjoy working close to people who love to cook. Being around to help is fun and the food tastes good!" – Katie S.*
- *"Stop putting words in my mouth and feed me some French toast!!" – Liam R.*
- *"Please, just gimme some more bibimbap" – Christy*



Pictured: Katie with cherry pie treats & Travis with homemade espresso cookies.

Field Trip in March

We're so excited to be bringing back monthly Field Trips!

Join us on
Saturday, March 11
In-Sync Cat Sanctuary
3430 Skyview Drive
Wylie, TX 75098

Sign up at the Big Board!



Nurse David's Health Corner

How to be Happy

1. Recognize that you have choices. While you can't prevent many of the difficulties that you'll encounter in life, you can control how you respond to them.
2. Practice Gratitude
3. Forgiveness
4. Mindfulness
5. Friendship
6. Rest – sleep 7 to 8 hours a night
7. Movement – get regular exercise
8. Sunshine
9. Do something meaningful each day.





PLAN @ 1121 ROCK
Arapaho Gardens
1121 Rockingham Dr.
Richardson TX 75080
972-379-9904

The Times are a-changin'!

Due to our accreditation recommendations, we are taking action on some things quickly. You will see we have bumped our afternoon meeting times up to 1:15p so we can get more meaningful work done in the afternoons!



Join us on
Facebook at
"PLAN of
North Texas"

PLAN @ 1121 ROCK

People Living Active Now

1121 Main.....972-379-9904
Daniel.....972-703-2150
Paige.....972-703-2151
Ruth.....972-379-9902
Shira.....469-830-5333

CLUBHOUSE LUNCHES

Monday - Friday
12:30 PM
\$2 Donation

*If you are running late, please be sure to call before 12:30p. Meals will not be made available after 1pm without a call to reserve.

HOUSE MEETINGS Tuesdays @ 1:15pm

Participate in Clubhouse decision-making!

If you can't make it in person, join at
214-380-0303 pin 1234

Weekly Meal Themes

Mondays - Mexican OR Mediterranean

Tuesdays - Italian OR Breakfast

Wednesdays - Wacky OR "Whatever"

Thursdays - Vegetarian OR Vegan

Fridays - Eastern OR Southern Food

Committee Meetings

Advocacy Committee -

@ 2p: 3/8 & 3/22

Sunshine & Shadows Committee -

@ 2p: 3/1, 3/15, & 3/29

Events Committee -

@ 2p: 3/10 & 3/24

New Member Committee -

@ 2p: 3/9 & 3/23

Newsletter Committee -

@ 2p: 3/2, 3/16 & 3/30

Gardening Committee -

@ 2p: 3/3 & 3/31

Events This Month

FIELD TRIP - In-Sync Cat Sanctuary - Sat 3/11

Daylight Savings, Spring Forward - Sun, 3/12

UTSW Psychiatry Residents Meeting - Tue, 3/14
(No House Meeting that Day)

Accreditation Exhalation Celebration
- Fri, 3/17 (Whew!)

Supper Club at "Olive Burger" - Sat, 3/18 @ 5p

Coffee House Jam - Sat, 3/25 @ 5-7p

Birthday Bash - Tue, 2/28 @ 12:30p

PLAN CONNECTIONS

People Living Active Now

Interested in Peer Support or Case Management Services? Contact 1121 Rock at 972-379-9904 or Ruth at 972-379-9902 or email at rjosenhans@planntx.org to find out more.

Case Management

Kim.....469-589-9902

Peer Support

David.....469-589-9903

Nadine....469-589-9904

Pam.....469-589-9905

Lisa.....469-589-9906

