



JULY 2025

The Power of Presence

The Value of Passion

PLAN CORPS Values

C – Commitment, Communication

O – Openness

R – Respect

P – Purpose, Passion, **Presence**

S – Service, Solution-Focused

Our CORPS value this month is Presence, and we thought it'd be a neat chance to experience Christmas in July (because, presents happen at Christmas). It turns out, there is an element of presence in each part of our name, People Living Active Now:

People – Practicing Presence with Others

Living – Practicing Presence with Self

Active – Practicing Presence for Recovery

Now – Practicing Presence in the Current Moment

Presence is being there for others, practicing self-awareness, and staying in this moment, all for the purpose of recovery. The first piece of being at the Clubhouse is *being* at the Clubhouse. At times, presence at the Clubhouse is all we may be able to give, because everyone is valued for who they are. Come give us the gift of you – your presence is always welcome!

–Daniel M., Robin K., Todd W.

**PLAN @ 1121 Rock will be
CLOSED THE WEEK OF JULY 21**

as members and staff attend the
Clubhouse Texas Summit in San Antonio.

Ruth University

Dear PLAN Friends and Family,

I am so grateful for my tenure at PLAN! Getting to be the founding Director of our PLAN Clubhouse, with the support of the former PLAN Board and Jewish Family Service, has truly been one of the great joys of my life. I have so many inspiring stories of lives positively impacted by our program!



It is time for a new season for me. I will be moving to Houston to be with family at the end of the year. I am confident that during this time, JFS, our new PLAN Advisory Council and with the help of Members, we will be able to train and welcome my replacement. In the words of Jim D., we'll continue in "Just Getting' Better."

We are still finalizing membership in the PLAN Advisory Council. If you believe that you can be an asset, please contact me as we prepare for the new director search and our new location in Addison early next year.



**RUTH
UNIVERSITY**

As a way of celebrating, we will be scheduling a **RUTH UNIVERSITY** Graduation Ceremony! I have passed on everything I know and now its time for our members to take the torch. So be on the lookout for that event later this year.

To an Exciting Future, Ruth J.

July White Elephant – 7/17 @ 1pm

Christmas in July!? Why not.



Come join us **July 17th** for a fun time of gift exchanging.
Bring a wrapped \$10< in value gift to participate!

Need a theme for the gift? It's summer, so find something summery!



Clubhouse Standards

12 The Clubhouse has its own identity, including its own name, mailing address, email and telephone number.

13. The Clubhouse is located in its own physical space. It is separate from any mental health center or institutional settings, and is impermeable to other programs. The Clubhouse is designed to facilitate the work-ordered day and at the same time be attractive, adequate in size, and convey a sense of respect and dignity.

14. All Clubhouse space is member and staff accessible. There are no staff only or member only spaces.

32. The Clubhouse has recreational and social programs during evenings and on weekends. Holidays are celebrated on the actual day they are observed.

Presence With Others

OUR PRESENCE IMPACTS RECOVERY!

Our being present with others aids our recovery by building community for those who need it. Community is the frame of reference by which we define our experiences and provide meaning to our lives. In being present with others, not just through extreme highs and low, but more importantly, through the mundane day to day, we build the bonds with others that become bridges to trust and good will. Especially when faced with the disabling nature of mental illness, there is a level of vulnerability and courage needed in order to rely on your community. That vulnerability goes both ways, though, as it is required not only receive presence, but to give it. At the core of presence is the bravery to open your heart to others.

— Pidge S.



Member Showcase

Meet Jade M.!

If there's anyone who embodies presence at our Clubhouse, it would be Jade M. You surely have seen her welcome you with a big smile at the reception desk anytime you come in most mornings. Here's



more about one of our favorite Clubhouse greeters:

Originally from Michigan, she's been a resident of Texas for twenty-two years. The last four of those, she has been an avid member in our community at PLAN.

And she loves it here: She considers the Clubhouse like another family – an ever-present group of support and encouragement. The welcoming nature of the Clubhouse has been a meaningful factor in her own recovery, as it has kept her from isolating and given her a place to belong from day to day. Generally, her favorite thing to do at the Clubhouse is help others, and this is clearly evident with how active she is at reception.

In her free time, Jade loves shopping and movies. When asked who she admires most in the world, her mother is who came to mind.

Her next steps in her recovery journey include goals around finding a part-time job. She also would love to branch out from reception someday and try her hand in culinary.

We asked her what words of wisdom she had for us. She said, "take things with a grain of salt and use PLAN as a tool to get where you want to go."

By Chris O., Tyler M., Daniel M. and Emily P.

"Yesterday is history. Tomorrow is a mystery. Today is a gift. That is why it is called the present." – Alice Morse Earle



Presence With Self

SELF-AWARENESS

Self-awareness is very important so that we can know ourselves and know how to take care of our bodies. It is a way to protect ourselves psychologically with our emotions. Being present with yourself allows for knowing how to self-care anywhere you go. For example, when you're with others you can know yourself quietly and comfortably and just rest in being yourself.

Being self-aware teaches us to be in touch with our five senses, to be aware of others, and to be conscious of our surroundings. It means knowing when you feel safe to continue progressing with personal goals. Enjoying your life brings accomplished feelings and a sense of well-being. Knowing yourself is so important in getting everything you can, bringing about the best for you and your life with other people.

-Robin K.



Just Gettin' Better: Better Present A Column by Jim D.

**"Go to work every day or
your job will go away!"**

That message was on a large sign I saw each morning as I reported for work at the headquarters of the Plano Parks and Recreation Department. To me, its meaning was "presence or else!" At PLAN we have no sign like that, yet our purpose as a Clubhouse International affiliate is to provide an environment of hope and optimum mental health as we join together making new friends in the many tasks needed for the Work-Ordered Day. Teamwork builds friendships and trying new things gives us more opportunities for meaningful work. We discover new interests and skills. Flower arranging was not something which I envisioned in high school as meaningful, but I have come to enjoy it at PLAN, just as others have found work or gone back to school to acquire skills for a meaningful job. After the new experiences and friendships at PLAN, many have a newly found hope for a better future as we continue **Just Gettin' Better!**



Presence With Recovery

RECOVERY REQUIRES INTENTIONAL PRESENCE

Being present is crucial in mental health recovery, as it promotes self-awareness, reduces reactivity to negative stimuli, supports emotional healing, and enhances stress management. ***Being present and active in recovery means being mindful and open to change, allowing help from outside sources, and working to make the changes, while putting effort into accepting the changes.*** Being actively present doesn't always mean physical activity. It can mean being fully engaged and attentive to the present moment, not getting caught up in past worries or future anxieties.

-Emily P.



People Living Active NOW

I love that our name is People Living Active NOW.

NOW means that we make progress in growth, healing and hope in this moment, right here. Though our anxieties may try to throw us into a future we don't feel ready for, or our depression tries to chain us to a darkness from our past, none of our illnesses have any real power when we ground ourselves in the soft, nurturing soil of the present. We are only ever right now, and we can be grateful for right here. There is something beautiful and freeing about doing what I can with what is right in front of me because maybe, just maybe, right here and right now is exactly where I'm supposed to be. I can't be anywhere else or at any other time. So I'll do my best to live actively and intentionally now, because now is all we ever really have.

- by Daniel M.

The Power of Presence (2021)

Presence is the ability to connect with and inspire others. When we think of someone who has a great presence, it's much more than just how they speak, or how they interact in a meeting; it's really that they inspire you. You want to be around them. You feel a connection to them.

Sometimes it's a form of love just to talk to somebody that you have nothing in common with and still be fascinated by their presence. - David Byrne (lead singer of Talking Heads)

Presence is:

- Being in the moment with someone.
- Really experiencing who they are.
- Being alert and sensitive to what is happening now.
- Not being anxious or worried about the future and not ruminating on what has occurred in the past.
- Just being present.

-by Ruth J.



Midyear PLANning Day

"Ready, Set..."

The end of 2025 is shaping up to bring us the conclusion of some things and the beginning of others.

Join us **Wednesday, July 30th**
at our **MIDYEAR PLANNING DAY**
as we prepare for new beginnings and plan out the rest of the year!

Poetic Presence with Helen F.

Meditation.

Gone the sounds ...
Peace surrounds ...
No thinking, nothing there ...
No distraction ...
Zero action ...
Total silence everywhere ...

Precious moment ...
No torment ...
No worries, rhythmic chime ...
Quite and clear ...
Atmosphere ...
Total freedom, tranquil time ...

Meditation ...
Poised sensation ...
Letting feelings go, unwind ...
Thoughts are absent ...
Only present ...
Relaxation of the mind ...

Perfect stillness ...
Gone all illness ...
Every problem now resolved ...
Only being ...
Quietly seeing ...
Mind in silence ... gift of gold

Helen F. 2014

PLAN @ 1121 ROCK

People Living Active Now



CALENDAR

July 2025

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

PLAN @ 1121 ROCK

People Living Active Now

1121 MAIN.....972-379-9904
Daniel.....972-703-2150
Deanna.....469-589-9907
Lauren.....972-703-2151
Ruth.....972-379-9902
TJ.....469-589-9903

CLUBHOUSE LUNCHES

Monday - Friday

12:30 PM

\$2 Donation

\$3 on Fridays for

Travis' Specials

**If you are running late, please be sure to call by 12:00p. Meals will not be made available after 12:30pm without a call to reserve. Leftovers can be purchased for \$1 after 1:15p.*

HOUSE MEETINGS

Tuesdays @ 1:00pm

Participate in Clubhouse decision-making!

If you can't make it in person, you can join over Zoom. All we need is your email to get you the link!

Committee Meetings

Newsletter Committee

Tuesdays @ 11a: 7/1, 7/8

New Member Committee

Wednesday @ 11a: 7/16

Sunshine & Shadows Committee

Thursday @ 2p: 6/5

Career & Development Committee

Wednesdays @ 11a: 7/14, 7/28

Media Arts Committee

Thursday @ 11a: 7/10

Advocacy Committee

Thursday @ 2p: 7/

Events Planning Committee

Tuesday @ 2p: 7/11

Goal-Setting Committee

Tuesday @ 2p: 7/15

Events This Month

Note: Clubhouse is Closed the Week of July 21

Tuesdays: 7/1, 7/8, 7/15, 7/29

Weekly House Meeting @ 1p

Mondays: 7/7, 7/14, 7/28 - Book Discussion -

Let Them @ 2p

7/2: Janssen Neuroscience Presentation @ 2p

7/4 - July 4th Potluck - 12p - 2p - Featuring

Todd's Original Play, "We The People"

7/9: Clubhouse Hour @ 2p - Clubhouse International Standards Discussion

7/10: Clubhouse Employment Training @ 2p

7/17: July White Elephant @ 1p - bring a wrapped gift valued at \$10 or more to participate!

7/19: Coffee House Jam: British Invasion @ 5:00-6:30p

7/21 - 7/25: CLUBHOUSE TEXAS SUMMIT

In San Antonio

PLAN @ 1121 Rock is CLOSED!

7/26: Supper Club - Texas Smokehouse @ 5p

7/29: Birthday Bash @ 12:30pm

7/30: MidYear PLANning Day



Join us on
Facebook at
"PLAN of
North Texas"

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

Dani.....469-589-9909

Peer Support

David..... 469-589-9905

Jalen.....469-589-9904

Lisa..... 469-589-9906

Takiyah....469-589-9902

Book Discussion

THE LET THEM THEORY

**by Mel Robbins
Mondays @ 2p**

You don't need to have the book to participate.