



March 2025

The Opportunities Of Openness

The Value of Openness

PLAN CORPS Values

- C – Commitment, Communication
- O – Openness
- R – Respect
- P – Purpose, Passion, Presence
- S – Service, Solution-Focused

This is the *opening* to our third issue of “CORPS Values” – nine values that drive who we are and what we do as a Clubhouse. **O is for Openness** – openness to “being open”. It is about a willingness to receive possibilities and potential that you might have otherwise remained closed to.

In nature, there are many things that require openness to thrive or even simply function. Flower buds open to the sunshine, baby birds open their mouths to be fed, and oysters open to reveal valuable treasures inside. Like a pearl, we all have the capacity within to take the small things inside us – even irritants – and turn them into something iridescent.

Tune In: Open to New Things



Clubhouse Texas Rally at the Capitol
March 3rd – 4th

Free!
March 16th
@ 3pm

Eisemann Center
AARGH!
Pirate Concert!

March 27th
@ 4:30pm
Sign up to be a star on the Big Board!



In this issue, we are focusing on ways we can all increase openness to the ways we can grow and produce meaningfulness together. **We encourage everyone to be open to others, open to new things and open to our own potential as a community and as individuals.**

The pearl that an oyster produces requires exposure and time – exposure to the grain of sand or dust that it forms the pearl around, and time to create the pearl. Likewise, to be open to new things, we require the willingness to expose ourselves to possibility and the time to experience growth as it unfolds. **Here’s to trying something new. The world is your oyster – open up!**

- by Charlene W., Robin K., Todd W. and Daniel M.

“I find that when you open the door toward openness and transparency, a lot of people will follow you through.” – Kristen Gillibrand



Clubhouse Standards: Openness

8. All Clubhouse meetings are open to both members and staff. There are no formal member only meetings or formal staff only meetings where program decisions and member issues are discussed.

17. The Clubhouse is open at least five days a week. The work-ordered day parallels typical working hours.

20. Members have the opportunity to participate in all the work of the Clubhouse, including administration, research, enrollment and orientation, reach out, hiring, training and evaluation of staff, public relations, advocacy and evaluation of Clubhouse effectiveness.

Being Open to a Great Resource: Prosumers

Hello everyone. This is Todd W. I have been a member of Prosumers, also known as Prosumers International, for 10 years. It is a monthly wellness group that discusses topics related to mental-health and well-being. They define a Prosumer as "someone who is proactive in their recovery and gives back to the community." Joining in the monthly meeting is a good way to find out more. In the first hour we have lunch and the following two hours we discuss a wellness issue, such as Creating Boundaries.

Prosumers, based in San Antonio, was started in 2003 by Janet Paleo and Anna Gray . They have worked tirelessly to help people struggling with mental health challenges to find recovery. They also participate in promoting peer run organizations across Texas and the world.

Member Showcase



Meet Travis S.

Travis has been with PLAN for about a year now, and has been a source of joy and example of openness at the Clubhouse.

Travis was originally born in Russia, where his parents adopted him from. He currently lives in Coppell, TX and is in his late 20s. You can normally find Travis either helping at the Snack Shack or playing ping-pong for wellness. He says the Clubhouse has helped him mostly by simply "doing the work", which has helped his mental health improve in his time here. He says his favorite thing to do at the Clubhouse is "working with Beraki at the Snack Shack." He also hopes to work more with Steve C. in the A/V unit, where he's already been the anchor on the newscast a few times.

In his free time, Travis likes to watch TV and lift weights. He also enjoys horseback riding. When asked who he admires most, Travis said, "some of my friends because they are nice to me."

Travis exemplifies openness in continuing to learn how to run the Snack Shack and helping with A/V, but he's not stopping there. When asked about his goals at the Clubhouse beyond A/V, Travis indicated interest in returning to college! He encourages everyone to be open to new things too. In his words, "Ask questions, relax and focus, and good things will come." Thank you, Travis! We enjoy having you as part of us! -Beraki M., Sarah E., Shelita W.



Prosumers meet the first Tuesday of every month here in North Texas at LIFEPATH in Plano.

www.theprosumers.org

If interested, join us at 7308 Alma Dr, Plano, TX 75023. The next meeting is March 4th from 12-3pm. It's another way you can be proactive in your recovery!

- Todd W. with Sarah E.

"Outside PLAN" by Ann G.



I coined the term "Outside PLAN" to demonstrate the idea that, while PLAN is a significant community to be a part of, there is much to explore beyond it as well! To me it means engaging in activities that you enjoy like hobbies, schooling, friendships and special interests. There are circumstances and difficulties in the world that are hard, and responsibilities or problems we all must face. This is why it's important to have a well-rounded experience both at PLAN and outside it.

Your life is important within PLAN with its many opportunities like Employment, Culinary and Member Units , Audio-Visual, or Snack Shack. But PLAN is meant to be a springboard to launch us all into things we like to do. Maybe it starts here, but who knows where it could lead? There is much to learn within PLAN, but there is much to learn "Outside PLAN" too! Here's to broader horizons in a world full of possibilities!



Proposed Changes at 1121 Snack Shack

PLAN @
1121 ROCK
People Living Active Now



Inspired by our Clubhouse Swap with the San Antonio Clubhouse, we've come up with new proposed changes and improvements for our Snack Shack:



Breakfast Days – Tuesdays, Wednesdays, and Thursdays: How about offering breakfast for just \$1.00? Featuring yogurt, muffins, granola bars, pop tarts, mandarin oranges, apples, bananas, oatmeal and more to start your day right.



Snacks by the Ounce -- At 50 cents per ounce, we propose offering M&Ms, nuts, and trail mix in bulk by the ounce!



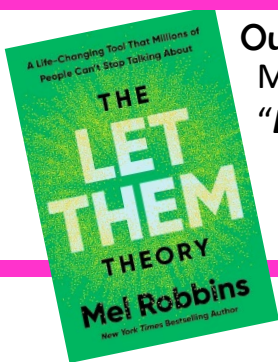
Coffee Shop Coffee - Need a caffeine fix? Grab a cup of coffee at our Coffee Counter for only 50 cents! Or, you can get unlimited refills all day for just \$1.00. Plus fancy drinks!

We are Open for Input!

If you have any more suggestions or ideas, be sure to chat with Kim K., David, or Deanna. We're looking forward to restructuring our Snack Bar with more opportunities to snack! - Kim K.

Our Next Book! Mondays at 2p "Let Them" by Mel Robbins

Frustrated? Overwhelmed? It might be the power you give others... What would happen if you just "let them?" Find out!



Just Gettin' Better: Open to Better A Column by Jim D.

At PLAN's morning and afternoon meetings the tasks needed for the day are listed on the board, and members volunteer for tasks. New members are often hesitant at first to try a task they haven't done, but I have learned by having an open mind to try new things has helped me in many ways. For example, when I volunteered arranging flowers, I found it to be very rewarding and now receive many compliments on my arrangements. When I volunteer in the Culinary Unit, I learn to prepare food into tasty dishes. I now cook more at home and am able to save money, which I would otherwise spend going out to eat.

Members that work in the Culinary Unit often get their Texas Food-Handler's certification, which often leads to a job at one of our Transitional Employment partners, The Popcorn Shack, Truovi's Cookies or Golden Chick. Taking on a job is helpful to our recovery. Working together with other PLAN members builds teamwork which is important in a future career.

When we embrace openness and widen our experiences in varying kinds of jobs, we increase our chances for employment and together we and PLAN continue **Just Gettin' Better**.

A New Feature!

Dear Dani

Q: *Can you tell us more about your scope of expertise as a Case Manager at PLAN?* ~Curious Questioner



Dear Curious:

Great question! I have a strong background in social services, including psychiatric and substance use recovery, case management for houseless individuals, and crisis intervention with police and hotlines. My greatest strength and passion are cheering for them on the sidelines as I promote empowerment, while providing meaningful support. This aligns with **PLAN—People Actively Living Now**—where **active** is a keyword; which includes "physically, using energy to produce an outcome".

Thanks! - Dani

Submit your questions to Dani at the mailbox at PLAN!



Following Up

As we heard at our last Planning Day, neuroscience has found that writing down your goals is important to achieve them!



People who very vividly describe or picture their goals are anywhere from 1.2 to 1.4 more times more likely to successfully accomplish their goals versus people who don't. Not only does it help you to remember, but it helps to "encode" the desire and focus in your brain.

In this month of March, we'll be challenging every member to determine some GOALS and then we will input them into our software database, Flourish. This will allow us to track progress and meaningful data on how we as a community are growing, changing and getting better!

**In addition, it will help us with a special grant opportunity! We appreciate your help!*

New in the PLAN Newscast

People's Pets at



PLAN @ 1121 ROCK
Pets Living Active Now

Do you have any animal friends you want featured on our PLAN Newscast?

Video a 20 second clip and connect with Darren M.

You & your pet can be featured in the Newscast.

Thoughts on Openness

From Katie S.

"Openness is about letting someone hear what you're saying and being open to another person. Being open can have many benefits and listening can help both people. When we're open, we are strengthening a relationship, and we can learn a lot from someone else. Being open is about accepting someone else and sharing what is helpful to someone else."



From Ricky A.

"Being open is good for us because it releases dopamine (reinforcing chemical) in a natural way, not with drugs, and increases neuroplasticity and enables creative thinking. So when I suggest that you should become a HAM radio operator, try something new at PLAN, or even having renewed faith in GOD, strongly consider the reasons that listening to Him would be beneficial for you before you close yourself down!! HAM radio is about creative communication and knowing GOD brings us all to the Truth.... LOL!!! Have a great month!!!"



From Daniel M.

"Openness can mean 3 things at our Clubhouse:

- o **Being open to new experiences: Exploration** (opposite: withdrawing); This can help us overcome fears, get to know ourselves better, stimulate creativity, and discover new opportunities for growth and thriving.
- o **Being open to others: Involvement** (opposite isolation); This helps us find out we're not alone, learn more about each other, and find support we need.
- o **Being open with others: Transparency** (opposite: concealment); This empowers us to express our needs and advocate for our health, as well as to inspire and enrich the lives of others.

When it comes to openness: Try and see!"

"Faith is a state of openness or trust." - Alan Watts



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
Shelita.....469-206-1658

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.

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: 3/11, 3/25

New Member Committee

Wednesday @ 11a: 3/26

Sunshine & Shadows Committee

Thursday @ 2p: 3/6

Career & Development Committee

Wednesdays @ 11a: 3/5, 3/19

Media Arts Committee

Thursday @ 11a: 3/13

Advocacy Committee

Thursday @ 2p: 3/20

Events Committee

Friday @ 11a: 3/7, 3/21

Events This Month

3/11, 3/18, 3/25

Weekly House Meeting @ 1p

3/10, 3/17, 3/24, 3/31

Book Discussion @ 2p

- ❖ 3/12: Art Gallery Field Trip @ 11a
- ❖ 3/12: Janssen Neuroscience Presentation @ 2p
- ❖ 3/13: Clubhouse Employment Training @ 2p
- ❖ 3/14 & 3/28: JFS Hoops @ 11a
- ❖ 3/16: AARGH! Eisemann Center Free Pirate Concert @ 3p
- ❖ 3/17: St. Patrick's Day Play by Todd W. @ 11a
- ❖ 3/23: ROCC Stars Unite, 1-3:30p
- ❖ 3/25: Birthday Bash @ 12:30p
- ❖ 3/26: Cooking with Kim @ 2p
- ❖ 3/27: Clubhouse Got Talent: 4:30 – 6:00p
- ❖ 3/29: Supper Club - Andalous Mediterranean Buffet @ 5p



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 rosenhans@planntx.org to find out more.

Case Management

Dani.....469-589-9909

Peer Support

David.....469-589-9905

Lisa.....469-589-9906

Nadine....469-589-9903

Jalen.....469-589-9904

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