



Get Ready to Plan for PLAN



PLANNING DAY **Thursday, July 28th** **10a-4p** **Lunch Provided**

It is time for our bi-annual planning day here at the Clubhouse! This is an all-day event from **10a-4p on Thursday July 28th** where we will be establishing our goals for the upcoming year, review our safety protocols, discuss monthly events, lay out the next 12 months of themed activity and more! Members, please be sure to join us on this very important day.

Gaining Independence

Personal independence and self-sufficiency is a goal at 1121 Rock.



How exciting to share Ricky's story in this newsletter this month! Ricky A. has had the opportunity to use PLAN @ 1121 Rock as a launch pad toward independence! Before coming to the Clubhouse, Ricky had trouble holding down a job. He frequently had trouble dealing with people because of his bipolar disorder symptoms. He would have trouble with his judgement due to mania.

When asked in what ways the Clubhouse had helped him become more independent, Ricky said, "Coming to the Clubhouse improved my communication and social skills." The Clubhouse also helped him find a Transitional Employment (TE) position that he was able to keep even through Covid at the JFS Resale Shop. TE is temporary employment that gives a member a chance to get used to working again. And, after a time, to move on to another permanent job in the community, giving another member the opportunity to take the original position. TE allowed Ricky to accrue references for job applications. He eventually has "graduated" to a Supportive Employment position at Home Goods, and even a second job at Golden Chick Headquarters.

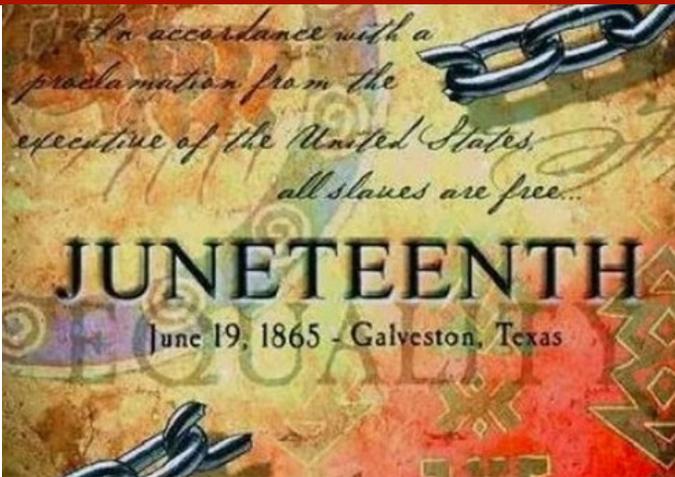
Ricky mentioned that the constant interaction at the Clubhouse, the reach out calls, the interaction with Peer Specialists, and the culinary unit experience all work to increase one's independence. In addition, working in the culinary unit has increased his cooking skills.

Just recently, Ricky has moved into his own apartment, living independently for this first time since 2002! This is a huge step for Ricky and he is most looking forward to being able to put whatever he wants in his fridge.

Ricky is not done yet, however, he plans on getting a bachelor's degree so that he can get a better job, for he is not done with growing his independence. Go Ricky!!!!

- Pam C.

Reflection On Juneteenth



On this, the first federal holiday celebration of JUNETEENTH, commemorating the day in 1865, two years after the Emancipation Proclamation, that the slaves of Texas were informed of their freedom, we took a solemn tone at our Clubhouse to remember this first step in ending our nation's unjust treatment of African-Americans. A thank you to all the members and staff who presented on the history of this holiday. As a sign of respect and solidarity to the Black lives affected and continuing to be affected by prejudices, we took off our shoes and reflected on how our CORPS values compel us to value each other's unique societal experiences, recognize the dignity of every person, and compassionately honor the prevailing pain of the Black community and culture.

Clubhouse Standard

19. All work in the Clubhouse is designed to help members regain self-worth, purpose and confidence; it is not intended to be job specific training.

Member Showcase



Meet Beraki

Beraki has been a member of PLAN since January of this year! Even though he is new to us, he is a very valued member. He came to Texas over twenty years ago from Eritrea with his family. Beraki said the Clubhouse helps him divert his focus and has helped him become more mentally stable due to his participation in the Work-Ordered Day. His favorite thing to do is work at 1121 Rock Snack Shack, where you can often find him. In his free time, Beraki enjoys reading books and sleeping. The person he admires most in the world is Michael Jackson. In the future he hopes to get a job, specifically a job where he can be a cashier. Beraki's words of wisdom for new members coming to the Clubhouse for the first time is to "be open minded and accepting of a new environment." - Ricky A.

Bare Your Feet, Open Your Heart

Grounding.
The idea that if your feet touch the earth, you are connected with
All of existence. Unified, one, and at peace.
We are here, **committed** to each other.
We are here, **communicating** our hearts with vulnerable courage.
We are here, **open** to something we may not have seen or heard before.
We are here, **respecting** the experience of each other.
We are here, **passionate** about our shared humanity.
We are here, **purposeful** in love.
We are here, **present** with one another.
We are here, **servng** those around us, uplifting each other, honoring the beauty within.

In the faith of the Jews and the Christians, there is an instance in Scripture
Where Moses encounters God in a bush of fire.
God tells him to remove his sandals, because the ground is holy.
And so, barefoot, Moses approached, afraid, but with an open heart.
They say that everyone needs to walk a mile in someone else's shoes,
But we can't do that if we keep our shoes on.
Perhaps the best way to see the sacredness of our brothers and sisters
Is to remove our shoes, and put our feet in theirs.
This ground is a sacred treasure for every human.
So bare your feet. Open your heart. Listen. And learn what it means
To love.
Love is the skin on the bottom of your feet,
Soft and eager for peace.

- by Daniel M.

Just Gettin' Better A Column by Jim D.

Nathan's Story of Self-Sufficiency

Like many, Nathan was a shy young man when he first visited the Clubhouse. He dropped out of school at an early age. At first, he was somewhat fearful of others and how he might be treated. Perhaps the cause was the fact he was an African-American living in predominately white Tulsa played a part in his anxiety. As usually happens, slowly Nathan made friends and began to trust other Clubhouse members. He realized that the Clubhouse was a safe place. Soon Nathan's smile and friendly behavior brightened the day for each of us. He learned most of our names, his new friends, and would always call us by name as we entered the Clubhouse.

Eventually, Nathan obtained work sacking groceries at a grocery store near the Clubhouse. This was his first job, and like most Clubhouse members, he worked very hard to succeed. His infectious smile and genuine interest in each customer attracted customers to the cashier where he was sacking, because everyone knew that he would recognize them with a warm greeting, and eventually know their names. To nobody's surprise, within a few years Nathan was named Employee of the Year for the grocery chain and received a generous cash bonus to go with the award. He had always been shy around women, but now announced that he had met a girl and they hoped to be married soon.

Nathan is another example of how the acceptance by fellow members and staff, combined with the teamwork developed during the work-ordered-day, produces confidence among members, enabling them to go back into the community and accept employment as they become a vital part helping the businesses where they work to become more successful.

Ideas for topics to cover?

Email Jim at JimsRacket@gmail.com

THE BRI ZONE



Feels like freedom



A Poem of Liberation by Teri H.

"My Roommate"

I moved out on my own today
The conditions I lived in grew darker by the day
From symptom to symptom, my life was not ok.
I had to move out, I simply could not stay!

My roommate was Mental Illness
My symptoms so rough
Life was out of control such darkness
Made my life Oh! So! Tough!

The issues with my roommate
My life was impossible and unfair
It kept me so down and out
The memories of them, are hard to bear

In this world where the healthy
Work out at the gym, or some sport
I was fighting mental illness
But my fight was off court

So many with Mental Illness
Get comfortable, dependent on mom and dad
I gotta say, when I witness this, I get so very sad!

Staying "sick" or "in symptom"
With no want, independence, or quality of life
As I see it, that's refusing to grow
Or making this Illness your wife

Through all the ups and downs
I had Clubhouse support
I've learned to manage my symptoms
I give myself grace and know peace of some sort

It takes a lot of guts and so much
Strength to adjust
Gaining quality of life was
Not a "want" but a "must"

I will fight for a good life
That's what I choose for me
I refuse to live in symptom
I'd rather live free

So, I moved out on my own today
Quality of life and growth
I choose a better way
My roommate...
Mental Illness
It lives with me now
I don't live with it.

Thank you!



TRADER JOE'S

We want to give a big shout-out to Karen and her team at Trader Joe's off Walnut Hill and 75 for donating their flowers to us!

The flowers bring immense joy and great work to our Clubhouse members. It is truly a gift loved by all.



This Trader Joes is located at 7939 Walnut Hill Ln, Dallas, TX 75230

Working While on Social Security?

For those members concerned about losing your benefits as a result of being gainfully employed or wondering how much you can make...



Stacey Levrets, an extremely knowledgeable resource, presented to us as part of our Family Support Group in June.

Feel free to contact Stacey for a free assessment.

Website: imagine-enterprises.org
Email: stacey.levrets@imagine-enterprises.org
Phone: 325-529-3057

A Getaway?



Clubhouse Texas Cruise Opportunity October 10-15, 2022* TBD

- 4-5 days visiting ports in Western Caribbean

MEMBERS, WE ARE INVESTIGATING A SPECIAL OPPORTUNITY FOR A GROUP CRUISE VACATION IN THE FALL. (SPECIFIC CRUISE LINE AND DETAILS TBD.) **PLEASE SIGN UP OR CONTACT STEVE C. AT 1121 ROCK AT 972-379-9904, IF YOU ARE INTERESTED, MORE DETAILS TO FOLLOW.**

Proposed Elements: Package includes shipboard accommodations on a 4 star ship, fabulous entertainment and daily activities, onboard gourmet meals, and some beverages. From karaoke to Broadway Shows, outdoor movies to enrichment classes, there is something for everyone.

Estimated costs will range from \$325 per person double occupancy (including taxes, fees, port charges and gratuities), depending on room location, on up. We are looking at Galveston as a departure port. Passports are required.

Please note that this is not a PLAN @ 1121 Rock event. While staff may be attending, members are ultimately responsible for themselves.

This Month's Specials...

**4th of JULY BBQ
At 1121 GARDEN**
Monday, 7/4 @ 12n
Potluck – Bring Sides

COFFEE HOUSE JAM
Live Music!
Saturday, 7/23 @ 5pm

PLANNING DAY
Thursday, 7/28 @ 10am

LOTSA SPECIAL GUESTS SEE CALENDAR!

JFS Career & Financial Services
JFS/COO – Deizel Sarte
NAMI
Nutritionist - Dr. Carrie McAdams
Housing Specialists – Robin LeoGrande,
Dallas Housing Authority

**SUPPER CLUB
CHUY'S**
Beltline & Midway
Saturday, 7/30 @ 6pm



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

Contact #'s

1121 MAIN....972-379-9904

Daniel.....972-703-2150

Jillian..... 972-703-2152

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 the meal.

2022 HOUSE MEETINGS

Now Tuesdays @ 1:15pm

Participate in Clubhouse decision-making!

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

July 2022 Lunch Menu

- **July 1st** – Summer Chicken Strawberry Salad & Ice Cream
- **July 4th** – Burgers & Hot Dogs – Potluck, bring a side!
- **July 5th** – Hawaiian Meatballs w/ rice and macaroni salad
- **July 6th** - Chicken Ceasar Salad and fresh fruit
- **July 7th** – Vegetarian macaroni salad & strawberry sundaes
- **July 8th** - Nachos & Italian Ices

- **July 11th** – Simple brunch & blueberry muffins
- **July 12th** – Taco salad & Jell-O
- **July 13th** – Savory hamburgers & baked fries
- **July 14th** – Beefy Mac & Cheese (Todd's recipe) = vegetarian mac & cheese, & side salad
- **July 15th** – **HOUSING CELEBRATION** - Grandma Falco's Bolognese, side salad, & dirt pudding
 - **Movie & a Meal @ 4:30p**

- **July 18th** – Grilled Chicken Fajita Bar
- **July 19th** – Alphabet pasta (no not the canned kind) & side salad
- **July 20th** – Hot Dog Bar & fresh fruit
- **July 21st** – Mediterranean Orzo salad & fresh fruit
- **July 22nd** – Mango chicken summer salad & lemon Oreo dessert

- **July 25th** – Penne & Turkey Meatballs in red sauce & hot fudge sundaes
- **July 26th** – **Birthday Bash!** Pizza & cake
- **July 27th** – Baked potato bar & side salad
- **July 28th** – **PLANNING DAY** – Lunch provided
- **July 29th** – Baked chicken wings (w/ sauce), celery & carrot sticks, & coleslaw



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 Josenhans at 972-379-9902 / email at

rjosenhans@planntx.org

to find out more.



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Make a difference!