



## Open to Growing

**"You cannot shake hands with a clenched fist."  
 - Indira Ghandi**

As a community, we chose the theme of "openness" for December. We are closing out the year of 2022, open to learning from the past and open to the new opportunities coming when we flip the calendar to 2023. We are open to each other, open to new ideas, and open to learning, growing, and changing.

In November, three from our community – Yann, Daniel and Jillian – went as ambassadors to be a part of the Comprehensive Clubhouse Training through Genesis Club, Inc. in Worcester, MA. They returned with an Action Plan that focuses on structuring the work ordered day in more meaningful ways, increasing and retaining membership, and developing more educational opportunities. This is just the start of many conversations we are excited about as we evaluate our Clubhouse in preparation for re-accreditation in early 2023. We are excited to open our minds to inspiration as we discuss and decide together as a community what changes we need to make and as we acknowledge our strengths, our goals, and our potential!! Check the calendar for when you may participate in the wonderful discussion. This is our Clubhouse! Let's make it better than ever! –Daniel M.

## Happy Holiday Celebrating

Friday, 12/2 – Decorating Day  
 at the Clubhouse



## WHITE ELEPHANT

**Thursday,  
 12/8 at 6p**

With special guest, the Heart of Dallas Chorus!



Bring a gift of \$15 in Value or more—or RE-GIFT that item that you got from your Aunt Tildy that you just haven't figured out what to do with! Enjoy dinner, gift swap and end the evening in song!



Sunday, 12/11 at 3p -5p

## PLAN HOLIDAY PARTY

Episcopal Church of the Transfiguration  
 14115 Hillcrest Rd, Roper Hall, Dallas TX  
 (NW corner Hillcrest & Spring Valley)  
 RSVP at 972-379-9904. (See flyer!)



Friday, 12/23 at 2p  
 Holiday Movie &  
 Cookie Exchange



Sunday, 12/25 at 12n  
**Christmas Day  
 Clubhouse Lunch**

Bring sides and a holiday smile!  
 Sign up at the Big Board or  
 RSVP at 972-379-9904



## Member Showcase



### Meet Chris P.

Chris P is a creative and inspiring part of our community. He has been a member of PLAN for over 10 years, since long before we were a Clubhouse.

He is originally from Amarillo and has been in Dallas for most of his life. He thinks the PLAN @ 1121 Rock Clubhouse is a nice place, despite things sometimes being stormy, or despite the ups and downs of life. For Chris, being at the Clubhouse and around other people is better than isolation or loneliness. Some of Chris' favorite things to do in his free time include sports, exercise, and lifting weights. While at the Clubhouse, he enjoys drinking coffee and hanging out, and he believes his mental illness has improved since coming to the Clubhouse. Chris said he feels lucky to be here. The Clubhouse supports him by providing encouragement and he can be an encouragement to others as well. In this time of Thanksgiving, Chris is thankful for his neighbors and friends. He is also thankful for the new neighbors who have moved in over the past year. He hopes for refreshed favor for all PLAN members this Holiday Season. - Shira S.

## Holiday Fun!



A big shout-out to PLAN Member, Glenn R., our amazing model train aficionado, for using his long-time hobby skills in setting up his model trains this year at 1121—after our having to take a several year break due to Covid.

Come stop by and see!



*Pictured: Glenn R. and his train!*

## Clubhouse Standards

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

## O.P.E.N.N.E.S.S

**O**nly when we are open with our thoughts can we truly be

**P**eople that can overcome momentous obstacles by elucidating what people can't actually see

**E**very philosopher should agree that

**N**ow, with our newly gained freedom, we should say that

**N**ot anyone nor anything should

**E**ver get in the way of being open.. This I confidently say

**S**urely I hope that this poem

**S**uddenly makes you more aware that not hiding your true feelings only makes us more

- Ricky A.



## Good Vibes Only, Huh? Embracing it All



*Pictured: Yann S.*



The “good vibes only” culture is an integral part of our daily lives. It is so ingrained culturally that most people can’t see the dark side that exists within it. While there is certainly something to be said for having an optimistic and upbeat disposition on life, at the same time it is also possible to overdose on the sweetness of platitudes:

“Everything is awesome!”

“It will be okay.”

“look for the silver lining...”

“It could be worse”

“Look at the bright side...”

And let’s not forget about the infamous “**everything happens for a reason**” expressions that are generally used surrounding religion and spirituality.

Personally, I do not agree that everything happens for a particular reason. Simply because some things just happen and that’s all to it. It happens without being attributed to the grand scheme of our existence. The “good vibes only” culture is a movement riddled with good intentions and toxic positivity.

### TOXIC POSITIVITY

The term toxic positivity has recently been coined even though it has been going on for centuries. So, what is toxic positivity? Toxic positivity is the excessive and ineffective overgeneralization of a happy, optimistic state of mind across all situations. The process of toxic positivity results in the denial, minimization, and invalidation of the authentic human emotional experience.

### HEALTHY POSITIVITY

Healthy positivity makes space for reality and hope. Whereas toxic positivity denies that emotion and forces suppression of that emotion. By disallowing the existence of certain emotions we can then fall into a state of denial and repressed emotions.

Admittedly, there are a few instances where good vibes only should be avoided. Such as grief/loss, fertility, and illness/disability. To force a positive outlook or skin on pain is to encourage silence about the struggle.

### Toxic Positivity

Don’t think about it, stay positive!

Don’t worry, be happy.

Failure is not an option.

Everything will work out in the end.

Positive vibes only!

### Alternately...

### Non Toxic Acceptance and Validation

➤ Tell me what you’re feeling...I am listening

➤ I see that you’re really stressed, is there anything I can do for you

➤ Failure is a part of growth and success

➤ This is really hard. I’m thinking of you

➤ I am here for you—in both good and bad times.

The truth is simply, humans are flawed. In my most recent journey, I have learned to embrace all of my emotions, including those that are positive and those that are negative. Possessing the skill set to process my negative emotions has been remarkable. It has had a positive affect on my overall mental wellness.

I absolutely believe in the undeniable power of positivity just as I absolutely believe in embracing and processing my full range of emotions. By Yann S.



## PLAN Is The Place



Pictured: Mensch, Paige, Mark H, Cathryn, Jillian and Daniel.

Members, the Holidays are one of the best times to come and enjoy the friendship and camaraderie at PLAN. Oh, how we enjoy your being part of our community!



## Nurse David's Health Corner

### Tips for Avoiding the Holiday Blues

- Stick to normal routines as much as possible
- Get enough sleep
- Take time for yourself, but don't isolate yourself. Spend time with supportive, caring people.
- Eat and drink in moderation. Don't drink alcohol if you are feeling down.
- Get exercise – even if it's only taking a short walk.
- Make a to-do list. Keep things simple.
- Set reasonable expectations and goals for holiday activities such as shopping, cooking, entertaining, attending parties or sending holiday cards.
- Set a budget for holiday activities.
- Listen to music or find other ways to relax.

## Just Gettin' Better

A Column by Jim D.

### Making it Through the Holidays

Having no family living close by is always difficult, most of all during the holiday season. My nearest relatives, my children, live more than a thousand miles away. This makes the holidays especially hard. I'm thankful for PLAN and my many friends here. Before I got sick, I ran around with a crowd who drank and partied a lot. That lifestyle affected my illness. Through the openness of fellow members, I realized that they had been through some of the same negative experiences I had. PLAN provides a positive environment which does not include alcohol in celebrations.

Another positive change I have made is, I have quit watching the news before bedtime. As I learned in journalism class, the news programs try to grab our attention with headlines. "If it bleeds, it leads" is the priority for the front page or the beginning of the news. Sensationalism gets our attention. It also disturbs us. My new practice of not watching the ten o'clock news before bedtime, helps me to sleep better.

When PLAN has holiday get-togethers, I enjoy meeting family members of my friends. This helps me to understand them better. PLAN is so good. I can't imagine living alone with no friends or family in the area.

Holiday activities are a plus to help us deal with our illnesses. I am so thankful each day for the support of Jewish Family Service, the great staff of Ruth, Paige, Daniel, Shira, Jillian and Kim, the Peer Support Specialists, and the friendships I have made with fellow members. Together we keep *Just Gettin' Better!*

## THE BRI ZONE



Cheers to a Happy New Year!

**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  
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.

### 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

### NOTE

Clubhouse will be **CLOSED** Wednesday, 12/14, and Monday's 12/26 & 1/2/23. Delayed Opening (12n) on Thursday, 12/8.

### 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

#### Accreditation Meetings

Most Days @ 11a in the month of December!

**Advocacy Committee** -  
@ 2:30p: 12/14 & 12/28

**A/V (Audio-Visual) Activity** -  
@ 2:30p: 12/7 & 12/21

**Events Committee** -  
@ 2:30p: 12/9 & 12/23

**New Member Committee** -  
@ 2:30p: 12/9 & 12/22

**Newsletter Committee** -  
@ 2:30p: 12/1 & 12/15 & 12/29

### Events This Month

**DBSA PLAN @ 1121 Group**  
Fri 12/2 & 12/16, 2:00 @ 3:30p

**Decorating Day** - Fri, 12/2 ALL DAY

**Arapaho Garden Tenant Lunch** - Wed, 12/7 @ 12n (Lunch Provided by Golden Chick)

**White Elephant Party with Special Guests**  
"Hearts of Dallas Chorus" - Thurs, 12/8 @ 6p

**PLAN Holiday Party at Episcopal Church of the Transfiguration** - Sun, 12/11 @ 3p

**Supper Club** - Sat, 12/17 Mei Mei's @ 6p

**Holiday Movie & Cookie Exchange**  
Fri, 12/23 @ 1:30p

**Birthday Bash** - Tue, 12/27 @ 12:30p



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](mailto: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

### Christmas Day Clubhouse Lunch Sunday, 12/25

**12n-2p @ 1121 Rock**  
Bring sides or desserts



# Re'MEMBER'ing The Holidays...

**PLAN @  
1121 ROCK**

People Living Active Now  
AN ACCREDITED CLUBHOUSE ORGANIZATION

## **The PLAN Holiday Party!**

Wear your best Holiday garb for a lovely time together!  
Light Refreshments will be served.

Featuring Musical Guests: "The Joyful Boomers"

**When:** Sunday, December 11, 2022, 3p-5p

**Where:** The Episcopal Church of the Transfiguration  
14115 Hillcrest Rd , Roper Hall  
Dallas TX 75254  
(Northwest corner of Hillcrest & Spring Valley)

Please RSVP to 972-379-9904 or  
email to [1121Rock@planntx.org](mailto:1121Rock@planntx.org) by Friday, December 7th..

**PLAN Members, Friends  
& Family Welcome!**

a program of  
Jewish Family Service  
of Greater Dallas

