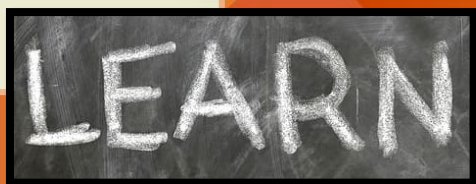


September 2023



Yearning
to



Poetry Corner

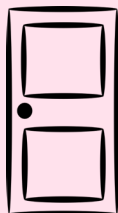
"Back to School"

Going back to school
May make you feel cool



But why must you say
Do I choose to go this way?

It can open up many doors
And bring you many high scores



Or you may just want to learn
Of topics to your concern



As Dr. Seuss once said
You have brains in your head
You have feet in your shoes
You can steer yourself in any direction
you choose

~ Sarah E.~

Clubhouse Update

Explore. Dream. Discover.

Please note: PLAN @ 1121 Rock will be closed Monday's in September. Enjoy your three day weekends. Try something new!

Time for Class!

It's September, a great time to expand our knowledge and brush up on our computer skills. Phillip Konecki, at Jewish Family Service, offers the following MS Office "brush up classes." These online classes are free and open to anyone interested. See below for details. Phil will be joining us at our House Meeting on 9/19 at 1pm to tell us more about how we can take advantage of these great learning opportunities.



MS Word

MS Word 2016 is a 5-day long class designed for beginners as well as those experienced users who are looking for a refresh of basic skills and concepts. Introduces program terminology, file types, entering/editing text, formatting (including non-printed characters, bullets/numbers, alignment, indents, tab stops), columns, tables, raster/vector graphics; among other topics.

MS Excel Basic

MS Excel 2016 is a 5-day long class designed for beginners as well as those experienced users who are looking for a refresh of basic skills and concepts. Introduces program terminology, autofill/flashfill, conditional formatting, ranges/tables, introductory formulas, filtering and data validation; among other topics.

MS Excel Advanced

Designed for users who have a foundational knowledge of MS Excel's basic concepts, this 5-day long class introduces multilevel sorting, advanced mathematic functions, linking with three-dimensional references, alternative data sets, charting and pivot tables; among other topics.

MS PowerPoint

This 3-day long class will cover the basics of MS PowerPoint. Topics will include views, adding/removing slides, sections, entering text, tables, embedding and linking, animation and transitions, synchronous/asynchronous presentations, printing handouts and audience engagement.

For information on these free online classes, please contact PLAN Staff or email Phillip Konecki, Career Services Manager at JFS at pkonecki@jfsdallas.org.



Member Showcase

Meet Lennie C.



Many of you may have seen articles in our newsletter written by Lennie C. And it is about time that we feature her in our new member showcase! Lennie C. was born and raised in New Orleans, LA. She moved to Texas in 1979 but still spent some time in New Orleans and Houston while keeping a place for lease in Texas. She has been a member here at PLAN for less than a year, in fact, just joining us this year! So far, Lennie is a BIG fan of the Clubhouse model, with the Newsletter being her favorite because she has experience in journalism.

She also enjoys getting to know the other members, their personalities, and how they have coped with living with mental illness. She knows that it is helpful to share with members what they are going through in order to help each other, like the saying "teamwork makes the dreamwork."

The Clubhouse has helped her by taking away her loneliness. The ability to share her problems and be around individuals who understand helps take the weight off. She also enjoys contributing and working with others, which in turn helps herself. She is an old movie freak, 1930's in particular. Her favorite person in the world personally is her Aunt Janet, who is a real business woman that has accomplished much in her life.

Before coming to the Clubhouse, she was bored and lonely after retirement. She realized she needed to be around people. It is this aspect of the Clubhouse that she loves--it has lifted her spirits! She recognizes that we need to be around each other because it improves everything!

Lennie's goals at the Clubhouse include growing her relationships here, learning the layout and continuing to learn more of the opportunities available during the work-ordered day. Her advice for someone starting out at PLAN is to get to know as many people as you can because, yes, "teamwork makes the dreamwork."

- interview by Daniel M. and Paige F.

Clubhouse Standards

25. The Clubhouse assists members to reach their vocational and educational goals by helping them take advantage of adult education opportunities in the community. When the Clubhouse also provides an in-house educational program, it significantly utilizes the teaching and tutoring skills of the members.

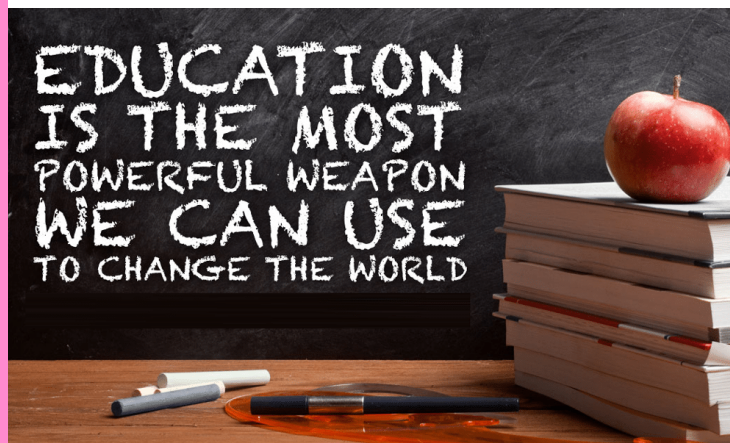
Education Shout Out!

As we focus on education for the September newsletter, we interviewed a few members who are currently attending college or have a close personal experience to education efforts and experiences.

Michelle C. is currently getting her Master's of Science and Child Life at Texas Women's University. As a child life specialist, she will work with children who are hospitalized for various reasons and make their experience more bearable. Michelle had a child life specialist when she was ill with cancer. Some of the activities the child life specialists engage with the children with include playing games, doing arts and crafts, air hockey and more. They provide a friendly face and psychosocial support to patients.

Ricky A. is going back to school in the Spring semester of 2024 starting with a writing course. He will be working on his associate's degree at Richland College and has interests in multiple different subjects including chemistry, computer science, and general studies.

Mark H. has a wonderful knowledge of architecture and calculus and has interest in attending Richland College to take continuing education courses. He specifically is interested in brushing up on drafting. He is also currently sitting in on the Texas Food Handlers course that a group of members and staff are taking at the Clubhouse.
-by Ann G.





Accessing the Future at Dallas Colleges



An Interview with Beverly Neu Menassa

We were honored to speak with Beverly Neu Menassa the Associate Dean of Accessibility Services. She manages the Accessibility Services for the 7 campuses of the Dallas Colleges. Beverly has worked with the Colleges for 15 years, and speaking with her, she has such a passion for her work, this is a person

that truly loves her career and does her very best to assist those with disabilities. Using Teams of Coordinators, case managers, and success coaches, they can assist those with mental health problems, whether it be, Bipolar disorder, ADHD, Anxiety, Depression, or other, be successful in the classroom.

The Accessibility Services Department invites the student into their office, reviews their information, and insures all the students' needs are met in regards to their particular disability.

With depression or anxiety, for example; a person may need to be tardy or late, which could come from a medication they are prescribed. The Accessibility Department/Team, can assist with keeping the student from having this late/ Tardy from happening.

They can also provide Quiet Rooms for those who are distracted by too much noise or help with giving students extended time to complete assignments and tests when needed.

Additionally, Note-Taking Services can be provided for those with panic disorders and other disabilities, or if the student needs to exit the classroom quickly. 'Glean' and 'Otter. A', which are new Apps, record the classroom lectures directly to the students smartphone or laptop. They can provide Smart pens with specialized notebooks which connect directly to the students' laptop or smartphone.

Blind students now have text to speech and Braille to speech. All Text books are now available in electronic format for students listening and viewing. FM systems can connect to hearing aids.

To help students engage in all these wonderful new strategies and technologies, Beverly and her accessibility teams provide virtual workshops in success strategies: like test taking strategies, goal setting, stress management, and how to be successful in the classroom.

We asked if there were any financial support through Accessibility Services for individuals with a Disability Status. We were told not at this time.

FASFA, a federal program can assist you with information regarding grants and scholarships or you may qualify for TASFA, a state program for continuing education, and work force which may also assist with further information.

We extend Great Thanks to Beverly Neu Menassa for taking time out of her busy schedule to interview and enlighten us with an overview of Accessibility Services for Dallas Colleges. We commend you for the magnificent work your department has achieved.

If you are interested in connecting with the Accessibility Services please see PLAN Staff for next steps. - Lennie C.

Just Gettin' Better

A Column by Jim D.



"PLAN to READ"

Jeff P. has made an important contribution to PLAN by organizing our collection of more than 400 books by subject and author. Jeff's dad, Bob Ploger, was the founder of PLAN and his mother, Betty, has been very active in many ways. Members are so appreciative of her cards of encouragement! We are fortunate to have this wonderful family's support through the years.

Jeff's organization of the PLAN library couldn't come at a better time as September is **Read a Book Month**. I am going to reread a book which helped me get insight into my diagnosis of Manic-Depressive Illness, now called Bipolar I. The actress Patty Duke wrote about her experiences with the illness along with suggestions of resources for help. That book is titled **A Brilliant Madness**. Reading is one way we can better understand our diagnosis and options for dealing with it as we continue **Just Gettin' Better**. - Jim D.

Be sure to check out the newly arranged PLAN Library behind Reception and also in the Wellness Room.





Page four

THE BRI ZONE



"Bri on the Sea"



Game Night!



**Thursday Evening
9/7 @ 4:30p
Dinner provided**

PLAN VAN Reveal

Celebrating those who have made our new 12 passenger Ford Transit Van possible!

Friday, 9/8 after lunch!



Field Trip



To the
**DALLAS
PUBLIC
LIBRARY**

SIGN UP!
Meet at
1121 Rock,
Wednesday,
9/20, at
10:30a

Did you know that toiletries are not covered by Food Stamps/SNAP?



Can you imagine not being able to afford toothpaste, deodorant or soap? This situation faces many in our community. Help us help them by donating unused hygiene products and dropping them off at 1121 Rock for the JFS Food Pantry between now and September 20th. Help us clean up! **DONATE NOW!**

Nurse David's Health Corner

Resources for Additional Support

988 Suicide & Crisis Lifeline

Provides 24/7, free and confidential support.

Crisis Text Line --- Text NAMI to 741741

Provides 24/7, free and confidential support via text.

Trevor Project – 866-488-7386

Provides 24/7 crisis support services to LGBTQ individuals aged 13-24.

Veteran's Crisis Line

24/7 confidential crisis support for Veterans and their loved ones.

NAMI Information Line – 800-950-NAMI (6264)

Information and referral source M-F 10a-6p EST

PLAN @ 1121 ROCK

People Living Active Now



CALENDAR

September 2023

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

September Themes

- National Recovery Month
- Suicide Prevention Month
- Self-Care Awareness Month
- Self-Improvement Month

Days of Note

- Labor Day – 9/4
- First Day of Autumn – 9/23



Join us on
Facebook at
“PLAN of
North Texas”

Weekly Meal Themes

Mondays - Mexican OR Mediterranean

Tuesdays - Italian OR Breakfast

Wednesdays - Wacky OR "Whatever"

Thursdays - Vegetarian OR Vegan

Fridays – Eastern OR Southern Food

PLAN @ 1121 ROCK

People Living Active Now

1121 MAIN....972-379-9904
Daniel.....972-703-2150
Elijah.....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 @
1:00pm

*Participate in Clubhouse
decision-making!*

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

Committee Meetings

Advocacy Committee -

Wednesdays @ 2p: 9/6 & 9/20

Sunshine & Shadows Committee -

NOW THURSDAYS @ 2p: 9/14

Events Committee -

Fridays @ 2p: 9/8 & 9/22

New Member Committee -

Thursdays @ 2p: 9/7 & 9/21

Newsletter Committee -

NOW WEDNESDAYS @ 2p: 9/13 & 9/27

Gardening Committee -

Fridays @ 2p: 9/1, 9/15 & 9/29

Media Arts Committee -

Thursdays @ 11a (9/7, 9/14, 9/21, & 9/28)

Events This Month

CLUBHOUSE CLOSED – All Mondays

Member Spotlight Meal – Ricky A. – Wed, 9/6

Game Night: Family Feud – Thurs, 9/7 @ 4:30p

Your Voice: Liz O. – Wed, 9/13

Coffee House Jam: The British Invasion

Sat, 9/23 - 5:00 – 6:30pm

Field Trip: Dallas Library – Wed, 9/20

Supper Club: Noodle Wave – Sat, 9/30 @ 5p

Birthday Bash: Pancake Day – Tue, 9/26 @ 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

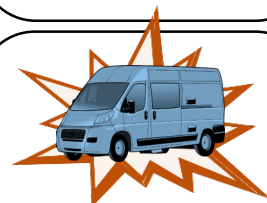
Peer Support

David.....469-589-9905

Nadine....469-589-9903

Pam.....469-589-9904

Lisa.....469-589-9906



PLAN Van
“Wheel Reveal”
Party - 9/8
after lunch

Prelude Clubhouse

FALL MUSIC FEST FUNDRAISER

Raising Funds for Mental Health Awareness

October 7, 2023 5 pm to 11 pm

LOVE & WAR in TEXAS

601 E Plano Parkway Plano TX

FEATURING

**GREAT
Raffle
Prizes**



**GREAT
Live
Music**

WITH SPECIAL GUESTS



Tickets are on sale NOW

\$15 at prelude-clubhouse.org, or at the door the day of the show!



**PLAN @
1121 ROCK**
People Living Active Now



CASTING CALL

At PLAN, we are known for our infamous “Whodunnit’s” mystery dinner events. Thanks to Todd W. and Daniel M., our next event will be the “**Kleptochromatic Cowboy Calamity.**” We are casting roles now! Please see Daniel M. at 1121 if you see a role that suits your boots!

- ⇒ **Inspector Jimbo Oversyte** – Everyone’s favorite Australian inspector...who may not actually be Australian
- ⇒ **Assistant-to-the-Inspector Syd Specter** – Inspector Oversyte’s begrudging but loyal assistant who really wants to prove herself
- ⇒ **Carey Justice** – baseball player for the Texas Rangers who is opening his new Tex-Mex restaurant *The Wacko Taco*
- ⇒ **Sargeant “Bear” Lee Macheaux** – army man who tries to be macho, but...struggles. Has a past with Syd
- ⇒ **Judge Alfred Poet** – the rhyming judge; supportive friend of Jimbo and Syd
- ⇒ **Abraham Roosevelt** – a descendant of both Abraham Lincoln and Teddy Roosevelt and solid believer of reincarnation; very much believes he is both of his ancestors reincarnated
- ⇒ **Llapsa Schnauzer** – lady who believes she is a dog; barks a lot
- ⇒ **Sarah Terra** – architect of the restaurant; a little ditzy; may have overlooked making sure the central air system of the restaurant is functional
- ⇒ **Moses Duwani** – Lyft driver for Llapsa and Sanders who just happens to be at the opening
- ⇒ **Bithia Landau** – famous actress visiting Dallas; loves being the center of attention; wants to solve the mystery because it’d be great publicity
- ⇒ **Mark Lopez** – manager of the restaurant; used to be a doctor; loves his kitten
- ⇒ **Luke Sanders** – Llapsa’s lousy therapist who thinks the best way to help her is to feed her delusions (and hang out with her 24/7)
- ⇒ **Henry Goldberg** – Carey Justice’s agent who is trying to help him renew his contract with the Texas Rangers (not a fan of Justice starting a restaurant)
- ⇒ **Golda Goldberg** – Henry’s wife and Jimbo and Syd’s Captain
- ⇒ **Pastor James Klein** – Baptist church preacher who has a heart condition **Ferris Tatum** – from New Hampshire, a mystery novelist who’s obsessed with “the West” and considers himself apt to solve the mystery of the missing tacos because he likes to channel his main character who is an 1800s sheriff
- ⇒ **Paul Jerry Atrix** – Aging server who’s eager about turning 100 and has a dream of taking over Carey’s restaurant to rename it the Jalapeno Persperino
- ⇒ **Athena Pastel** – girlfriend of Casey Justice; old friends with Jimbo and Syd (who brings them in for solving the case of the missing tacos) –
- ⇒ **Teresa Leftovers** – chef at *The Waco Taco*