

MAY 2025

The Pursuit of Purpose

The Value of Purpose

PLAN CORPS Values

C – Commitment, Communication

O – Openness

R – Respect

P – Purpose, Passion, Presence

S – Service, Solution-Focused

Our fifth CORPS Value at PLAN is Purpose. What does purpose mean? Purpose is defined as “the reason for which something is done or created, or for which something exists.” We all have purpose. Each and every person under the sun is here for a reason – and often more than just one reason. We all have many reasons to exist – and life consists of finding these reasons. As we find these numerous purposes, we are able to use our gifts to help others along their journey too. In this issue, we’ll share about different aspects of purpose – how purpose is geared toward growth, not stagnancy or regression; how purpose in community creates belonging; how goals are paths for pursuing purpose and progress; and how purpose provides understanding of one’s own identity as much as identity informs one’s purpose. Pursuing purpose provides motivation for growth, encouragement as you become more of who you want to be, and clarity on what you were made to become. *The purpose is in the pursuit, so keep going, keep growing, keep becoming, and just be.*

-Robin K., Lauren C., Daniel M.

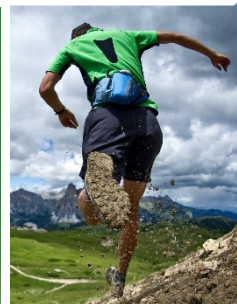
May: Mental Health Awareness Month



MAY IS
**MENTAL HEALTH
AWARENESS
MONTH**

Join us as we

TURN
AWARENESS »
INTO **ACTION**



Growth Mindset

The path to finding purpose is best pursued with a growth mindset instead of a fixed mindset. Here’s the difference:

Fixed Mindset

- ❖ Says, “nothing will ever change or get better”
- ❖ Avoids challenges
- ❖ Gives up easily when faced with obstacles
- ❖ Sees effort as fruitless or worthless
- ❖ Ignores feedback
- ❖ Desires to seem smart and not change

Growth Mindset

- ❖ Says, “anything could happen, everything could get better”
- ❖ Embraces challenges
- ❖ Persists when facing setbacks since overcoming is a path to growth
- ❖ Sees effort as a path to mastery
- ❖ Seeks to learn from feedback and mistakes
- ❖ Desires to learn, grow, and become more

Clubhouse Standards: Purpose

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.

21. The Clubhouse enables its members to return to paid work through Transitional Employment, Supported Employment and Independent Employment; therefore, the Clubhouse does not provide employment to members through in-house businesses, segregated Clubhouse enterprises, or workshops.

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 members.

28. The Clubhouse provides assistance, activities and opportunities designed to help members develop and maintain healthy lifestyles.

Employment Recognition: Katie S.



Pictured: Shelita, Katie S. and Omar, Manager at Golden Chick

Katie S. is working a Transitional Employment position at Golden Chick! Way to go, Katie!

Katie had been desiring to get back into work for a while, and when an opening came available with Golden Chick as part of our Transitional Employment program, she jumped at it! She didn't have a particular place in mind originally; she just wanted to get back into the habit of work, and Golden Chick has given her the opportunity to do just that.

Katie is most excited about having a team that is really easy to work with and the discount perks that come with the position. She says, "my co-workers are really nice and the food is good."

When asked about how going to work has made her feel about herself and her own journey, she said, "it makes me feel motivated." When asked how working at Golden Chick fits into her goals, she says that it "helps me stay busy."

A big thank you to Golden Chick for being a launch pad for so many of our members!

-Christy W., Shelita W.

Member Showcase

Meet Gigi!



Gigi has been a member of PLAN since 2019. If you come by the Clubhouse, you'll normally see her in the wellness area or upfront at reception, and she's happy to say hello with a warm smile!

Originally from New York City, Gigi has lived here in Texas since she was 9 years old. She enjoys the Clubhouse because

it gives her somewhere to be, things to do, and a community to be a part of. Her favorite things to do at the Clubhouse include helping in culinary or relaxing.

In her free time, Gigi is an avid artist. She loves to draw and listen to music, and enjoys fashion. When asked who she most admires, she said, "I admire that the world keeps on spinning no matter what."

We asked her how things have improved for her since coming to the Clubhouse, and she responded, "I am now able to live on my own: I have my own apartment!" Through our PLAN Connection Case Manager, Dani, Gigi and her family was able to connect to a nearby subsidized housing option.

She has further goals of someday buying her own car and, through the Clubhouse, learning how to use computers better. She says that the Clubhouse helps her have a sense of purpose because "I have somewhere to go everyday." Her words of wisdom for everyone are, "be yourself. Enjoy yourself."

-Shelita W., Daniel M.

Purpose: Goal-Setting News

PLAN Clubhouse and PLAN Connections are teaming up to help everyone achieve their goals. This will mainly take place through our developing

GOAL-SETTING COMMITTEE

coming soon as a part of the Work-Ordered Day. This Committee will help members develop their goals, use the Work-Ordered Day to implement them, and answer questions around them such as:

- What are things you can do here at the Clubhouse to help you toward your identified goal?
- What are the things you can do here at the Clubhouse to show other members that you are on your way to your desired outcome?
- Who do you want to become? How can we help you get there? How can the Clubhouse be a platform for achieving those goals?

Let's goal!

Resource Spotlight: NAMI



North Texas

www.naminorthtexas.org

NAMI is the National Alliance on Mental Illness. They are the nation's largest grassroots mental health organization. NAMI North Texas serves Dallas, Collin Rockwall and Denton counties. They are dedicated to building better lives for the millions of Americans affected by mental illness through education, support and advocacy, whether it be the diagnosed individual or their loved ones. NAMI's work at the legislative level is unparalleled in promoting awareness and services for those who struggle. We proudly partner with NAMI North Texas on several initiatives, including the UTSW RISE (Recovery, Inspiration, Support and Empowerment) initiative for Young Adults. For caregivers, their Family to Family program is incredibly valuable in helping to understand the scope and impact mental illness may have on families. And their Peer to Peer program and Connections Support, is one that let's individuals with mental health challenges discover that they are not alone.



Join us! Saturday, 5/17 at 8am
Grandscape, The Colony
www.namiwalks.org



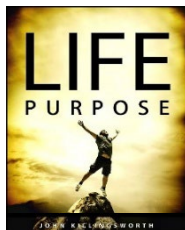
Second Thursday of the month at
Iris Place Apartments, facilitated
by PLAN Connections.

Book Review: *Life Purpose*

Life Purpose

by John Killingsworth

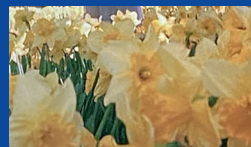
Chris O. discovered this e-book guide about how to find purpose in life and wanted to share it with us!



This book addresses 5 steps for pursuing purpose:

1. Reflecting on the past
2. Finding your area of mastery
3. Letting go of others' expectations and past commitments
4. Accepting the call
5. Putting your life purpose into a concise statement

This book has helped me to get closer to finding or creating my life's purpose and have some basic idea of where to start. The number one thing that stood out to me about this book is that it's full of stuff that works to help anyone find or create their purpose, as it claims. See me if you'd like me to email you a copy of this useful e-book!



Just Gettin' Better: The Power of Purpose A Column by Jim D.

It's springtime, and flowers are blooming, brightening our days with their many colors and fragrances. I often stop to enjoy them in parks or along country roads. Yellow daffodils are my favorite. I think of my mother, who felt her purpose and passion was to celebrate the natural beauty of her native east Texas. She was diagnosed with manic-depressive illness then, now Bipolar I. I have the same diagnosis. Fifty years ago, she and other women from the neighboring area started **Wildflower Trails of Texas**, the first wildflower celebration in the state. (Richardson now has its own wildflower celebration in May). **Wildflower Trails of Texas**, the one mother helped to start, has grown long after her death and is a legacy to her passion for seeing beauty in nature and celebrating it.

The focus of this newsletter is purpose. I have a purpose and a passion, just as mother did. Mine is to advocate for **PLAN**, to spread the word to others attending support groups, or in other ways, with a focus on mental illnesses, and take materials explaining what **PLAN's** program is doing to help many people whose lives were damaged as was mine, and are finding hope again, first through the Work-Ordered Day, then employment that **PLAN's** partners provide, and housing for many who go through the program. I'm so thankful for **PLAN**. When we work at our recovery by participating in what **PLAN** has to offer, we continue *Just Gettin' Better!*



Purposes

An Extraordinary Life

The purpose of life is to climb the mountain,
To go the extra mile
To walk upon the sea
Instead of wading in the river.

-Robin K.

Noble Cause

Chasing stars through shadowed night,
A flame within, our truest light.
Each step unclear, yet still we strive,
For purpose keeps the soul alive.

-ChatGPT (prompted by Robin K.)

Purpose (2021) – by Paige F.



The Clubhouse was started with the idea that it would be a foundation of purpose for its members. The Clubhouse community would be a resource and a launch pad for those who participate in the activities to help them find their purpose, or continue their journey in pursuing the goals or dreams they have already found. Employment programs, relationships created, meaningful work performed, our PLAN UR MONTH newsletter, Snack Shack, lunches, budgeting, PLAN TV Newscast, data input, flower arranging and many more, are available to all members to try out, to inspire, and to grow from. These are resources that can truly serve as a starting point. We encourage those of you who are searching for purpose to start the conversation with peers or staff on what that may look like for you and how we can help.

Not only is purpose served individually for those who attend the Clubhouse but also it speaks to the greater purpose of PLAN @ 1121 Rock. Who are we as a Clubhouse? What is OUR purpose? We find it in our Mission Statement:

Our vision: A better life for all our members.

Our task: Working together to make it happen!

It has been said many times that a Clubhouse is a reflection of its members. We happen to have an extremely creative, hard working, dedicated, and welcoming Clubhouse. We are all grateful to have staff and a membership that promotes purpose!

Purpose + Community = Belonging

When people feel that they belong to your community, they're more likely to return, contribute, and become unofficial ambassadors by inviting others to join.

Belonging is a fundamental human need.

In my experience, members that feel purpose in their sense of community are the best participants. They're happier to share and do so consistently. The more that we as members do, the more value we add to the community. These interactions, in turn, create more ways for new members to interact and connect, encouraging a sense of belonging for them as a result. ~ by Thien N. ~

Impromptu Member Survey

What is your purpose right now?

Todd W.: My screenwriting class and writing a screenplay.

Sarah E.: Being more open with my family about what I'm facing/struggling with.

Robin K.: To love intentionally – and that just covers the whole gamut, really!

Kelly C.: To live in the moment.

Shelita W.: To be kind, even if others aren't in return. I am trying to put into the world what I want to see.

Tiffany G.: To come to PLAN and develop friendships in gratefulness and to work on my mental and physical health

Steve B.: I'm working toward being a more positive person. I used to be negative, but I've already grown a lot in that area. I just still want to grow more. Life is too short to be mean, hateful or negative.

Pam C.: Making myself be kinder to myself and others.

Deanna A.: To be a bright light of encouragement to other people!

Tune-ins

MAY THE FOURTH BE WITH YOU

Eisemann Series
05.04.25

Featuring the music of John Williams

FREE!
Sign up on the Big Board!

Richardson Community Band

ARMCHAIR TRAVELER:
NEW YORK CITY
COMING: JUNE 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
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. 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: 5/6, 5/20

New Member Committee

Wednesday @ 11a: 5/21

Sunshine & Shadows Committee

Thursday @ 2p: 5/1

Career & Development Committee

Wednesdays @ 11a: 5/14, 5/28

Media Arts Committee

Thursday @ 11a: 5/8

Advocacy Committee

Thursday @ 2p: 5/15

Events Planning Committee

Friday @ 11a: 5/16, 5/30

Events This Month

Tuesdays: 5/6, 5/13, 5/20, 5/27

Weekly House Meeting @ 1p

- Mondays: 5/5, 5/12, 5/19 - Book Discussion – *Let Them* @ 2p
- 5/1: NAMI Capitol Day
- 5/4: "May The Fourth Be With You" Eisemann Center Band Concert @ 3p
- 5/7: Janssen Neuroscience Presentation @ 2p
- 5/8: NAMI Peers @ Iris Place @ 6p
- 5/9 & 5/23: JFS Hoops @ 11a
- 5/11: Mother's Day
- 5/17: NAMIwalks @ 9a
- 5/22: Clubhouse Employment Training @ 2p
- 5/24: Coffee House Jam: Crooners @ 5-6:30p
- 5/26: Memorial Day – CLOSED
- 5/27: Birthday Bash @ 12:30p
- 5/31: Supper Club – Campisi's (7632 Campbell Rd) @ 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 rjosenhans@planntx.org to find out more.

Case Management

Dani.....469-589-9909

Peer Support

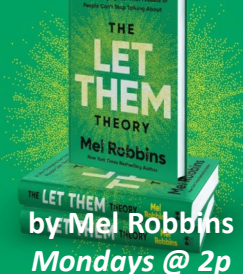
David..... 469-589-9905

Jalen.....469-589-9904

Lisa..... 469-589-9906

Takiyah....469-589-9902

Book Discussion



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