



Welcome
SEPTEMBER!

BUILDING

better

BOUNDARIES

Red Flags and Rustic Fences

In September, we're focusing on establishing and maintaining healthy boundaries. In this issue, you'll find three member generated articles on boundaries and how defining limits is valuable both for the Clubhouse and individually.

What's Happening?

New Classes in September– Check out some new Peer facilitated offerings:

- ***I Am Not Sick, I Don't Need Help* Book Club** – by Xavier Amador, this discussion group will be about how to support and help others who suffer from mental illness but cannot see that they do. (By the way, the technical term is called “anosognosia.”) Come Tuesdays @ 2:30p. Though not necessary, in preparation for this class, you may want to purchase the book on Amazon or download a free digital copy of it at:
https://www.nami.org/getattachment/Learn-More/Mental-Health-Conditions/Related-Conditions/Anosognosia/I_am_not_sick_excerpt.pdf
- **Dental Diligence** – Tania R. will be leading us in a two-part class on how to take care of your pearly-whites! Wednesday 9/21 and 9/28 @ 2p
- **Learning to Look at Art** – Members are investigating and presenting on masterpieces of art. Learn about crucial elements of design. Come at 2p on 9/1, 9/14 and 9/22.

Clubhouse Closures – 1121 Rock will be closed Mondays in September and also, Thursday, September 15th due to staff development and holidays. Be sure to plan accordingly!

Lots of ART-portunities!

We are increasing our appreciation of art in August, September and October!

Throughout **August**, we held Learning to Look at Art presentations on Thursday afternoons and learned about Van Gogh, de Vinci, and Monet! More presentations to come in September!

Thursday, **September 22nd**, we'll have our first Art Night from 4:30 – 6:30 PM: Instead of looking at art, we get to create it! Come ready to paint, create, and practice your artistic skills!

To top off September's art appreciation, we'll take a day trip to the Dallas Museum of Art on **Sept. 29th!**

Thursday, October 6th, **SAVE THE DATE FOR OUR ATTA-OPEN HOUSE!** It's a celebration of “Achievement Through the Arts” (ATTA) artists as we turn our Clubhouse into an art gallery for Mental Illness Awareness Week.



Member Showcase

Meet Reynaldo

We are always happy to celebrate members both old and new, and one that has been with us for awhile is Reynaldo T. One thing you'll notice about Reynaldo is that he is always smiling. If you ask him how he's doing, he will almost always say, "blessed."

Reynaldo is originally from Browder, South Dallas, TX. He has been a Texan all his life and has actually been a part of the Clubhouse community for over a year and a half! Reynaldo says the Clubhouse helps him by "allowing me to think for myself freely and learn new things." Since he's been a part of the Clubhouse, he says his mental illness has improved because it "greatly stimulated" his mind.

When he's at the Clubhouse, his favorite thing to do is whatever is needed. He is quick to agree to helping however he can. In his free time, Reynaldo likes to listen to the radio on his phone and watch the news on TV. Reynaldo loves his family and admires his Aunt Rosa the most. His personal goals include completing his GED to help him get better at reading and writing.

In light of this month's theme, we asked him about how he protects and cares for his own personal and emotional space in relation to others, and his approach is simply, "I just basically keep my boundaries." He also has some words of wisdom for anyone new to the Clubhouse: "If I can do it then you can do it!" Reynaldo inspires kindness, laughter and delight in everyone he meets and embodies just how welcoming the members can be!
By Darren M.



Clubhouse Standards

18. The Clubhouse is organized into one or more work units, each of which has sufficient staff, members and meaningful work to sustain a full and engaging work-ordered day. Unit meetings are held to foster relationships as well as to organize and plan the work of the day.

On Healthy Boundaries

Boundaries are a must in our lives! Setting healthy boundaries is so often not taught in a lot of our households. There are the exceptions, yet at my ripe old age of 60, I'm still learning what it's all about, the benefits, and the cost of not having healthy boundaries.

The mere mention of confrontation makes so many of us cringe. Our minds think "Oh no! Conflict!" I avoid conflict, or at least I used to. Neither of those are, in reality, things to fear. By definition, conflict...

...can be a respectful conversation between two powerful people.

...addresses a specific issue that is interfering with connection.

...achieves mutual understanding of the issue and helps to build a plan to adjust behavior to better meet the needs of the relationship.

...restores and strengthens the relationship.

Learning how to set boundaries and employing successful confrontation is essential to building powerful, strong relationships. Gaining increased understanding of one another helps lower anxiety. Knowing and growing to learn one another's needs heals pain, deepens connections and trust, and prevents disconnection in the future.

By Teri H.



Healthy boundaries are not walls. They are the gates and fences that allow you to enjoy the beauty of your own garden.

— Lydia Hall



Opening the Door

On Pushing Your Boundaries...



Everyone likes being comfortable, whether the comfort is physical, like a warm blanket on a cold morning, or emotional, like having coffee with an old friend. And everyone dislikes discomfort (in and of itself). But sometimes the path to the comfortable and pleasurable must go

through the uncomfortable and painful. This statement holds true in human relationships. To establish good relationships, sometimes we must step outside our comfort zone and push our boundaries. It requires effort and sometimes anxiety to forge new acquaintanceships and friendships. Every old friend was once a new friend. Life would be impossible and joyless without acquaintances and friends. To live the good life, then, we must test our social limits.

A good example of pushing our boundaries is coming to Clubhouse for the first time. It takes courage to walk into an unfamiliar setting and interact with unfamiliar people. Another example is starting a volunteer or employment position. Recently I started volunteering at the Jewish Family Service food pantry. I had to brace myself for a bit of social anxiety and be a little uncomfortable in order to achieve the goal of meaningful work and socialization. A much more costly pushing of my boundaries occurred when I worked at Sam's Club handing out samples to customers. It was nerve-wracking but definitely worth it, as the experience made me a better person. - Andrew F.

THE BRI ZONE



Don't you LOVE THE BRI ZONE?

You can now purchase Bri's art or have something commissioned for you by contacting Bri at 214-274-3296.

Just Gettin' Better

A Column by Jim D.



Turning Scars Into Stars

When I was diagnosed with a mental illness, I thought my life's hopes and dreams were over. My wife left me, fearful that I might harm her or our precious kids, moving them to a new city hundreds of miles from me. My boss came to see me in the psych ward and told me that my employment had been terminated due to my mental illness. He said that their liability insurance didn't cover mentally ill employees. I was heart-broken. Everything looked hopeless.

I first found help at a support group and then was invited to a Clubhouse. I asked what they did at the Clubhouse, and one member told me that their purpose was to help people turn their scars into stars. That has certainly been true in my experiences with the Clubhouses where I have been a member since that time. Many of us members have found support and friendship and regained confidence in themselves through the work-ordered day. Through the Clubhouse I got a job where I worked for sixteen years until retirement. I also did some writing and research for others while still a member of Clubhouses. I never dreamed I could accomplish any of these things when I was in that hospital.

The lesson I learned is just because you are diagnosed with a mental illness, doesn't mean you cannot find hope and success in your own life. In my decades of association with Clubhouses, I have seen many, just like me, who turned their scars into stars and continue **Just Gettin' Better!**

Ideas for topics to cover?

Email Jim at JimsRacket@gmail.com



Come join us for an afternoon of celebrating recovery!

**Saturday, September 17th
11a-3p**

**The Sound at Cypress Waters
3111 Olympus Blvd, Coppell, TX 75019**

Fun for the whole family! Includes entertainment, guest speakers, food trucks, lakeside restaurants, children's activities and catch and release fishing!

Be sure to sign up at the Big Board!

www.bigtexasrallyforrecovery.org

Cluing Yourself Into Others' Boundaries



My name is Angelina B. and I am a new member of PLAN, but I have a cherished history with NAMI and recognize the importance of boundaries. Boundaries are essential when it comes to living a healthy life and sustaining healthy relationships. When it comes to the boundaries of others, it's important to know how to recognize their boundaries and when you have overstepped them.

There are two different types of boundaries to look out for, physical and emotional. Both have social cues to look out for. Physical boundaries take many forms, such as getting too close to someone and invading his/her personal space. For us to recognize these boundaries we must look to those social cues that others give us. Examples of these social cues are turning away from us, looking away and not holding eye contact, backing up, folding of the arms or stiffened posture or fidgeting. For emotional boundaries, everyone has a certain level of comfort with regards to emotions and communication. Here are some clues to help differentiate what those comfort levels are and where the invisible boundary lines have been placed. Some ways the other person will clue us in is by using social cues. Examples include limited conversation responses, excessive nodding or giving the "uh-huh" response, and the other persons voice might suddenly change to a higher pitch.

If we look for and follow these social cues to help us recognize where both the physical and emotional boundaries are in another person, then hopefully we can avoid overstepping these boundaries. If it happens, then the other person may become agitated and sometimes hostile. However, do not be alarmed if you do. We are all human and have been guilty of doing that at some time or another. Above all else, when in doubt of what and where another person's boundaries are, JUST ASK!! *The best way to know others' boundaries is to have them communicate them to you.* Thank you for allowing me share this most important topic with all of you. Enjoy the rest of your month! - By Angelina B.

(Our deepest sympathy to Angelina whose mother, Sherry Cusamano, a renowned mental health advocate and the leader of NAMI North Texas, passed away recently.)

In Memory

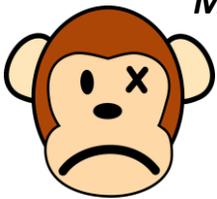
PLAN Passing - Kathy Forrester

Condolences to the family of long time PLAN Member, Mary Katherine "Kathy" Forrester, who passed away from longterm kidney disease on July 31st, 2022. While we had not seen Kathy very often in the last few years due to Covid and her illness, she had formerly been very active as an officer on the L'Helgoualch Consumer Leadership Board and contributed much with ideas for social events and fundraising. Always looking her best, Kathy was someone who had a heart for those struggling with mental illness. We remember.



Nurse David's Health Corner

Maybe you were wondering...



Monkeypox Symptoms

People with monkeypox get a rash that may be located on the skin in areas like the hands, feet, chest, face, or mouth, etc.

- The rash will go through several stages, including scabs, before healing.
- The rash can initially look like pimples or blisters and may be painful or itchy.

How long do Monkeypox symptoms last?

Monkeypox symptoms usually start within 3 weeks of exposure to the virus. If someone has flu-like symptoms, they will usually develop a rash 1-4 days later. It can be spread from the time symptoms start until the rash has healed, all scabs have fallen off, and a fresh layer of skin has formed. The illness typically lasts 2-4 weeks.



From <https://www.cdc.gov/poxvirus/monkeypox/symptoms.html>



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

**Clubhouse will be CLOSED
MONDAYS in September and
Thursday, 9/15 for Staff Retreat.**



Join us on
Facebook at
"PLAN of
North Texas"

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 the
meal.

2022 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

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 Return!

Newsletter Committee -

@ 11a: Thurs 9/1 ; Tues 9/13

Events Committee -

@ 11a: Fri 9/2, 9/16, 9/30

A/V (Audio-Visual) Committee -

@ 11a: Wed 9/7, 9/21

Advocacy Committee -

@ 11a: Wed 9/14, 9/28

New Member Committee -

@ 11a: Thurs 9/22

Gardening Committee -

@ 11a: Fri 9/23

Classes This Month

I Am Not Sick, I Don't Need Help

Book Club - Tues @ 2:30p

Dental Diligence - Wed 9/21, 9/28 @ 2p

Playing the Dating Game - Fri 9/23 @ 2p

DBSA PLAN @ 1121 Group

Fridays 9/2, 9/16, 9/30, 2:00 @ 3:30p

Learning to Look at Art

Thurs 9/1, Wed 9/14, & Thurs 9/22 @ 2:30p

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.....469-589-9903

Nadine....469-589-9904

Pam.....469-589-9905

