And Now Phase Three Reopening:
3 Days A Week, Tue-Thu

Effective the week of October 6th:
THE CLUBHOUSE FACILITY
- PLAN @ 1121 Rock will be open 3 Full Days – Tuesday, Wednesday & Thursday from 9a- 4p
- Limit is 10 members
- Members may make reservations ahead of time by calling 972-379-9904. Members may reserve for multiple days. Expect to receive a confirmation call.
- Members may call the day of, to check availability.
- Continued careful screening, social distancing and sanitizing protocol will be adhered to.
- Please bring your own lunch, as our kitchen is not yet available to us. We will, however, be working to reopen the Rock Bar Snack and Chat with prepackaged items.

LIMITED TRANSPORTATION RESUMES
Transportation will resume at Iris Place starting 10/6. Pick-up will be at 9:30a and return from 1121 will be at 4p. Each ride will be limited to two passengers, which means we may have multiple pick-ups. Protocol for getting in the vehicle includes a temperature scan, completing the screener, wearing mask properly at all times while in the car and wiping down the areas where contact with the vehicle has been made upon drop-off. Members should call 972-379-9904 the day prior to schedule a pickup.

COME JOIN OUR OPEN AIR LUNCHES
Tuesday and Thursday AND NOW SATURDAYS (peer-led) starting 10/10
11:30a – 12:30p at the 1121 Garden

Don’t forget to bring your chair, your mask and your lunch! Protect yourself and others by observing 6 ft social distancing guidelines. Lunches are weather-permitting!

Welcome our New Clubhouse Staff Gen’s

Meet Jillian
“I’m thrilled to be working with everyone here and to be working toward our having joy and purpose in our lives. I believe my background in social work, sales and fundraising will be quite useful to PLAN. I am excited to learn about member goals and interests, especially as it relates to wellness, education and employment— or anything else, for that matter! Thank you all for this opportunity!”

Meet Shira
“Shira, here! From the east coast to the west coast, around the world and back—I have finally centered in Dallas and am very fortunate to have found PLAN. The community is unique and I am excited to grow alongside everyone involved. I love learning new ways to communicate effectively with others and how to be healthy, strong, and receptive. ...On a lifelong journey to live up to my last name: Service.”

This is a special month where we observe Mental Illness Awareness week and World Mental Health Day. See page two for how you can help!

2020
ClubhouseRocksTexas.com

In observance of
MENTAL ILLNESS
AWARENESS WEEK
first full week of October

October 5th – 11th, 2020

WORLD
MENTAL
HEALTH
DAY

October 10th, 2020

The Clubhouse Model of psychosocial rehabilitation is an evidence-based proven model (SAMSHA) to help those with severe and persistent mental illness achieve self-sufficiency through meaningful work and meaningful relationships. This first week of October, Clubhouses all across Texas will be posting pictures of rocks painted by members and staff, sharing inspirational messages and stigma busting quotes.

We encourage all Texans to educate themselves about the challenge that mental illness poses to individuals and families and how we can support each other! Check out www.clubhouserockstexas.com.

Please join us and Clubhouses across Texas in raising awareness and fighting stigma by painting a rock and sharing a post on our Facebook page, PLAN of North Texas, with the following hashtags during the first week of October!

#clubhouserockstexas
#breakthestigma
#toolstothrive
#okaytosay
#WMHD
The PLAN @ 1121 Garden Update

Fall is right around the corner, and we have been preparing the gardens. At PLAN, for fall planting we’ve chilled, tilled and added new compost and soil to the garden beds.

On Garden Prep Day I, Lowe’s donated all the garden soil and compost. Teri (the tool girl) fixed our loose garden boards with her trusty drill. Home Depot Manager, Robert Bermejillo, donated vegetables and flowers which we planted on our Garden Prep Day II.

This is what we planted: In the left box closest to the benches, we have planted Asters and six Vinca Plants, sadly two Vinca Plants died from not watering often enough. In the right box, we have planted basil, cilantro, kale x 6, red cabbage x 6, and cherry tomato plants x 3. These herbs and vegetable plants are all healthy. In the planters surrounding the main boxes, we have mums, peppermint, and another cherry tomato plant. We discovered that the two other boxes have a large ant population and treated them with ant killer. Teri also secured loose boards on the boxes and knocked off fungi that would rot the wood if ignored.

Michelle has purchased seeds that we would need to plant in the garden before the end of the fall season in the healthy beds. The seeds are spinach seeds and beets seeds. These will go in the same bed as the Vinca plants. We need to determine what other plants to plant in the far box. We also have to check on the ant status of boxes and research how to get rid of them. We are going to treat the wood on the garden boxes with weather sealant.

Like Digging in the Dirt? Watering the Soil? Sign up for the Garden Committee!

We are going to have a sign-up sheet for watering the garden every Tuesday, Thursday, and Sunday. Please consider helping us water the plants if you are attending the Open Air Lunch on Tuesdays and Thursdays. On weekends, if you live close by or just want to help out, please consider coming up to PLAN to water. Sign up by calling Daniel by Friday afternoon at 972-703-2150.

Come by our garden beds and see progress! Thank you to all who have participated and worked in our garden! What a beautiful journey!

– Michelle C.
Salute to Our Winners!!

Winner of the NAMI September Self-Care Painting/Drawing Contest

“Just Be” by Teri H.

“Zentangling is a meditative art that I learned about at PLAN. The repetitive drawing of patterns help me manage my anxiety and stay grounded in times of stress and is an important part of my self care.”

CONGRATULATIONS to PLAN members, Robin K. and Teri H. for Grand Prize wins in NAMI’s September Self Care Awards, worth $100 each! Teri won with her artwork. Robin K. won for creative writing/poetry. (Poem on Calendar page.)

PAC Showcase

Jewish Family Service of Greater Dallas

MAKING MORE POSSIBLE

With the new Jewish Family Service fiscal, we have a new slate of PLAN Advisory Committee (PAC) Members, as well as a new Chair, Lindsay Stengle. Lindsay has been a Jewish Family Service Board Member for several years and also serves on the JFS Exec Committee.

The PAC’s role is to support PLAN and keep it true to our mission to provide support for individuals with severe mental illness. We are so grateful for Lindsay’s creativity and commitment and for all the Committee members willing to donate their time and talents to us.

“I am thrilled to lead a group of so many unique and talented people, and excited to see what we can do together.”

-Lindsay Stengle - New PAC Chair
stengle@gmail.com

A warm PLAN welcome to new JFS Board President, Julie Liberman and President-Elect, Eric Goldberg. Thank you for helping us make more possible!

Join us for a Halloween Open Air Lunch on October 31st at 11:30a at the 1121 Rock Garden! Weather Permitting

Be prepared to social distance, be screened and wear your mask! RSVP by 10-20-2020

Lunch provided. Join in the Costume Contest, enjoy Apple Cider and Pumpkin Painting!
CLUBHOUSE SCHEDULE
PLAN @ 1121 ROCK

Come Hop On the Calls!
214-380-0303 code 1234

DAILY CALL @ 1:15P
Monday – Saturday
EVENING CALL – M-F @ now at 6p

Ted Talk/This is WRAP! – Mondays @ 3p
Journal Share – Wednesday @ 3p
Current Events & TBD – Thursday @ 3p
Friendship Class – Friday @ 3p

Topics to be covered are announced during the Daily Calls.
NOTE: Activity calls subject to change

Group Zoom WRAP (Wellness Recovery Action Plan) Training is Thursday, October 29th. Contact Daniel for info. We recommend WRAP Training for all members!

Winner of the NAMI September Self-Care Creative Writing Contest

The Broken Vessel
By Robin K.

I feel like my feelings have been crammed deep down inside again. Afraid to come out. Punishment and anger are delicate yet harsh emotions for me. And God has done all to reach me.

Here I am God.
Broken and Free. Broken and Beautiful.
Broken and Talented. Broken and Gifted.
Broken and Smart. Broken and Creative.
Broken and Loving. Broken and Sharing.

A broken vessel sometimes has to be accepted. By self. And just to be.