

ACCORDING TO PLAN

ONE FOR THE BOOKS BY TONY H., ROBIN K., EMILY P., DANIEL M., ET AL.

As a Clubhouse, we have learned through this past year that celebration is key to momentum. We all have examples of this in our past: remember high school yearbooks? The point of a yearbook is to celebrate the wins of the previous year. Consider this our “yearbook” issue for 2025 into 2026 - together, we get to celebrate our individual and collective progress and stories. And it is in the celebration that we are **intrinsically*** rewarded. We like the idea of “winning” because it feels good to win and provides a mix of confidence and motivation, euphoria, excitement about the future, and relief about accomplishment. Watch for your wins, and let’s celebrate them together!

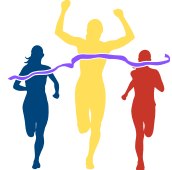
***intrinsically** - something built in naturally, not external
(if you didn't know that, celebrate that you just learned a new vocabulary word!)



CELEBRATE THE WINS

2026

WINCENTIVES AND WINITIATIVES BY: ROBIN K.



Taking initiative brings me closer to the excitements in life. Being motivated with the confidence to keep trying new things and moving forward in life brings much collective satisfaction. Heightened joys of living this life brings a cheerful heart. Wonderful people are sent to stand beside me, to strengthen my beliefs.

For me, my process of taking initiative makes the struggle worthwhile. Celebrating my wins alongside the wins of my favorite people makes me very happy and it is very encouraging to my very being. A couple of my favorite examples include:

- introducing myself to someone that is kind of quiet and try to bring their personality out by asking easy questions and sharing something vulnerable about myself with them
- staying curious about people and using creativity for daily enjoyment and to heal any angry feelings is a tactic I enjoy using for my health as well.

Spend intentional time deciding what you want to be intentional about in your life. The effects of having incentives to get me going is very rewarding. So how about you? Won't you try it too? Life is really good.

MAKING IT COUNT CELEBRATED STATS FROM MARCH 2026

27 AVERAGE DAILY ATTENDANCE

81 UNDUPLICATED INDIVIDUALS SERVED

623 TOTAL ENGAGEMENTS (TASKS)

7 NEW MEMBER ADDED

 **23** MEMBERS WORKING

425 LUNCHESES SERVED

225,000+ STEPS WALKED COLLECTIVELY FOR OUR STEP-TO-IT WELLNESS INITIATIVE

90+ EQUIVALENT NUMBER OF MILES WE WALKED



CLUBHOUSE STANDARDS

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.

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

JUST GETTIN' BETTER: WINNING BY: JIM D.

Don Henley the award-winning musician of The Eagles and member of the Rock and Roll Hall of Fame was asked on CBS Sunday Morning what was the secret to his success. (Google says he's worth \$200 million dollars). He replied. "Find what you love, and do it 'till you die."

In my own life, I had failed at so many things! After my diagnosis with Bipolar Depression, I was referred to the Texas Workforce Commission. Having a disability (a mental or physical illness) I qualified as a client. They tested me for what I might be good at (aptitude) and what I liked (my interests). The results showed that I would be miserable at my previous job pursuits.

*"I'm not a loser
but a winner!"* -Jim D.

Instead, the results showed that I like helping people, and doing research, so working as a librarian might be right for me. To my surprise, the Texas Workforce Commission helped me obtain financial aid to go back to college and be trained as a librarian, which I did.

Before I had been at the bottom of my class, but library studies were so interesting to me. I graduated near the top of my class and have been a librarian and done research work for the past 30 years ever since! My first research client said "Jim's skillful research has proved a priceless gift for me...I highly recommend him." That client was Don Henley, and I have helped many others since. I've found work where I'm not a loser but a winner! I suggest if you're in a job where you feel unfulfilled, and have a physical or mental disability, contact a staff generalist, and they will support you in your employment goals! They would like to try to help you, to make your life better, too.

MEMBER SHOWCASE: DAVID R. BY: DANIEL M., CHRIS O.



If you've been to PLAN, you can't help but run into David R., and you're better for it if you do. David moved to Texas seven years ago, and found the Clubhouse as soon as he got here. A faithful and consistent member since 2019, David loves coming to PLAN because it gives him purpose. In his words, "I like volunteering - I'm happy!" You'll easily find him serving at the Snack Shack and taking donations for lunch - he is content being stationed there and enjoys helping new members learn how to run things. In his time at PLAN, he says his mental health has improved: "I focus on the positive, I take my meds - I haven't been hospitalized in 11 years! I don't want to go back. PLAN keeps me outta there!"

In his spare time, David likes to read, listen to music, and sleep.

We asked him who he admires the most in the world, and he said, "it's a spiritual answer, but I admire Jesus the most." His goals he wants to pursue in the future are all about travel. He hopes to go on 2 cruises next year - one to the Caribbean and one to Alaska. He might want to do one in the Mediterranean Sea someday as well, and stop by Barcelona, Italy and maybe Greece.

For this past year, David is celebrating a lot. He completed 5 years as a Peer Support Specialist for Connections, and with that behind him, now he is enjoying settling in as a member again. He says, "I think my mental health is stable. I'm still working on my physical health because of my Parkinson's, but so far I'm doing well. I have ups and downs, but I'm doing alright."

Here are his words of wisdom for new members: "Be encouraged. Don't give up. Be receptive to members who have been here longer and what they have to say."

David, we are thrilled you are part of our community. Keep inspiring us by being you!

**JOIN US FOR DAVID'S
RETIREMENT CELEBRATION:
MAY 8TH, 2026 AT 1:00 PM**





Flower Girls

Arrangement of the Month
- Katie S.



CELEBRATING GOOD FOOD: TRAVIS T' REVIEWS



Travis T. pours his culinary creativity into crafting special meals for our community.

Here's what people are saying:

"The smashburgers we had were remarkable. The brussel sprouts with it were good too, chargrilled and sliced. Ther burger was so exceptional, I even took a second one home for supper." - Robin K.

"CASHEW CHICKEN. 5 STARS."

★★★★★
- RICKY A.



"I like Travis' cashew chicken." -Sarah E. ★★★★★

"Me too." - Charlene W. ★★★★★

"Me three." - Todd W. ★★★★★

"Actually, I want to change my answer: I give his salisbury steak with homemade mashed potatoes. 5 stars!" - Charlene W.



"I love working with Travis. He is a very knowledgeable and passionate cook. He wants everyone to enjoy his meal not just as cuisine, but as an experience of his care." - Robbyn L.

"The Cowboy Spaghetti was, like, straight garlic butter - SOOO GOOD!"

THAT SAUCE WAS LIKE...WOW!" ★★★★★

-Lauren C.

THE CULINARY CREW

We all have been working hard at getting our food handlers licenses. We would like to present the current list of our entire culinary crew! Everyone below is certified to work in our state-of-the-art kitchen and make wonderful meals together! Don't see your name on this list? Let's get you certified! See Christy or Clubhouse staff to start cookin'!

- | | |
|-------------|--------------|
| 1. BERAKI | 17. LAUREN |
| 2. CHARLENE | 18. MARK |
| 3. CHRIS | 19. MELINDA |
| 4. CHRISTY | 20. MERCEDEZ |
| 5. DANIEL | 21. RICKY |
| 6. DARREN | 22. ROBIN |
| 7. DAVID | 23. SARAH |
| 8. DEANNA | 24. SCOTT |
| 9. EMILY | 25. SHARON |
| 10. JACKIE | 26. SNEHA |
| 11. JAMIE | 27. STEVE |
| 12. JIM | 28. TERI |
| 13. KATIE | 29. TJ |
| 14. KELLY | 30. TIFFANY |
| 15. KIM | 31. TODD |
| 16. LAURA | 32. TRAVIS |
| | 33. TYLER |

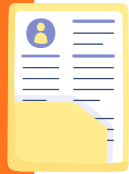


RESUME WINS BY: CHRISTY



2025 to 2026 was a big year for members achieving their goals of advancing in their job pursuits. Lots of members updated their resumes, as you see below. If you're not listed here, it's never too late! Let's get your resume updated: your future awaits!

MEMBERS WHO UPDATED THEIR RESUMES IN 2025-2026:



**BERAKI
CAROL
CHRIS
CHRISTY
DARREN
DAVID
EMILY
JAMES
JONATHAN**



**KATIE
LENNIE
MELANIE
MERCEDEZ
PIDGE
REID
ROBIN
STEVE
SUPRAJA
TODD**



OUR FRIENDSAVERSARY

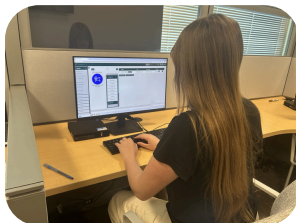
BY: SARAH E., CHRIS P., EMILY P., BERAKI M.

Due to complications in our old space, we were unable to have our Valentine's event we call, "Friendsaversary." So, we just rescheduled it for April, since it's never a bad time to celebrate friends. We had a pleasant taco bar banquet followed by peanut butter vanilla cookies baked with love by Chris O. He worked very hard on them specifically for the event, and even made his own video segment shown after lunch for anyone interested in how to make them. He was pleased to complete his vision for the event, and we are all grateful for how much he contributed. We had a wonderful time together, including a casual getting-to-know you icebreaker and quality time spent with friends and family. But the meaningful connections don't have to stop there. Stay tuned and join us for more upcoming gatherings and events. (see page 6 and the calendar for more!).



WE CELEBRATE OUR DATA INPUT SPECIALISTS!

**CHRIS O.
CHRIS P.
EMILY P.
FLETCHER P.
ROBIN K.
SARAH E.**



**STEVE W.
THEIN N.
TIFFANY G.
TONY H.
TRAVIS S.
LAYNE S.**

**WANNA JOIN THE TEAM?
SEE EMILY TO LEARN HOW TO DO DATABASE AND HELP US!**

SHOUT OUT TO OUR REACH OUT TEAM!

**Jade M.
Ann G.
Fletcher P.
Todd W.
Kelly C.
Robin K.
Sarah E.
Chris O.**



Having Completed our Pin-Hunt College visits, we're moving to a new vocational field trip goal. Introducing Biz Buzz - a way for us to explore different businesses in our area monthly. Here's the two we'll be touring in the near future:



MARY KAY MUSEUM:

MAY 20TH @ 10AM

AMAZON TOUR:

JUNE 1ST @ 1PM

(CLOSED TOED SHOES REQUIRED)



SIGN UP TO GO!



WHAT ARE YOU CELEBRATING?



THIEN N.
"Through the Clubhouse, I've helped with database and learned how to cook."



ROBIN K.
"I've grown as a writer as I consistently contribute to the newsletter."



PETER M.
"I have increased in self-confidence."



KELLY C.
"I celebrate my ability to maintain my employment since 2001!"



BERAKI M.
"I moved into my own space and enjoy living on my own."



FLETCHER P.
"I've grown in my social confidence."



DAVID R.
"I am proud I completed 5 years as a Peer Support Specialist this year!"



MERCEDEZ I.
"My mental health has improved over the past year."



LIZ M.
"I officially get to volunteer for The North Texas Wildlife Center, a goal I've had for a while."



KIM K.
"I got my Mental Health Peer Support license by completing the training in October!"



CHRIS O.
"I've enjoyed doing a lot of video projects with PLAN this year."



MARK H.
"I had a successful hip replacement and a quick recovery!"



SARAH E.
"I put myself out there to find a social group to be a part of it and went - it was a blast!"



SNEHA D.
"I got to try living on my own and travel a lot."



DARREN M.
"I have built more independence living on my own."



MIKE D.
"My confidence and physical health have improved, along with my spiritual and emotional lablity."*



JAMES J.
"I've done a lot of walking resulting in better health and fitness!"



CHARLENE W.
"I'm actively participating in my therapy more which makes me feel more stable and settled."



TODD W.
"This year I learned to lead in creating daily table signs on Canva."



ANN G.
"I've been able to increase my socialization in my new living space! I am more socially satisfied!"



TONY H.
"I celebrate that I found the Clubhouse this year!"

**lablity - the degree that something is likely to undergo change; openness*

PLAN AT KATZ CORNER - 16301 Quorum Dr., Addison, TX 75001 - 972-379-9904

www.planntx.org - PLAN is a program of Jewish Family Service



CLUBHOUSE CLOSURES

- Clubhouse Closing @ 3p on Thursday, 5/21
- Closed Friday, 5/22



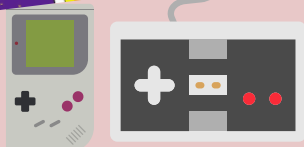
NAMI Walks MAY 16TH @ 9AM

Learn what it feels like to truly be there for others and for yourself.

EISEMANN CENTER CONCERT



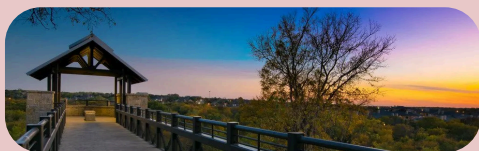
MEET US THERE!
MAY 3RD @ 3PM



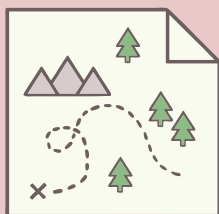
BIZ BUZZ: MARY KAY MAY 20TH @ 10:30AM

Let's see what all the BUZZ is about!
join the clubhouse in visiting Mary Kay!

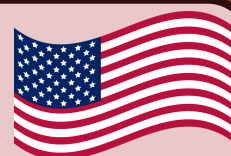
ARBOR HILLS HIKE



MAY 8TH
10:30AM



MEMORIAL DAY ICE CREAM SOCIAL AND BINGO!



MAY 25TH @ 12:30 PM-2:30 PM



FREEBIRDS WORLD BURRITO™ SUPPER CLUB: FREEBIRDS MAY 30TH @ 5PM

5000 BELT LINE RD #350 ADDISON, TX

JOIN OUR TEXT ANNOUNCEMENT SYSTEM!

Text PLAN to
866 -655 -9759

followed by your name so we can keep track of who all is getting reminders!



A good way to get up to date info on weekly lunch menus, events, and any other Clubhouse updates

SUPPORT YOUR CLUBHOUSE



IF YOU'D LIKE TO DONATE TO PLAN, SCAN THE QR CODE WITH YOUR CAMERA ON YOUR PHONE AND FOLLOW THE LINK. WE APPRECIATE YOUR GENEROSITY!

