

According To PLAN

THE WORK OF RECOVERY IS BRAVE By Robin K., Jonathan R., Glenn D., Sarah E.

Bravery is "facing difficulty with courage, acknowledging fear but pushing forward to do what is necessary." Fear can paralyze, but bravery brings freedom. The work of recovery is change, and change requires bravery - the strength to do what you didn't think you could do. Our new Clubhouse Action Plan will bring about changes to our Clubhouse. This gives us the opportunity to be brave as the changes unfold. Sometimes being brave just means showing up and finding our way forward. And we don't have to be brave alone. We live in the land of the home of the brave, so we can be brave together, step-by-step, side-by-side.

July 2026



HOME OF THE BRAVE

ACTION PLAN

We have a new Action Plan for PLAN Clubhouse. In May, Kim, Deanna and Sally went to Clubhouse Training at Genesis Club in Worcester, MA. Here are the goals for the Action Plan they brought back for us to achieve in the coming months:

WORK-ORDERED DAY

Create and maintain a full, balanced, engaging, and meaningful work-ordered day.

EMPLOYMENT

Develop and expand Transitional Employment opportunities (2-3) to help members build job skills, gain work experience, and achieve greater independence, within the next 12 months.

MEMBERSHIP

Increase average daily attendance to 30 members in 9 months.

See our Member Services Page and Culinary Page for more info on how you can join us to implement it!

PLANNING DAY: WED, JULY 15TH

The theme for our midyear PLANning Day is

EXPLORATION

Join us for a day of reflection, connection, and planning for the rest of the year
 (August 2026 - January 2027)

Lunch provided!





CLUBHOUSE STANDARDS

15. The work-ordered day engages members and staff together, side-by-side, in the running of the Clubhouse. The Clubhouse focuses on strengths, talents and abilities; therefore, the work-ordered day must not include medication clinics, day treatment or therapy programs within the Clubhouse.

31. The Clubhouse director, members, staff and other appropriate persons participate in a comprehensive two or three week training program in the Clubhouse Model at a certified training base.

JUST GETTIN' BETTER: BRAVERY BY: JIM D.

The inscription on the Statue of Liberty, where millions entered America for the first time, explains bravery better than I ever could. "Give me your tired, your poor, your huddled masses yearning to breathe free, the wretched refuse of your teeming shore. Send these, the homeless, tempest tossed to me, I lift my lamp beside the golden door!"

Our ancestors came and found hope for a good life, and we are the better for it! The commitment of JFS and our Clubhouse allows us the chance which, in spite of challenges we now face, through working together, will help us grow, and continue just gettin' better.



MEMBER SHOWCASE: SNEHA D. BY: ETHAN C., ROBIN K., CHRISTY W.



Sneha D. has been a Texan all her life, originating in Plano, TX and now living in Garland. She's been a member of

PLAN for around three years, and loves coming because it helps her in many ways. In her words, "PLAN helps me be social, get out of the house, learn skills for life and build confidence. At PLAN, I find more stability, I don't spiral as much, and it helps me reframe by recognizing that I'm not alone and there's lots of support."

Her favorite way to participate at the Clubhouse is in the Culinary Unit. "I love chopping the veggies," she says with a smile. In her free time, she loves to read, make art, and travel. She's been to fifteen to twenty different places, including her favorites: Argentina; Barcelona and Seville, Spain; Budapest, Hungary; Patagonia, and Santorini, Greece.



She longs to go to Bali (as imagined in the pictures above). She admires her family the most in the world - they have always been supportive of her.

Sneha has goals of finding a job, possibly getting paid to cook, and living independently. At the Clubhouse, she wants to do more in member services. Her words of wisdom for fellow members are, "Live life to the fullest." She embodies this by sharing a story about a time she was brave: "I once climbed the Columbia glacier ice field in leg braces - it was hard, but I wanted to see it, and I did not give up. It was a once in a lifetime opportunity!"

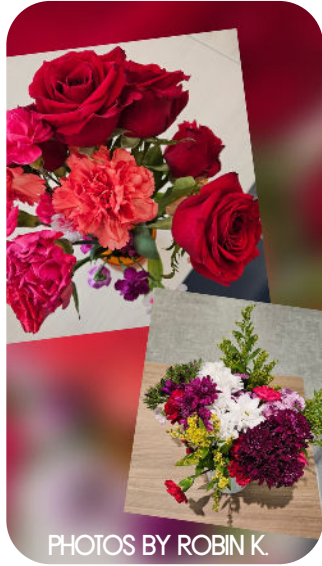
Thank you, Sneha! You are an inspiration!



Flower Girls

Arrangement of the Month

- Katie S.



PHOTOS BY ROBIN K.

UTSW "CULINARY MEDICINE" COOKING CLASS REPORT
BY: TRAVIS T. AND T.J.T.

We had a good time road tripping and doing some male-bonding. It was an interesting opportunity. I never heard the term "Culinary Medicine" and didn't know that was something offered at UT Southwestern Medical Center. The "cooking class" part was fast paced but fun to observe and borrow some healthy recipes we can use in the Culinary Unit. There is a lot that goes into nutrition, cooking, and culinary medicine, even long before and after stepping into the kitchen. We learned new things from the medical point of view, for example, what a registered dietitian needs to know. There were important points other than actual cooking, such as, if someone is having side effects or has no appetite and does not feel like cooking or eating that day. Due to Travis' experience, it was impressive what he already knew. There's a reason he is one of our lead chefs at PLAN. And it was great to learn more together!



CULINARY STRATEGY

Our Culinary Board is changing! It's going to be the same Clubhouse approach, but we're breaking it down into more bite-sized tasks with more clarity. It will be more expansive, more visual, more manageable, and therefore more achievable! It might mean more work, but also more options, so that we can together attain our goal of working side-by-side - members and staff, doing meaningful work together!



BRAVERY IN THE KITCHEN
BY: DARREN M.

You can not be brave in the absence of fear. Trying new things can be scary, but with the help of our staff and numerous volunteers, the kitchen can be a new place to learn and thrive.



Recently, I got to make my recipe of chicken pot pie from scratch in the kitchen. It felt incredibly rewarding, especially in the fact that it was homemade. In the past, I've also enjoyed making corned beef hash in the comfort of my kitchen. I also felt really good when we held the event around my whodunnit, The Cosmopolitan Cafe Camcorder Confession, where my Bulgarian stuffed peppers debuted and I got to be the head chef overseeing their creation. In each case, I was brave by just being in the kitchen. It wasn't always easy, but I'm proud of what I've achieved when I jump into culinary.



BOBBY S.
"I celebrate that I'm growing in my social standing with others!"



HELEN F.
"I celebrate the trip I took recently visiting Nebraska, Missouri, Kansas and Oklahoma!"



RHONDA V.
"I am so happy I got my Food Handlers' License and get to make goodies in the kitchen now!"



CONNIE T.
"I celebrate the time I have worked at Dallas College for the past year!"



JORDAN W.
"I celebrate my accomplishments this year and all the projects I'm currently working on - including writing a book!"



ETHAN C.
"I am happy that I'm resuming my time at PLAN!"



JADE M.
"I love that I've been at PLAN for 5 years and served at reception that whole time!"

ME UNIVERSITY: MIDTERM EVALUATION

BY: HELEN F.

I really enjoyed Me University! It was, well...educational! In the first class we talked about Executive Skills. We took a test and had a chance to find out the skills we were strong in and the ones we could improve on. For me Planning/Prioritizing was my strongest one. I always make lists and thrive on order. But then Self-Awareness and Sustained Attention / Focus were the ones I want to grow in. I have to work on it and improve my concentration skills. I think it would be very helpful to reduce scrolling media time - a lot, and also do important tasks before pleasant one, so it does not distract me. Looking forward to more classes!



In our class on Task Initiation (Getting Started), I appreciated learning what helped other people get going in the mornings and in general. We are discovering that we learn a lot from each other in discussion, not just the content of the class! - Anonymous

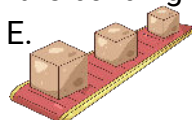
BIZ BUZZ #2: AMAZON WAREHOUSE



"I liked it. What I found interesting was their drone robot system." - Chris O.



"The field trip to the Amazon warehouse was very informative and interesting. We took a mile long walk through the building." - Sarah E.



"It was impressive, large, and very expertly coordinated" - Christy

FORT WORTH BOTANIC GARDENS



"I liked seeing the 'bearded' turtle, the various Lego animals, and how the Japanese Garden was like being in a forest in Japan. I would go again!" - Todd W.

"I especially enjoyed the Fort Worth Gardens for Flowers. I also really liked the Lego sculptures." - Darren M.



ME UNIVERSITY

WEDNESDAYS @ 2P



INCREASING EXECUTIVE FUNCTION

- | | |
|----------------------------------|-----------|
| 1. Planning | July 8th |
| 2. Prioritizing | July 22nd |
| 3. Organizing | July 29th |
| 4. Managing Time | Aug 12th |
| 5. Follow Through | Aug 19th |
| 6. Flexibility & Self-Monitoring | Aug 26th |

Now Expanded into August

COME LEARN HOW TO INCREASE YOUR EVERY DAY SKILLS!

MIDYEAR PLANNING DAY

EXPLORATION

Wednesday, July 15th
ALL DAY
Lunch Provided

Looking back to where we've been.
Looking ahead to where we'll go.

BIZ BUZZ:
NORTHHAVEN
GARDENS TOUR

&
RALPH AND ROSE CAFE
Monday, 7/20 @ 10:30 AM



EMPLOYMENT DINNER AND GAME NIGHT



Thursday, 7/23 @ 5p

All are welcome!
Come celebrate employment and connection!

KABOOM TOWN Friday, July 3rd at 7:30 pm



ALL-AMERICAN BASEBALL GAME

Sunday, July 12th 12p-6p



Admission provided for 8 members
Sign up on the Big Board

SUPPER CLUB:

Luby's



Saturday, July 25th at 5pm

13455 Midway Rd, Dallas, TX 75244

JOIN OUR TEXT ANNOUNCEMENT SYSTEM!

Text PLAN to
866 -655 -9759

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



Get up to date info on events and 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!