



ACCORDING TO PLAN



A machine is anything that has power to move and achieve a function. In a sense, we are each machines. The more we take care of ourselves, the better we work, whether that's in a job, in the Clubhouse, or simply tending to our own needs and wants. This month we focus on the mechanics of self-love for each of us as individuals, at work, and in the Clubhouse as a whole. - **Mark, Christy, Feltcher, JB**

A WELL-OILED MACHINE

HALLOWEEN PARTY

HELP US PLAN OUR FIRST
HALLOWEEN PARTY AT KATZ
CORNER!



THE PARTY WILL BE ON
FRIDAY, OCTOBER 30TH
FROM 3:30 - 5:30



JOIN US THROUGHOUT THE MONTH
TO CREATE AN EVENT THAT
EVERYONE WILL ENJOY!



ACTION PLAN UPDATE

Here's our progress with our Action Plan Goal:
EMPLOYMENT

Develop and expand Transitional Employment opportunities (2-3) within the next 12 months.

- ✓ We have created the job board and job info board, and will be completing it throughout October.
- ✓ We have developed a Transitional Employment presentation, which we have given to a handful of organizations with potential TE leads.
- ✓ We are continually reviewing our LifeWorks tasks for Member Services to make sure opportunities for pursuing work are represented on our task boards (such as "job preparedness", a recent addition)

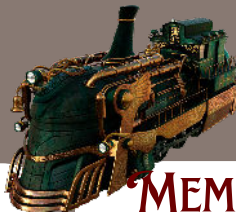


In Process!



- ☀ We will be developing a presentation for staff and members to better understand the role and expectation of the Employment Manager and TE employee.
- ☀ We plan on establishing a TE in the coming months, along with creating Job Developer meetings in the future.





CLUBHOUSE STANDARDS

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 sheltered workshops.

MEMBER SHOWCASE: STACIE S. BY JAMES J.



Stacie S. has been a member of PLAN for four years. She is from Richardson, Texas, and has lived in Texas since she was two years old.

She enjoys coming to the Clubhouse for the connection with other people, which helps her in her recovery journey. Since she started at PLAN, Stacie says her mental health has improved because she has purpose here.

It is no surprise to learn that her favorite thing to do at the Clubhouse is ping-pong, as one often finds her trying to break the volley record with other members. In her free time, she enjoys speaking Spanish. And the person she most admires in the world is Mr. Rogers. She is working on improving her spatial reasoning through jigsaw puzzles. At the Clubhouse, she wants to grow in learning public speaking.

When it comes to the work she finds most rewarding, Stacie believes it's being consistent, so that others know what to expect of you. Her words of wisdom she wants new members to know is: "You want to go where you can know our troubles are the same; you want to go where everybody knows your name, and they're always glad you came."

We appreciate the cheer you bring, Stacie. Thanks for being a part of us!

JUST GETTIN' BETTER:

TURNING OUR SCARS TO STARS

BY JIM D.

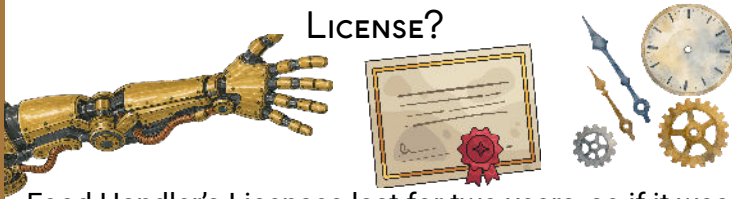
I've developed a fondness with everyone at PLAN: members, staff, interns, and volunteers as we work together in the work-ordered day. We form special friendships, and it's emotional when an employee leaves. I still haven't gotten over some of the staff that have left before. Now we have two spots that have opened. It is my hope that we can hire competent persons who have the needed qualifications, are screened properly, and will be paid salaries competitive with comparable positions in the mental health field. (Standard #34)! We are currently reviewing applications for a new Director through our Hiring Committee, and are eager to find a candidate who is a compassionate leader with mental health experience. We will figure out our way forward and keep Just Gettin' Better!





TIME TO RENEW

IS IT TIME TO RENEW YOUR FOOD HANDLER'S
LICENSE?



Food Handler's Licenses last for two years, so if it was over two years ago you acquired it, it might be time!

Check the list on the Big Board

throughout October to see if you need a refresh!

MECHANISMS OF SELF-LOVE

BY ROBIN K.

Self-love is how we keep ourselves running. We are like well-oiled machines in that when we take care of everything that makes us up as a person, things tend to run smoothly. If you care for yourself first, you are better able to help others.

We can love ourselves with many combined mechanisms, such as physical activity, nutrition, creativity, social connections, sleep, mindfulness, stress reduction, and brain-training exercises. Just little things matter the most. Like taking care of your environment so you can feel at peace and good about yourself. Self-love also looks like caring for our emotions because they tell us something about ourselves and our situation. It can also be letting others be a part of your life and allowing them to help you as much as you might need their assistance. It is important to care for your body, your mind, how you treat yourself, including what you put into your body, so this well mechanized machine can run properly. Movement is also necessary to our body's health and well-being. We are not sedentary beings, and we require exercise to be at our physical and mental best.

Love does make this world go around so this is why loving and caring for yourself is the most important thing you can do for you. A well-known adage says it is wise to take the help from wherever you can get it because there may come a day when no help is to be found. So, help yourself, love yourself, and care for yourself. Life is so worth it and so are you!!

FLOWER GIRL'S

FLOWER ARRANGEMENT
OF THE MONTH

PICTURE

CHOSEN

BY KATIE S.



THE SOUND OF MUSIC

BY ROBIN K.

This expressive musical brought joy to me and my friends as we listened to the liveliness of the music as the words brought this true story to life. We all had a fun time being a part of the other people in society that gathered at Fair Park that day where looking out over the audience, every seat was filled and the feeling was like I was a part of something bigger and also that of awe. I'm still finding myself singing the tunes!



PHOTO CREATED BY MADDY L.

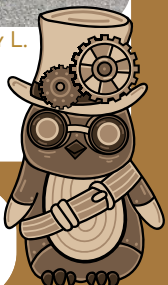
BIZ BUZZ #4: SPROUTS

BY CHRIS O.

I really liked the Sprouts Tour. I enjoyed the meat department because they had sword fish for a decent price (\$10/lb) which is one of my favorite meats to eat. I learned that



working there would include being on the floor and tending to stock in the back. I may want to work for Sprouts in the future, especially if I get discounts to shop.





ME UNIVERSITY

every *Wednesday*
at 2pm

STRENGTHS

- | | |
|----------------------|-----------|
| 1. Strength Study #2 | Oct. 7th |
| 2. Strength Study #3 | Oct. 14th |
| 3. Strength Study #4 | Oct. 21st |
| 4. Strength Study #5 | Oct. 28th |



SUPPER CLUB: THE MAGIC TIME MACHINE



JOIN US AT
THE MAGIC TIME
MACHINE
FOR A WACKY
AND FUN SUPPER
CLUB!

**Sign up on big
board to reserve
your spot!**

OCTOBER 24TH AT 5:00 PM
5003 BELTLINE RD., ADDISON, TX

BIZ BUZZ #5: MARRIOTT



LET'S EXPLORE
THE HOTEL INDUSTRY!

SIGN UP ON THE BIG
BOARD TO JOIN!

OCTOBER 14TH AT 10:30 AM

EMPLOYMENT DINNER

JOIN US OCTOBER 22ND AT 5PM FOR A DINNER
CELEBRATING OUR EMPLOYED MEMBERS!

ALL ARE WELCOME! COME SUPPORT AND ENJOY
EACH OTHER!

HALLOWEEN PARTY



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!

