



Gazette



Season's Greetings

THE Gazette

is a monthly publication of



We are a community of peer support for adults with a mental health diagnosis.

Located At
925 S. Yale Ave.
Tulsa, OK 74112

Contact Us
Phone: (918) 749-2141
Fax: (918) 749-2150

Hours of Operation
Monday Thru Friday:
9 a.m. - 5 p.m.
Tuesday:
9 a.m. - 7 p.m.

Media
clubhousetulsa.org



December 2023
Gazette
Contributors:

Donita, Gracie,
Joan, Karin,
Laurie A., Rikki,
Robin D., Rose,
Sheena, Sheree



Quincy: Agent of Chaos

DECEMBER BIRTHDAYS

- | | |
|------------------------------|------------------------------|
| Karin W. (Dec. 3) | Vince M. (Dec. 27) |
| Gigi G. (Dec. 4) | Julia A. (Dec. 29)) |
| Clarissa C. (Dec. 12) | Royalena (Dec. 29) |
| Tom M. (Dec. 17) | Michelle C. (Dec. 30) |
| Beverly M. (Dec. 25) | |

Cover Photo: Members enjoy a Thanksgiving feast.

BOARD OF DIRECTORS

President BLAKE SHIPLEY Attorney, Oklahoma Indigent Defense System	Secretary BOB SULLIVAN Professional Risk, an Alera Group Agency, LLC	Director SHEREE ALLEN Clubhouse Tulsa Member	Director RITA CARBUHN Tulsa Community College (Ret.)
Vice President MAX PARKER Anchor Stone Company	Treasurer PAUL HARDY Woodland Tax Service, PLLC	Director DAVID BLATT Oklahoma Appleseed Center for Law & Justice	Director KARLA KERBY, Ph.D. Therapy Associates

CLUBHOUSE STAFF

Executive Director ROSE WELLER	Program Director SHEENA AGYARE	Member Services Coordinator JOAN CRAGER	Employment/ Education Coordinator RIKKI BROWN	AmeriCorps Member, Culinary Unit GRACIE MELENDEZ
--	--	---	---	--



HAPPY HOLIDAYS FROM THE DIRECTOR

2023 has seen a lot of changes for Clubhouse Tulsa and I would like to focus on some of the highlights the Clubhouse has seen this last year.

First, we bid a fond farewell to the amazing Pat Fluegel, former Executive Director, and Scott McClung, Marketing and Outreach Coordinator, as they look forward to retirement. They both will be missed very much.

We held a successful fundraiser earlier this year at **Atento Capitol**, titled **Cheers and Beers**, and with the help of several generous donors, raised enough funds to complete the fence for the Clubhouse garden and to insure the completion of the Clubhouse Tulsa mural.

I would again like to thank **Jody Parker, Anchor Stone, Quik Trip, the de Beaumont Foundation**, and all the others, too many for me to list here, for their generous donations. Each donation insures the continued success, growth and mission of Clubhouse Tulsa.

This year has also seen the completion of Clubhouse Tulsa's outreach video. If you haven't seen it yet, check it out on our website: www.clubhousetulsa.org.

I want to extend my gratitude to the Board of Directors, outstanding staff, and Clubhouse members for the warm welcome and support I have received this year. It is my greatest hope to continue to raise awareness about this wonderful and much needed organization as well as increase funds for the important niche Clubhouse Tulsa provides for Tulsa and the surrounding community. I thank each and every one of you for your continued support.

May your Holiday season be filled with much love, laughter, and above all, peace.



Rose



HOLIDAY



Our Thanksgiving Day Gathering

Article by Donita

On Thursday, November 23, the Clubhouse celebrated Thanksgiving. A lot of members attended. We also had several staff members there. We had Rikki, Joan, Rose, and Sheena present. My mother, Donzetta, also attended. There were 25 people there total.

The food was very delicious. Maria made some of her famous desserts. For dinner we had macaroni and cheese, mashed potatoes and gravy, stuffing, turkey, roasted veggies, ham, cranberry sauce, green bean casserole, deviled eggs and pumpkin biscuits. Laurie A. made roasted cauliflower, stuffed mushrooms and cranberry relish.

The members were having a great time socializing with one another. I got to visit with people I had not seen in a while. We had a ton of food left over. People were able to have seconds and take food home.



***Clockwise from left:
Laurie A. and Karin
prep food;
Sheena making
turkey; Rose
making deviled
eggs; cooks in the
kitchen; Vini at the
dishwasher***



Clockwise from left: Ashley, Brian, Donita, Ellen, and Max have a chat; Maria ready to go; Gary G. at the buffet table; Laurie A., Robin D., Donzetta, Gary G., and Karin enjoy the meal; Ellen, Brian, Ron, John C., Vince, and Marque have a feast; Maria and Donzetta look at desserts.

Photos by Joan, Karin, Rikki, and Rose

GARDEN



We are excited about harvesting greens and flowers for salads in the spring!

Garden Update

By Joan

We had a productive garden meeting on Monday, November 13. Joe M. was in attendance. His company is “Joe Mows”. Joe’s work schedule is experiencing the fall slow down. He drives a Toyota Tundra and has a 5’x10’ trailer. Joe is willing to transport mulch from the City of Tulsa Green Waste Site, etc.

A second garden meeting took place on Monday, November 20. After much discussion and consideration we decided on seven raised beds. We designed the tentative placement of the raised beds and made decisions about the color, shape, and size.

One “extra tall” bed will accommodate a wheelchair for a physically challenged gardener. Two small round beds are for plants like mint that tend to spread. One long bed even comes with a “wall trellis” for sugar snap peas and pole beans.

FOOD & WELLNESS

My Wellness Routine

By Donita

I love to exercise. I go to the gym three times a week. I go on Tuesdays, Thursdays and Sundays. I have been going to the gym for twenty-two years. I am working to build my strength and endurance.

My mother has a family plan which allows me to use the gym for free. I work with a professional trainer who is helping me with weight loss. While I am at the gym I enjoy walking the exercise track and using the equipment. My trainer is very strict and encourages me to eat healthy.

I like to exercise at Saint John Health Club because it helps me forget about my problems and also my stress. It helps you get out of bed and gives you something to do. It has also helped me to make friends over the years.

Exercising has helped me with my health. My advice to others who are trying to start exercising is to stay motivated. It’s also helpful to stick to a routine.

Food Donation

By Joan

Rae Blakely of Blakely Family Farms and Creekside Plants & Produce recently delivered hundreds pounds of frozen pork and beef to Clubhouse Tulsa. All the meat is raised on their farm in Oologah, OK. The Blakely family has been ranching and farming since the Oklahoma Land Run in 1889. Their animals are grass and grain fed. The meat has no added hormones or antibiotics.

Rae was given a tour of our new forever home to include our empty lot. When she saw the site for of future garden she generously offered plants for our spring garden. We are grateful for the current donation of meat and thankful in advance for future gifts!



FOOD & WELLNESS

Laurie's Cranberry Relish

Ingredients

- 2 bags of cranberries (approx. 12 oz.)
- 1 apple, cored
- 1 whole orange
- 1 cup walnuts
- 3/4 cup Splenda

Directions

1. Cut the orange into pieces, leaving the peel on. Remove the seeds.
2. Open the cranberries and pick out any berries that are soft.
3. Set aside the Splenda and combine all other ingredients in a food processor.
4. Mix ingredients in food processor until they are finely chopped.
5. Empty ingredients into a bowl and stir in Splenda by hand.

EMPLOYMENT

2023 Employment Program

By Rikki

Our members worked hard in 2023! They are employed in a wide range of fields, including education, retail, food service, gardening, and healthcare. This year, seven members were hired for new positions. This number was balanced out by members who left their positions or who took breaks from working. Our number of currently employed members remains steady at 19.

We continued to hold Job Hour, our weekly discussion group where Clubhouse colleagues support each other as they pursue employment goals. 24 members participated in this group in 2023. The Clubhouse also hosts a weekly computer class, which 17 members attended. Having basic computer skills is not only required by many employers, but it is also needed to search for online job postings, type resumes, and communicate with potential employers by email.

Our big goal for the coming year is to form partnerships with local employers and re-establish our Transitional Employment program. Transitional Employment is a model developed by Clubhouse International and utilized by Clubhouses worldwide. Through this program, members receive a work placement at a local business for six to nine months, where they develop work skills and build their resume. Clubhouse staff provide additional on-the-job coaching and support, creating added security for both the member and the employer.

The support provided by the Clubhouse is unique because it is ongoing and takes a social approach. Members often say that the relationships they built at the Clubhouse have helped them get through many employment challenges. We're ready to pursue more employment opportunities and continue to grow the Employment Program in 2024.

MENTAL HEALTH



Navigating Holiday Stress

By Sheena

The holiday season, often synonymous with joy and togetherness, can also bring stress and challenges, particularly when it comes to family. Balancing the expectations of the season with the realities of family interactions can be mentally exhausting. In this article, we'll explore strategies to navigate holiday stress and prioritize mental health during this festive time.

1. Set Realistic Expectations: One of the primary sources of holiday stress is the pressure to create a picture-perfect celebration. It's crucial to set realistic expectations for yourself and your family. Understand that not every moment needs to be flawless, and imperfections are a natural part of the holiday experience.

2. Communication is Key: Open and honest communication is necessary to maintaining positive relationships during the holidays. If you anticipate challenges or have concerns about family dynamics, express your thoughts calmly and assertively. Discussing expectations beforehand can prevent misunderstandings and reduce tension.

3. Establish Boundaries: While spending time with family is important, it's equally crucial to establish boundaries. Recognize when you need some personal space, whether it's a brief break or a mindful moment alone. Communicate your boundaries respectfully to ensure a healthy balance between socializing and self-care.

4. Practice Self-Care: During the holiday hustle and bustle, don't forget to prioritize self-care. Make time for activities that bring you joy and relaxation, whether it's reading a book, taking a walk, or enjoying a favorite hobby. Taking care of your mental

well-being allows you to approach family gatherings with a positive mindset.

5. Mindful Breathing and Relaxation Techniques: In moments of heightened stress, incorporating mindfulness and relaxation techniques can be immensely beneficial. Practice deep breathing, meditation, or simple mindfulness exercises to stay present and manage stress. These techniques can provide a sense of calm and help you navigate challenging family interactions.

6. Create New Traditions: If certain family traditions contribute to stress, consider creating new ones that align with your values and preferences. It could be as simple as introducing a new dish to the holiday meal or engaging in an activity that everyone can enjoy together. Building positive experiences can reshape the holiday narrative.

7. Seek Support: If holiday stress becomes overwhelming, don't hesitate to seek support. Reach out to friends, a therapist, or a support group. Sharing your feelings and experiences can provide valuable insights and reassurance that you're not alone in facing holiday-related challenges.

Remember, your mental health is a priority, especially during the holiday season. Embrace imperfections, set boundaries, and prioritize self-care to navigate family dynamics and holiday stress more effectively.

By taking proactive steps to care for your well-being, you can create a more enjoyable and fulfilling holiday experience for yourself and those around you.

It's the season of giving! If you support the mission of Clubhouse Tulsa, we ask that you show your support in whatever way you can. This could be by donating items, making a monetary contribution, or simply sharing information about our programs.

At the bottom of this page is a wish list of items that can be donated to the Clubhouse. It includes basic supplies that we use every day, as well as a few larger items that we have been trying to upgrade.

If you would like to make a monetary donation, you can visit clubhousetulsa.org and find the DONATE button on our homepage. If you would like to send a check, please make it payable to Clubhouse Tulsa and send it to our address listed on the back of this Gazette.

If you aren't able to donate, we still encourage you to stay up to date on what's happening at the Clubhouse and spread the word about us! One of the most common ways people learn about the Clubhouse is still through word of mouth.

Your contributions directly support Clubhouse Tulsa operations and programming and help make all of our services possible. Thank you from our members, staff, and Board of Directors. We hope you have a safe and joyful holiday season.

Holiday Wishlist

Bathroom & Cleaning

- Toilet paper
- Paper towels
- Hand lotion
- Toilet Bowl Cleaner

Office

- Printer paper

Kitchen

- Electric can opener
- To-go containers
- Basic grocery items

Tech

- 2 laptops (Windows 10 or later)
- Large flat screen TV

SOCIALS

Tulsa Botanic Gardens

For the November social, a group of people visited the Tulsa Botanic Gardens. It was a beautiful day and everyone had a great time!



Left picture: Gracie and Tom enjoy the sunshine

Right picture (L to R): Becky C., Kathy C., Brian, Tom, Ellen.

FUN STUFF

Coloring by Robin D.



Accredited By:



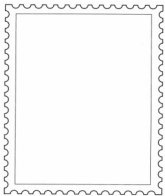
Partner Agencies:



DECEMBER 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Program Meeting @ 2	2
3	4 Gazette Planning @ 2	5 Computer Class @ 2 Restaurant Night @ 5	6 Wellness Hour @ 1:30	7 Job Hour @ 2	8 Brunch @ 10:30 The Nutcracker @ 7	9
10	11 Garden Planning @ 2	12 Computer Class @ 2 Dinner @ 5	13 Wellness Hour @ 1:30	14 Job Hour @ 2 NAMI Holiday Party 6:30-8:30	15 Clubhouse Holiday Party 10:30	16
17	18 Pajama Day	19 Ugly Sweater Day Dinner @ 5	20 Wreath Making @ 2	21 Cookie Decorating @ 2	22 CLOSED	23
24	25 CLOSED	26 CLOSED	27 Social Planning @ 1:30	28 Job Hour @ 2	29 Brunch @ 10:30 Woolaroc 12:30-4:30	30
31 New Year's Eve Party 11AM - 3PM	Daily Activities Morning Job Board 9:45am Lunch (M-Th) 12:00pm In-House Meeting 12:30pm					



925 S. Yale Ave.
Tulsa, OK 74112



Many Thanks to Our Major Supporters

- | | |
|---------------------------------------|--|
| Jeffrey Alderman, M.D. | Herman Kaiser Foundation |
| Anchor Stone | Lobeck Taylor Family Foundation |
| Arvest Foundation | Jeannie & Joe McDaniel |
| Grace and Franklin Bernsen Foundation | The Meridia, LLC |
| Bill and Gail Bieber | Karen Nelson |
| Dana and Michael Birkes | ONE Gas, Inc. |
| Rita Carbuhn | The Orthopaedic Center |
| George and Jennie Collins Foundation | Jody Parker |
| Jacqueline DiPillo | Max Parker |
| Corrine and John Dolan | Jocelyn Parker |
| De Beaumont Foundation | Jon Polcha |
| Enterprise Holdings Foundation | QuikTrip Foundation |
| Essendant Charitable Foundation | Rotary Club of Will Rogers |
| Bill Fater | Blake Shipley |
| Stephen Fater | Paul L. and Helen I. Sisk Charitable Trust |
| Francine Fisk and Scott McClung | Edwin Snyder |
| Pat and Jim Fluegel | Bob Sullivan |
| Francine Gates | John and Mary Taddiken |
| Gelvin Foundation | Willie Thoman |
| Paul Hardy | Tulsa Area United Way |
| Larry Harral | Tulsa Community Foundation |
| Debra and Joe Hull | Warren Family Foundation |
| Jeff and Jill James | Anne & Henry Zarrow Foundation |