



# Gazette

# Peace & Joy



**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  
Email: clubhouse@clubhousetulsa.org

**Hours of Operation**

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

**November 2024 Gazette Contributors:**

Amy, Antwon, Andrea, Annamarie, Ellen, Karin, Joan, Liam, Marque, Nathaniel, Rikki, Robyn, Rose, Taylor, Tom, Vini

**Cover design by: Rikki**

**Happy Birthday!**

Karin W. (Dec. 3)  
Gigi G. (Dec. 4)  
Eileen (Dec. 5)  
Maggie M. (Dec. 9)  
Tom M. (Dec. 17)  
Beverly M. (Dec. 25)  
Vince M. (Dec. 27)  
Julia A. (Dec. 29)  
Michelle C. (Dec. 30)



*Bring us some figgy pudding*

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Executive Director

**Sheena Agyare**  
Program Director

**Joan Cramer**  
Member Services

**Rikki Brown**  
Employment & Education

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COMMUNITY

## Out of the Darkness Walk

On November 2, colleagues from the Clubhouse attended the Out of the Darkness Walk, hosted by the American Foundation for Suicide Prevention. Rose, Tommy, Ellen, Joan, and Emmy all had a good day sharing resources and visiting with other mental health organizations in the community.



## Visitors From TCC

By Nathaniel & Rikki



We are once again receiving visits from students enrolled in Tulsa Community College's nursing program. These students will soon be starting out as Licensed Professional Nurses.

Their professor sent them to the Clubhouse to learn about what we do and participate in the Work-

Ordered Day. The students have commented that they enjoyed their time here and are impressed by our family-like atmosphere. Getting to interact on a personal level with people diagnosed with a mental illness is an important learning experience for those entering the healthcare profession.

Thank you to the following students who have come to spend a day with us this past semester: Alissa, Amber, Danielle, Haylee, Jacob, Jordyn, Kristyna, Mark, Micah, Ryan, Sydney, Val, and Yvniyv. We enjoyed getting to know you all!

FOOD & WELLNESS

## Karin's Korner: December...

..... just might be the busiest month of the year. Between the first day of the month and the very last, you've got the Winter Solstice, Christmas Eve, Christmas Day, Hanukkah, Kwanzaa, New Year's Eve and New Year's Day. With all the Festivities that come along with the Holidays, it is very easy to get lost in the shuffle.

..... R E M E M B E R

Be kind to yourself! Put your own mental and physical well-being first. Manage your time and don't try to do too much. Prioritizing your time and activities can help you

FOOD & WELLNESS (CONTINUED)

use your time well.

- Be realistic.
- Practice relaxation.
- Set aside time for yourself and prioritize self-care.
- Eat well.
- Get enough sleep.

## Food Assistance Resources

By Ellen

Need Help? Times are tough and the financial strain can leave the cupboards bare and the refrigerator empty. If you are in need of food, here are just a few agencies that can be of assistance:

**Catholic Charities ([www.cceok.org](http://www.cceok.org))**

**Phone:** 918-949-4673 **Address:** 2450 N Harvard Ave, Tulsa, OK 74115 (North side of campus)

**Food Distribution Days and Times:**

- Monday through Friday from 9 am to 2 pm
- Tuesday evenings from 5 pm to 7 pm
- Last Saturday of each month from 9 am to noon

**Iron Gate ([www.irongate.org](http://www.irongate.org))**

**Phone:** 918-879-1702 **Address:** 501 W. Archer Street, Tulsa, OK 74103

**Food Distribution Days and Times:**

- Monday, Wednesday, and Friday 1 pm to 2 pm
- You **must** make an appointment online or call

**Loaves & Fishes ([www.loavesandfishes.net](http://www.loavesandfishes.net))**

**Phone:** 918-234-8577 **Address:** 11321 E 19th St, Tulsa, OK 74128

**Food Distribution Days and Times:**

- Tuesday, Wednesday and Saturday 10:30 am
- You **must** be registered by 10:15 am for assistance

**Tulsa Dream Center ([www.tulsadreamcenter.org](http://www.tulsadreamcenter.org))**

**Phone:** 918-430-9984 (North Campus); 539-867-4140 (West Campus) **Address:** 200 W 46th St N, Tulsa, OK (North Campus); 4122 W 55th Pl, Tulsa, OK 74107 (West Campus)

**Food Distribution Days and Times:**

- North Campus: Tuesdays and Thursdays 10 am
- West Campus: Thursdays 1 pm

**Tulsa Harvest House ([www.tulsharvesthouse.org](http://www.tulsharvesthouse.org))**

**Phone (must call for appointment):** 918-884-7667

**Address:** 1439 E. 71st Street, Tulsa, OK 74136

**Food Distribution Info:**

Leave a message with your name, call back number and what you need assistance with. They will return your call on the following Monday or Tuesday to come in that Wednesday.

Please call 211 or go to 211.org for further assistance with food, utilities and a variety of other things.

## HOLIDAYS

# Thanksgiving at the Clubhouse

Article and page design by Annamarie, Rikki, Andrea, and Vini. Photos by Joan, Rose, Tom, and Rikki

We had a great turnout for our Thanksgiving Day feast. People who attended included Donita and her mother Donzetta, Rose, Rikki, Amy, Annamarie and her boyfriend Charlie, Tom M., and her husband Brannon, Alyssa, Liam, Ron, Tommy, Marque and his friend Carlos, Karin, Ellen, Robyn, Taylor and her mom Liz, Joan, Gary G., Antwon, and Vini. The food was delicious and the conversation flowed all day. Thanks to all who helped make it a success!



Top row: Rikki, Bill, and Annamarie prep in the kitchen the week before; Karin serves ham; Rose makes green bean casserole. Middle row: Ellen makes dessert; Annamarie, Antwon, Rikki, and Ellen chat before the meal; Tom takes photos; Bottom row: Joan, Tom, Rose, and Alyssa watch the Macy's parade; The gang lines up for food



## From the Director's Desk

Dear friends,

Another year has flown past us. 2024 has been a good year for Clubhouse Tulsa and I would like to express my eternal gratitude to all our donors and sponsors this year.

Clubhouse Tulsa's staff and members have been so busy this past year. We participated in many community outreach events, such as the Oklahoma Department of Mental Health and Substance Abuse Services "Mental Health Awareness Walk", Dual Diagnosis Anonymous's "Recovery in the Park", NAMI Oklahoma's State Conference, and the Out of the Darkness Walk, just to name a few. Participating in these events and others like them increases the public's awareness of Clubhouse Tulsa and how we support adults diagnosed with a mental illness. The Clubhouse provides wellness, meals, job support, social activities, and a safe place just to belong.

The journey to mental wellness can be a challenging one for many people and the support Clubhouse Tulsa offers its members is vital to Tulsa and the surrounding areas. This year, we expanded the radius for the Clubhouse Tulsa Rider Program, making it easier to bring new and long-time members to enjoy the benefits of Clubhouse Tulsa.

This year, we continued providing employment, education, and financial assistance to our members. In addition to these vital services, the Clubhouse also offers a safe, comfortable environment where people can be themselves, form long-lasting friendships and receive healthy meals.

We can't do it without the continued support from generous people like you.

Please consider joining Clubhouse Tulsa on our journey to mental wellness. Remember, Clubhouse Tulsa is a 501 (c)(3) non-profit organization, and your donations are tax deductible. From everyone at Clubhouse Tulsa, have a warm and wonderful Holiday Season.

Warm winter wishes,

Rose Weller,  
Executive Director, Clubhouse Tulsa



## HOLIDAYS

# A NEW YEAR IS ALMOST HERE!

## WHAT ARE YOUR HOPES AND PLANS FOR 2025?

"Girls' cruise to Hawaii "

-Robyn

"To become healthier and move into my own place"

-Ellen

"Exercise more"

-Liam

"To get a new television and to live everyday as if it were my last day here on Earth! I would also like to get closer to my family and to be able to feel financially secure."

-Marque

"On New Year's I plan to hide in my closet with a crash helmet on to avoid firecrackers and drunk drivers! Hee hee! And put in my earplugs!"

-Amy

"I want to lose weight"

-Vini

"I hope the world becomes a better place"

-Karin

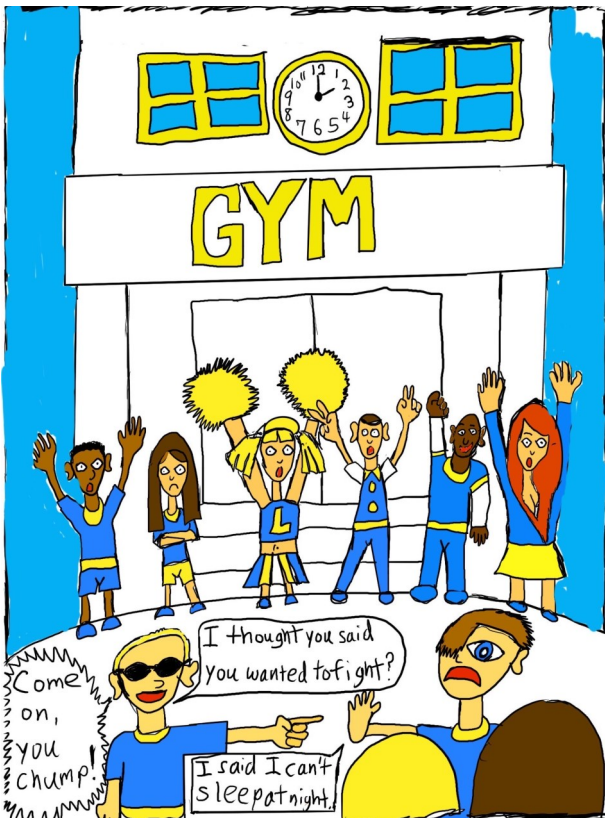
"Get approved for benefits and continue to find reasons to be happy every day"

-Taylor

FUN STUFF

DARK TIMES AT LIGHTFOOT: PART 3 BY ANTWON

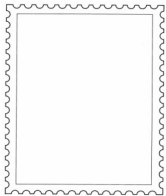
Previously: The kids start investigating student disappearances while a shadowy creature lurks...Is it the School Snatcher??



# December

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2 Media Club 10:30	3 Computer Class 2:00 Restaurant Night 5:00	4 Meal Planning 1:30	5 Job Hour 2:00	6 Program Meeting 1:30	7	8
9 Media Club 10:30	10 Social: Dinner & Rhema Holiday Lights 5:00	11 Meal Planning 1:30	12 Job Hour 2:00 NAMI Holiday Party 5:00	13	14	15
16 Media Club 10:30 Pajama Day	17 Cookie Making Holiday Sweater Day	18 Fun Fund Meeting 10:30 Movie Day: Elf	19 Ornament Making	20 Social Planning 1:30 Gift Exchange	21	22
23	24 Holiday Party Clubhouse open 9:00-2:00	25 CLUBHOUSE CLOSED	26 CLUBHOUSE CLOSED	27 CLUBHOUSE CLOSED	28	29
30	31 New Year's Eve Party (open regular hours)	January 1st: CLOSED				





925 S. Yale Ave.  
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### Thank you to our supporters!

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