



Gazette



The Music Issue



THE Gazette

is a monthly publication of



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

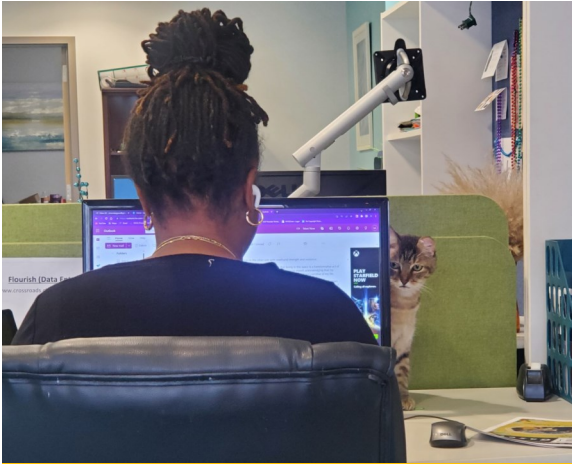
Located At
925 S. Yale Ave.
Tulsa, OK 74112

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.

clubhousetulsa.org

February 2024 Gazette Contributors:
Amy, Donita, Bill F.,
Joan, Karin,
Nathaniel, Rikki,
Rose, Sheena,
Tommy



I'll be watching you.

FEBRUARY BIRTHDAYS

Debbie B. (Feb. 13)
Jennifer K. (Feb.19)
Michael O. (Feb. 22)

Cover Photos: Nathaniel at last year's Mayfest (top); Tommy performs at Living Arts event last year (left); Emmy, Robin, Amy, and Tom at Braden Park

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COLLEAGUE NEWS

Farewell, Gracie

By Rikki. Photos by Rose and Joan

Gracie’s last day as Culinary Coordinator was in January. She worked with us as an AmeriCorps member for over two years. AmeriCorps is a national community service program that provides funding for AmeriCorps members to complete terms of service at organizations around the country. They provide education awards to AmeriCorps members, which can be used to help pay for higher education.

Gracie has been using her education award to attend the Paul Mitchell School and obtain a cosmetology license (she used to coordinate with the Paul Mitchell School to organize Free Haircut Days at the Clubhouse). She has accepted a position as a salon assistant and is off to pursue a career in hair. She plans on coming back to the Clubhouse to visit and volunteer. Thank you for your time at the Clubhouse, Gracie. We’ll miss you!



Above: Gracie gets a cake; Gracie’s cake and goodbye gift



Left to right: Tracy, Annemarie, Robyn, Michelle, Karin, Ron, Gracie, Donita, Sara, Nathaniel, Marque, Clifford. Front: Rikki, Sheena



Left to right: Glendale, Tracy, Annemarie, Robyn, Michelle, Karin, Ron, Donita, Clifford, Nathaniel. Front: Rikki & Quincy, Rose, Gracie, Sheena

Meet Daniel, the Piano Man

By Donita

Our new member, Daniel, is from the Ozarks. He has lived in Miami, OK, Joplin, MS, and Fayetteville, AK. He attended college at MSSU, which is located in Joplin. He currently has a Bachelor’s degree.

What he likes about Clubhouse is the atmosphere and that everyone is so friendly. He also likes the meals we have at lunch. He enjoyed the meal on his first day at Clubhouse. He wants to help out in the kitchen with the dishes if he is feeling okay. He also wants to try to work on the computers and see how he likes them. He also wants to learn how to answer the telephones. He is most interested in playing the piano we have in the dining area.

COLLEAGUE NEWS (CTD.)

His therapy is playing the piano. He likes to go to Saied music store. He also likes to take his dog out walking. Her name is Allie. He also likes going to Braum's for ice cream. He likes mint chocolate the best.

From talking to him he seems to be an easygoing guy. He likes people to come to him and be friendly. He likes to have conversations with people which is wonderful because people here like to socialize. He will fit right in at Clubhouse. We are glad to have you at the Clubhouse, Daniel. We hope that you come in often.

Welcome Back, Andrew (the Member Formerly Known as Clifford)

By Donita. Photo by Rikki.



Andrew is originally from Los Angeles, California. He has also lived in Chicago and Gallup, New Mexico. He went to elementary school in Turley, junior high at Eli Whitney and Grover Cleveland, and high school at

McClain. Andrew used to come to the Clubhouse a long time ago. He used to go by Clifford. Harry Cook, another old member, signed him up. Katherine from DRS got him jobs at Arby's and the Renaissance Hotel downtown. Now he is interested in a new career.

He wants to help around the Clubhouse. He would like to help Bill sweep and mop the floors and is willing to help with anything else. He enjoys spending time at the River Spirit Casino. He likes to watch football and his favorite team is the Dallas Cowboys. He likes hockey, particularly the Tulsa Oilers. He also enjoys going to the movies and shopping. He is single and loves to mingle. He is very friendly and is interested in making friends here. He enjoys eating meals here and drinking coffee. Right now he is currently staying with a family member.

WELLNESS

Karin's Corner: Dry Skin Relief

By Karin

Now that Covid-19 has invaded the entire planet, most of us have become professional hand washers. When soap and water are not available to us, what do we do? We use hand sanitizer. We sanitize anything and everything that we know, just know, Covid-19 could be hiding on. Our bathrooms, kitchens, doorknobs, counters, desks, telephones, keyboards, and yes, light switches. Let me not forget to mention that four-ounce plastic tube, full of sanitizer, we all carry in our pockets for "emergencies". Let's face it, sanitizing is no longer only for hospitals.

I don't know about you, but I know my hands have suffered. And now with cold winter weather upon us, my hands are doing the math. Sanitizer + Cold Weather = Dry Skin. Let's take care of our skin. After all, it is the human body's largest organ.

THINGS YOU CAN DO:

- Use rubber gloves while washing dishes, or anytime your hands will come in contact with any type of sanitizing compound.
- Use warm water while showering, bathing, or washing your face. Hot water can damage skin.
- Apply moisturizer to your skin as soon as you pat your skin dry after each warm bath or shower.
- Cover your hands with mittens/gloves, your head/with a hat, and face with a scarf in cold weather.
- Don't sit too close to a fireplace/open fire—it can draw vital moisture away from your skin.
- Avoid scratching your delicate skin.
- Drink plenty of water to stay hydrated. Your skin will thank you.
- Use a humidifier in your living space to reintroduce water back into the air.

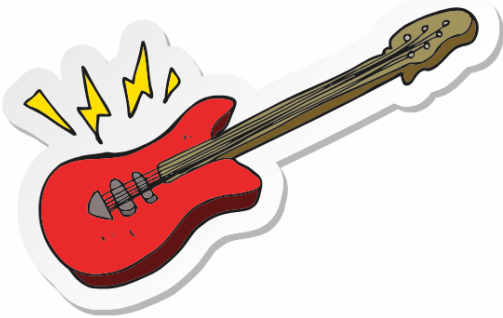
All these things should help prevent your skin from drying out.

MUSIC



My Musical Experience

By Nathaniel



When I first came back to the Clubhouse, I was asked to write an article on my hobbies, which included music. My musical journey begins in 1976 when I took my first and only formal guitar lesson. In years following, I messed around with and experimented with the guitar whenever I had time away from my drafting schooling.

By the time I was 21, I had tried and experimented with so many different guitar styles, it was hard to pick a favorite. It was about the same time I found out I had a father who was a country musician who was living in Wichita, KS. A few years after I found this out, I joined a gospel group who needed a musician. It was kind of awkward at first because the men I worked with were almost four decades older than I was. I also had a lot of rock guitar licks, which I wasn't sure fit with their gospel. The gospel gig lasted only six months, but I continue to play and practice to this day.

I like the guitar because at the time, it was cheaper than a synthesizer and easier to pack around. It also soothed the soul of a lonely 16-year-old shy kid, who looked forward to playing it every day. Yes, I've made many friends playing this instrument and I still practice when I can. I've been talking to my musician dad a lot lately, so it still helps me connect socially, even to this day.



American Bandstand

By Bill F.

It seems that whenever I engage in conversation with people I have just met or with old friends, the subject of music comes up.

“What kind of music do you like?” someone asks.

I always answer with the words of a song made famous by Bob Seger.

“I like that Old Time Rock and Roll, That kind of music just soothes my soul. I reminisce about the days of old, with that Old Time Rock and Roll.”

This kind of music was popular with young people in the 1950s and 1960s and it remains popular today with people of all ages. Some of my favorite artists are Chuck Berry, Ray Charles, Elvis Presley, and the most wonderful Miss Aretha Franklin.

Rock and Roll music brings back memories of listening to the latest hits on WIBG Radio, Philadelphia in the daytime and the golden oldies in the late night hours. In addition, WFIL Radio broadcast a rhythm and blues hour several times daily. I remember dances in the high school gym, dancing with my best girl, and being asked to remove our shoes to prevent harming the basketball floor. Once per month the dance was sponsored by WIBG Radio who sent Joe Niagara, their leading DJ, and a real live rock and roll band.

But the coolest memory I have was a visit to the WFIL television studio and a chance to be on Dick Clark's American Bandstand program. The show was originally named Bandstand but when Dick Clark took over the show in the early 1950's, he elevated it to national network broadcasting and the name became American Bandstand.

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In the summer of 1961, a friend of mine who was a bit older and had his own car, called and said he was getting together a group to go to the WFIL television studio and be a part of the dance crowd and would I go along? I jumped at the chance and six of us, three boys and three girls, climbed into my friend's cool 1955 Chevy hard top and drove on down to the television studio. We arrived about 9:00 am and got a good place in line. The doors were opened at about 10:00 am and we were let in.

Dick Clark himself gave us a personal interview and pep talk. He had a real love for young people and for the music. The show had a group of regular semi-professional dancers who performed up close to the cameras and my friends and I danced in the rear of the crowd and probably had little chance to be on camera. However, we got our chance when some of us were asked to be judges in the record review. They would play a newly released song and we were asked to grade it from 1 to 100 and tell why. A typical response would be, "It has a good beat and you can dance to it. We'll give it an 85."

My friend with the car was asked to compute an average grade. He had help from a prop man with a calculator in case he had trouble with the math. The show was videotaped during the midday and was broadcast in the afternoon at 4:00, pm, so we raced home to see ourselves on television. At the home of one of the girls, we danced to all of the songs all over again. We all enjoyed our day at the television studio tremendously and then we got to do it all over again due to the amazing technology of television.

After more than 60 years, I still have the memories of our day at the television studio and all those wonderful songs. So when Rikki asks me what kind of music I would like to hear on our little Bluetooth device here at Clubhouse Tulsa, you can be sure I'll answer, "I like that Old Time Rock and Roll".



Tommy's Band

By Tommy



Tommy performs at 2023 Living Arts event. Photo by Joan

Where did your musical journey begin?

My musical journey began in 1982, when I was 4 years old. I would listen to Michael Jackson, and jump on my parent's bed. When I was 6 years old, I was bugging my mom, asking her for an electric guitar. She was brave enough to buy me one, knowing that our house was about to become very loud, and maybe it would stay loud for many years. I really did have a splendid mother, who always encouraged me to play music, and never told me to turn it down!

Before I was a teenager, I was listening to Bon Jovi, Motley Crue, and Guns N' Roses. I learned to play all of their songs. During my teenage years, it was Nirvana, Metallica (and other metal bands), and the Cure. Then Green Day, R.E.M., and Sonic Youth happened. I didn't learn to appreciate Cyndi Lauper and Pat Benatar until way later.

Tell us about your college experience.

I went to Berklee College Of Music, in Boston, Massachusetts, and graduated with a degree in Songwriting. I lived in a big, old, dusty house, with

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five other Berklee music students. They played drums so much, that I eventually acquired the ability to fall asleep with drums playing.

What musical style inspires you the most?

Right now, the style that I'm most obsessed with is Electro. Something about those fuzzed-out synths excites me. At the moment, my favorite bands are Mates Of State, Ladytron, CSS, The Sounds, Tilly and the Wall, The Go-Go's, and Blondie. I really feel like the best years for music were from 1978 to 1982, and 2010 to 2013.

What are your future musical plans?

I'm going to keep on giving my new album away, in hopes of becoming more popular. My songwriting project is called Midnight Kite. Also, six months ago, I started a cover band, here in Tulsa. My cover band is called the Becky's. We recently learned that most clubs want us to play 3 hours of live music. That means we need to memorize 50 or 60 songs! It's sort of unfair. Bands that play original material only need a 1 hour or 90 minute set. I'm hoping that we will successfully memorize all of those songs in time to play at this year's Mayfest.



Amy's Music

By Amy and Rikki

Amy has performed music for friends, family, and the public throughout her life. She started singing around age four when her parents would ask her to sing certain songs. Her mother put a guitar in her hands when she was seven. At 29, she got a degree in music therapy education.

Amy says, "I'm a little butterfly. I like to flit from place to place and spread kindness and joy with my music wherever I go."

Amy is inspired by all different kinds of music.

"My father encouraged me to appreciate music from all over the world. I listen to pop, jazz, classical, and semi-classical, but I appreciate all kinds of music. There is a place for any kind of music and a type of music for anyone."

While Amy uses a lot of humor in her music and art, she likes to perform music that expresses both positive and negative emotions. She is partial to songs that are socially conscious.

"It's not normal for us to always be happy. Each one of us has a dark side. Music that expresses darkness can release those feelings in a positive way and heal us. Music can open our eyes to darkness around us so we can do something about it and rebuild our world. We live in a very imperfect universe and we always need to improve the lives of people who live in it."

Amy says she gets inspiration from the world around her, including animals and nature.

"Those who know me know that I like to imitate the sounds of many different kinds of animals (especially ducks). Little birds are very impish and I love watching them. Watching birds makes me feel young again."



Photo: copyright John
Southern Tulsa

Celebrating Black History Month through the Lens of Black Music and Mental Health

By Sheena

Happy Black History Month!!

As we embrace Black History Month, it is essential to recognize the rich history of African American culture and its profound impact on music. Beyond its rhythmic beats and soulful melodies, Black music has been a powerful tool for expressing resilience, overcoming adversity, and addressing mental health challenges.

The Rhythms of Resilience

Black music, spanning genres such as blues, jazz, gospel, hip-hop, R&B, and even country, has served as a mirror reflecting the struggles and triumphs of the Black community. From the sorrowful tunes of the blues, born out of the hardships of slavery, to the empowering lyrics of hip-hop, Black artists, such as NWA, have consistently used music to channel their experiences and foster resilience.

Expressing Emotions through Art

Music provides a unique avenue for emotional expression, enabling artists to articulate feelings that may be challenging to convey through words alone. In the realm of mental health, this form of artistic expression becomes a powerful outlet for addressing issues like anxiety, depression, and trauma. Black musicians have often used their craft to bring attention to the importance of range of topics, including mental well-being, within their communities.

Legendary Voices and Stories

Explore the biographies of iconic Black musicians, and you'll find stories of triumph over mental health challenges. Artists like Billie Holiday, Marvin Gaye, and Lauryn Hill have openly shared their struggles, shedding light on the importance of mental health awareness. Their art not only reflects their personal journeys but also serves as an inspiration for others facing similar obstacles.

Community Healing through Music

Music has the ability to bring communities together, fostering a sense of belonging and support. Black music, with its roots deeply embedded in community experiences, plays a crucial role in creating spaces where individuals can connect, share, and heal. From gospel choirs to neighborhood block parties, the communal aspect of Black music contributes to the overall mental well-being of the community.



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Contemporary Voices and Conversations

In today's context, contemporary Black artists continue to address mental health in their music. Whether it's discussing self-love, resilience, or breaking down stigmas surrounding mental health issues, artists like Beyoncé, Kendrick Lamar, and Janelle Monáe use their platforms to amplify important conversations.

As we celebrate Black History Month, let's recognize the profound impact of Black music on mental health. Through the lens of resilience, expression, and community, the melodies and rhythms that have emerged from the African American experience continue to inspire and contribute to the ongoing conversation about mental well-being. By appreciating the cultural significance of Black music, we can further promote understanding, compassion, and unity within our communities.



SAVE THE DATE!

Last May, several Clubhouse members participated in the Living Arts of Tulsa show benefiting mental health awareness.

Living Arts is now once again accepting submissions for this annual event, which will be held in May 25, 2024.

We encourage you to consider making a submission or attending the event.

 A poster for the event "LYRICAL LIFELINES FOR MENTAL HEALTH AND SOBRIETY". The poster has a red background. At the top left is a small circular logo with a brain. The text on the poster includes:

- LYRICAL LIFELINES FOR MENTAL HEALTH AND SOBRIETY**
- May 25, 2024
- A Living Arts of Tulsa Event**
- WE ARE LOOKING FOR ARTISTS, POETS, SONG WRITERS, ETC. TO PARTICIPATE IN OUR MENTAL HEALTH AND ADDICTION AWARENESS EVENT.
- SUBMIT SAMPLE OF YOUR WORK BY **MARCH 29** TO: AUTUMNKEISS@GMAIL.COM

 On the left side of the poster is a white speech bubble and a line drawing of a person sitting on the ground, hunched over with their head in their hands, symbolizing mental distress.

FUN STUFF

What's a song that puts you in a good mood?

"Sledgehammer" by Peter Gabriel
--Nathaniel

"You Spin Me Round" by Dead or Alive --Rose

"Heaven" by Bryan Adams --Donita

"Mr. Blue Sky" by The Electric Light Orchestra --
Marcy

"Ring of Fire" by Johnny Cash --Ron

"Fourth of July" by Chicago --Terrance

"Hit Me with Your Best Shot" by Pat Benatar --
Robyn

"Billy Jean" by Michael Jackson --Andrew

"Someday" by the Strokes --Brian

"Thriller" by Michael Jackson --Emmy

"Your Song" by Elton John --Karin

"The Words Get in the Way" by Gloria Estefan --
Amy

"Never Too Much" by Luther Vandross --Sheena

"Smack Dab in the Middle" by Ray Charles
--Daniel

"Cant' Stop This Feeling" by Justin Timberlake --
Ellen

"All You Need is Love" by John Lennon --Joan

"Johnny B. Goode" by Chuck Berry --Bill F.

"My Way" by Frank Sinatra --Michelle



When was electricity first utilized in the Bible?

When the Egyptians turned on the Israelites.

(as told to Amy by her father, Cantor Harry Sebran)



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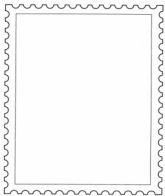


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FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Job Hour 2pm	2 Brunch 10:30 am Meal Planning 12pm	3
4	5 Gazette Planning 2pm	6 Computer Class 2pm Restaurant Night 5pm	7 Social Planning (for Feb.) 1:30pm	8 Job Hour 2pm	9 Brunch 10:30 am Meal Planning 12pm	10
11	12 Garden Planning 2pm	13 Computer Class 2pm Dinner 5pm	14 Wellness Hour 1:30pm Valentine's Day	15 Job Hour 2pm	16 Brunch 10:30 am Meal Planning 12pm	17
18	19	20 Computer Class 2pm Dinner 5pm	21 Social Planning (for Mar.) 1:30pm	22 Job Hour 2pm Employment Committee 3:45	23 Brunch 10:30 am Meal Planning 12pm	24
25	26	27 Computer Class 2pm Dinner 5pm	28 Wellness Hour 1:30pm	29 Job Hour 2pm		



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