



G a z e t t e

Clubhouse Tulsa



30 YEARS
STRONG



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.

February Contributors
Andrea, Antwon, Bill, Donita, Ellen, Emmy, Joan,
Laurie A., Liam, Marina, Marque, Rikki, Robyn,
Ron, Tommy

Cover design by: Laurie A., Ellen, Rikki, Liam

Happy Birthday!

Penny, Rose's mom
(Feb. 13)



Never look back

Staff

Rose Weller
Executive Director

Joan Crager
Member Services

Rikki Brown
Employment & Education

Malcolm Himes
Culinary

Maggie Munkholm
Driver

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Tulsa Community College (Ret.)

Pat Fluegel
Clubhouse Tulsa (Ret.)

John Homer
12 & 12 (Ret.)

Tracy Marr
Clubhouse Member

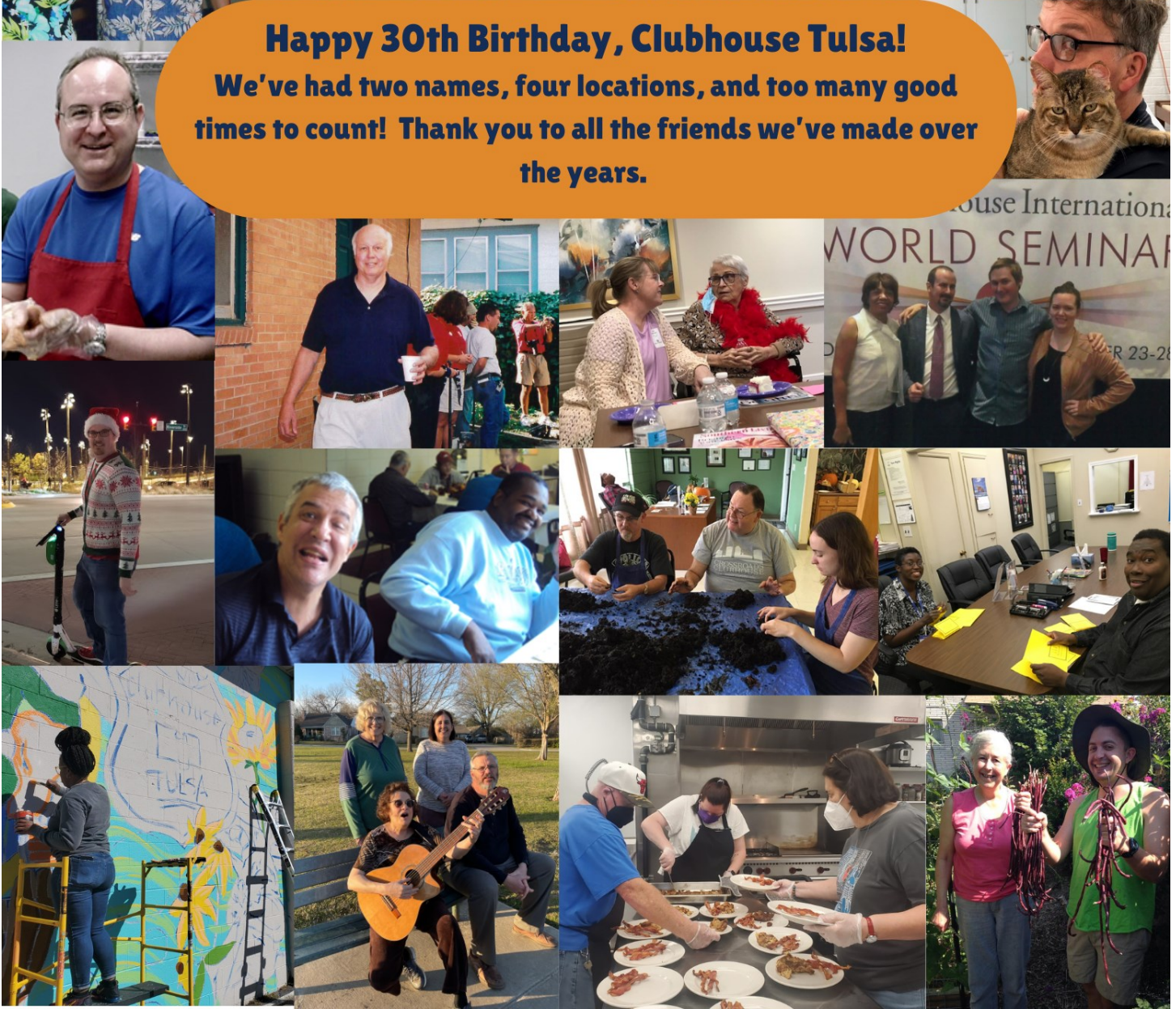
Max Parker
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CELEBRATE THE CLUBHOUSE!



Happy 30th Birthday, Clubhouse Tulsa!
 We've had two names, four locations, and too many good times to count! Thank you to all the friends we've made over the years.



CELEBRATE THE CLUBHOUSE!

What Does the Clubhouse Mean to Me?

Gratitude and Appreciation

By Bill F.



I don't remember exactly when I first became a member of Clubhouse Tulsa, but it was while we were temporarily housed in Southminster Church. I was a member of the church at the time and was referred by my clinician. In those days we were called Crossroads Clubhouse. One reason I joined was because I needed nutritional assistance, which was provided very well by serving a nutritional meal every day at low cost.

No sooner did I become a member than the Covid-19 pandemic closed our doors as well as those of the church and many other places. Access to restaurants and even some grocery stores was restricted. The wonderful staff of the Clubhouse did not let that stop them from serving the members' needs. Nutritional meals were prepared anyway and delivered to the door of those of us who were mostly home bound. The Clubhouse Staff works hard, and many times way beyond the call of duty to help the members.

Soon after the Clubhouse reopened, it was time to move to our new location here at 925 South Yale Avenue. Our new location is spacious, clean, and well equipped to carry on our valuable service to the mental health community. Our name was then changed to Clubhouse Tulsa.

Since our move to the new location, I have been able to participate in several other activities and services which are valuable to my mental health and wellness. These include the Rider Program which provides dependable transportation to and from the Clubhouse and a great computer class which has helped me catch up on technology which I had allowed to pass by me due to my history of depression. I also get to work on the Gazette and the Babble as well as cleaning in the kitchen and administrative area. The work of the staff and members of the Clubhouse is absolutely wonderful. Words are not enough to express my gratitude and appreciation for the work that is done here. Clubhouse Tulsa is a wonderful program for mental wellness in the Tulsa community.

A Place to Belong

By Emmy

I come to Clubhouse Tulsa almost every day. It is a place where I feel wanted and safe. We have a dedicated and friendly staff who help us in so many ways. I enjoy participating in computer class every Tuesday and Job Hour on Thursdays. I also like to go on wellness walks when the weather is nice. We have free lunches every day and dinner on Tuesday nights. Once a month we chose a different restaurant to go to dinner, which is fun for me.

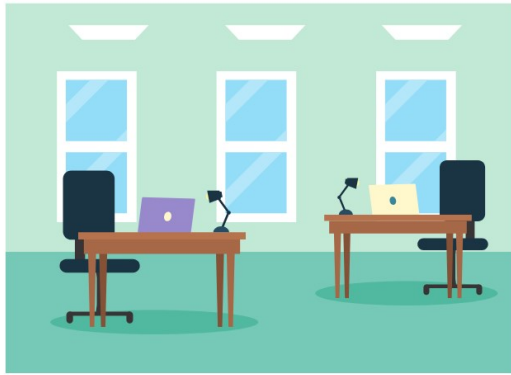
CELEBRATE THE CLUBHOUSE!

The Right Place at the Right Time

By Laurie A.

I've been a member of Clubhouse Tulsa for almost 16 years. The Clubhouse saved my life. When I first came to Crossroads I had just been divorced by my husband of 23 years and I was adrift in my own thoughts with no direct path.

My meds were finally being adjusted and the people at the Clubhouse bolstered my self-confidence, they gave me a helping hand, and a hand up.



Getting the Resources You Need

By Marque

Clubhouse Tulsa has helped me be a better person. They helped me find a place to live, helped me get a computer (twice), feed me daily through the meal program (especially helpful since I don't cook), have assisted me with finding jobs, give me a place to go for socialization, and helped me get stable enough to surround myself with a supportive network and good friends. I found my first car through the Clubhouse, which I bought from another member.

The Clubhouse has something for every member if you just open up and try and find a place here. I have been a member for over 15 years and only have great things to say about it.

A Consistent Routine

By Robyn

I use coming to Clubhouse Tulsa as a way to keep a routine throughout the week. I do one weekly activity at the HealthZone and on the other days I can always depend on going to the Clubhouse. I get a ride from Karin, another member. Through these two programs that I participate in, I can do several different activities and belong to two social groups. The Clubhouse has helped me add structure to my life since losing my mother years ago.

Other Quotes:

"I enjoy coming here to socialize. I don't like being home alone. It helped me with lots of issues. I enjoy having meals, and have learned to use computers. It is important to me because all my friends are here. It is a great place to be."

-Donita

"The Clubhouse is a shining star of positive energy."

-Tommy

"Some of my favorite things are the socials and holiday celebrations we have. I always help decorate for the holidays. I like to help out wherever I can."

- Ron



CELEBRATE THE CLUBHOUSE!

Clubhouse History

By Joan

1944: A handful of patients recently released from a psychiatric hospital in New York City made plans to meet regularly so they could support each other as they went forward with their lives. They called their new organization WANA (We Are Not Alone).

1950: The group acquired a brownstone building to house their new program. It would later adopt the name Fountain House.

1977: Fountain House began their first three-week training sessions to help other communities establish their own clubhouse programs.

1989: The International Center for Clubhouse Development (ICCD) was established to provide standardization, accreditation, and oversight to hundreds of clubhouse programs worldwide.

1993: A group of families involved with NAMI-Tulsa (National Alliance on Mental Illness) met with the Director of St. Louis's Independence Center to learn more about starting a clubhouse in Tulsa.

1994: Crossroads Clubhouse's first Board of Directors was formed by NAMI-Tulsa families. They chose North Carolina native Mike Furches as the first Executive Director.

February 6, 1995: Crossroads Clubhouse opened its doors for business at 1812 E 15th Street. To drum up interest, Mike formed a touring rock band with a few of the first clubhouse members.

2019: Crossroads moved to a new temporary location at Southminster Presbyterian Church as colleagues and friends awaited the remodeling of our future home, a former classic car garage on Route 66.

2023: The Clubhouse moved to its new permanent location at 925 S Yale Ave and got a new name, Clubhouse Tulsa.

Clubhouse Trivia

(Answers at the bottom)

1. How many Executive Directors has the Clubhouse had? Can you name them?
2. What kind of animal was the first Clubhouse pet? What was its name?
3. What are the names of our two publications?
4. How many Clubhouses are there in the world?
5. How many countries have Clubhouses?
6. How many Clubhouses are there in Oklahoma? What are they named?
7. How many Clubhouse standards are there?

1. 6 Directors: Mike Furches (1995-2000), John Taddiken (2000-2003), Leanne Campell (2003-2005), James Wineinger (2005-2015), Pat Flugel (2015-2023), Rose Weller (2023-present)
2. Venus the turtle
3. The Gazette and the Tapestry
4. Over 370
5. 33
6. 3: Clubhouse Tulsa in Tulsa, Thunderbird Clubhouse in Norman, and Oasis Clubhouse in Edmond (just opened!)
7. 37

CELEBRATE THE CLUBHOUSE!

Clubhouse Felines and Other Pets

By Joan

When I first joined the Clubhouse staff in 2013 we had a tortoise named Venus who lived in an aquarium. She finally outgrew her home and was donated to Global Gardens with assistance from Symon Hajjar. Venus eventually went home with one of the students.

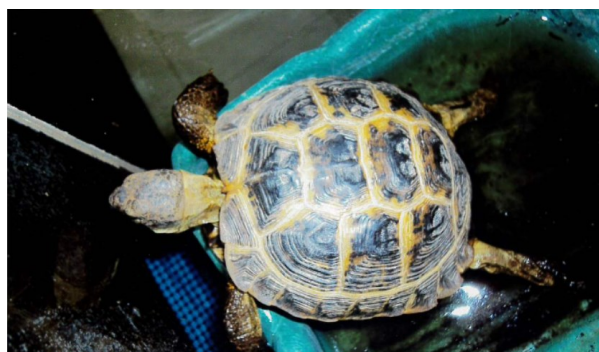
We also had an orange goldfish we named Nemo. The little fish lived in the many tiered fountain in the Crossroads Garden of Hope. During my first fall I rescued Nemo from certain death before the water froze. In 12+ years Nemo has grown larger and is the only goldfish in my backyard koi pond.

A reclusive member was moving and needed a home for his Madagascar Hissing cockroaches. The E.D. at the time allowed the insects who were housed in an aquarium to live in his office. Memories exist of feeding them oranges – they prefer overripe rotting fruit and veggies. I can't say we were sad when they departed.

Pat Fluegel, cat lady extraordinaire became our E.D in 2015. News spread quickly in the neighborhood and a large black cat was heard meowing at our back door. Pat immediately invited the noisy feline to come inside. We named him Mr. Chill and he never left. He became a beloved member of the Clubhouse family and could often be found sprawled out napping on windowsills, chairs, desks, keyboards, etc. Mr. Chill became terribly ill during our move to the church and sadly we had him put down.

A very timid small kitty became our garden cat while we were located at 1888 East 15th. If we were seated she would jump in our laps. She could often be observed napping in the sunshine. During a particularly cold spell we brought her inside much to the chagrin of Mr. Chill. To the best of our knowledge she was cared for by neighbors.

Pat had many contacts in the T-town cat lovers community. Quincy was found wandering in a neighborhood in Broken Arrow on Quincy Street. His owner had passed away and left him behind to fend for himself. Quincy arrived at his forever home at Clubhouse in May of 2019. He was approximately 5 years old when he came to us. Our "therapy cat" has come a long way in six years and we love him dearly.



**Left: Nathaniel with Mr. Chill;
Above: Venus the Turtle**

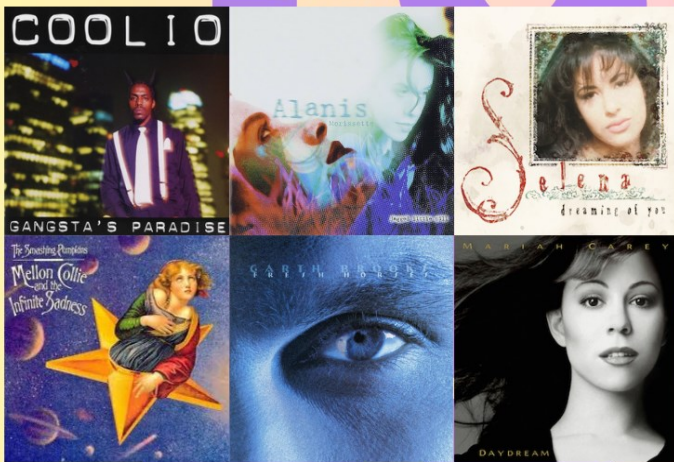
CELEBRATE THE CLUBHOUSE!

1995

Clubhouse Tulsa started 30 years ago!

What kind of things were popular back then?

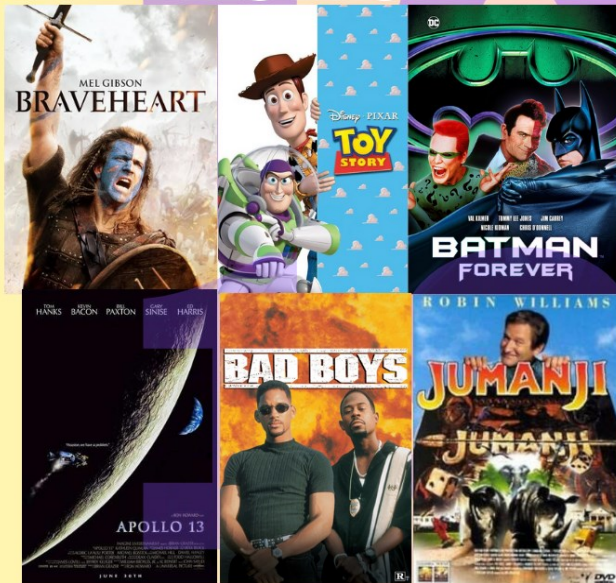
MUSIC



TV



MOVIES



FASHION



SAVE THE DATE

Rummage Sale



March 29th
8am - 2pm



Located inside the
Clubhouse

Cash only,
please!

All proceeds will go towards the member social fund, which will pay for social outings and an annual trip



Organized by the Fun Fund
Fundraising Committee

FUN STUFF

DARK TIMES AT LIGHTFOOT: PART 5

BY ANTWON

Previously: Troublemaker students have been going missing from Lightfoot. The kids went looking for them and found a secret place under the school.

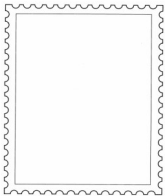


Next time: How will the kids rescue their friends???



February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
	<p>Daily Schedule Morning Meeting 10am (M-Th) Lunch 12pm (M-Th) Brunch 10:30am (Fri)</p>					
2	3 Media Club 10:30	4 Computer Class 2:00 Restaurant Night 5:00	5 Meal Planning 1:30	6 Fun Fund 10:30 Job Hour 2:00	7 Program Meeting 1:00	8
9	10 Media Club 10:30	11 Computer Class 2:00 Dinner 5:00	12 Meal Planning 1:30	13 Fun Fund 10:30 Job Hour 2:00	14 Valentine's Day Party 12-3	15
16	17 Media Club 10:30	18 Computer Class 2:00 Dinner 5:00	19 Meal Planning 1:30	20 Fun Fund 10:30 Job Hour 2:00	21 Social Planning 1:00	22
23	24 Media Club 10:30	25 Computer Class 2:00 Dinner 5:00	26 Meal Planning 1:30	27 Fun Fund 10:30 Job Hour 2:00 Tulsa Ballet 7:00	28 Purple Glaze 12-3	



925 S. Yale Ave.
Tulsa, OK 74112



Thank you to our supporters!

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