Thunderbird Clubhouse Newsletter August 2016

1251 Triad Village Drive, Norman, OK 73071 405-321-7331 www.thunderbirdclubhouse.org info@thunderbirdclubhouse.org

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Employer Appreciation Dinner 2016

On June 23rd, 2016 Thunderbird Clubhouse held our annual Employer Appreciation Dinner. This event is put on to recognize all of our Employers in the community who make a difference. We had a total attendance of 63. We also had some guest speakers, which included: Mike O'Brien, Senator Rob Standridge, and Members Pia Hilderbrandt and Kimberly Leger; who spoke about their experience in both TE/SE positions. We had a great evening, with great food, and a lot of wonderful people who came to celebrate. Our event was a success and we are already excited for next year. Thank you to everyone who made our event a success!

Thunderbird Clubhouse Mission Statement:

Creating a new future for adults recovering from mental illness through the positive power of meaningful work, community, choice and hope.

We're Missing You

For Karen Dolan by Marion Jacobs

For such a loveable sweet person who we all knew, as a member of Thunderbird Clubhouse we remember her as a kind caring person around the Clubhouse. For me, Marion Jacobs, she was special with her new good temperament and caring ways. She will always be remembered by people when she would talk about her cooking, and love of life. Other members felt her kind ways and will remember her always. Thank you Karen, you will always be in our hearts.

Independent Development Accounts (IDA'S)

by Janetta Fleischmann and Emilee Ragsdale

We are excited about the beginning of a new fiscal year which started July 1st, 2016. IDA's are member accounts in which members deposit $15 each month and receive a match after the end of the fiscal year resulting in $490. This program allows members to identify a savings goal and gives them incentive to reach that goal and is funded by the United Way Of Norman.

New Housing

By: Justin

I have recently moved into an apartment in central Norman. It was a long process finding a place and I was extremely excited and relieved to move in. I was able to find my own place and use a Shelter Plus Care voucher from Thunderbird Clubhouse. I was lucky enough that the Salvation Army was kind enough to donate almost everything I needed for my new place. Also, Red Rock gave me 2 boxes of food to help me get by. It feels great to have housing again.

Tell a Friend about Thunderbird Clubhouse Today!

When was the last time you told someone about Thunderbird Clubhouse? We would like you to take a pledge with us to talk to at least three of your friends about Thunderbird Clubhouse this month. If you don't remember what Thunderbird Clubhouse is about, come take a tour with us! Just give us a call: **(405) 321-7331**. We will be glad to set up a time for you and your friend to come see this amazing place.

Events in the Clubhouse

Camp Clubhouse 2016

On June 9, 2016 Clubhouse Members went on a camping trip to Davis Oklahoma (walking distance from Turner Falls State Park). Participants went hiking and pictures were taken at the three crosses on top of a hill. We went swimming, canoeing, and diving at The Devil's Bathtub, a beautiful water resort where we resided. The main attraction was stopping to get Fried Pies off I-35. I hope we can experience this beautiful adventure again next year. This was a trip we will never forget.

Fourth of July for Clubhouse

We had a blast at Reeves Park. There were about 25 of us that braved the heat to find an exhibit of fireworks. We enjoyed bottled water and cheesecake at the park as we waited for the fire works to start erupting. Our towels, quilts and comforters were all over a large piece of ground as we took over a section of the park's property. We were a presence that could be seen by our large number and size. The Clubhouse has been going to the Reaves Park exhibit as long or longer than I have been a member. Our driver, Jessica, proved her expertise as she maneuvered through traffic and safely returned us to our homes.

I am Greg Davis. I have found many friendships here at Clubhouse. Clubhouse is a place where I come to help and to be helped. I come to Clubhouse 3-4 times per week and spend most of my day here. I work primarily in the Snack Bar and I love to attend socials. I really enjoy the mall social and going to Pop's. I work closely with all the staff, and appreciate all the help they give me. I have been a member for one year. This picture is of me and my primary staff, Jessica on New Years working the Banana Split Bar. I love My Clubhouse! - Greg Davis

Clubhouse Events

Upcoming SOCIALS

Sunday, August 28, 2016—Station at Central Park Swimming in Moore Pick-up 3:00 to 4:00 pm

Friday, September 2nd, 2016— Memorial Service

Monday, September 5th, 2016—Labor Day P/U 9-10

Wednesday, September 7th—Celebration Dinner at Taste of India (no P/U)

Saturday, September 10th, 2016-—Penn Square Mall P/U 9-10

Saturday, September 17th, 2016—OKC Museum of Art P/U TBA (Need 15 people to sign up!)

Sunday, September 25th, 2016—Video Game Day P/U 3-4

PokéWalks

On Wednesdays we will be going on PokéWalks as a part of our health and wellness initiative which is working well. We are going after lunch in the connecting neighborhood. Pokémon Go is a virtual reality game to be played in the outdoors across the nation. Everyone will be catching Pokémon, walking, and dueling the heat so make sure to bring water.

United Way Campaign Video

If you would like to see the video which features Ralph, click here .This is the yearly campaign video to raise funds for United Way of Norman which features their partner agencies. United Way of Norman is one of our community partners that funds two of our programs.

Water Challenge

As a part of our health and wellness program the Clerical Unit and Culinary Unit are currently having a water drinking challenge! Please be sure to write your name on your respective units poster board and keep total of your daily intake of water! If the Culinary Unit loses they will wash and detail the Clubhouse vehicles and if the Clerical Unit loses they will prepare, cook, and serve lunch for the Culinary Unit.

Employment

Clubhouse has secured our 5th TE placement at Griffin Memorial Hospital. We only need one more before we reach our goal of 6!! There will be more to come about this TE placement in our next newsletter.

Jazz in June

It was an intermittent rainy day, with the rain stopping shortly before the Jazz in June Festival. We made pick-up without a hitch and successfully reached our destination with about a thirty minute difference in arrival and the start of the show. The ground was wet but I brought a quilt and most of us had room to sit. Some members wandered around the event or purchased food to eat as we listened to Jazz music that was being played by the bands. All of us had eaten something before we left the event, and I purchased a really cute t-shirt from a band's booth. There was also an event booth with several things to purchase.

Pop's

We had a lot of members who went on the trip with two vehicles being taken. It was nice of Clubhouse to provide everyone with one soda. Some members bought interesting flavored soda. We all enjoyed testing the flavors and comparing our results as our taste buds led us to think our own thoughts of each drink. After lunch some of us played Pokémon Go in the driveway since there was a PokéStop and we had abundant Pokémon roaming in the vicinity.

Nursing Home Outreach

Clubhouse aims to do monthly Nursing Home Outreach. We have several Members who are in Nursing Homes. Clubhouse Members and Staff make it a priority to go visit and spend some time with our members. Before we go we print off crossword puzzles, sudokus, and word searches to give to our members to complete on their time. It is important to let people know they are missed and most importantly that they are thought about. If you would like to go please let your unit know!

Thunderbird Love

Friendship, isn't a whip
It's more of a bond, when people love strong.
Happiness comes too, because love is true
Return hate with love, and you'll be free as a dove.
Keep hope alive and surely you'll thrive.
Friends are always true to their word,
that's the way it is at Thunderbird.

By Pia and Mel

Creative Writing

Mixed Metaphors in Montana

By: Laurence F.

I am afloat, alone
At sea. Eight years of waves
Capsize me. I stay

Unaware of how far
Or near I am placed
From its start or its end.

But this evergreen ocean
And its towering tides
Knows you in ways I cannot:

The firs rustle with the wind
That once followed your tires;
The stones hold remnants
Of your sighs, while mine are
Inconsequential. It would

Be nice to hear from you.

Daydreaming about High School Reunion

By: Laurence F.

Maybe in three bleak years
We'll chit-chat. Some stray day
Of former loves, careers,
Life's path, its shade. You may

See grief streak through my eyes;
One more poor decade lies
Ahead. You'll ask: "What's wrong?"
"Pity, my minute's gone."

Colombian Sonnets

By: Laurence F.

1

Emily and José knelt by a fire
Built on the Magdalena's sands. Thick cirri
Choked March stars. She awaited the unspoken
Things flames provoke. Softly her *joven* lover said:
"Eight years back I passed a dying vagrant
On the coldest night in Bogotá. His last
Words, heard only by me, were 'Why couldn't
Love kill me instead of this quiet cold?'"

Tucked inside her shawl in silence, she replied:
"In a blistering Sonoma summer
I swam and biked with my mom who pulled ahead.
I walked the running leg alone, dreaming
For a first time of death; how it could caress
My brow with a love no living man has known."

2

"We call it duende" José answered,
"The chilling spine set to sultry music,
Quixote jousting a fatal windmill,
A blend of these whips of flame and shadow.
I've seen it in you often these past three years."
Crickets whistled. He nudged a blackened branch
With his foot toward her, its warm smoke
Rolling over her lap. Hand turned in palm, she said:

"Death does not deserve the same breath as love.
Neither of us will be made immortal,
So I would rather give dying to death
and loving to life while there is still time."
She turned to him, shawlless. She kissed him. weakly,
Hurriedly. The fire crackled in and out.

New Members & Staff

New To Thunderbird Clubhouse

I am Mona, and have been a member at Clubhouse since June 13th! I did not know what to expect. I decided to pick the Clerical side as my primary side to volunteer. I am learning computer skills, have been the bank teller, and am learning about Monthly book-keeping. The book-keeper has been gone due to a family crisis. I have learned that no question is too stupid, or stupid to ask! All the staff have been very helpful, patient, encouraging, and AWESOME!! I look forward to coming everyday! Thank you, everyone!

NEW STAFF

From left to right:

Ashley Burke

Katie Schaaf

Melanie McKinney

Ashley Burke is a Norman native and has a Bachelor and Master of Social Work from the University of Oklahoma. She had her administrative and community practice practicum at the United Way of Norman this past year and became familiar with Thunderbird Clubhouse through her work there. She has had a passion for helping others since elementary school and that passion has continued to grow stronger through her social work education. During her undergraduate courses she became more interested in community practice and creating systematic change rather than a direct practice focus. Ashley has enjoyed her time at Clubhouse so far and looks forward to developing more relationships within the clubhouse and community.

Katie Schaaf has a Bachelor and is currently working on her Master of Social Work from the University of Oklahoma. She was first introduced to the Clubhouse her junior year of college during a tour she took with her class. She felt an immediate connection to the clubhouse and loved all that it stood for, which made it one of her top choices for a future practicum site. She was thrilled when the opportunity to complete her practicum arose and spent a year as an intern in the Culinary Unit. She is now a part time staff in this unit and has loved being able to grow and build relationships at Thunderbird. Katie looks forward to her future in Social Work and the rest of her time at the Clubhouse.

Melanie McKinney-Shell has a Bachelor and Master of Social Work (from East Central University and The University of Oklahoma, respectively). She graduated from OU with Ashley Burke this year with a concentration in administration and community practice. Much of their previous experience is from working for state departments, and all of it is in the mental health and substance use field. Melanie's passion for social justice and self determination are what pulled them into social work; they especially enjoy utilizing their process improvement and grant writing skills along with their big picture perspective to make system changes and open opportunities for vulnerable community members. Melanie is happy to be a member of the Clubhouse team and is enthusiastic about strengthening Norman one member at a time.

August/September 2016

Sun	Mon	Tue	Wed	Thu	Fri	Saturday
28 Water Park	29 Among Friend	30 Farmer's Market	31 Pokémon Walk	1 Among Friends	2 Among Friends Memorial Service	3
4	5 Labor Day Social Among Friends	6 Farmer's Market	7 Pokémon Walk Celebration Dinner	8 Among Friends	9 Among Friends	10 Penn Square Mall Social
11	12 Labor Day Among Friends	13 Farmer's Market	14 Pokémon Walk	15 Among Friends	16 Among Friends Day of Caring	17 OKC Museum of Art
18	19 Among Friends	20 Farmer's Market	21 Pokémon Walk	22 Among Friends	23 Among Friends	24
25 Video Game Day at the Clubhouse	26 Among Friends	27 Farmer's Market	28 Pokémon Walk	29 Among Friends	30 Among Friends	

Thunderbird Clubhouse
PO Box 1666
Norman, OK 73070

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Thunderbird Clubhouse is proud to be United Way of Norman member agency.

CONTRIBUTIONS

Thunderbird Clubhouse gratefully accepts financial and in-kind donations. All donations are tax -deductible. Financial donations can be 'ear-marked' to benefit one of the following:

*** General Operational * Capital Campaign * Social and Recreational Account**

*** Dental and Eyeglass Account for Members**

To make a donation or request more information, detach this form and send it to:

Thunderbird Clubhouse, P.O. Box1666, Norman, OK 73070

www.thunderbirdclubhouse.org

☐I would like to make a donation

☐I would like to request more information

☐I would like to volunteer my time

Name: _____

Address: _____

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