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Happy New Year To You and Yours

Here at the Clubhouse, we're starting the New Year. The members and staff are overjoyed over the events of the last year. While others around the world have been struck with tragedy and obstacles, we continue to flourish with members that make our Clubhouse alive. Without the ingenuity and caring of the staff, and the resources that allow us to reach our goals, none of this would be possible. It is through the funding and consideration of the donors that allow us to reach our objectives and make bits of magic happen. During the holidays, we often reflect upon the joys in life; things that we sometimes forget to focus on throughout the year. From the start of the New Year, we begin to think about those that mean a great deal to us, those that we miss, and those that we could not do without. All of us at the Clubhouse wish you to know that you fall into these categories. Thunderbird would like to take this moment to thank everyone for all of the deeds, kindnesses, and support that has been done for this Clubhouse and it's members. Wishing you all a very Happy New Year!!!

Thunderbird Members and Staff



2012 Mid States Conference

We are proud to announce that Thunderbird Clubhouse and Crossroads Clubhouse will host the 12th Clubhouse Mid States conference! The theme will be Clubhouse Round Up! This year's conference will be held in Norman, Oklahoma at the National Center for Employee Development (NCED) September 4th-7th of 2012. The NCED has a variety of things available for each attendee to experience and Norman is the home of the University of Oklahoma and as such has a wealth of opportunities available to tourists. The conference will include many great workshops to gain a better knowledge of the Clubhouse community and for attendees to garner ideas for the betterment of their own Clubhouses. This conference will be open to anyone wanting to learn about Clubhouse and will offer C.E.U. units to professionals.



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.

Up, Up and Away!

This past November, I traveled to the town of Cadillac, Michigan, and from there to Washington D.C. I had multiple responsibilities: In Cadillac, I was asked to help with a consultation visit, to do something called “capacity building.” This is a teaching process of goal setting and goal achieving. My purpose there was mainly to observe. I was asked to train to do this on a more regular basis later this year. It’s a big deal for me...Alan Doyle of Fountain House asked me to participate, choosing me over many people he could have chosen. In the process, Club Cadillac formed a plan to raise another \$100,000 a year to pay two additional staff members. This is ambitious; it will take them at least two years.

After Michigan, I flew to Washington D.C. where I met Liz Richardson. There were two events we were attending. The first two days were for the United States Clubhouse Coalition, our new group for national advocacy. I am a co-chair for the Evidence-based Research Committee, and I presented a portion of our progress to about 90 Clubhouse members. Nineteen states were represented. There were two special presenters: Andrew Sperling, Director of Lobbying for NAMI, and Marcy Kaptur, U.S. Representative for Ohio. Both were encouraging and empowering for the USCC.

The second two days were for the “Employment Celebration.” U.S. Representatives participated in giving awards to employers of Clubhouse members, and we met with Representative staff asking them not to cut our funding for mental health.

The trip was a success for me personally, as well as for Thunderbird Clubhouse as a whole. We are participating in helping other Clubhouses individually and nationally. We are also making important contacts in our effort to increase advocacy and funding for those of us with mental illness. We want the nation to know: Clubhouse works.

~ David Guest



New Banking Hours

Starting Monday, January 30th, we will be changing our finance office hours. Members will be able to cash checks, buy stamps, and manage their accounts at the following times:



Monday, Tuesday, Thursday, Friday 10:00am to 11:00 am
2:00pm to 3:00pm

Wednesdays 10:00 am to 11:00am
3:00 pm to 4:00pm

A Returning Colleague

My name is Art and my life has been literally saved by a few agencies. By this I mean they were there for me during tough times. I was in poor mental and physical health and was homeless while the weather was bitter cold. I was taken to Norman Regional Hospital where I was given a regime of medicine after which I found myself homeless again. However, Norman Regional was the agency that referred me to Thunderbird Clubhouse. At Thunderbird Clubhouse they found me a place to stay while the weather was bitter cold; also, they helped me get my Social Security benefits going. After that, Mental Health gave me a Shelter + Care voucher which has allowed me to have my own residence and maintain my own needs. Also, I now have a part time job, a service dog, and am now a productive part of society. It's a wonderful feeling! If not for NRH, Thunderbird, and Mental Health, none of this would possible. I feel a certain gratitude to these agencies and have a lot of respect for all of the people involved. If not for the involvement of these agencies, I would not be where I am today.—Art Richter



MOURNING

You are the only one, Lord God,
I can trust—

The only one I know who can
Lead me through the difficulties
With which life is fraught.

I look to you in the morning
When no man rises—all is
Quiet and hushed—all is

Silent but the beating of my heart.

I say to you, “Here I am. Come to me...
Speak to me,” and you do with words
So silently and clear.

Clean words—full of hope and promise—
Full of understanding and light...
Greater than all my sin and despair



By Marcus Lamb

WINNER AMONG US !

Janetta Fleischmann is our featured 'Winner Among Us' this week. Janetta has been a member of Clubhouse for almost three months. She works in the Clerical Unit and took to the clerical duties like a duck to water. Janetta was born in Ada, Oklahoma on January 19, 1986. However, she has lived in Moore all her life. Her mother is a Cherokee American Indian; this meant that when she went into labor, Janetta's father drove her mother to the American Indian Hospital in Ada. The doctor called Janetta a miracle baby because the odds were stacked against her — the umbilical cord was wrapped around her neck. After many thanks to God, she came into the world as most of us do: with a loud, momentary cry. She went on to graduate from Moore High School in 2005 with dreams of teaching and using her writing skills. She enrolled at O.C.C.C., but due to her mental diagnoses, she found she was hindered with emotional baggage. Sad to say, anger was her most dominant emotion. Janetta was first diagnosed with mental illness when she was 13 years old. Like many of us here at Clubhouse, she found being labeled with mental illness caused her to withdraw from society and lose her confidence or any feeling of self worth. Personally, I hope and pray that through active involvement at Clubhouse, she will see and feel like never before. She will show that hope of recovery is possible for anyone of any age. She is already using her writing skills each day in our morning "Ink Spot", and our weekly Thunderbolt news letter. Her positive outlook is always present, especially in her beautiful smile. Janetta says Clubhouse makes her feel at home. At Clubhouse, we become like family to one another. Between the work ordered day (Monday through Friday) and all the socials of Clubhouse, we see one another more than most of us see our own family. We are all very happy Janetta chose to spend her life with us here at Clubhouse. She agrees with me when I say the work ordered day is unlimited in useful opportunities that make one feel accomplished at the end of a day. Janetta really enjoys the social friendships in a busy day and having personal time for use of a computer, not to mention the wonderful lunches for only \$1.00 to members and staff. Today, Janetta is a quarter of a century old and emphasized strongly that she is "SINGLE" and not looking for a boyfriend or husband; however, she says she is feeling better every day. Her favorite past times are reading, writing, and singing. Wow, I didn't know the latter! We have several artists that have already recruited her for the January Art Show. Her favorite colors are blue and yellow. People tell her she should say green is her favorite color, though. She says she doesn't always mix the two colors together (thank you very much), but she likes a blue sky with lots of yellow sunshine. That sounds like a winner of a day to me. How about you? Thank you for this time of sharing your life with us Janetta.

By, Daphne Smith.



Thunderbird Clubhouse ~Employment

Shemica and Nikki are currently working at TJ Maxx through the Clubhouses transitional employment program. They had a hyper holiday season at the store; business was booming! TJ Maxx has been raving about what an outstanding job Shemica and Nikki are doing processing the merchandise of the store.

In addition, we have Ted. He has been working at Progressive Independence as a janitor. He says that he likes his job a lot. This is also a transitional employment position. John High also works at Progressive Independence doing data entry; he works 12 hours a week.



Everette and Beverly are continuing to work for Cleveland County Center for Aging Services. Everette is a driver, and Beverly is working in food services. The Clubhouse currently has 18 members independently employed throughout the city of Norman.

David Guest and Liz Richardson, went to Washington D.C for an employer appreciation luncheon with our Nations Legislators and top employers. They learned how to lobby the legislators as well as they learned how to enhance the Clubhouses employment program.

If you know any employment prospects that are available in Norman Oklahoma, please give us a call at : (405) 321-7331, Or call Liz Richardson at (405)642-2000.

Home Again!!!

After two weeks of intensive training, Chris and I returned home! We learned a lot and have a lot to share with all of our other members and staff here at the Clubhouse. We have been enriched by the board members, ICCD staff, Genesis Club members and staff as well as the people who shared the guest house with us for these two weeks. We hope to have shared and left half as much as we learned from them which was an extraordinary amount. We learned how to make an in-house news cast, how to enhance our employment program, to make more meaningful work readily available, and to settle transportation issues arising from economics.

We believe all of these things, along with others, are the key items that were brought back with us from Genesis Club. We believe it was two of the best weeks spent for the Clubhouse. Of course we worked hard but we were also able to enjoy ourselves at the same time. We would like to thank each and every one of you for allowing us to represent Thunderbird Clubhouse.

-Christi Wilson



Culinary Unit Update

Thunderbird Clubhouse is focusing more on health and wellness, and trying to implement it into the Clubhouse. The Clubhouse is helping members learn the importance of health and wellness and we hope they apply it to their lives outside of the Clubhouse.

At the Thunderbird Clubhouse we have started serving breakfast in the morning between 8 am – 9:15 am. The prices range is between \$0.25 for dough bagels and \$1.00 for English muffins which come with an egg, cheese, and a pancake.

Each day we are continually seeking to make our meals more relevant for the member needs as well as promote healthy eating habits. We have been collecting nutritional values each day for the meals that they are consuming. Over the last few months our calorie intake has dramatically dropped. We are also working on eliminating seconds and instituting portion control. We continue to add nutritional options with the help of the nutritionist we have on staff, such as:

- Switching to 2% milk
- Using canola and olive oil
- Working on making our very own salad dressing

At Thunderbird Clubhouse we have been attending the YMCA twice a week for an hour each time. We have an average of 8 members that visit the YMCA twice a week. At the YMCA, members walk on the track, swim, and lift weights.

We will keep improving the nutritional value of each meal we serve, finding more ways to make food healthier. We will be working with our nutritionist, (who is here 4 hours a month at the Clubhouse) to find new ways of making our meals healthier; she will help with menu planning, sanitation, and allowing members to ask questions on health and wellness. With the help of our nutritionist, we passed out a nutritional survey to help us track the member's health and wellness. With the results of the survey, we will be able to measure the improvements of our health and wellness programs.



2nd Annual Fishing Tourney

Who? You! When? May 2012! Where? Lake Thunderbird!

You may visit our website at www.thunderbirdclubhouse.org for the most up to date information regarding this annual event.

We hope you will be able to attend this year!

Call Pam at 620-3726 for information.



February Socials



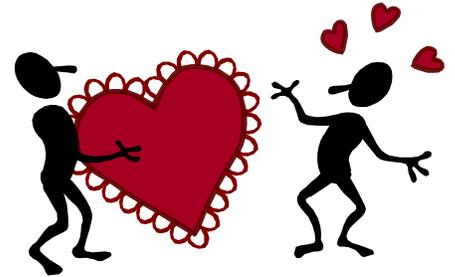
2-1-12 Celebration Dinner @ Coach's 4:30

2-4-12 Wal Mart/ Coffee p/u 8-9am

2-11-12 Valentine Party @ 5:00pm p/u 4-5pm

2-25-12 In House Social lunch at Clubhouse p/u
8-9am

2-29-12 Leap Day Social Dinner @ 4:30



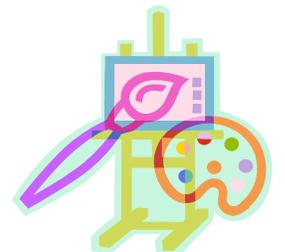
Thunderbird Artist Collective

What gives me such great pleasure to be a part of the Thunderbird Artist Collective is to be known as an artist with a disability, not a disability who is an artist.

Too many times in society we ourselves are the ones who dwell on the fact that we have a disability. Not here at Thunderbird Artist Collective. We point out the strengths of each artist, and each artist is known for what they can do first and foremost. If people ask questions when we go out in public, they are answered. Disabilities are not discussed unless an individual artist chooses to disclose that information about him/her self. That's what I mean we focus on the person, not the disability.

The Thunderbird Artist Collective has a positive and well-known reputation here in the state of Oklahoma. We have shown our work in many places, been asked to show at many places, and have enjoyed ourselves at each of these events. In showing at these events, each artist has come away with a greater appreciation of what it means to be a professional out in the community at large and to be widely accepted by all their peers, not just those that have a mental health diagnosis. This is very important because it allows all of the artists to begin to spread their wings into the public/private sector of the community.

The Thunderbird Artist Collective is currently in a time of transition and decision making. We want all of our artists to be involved with this process. If you are interested in providing input for the future of the Artist Collective, please come to the meeting every Wednesday at 3:00PM.—Christi Wilson



Thunderbird Clubhouse
PO Box 1666
Norman, OK 73070

Non-Profit Permit #55
U.S. Postage Paid
Norman, Okla.

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. Box 1666, 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: _____

Phone: _____