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## New Building Report !!!



We are still on track for a completion date of July 4, 2009. On February 26, 2009 we visited our new Clubhouse and saw some of the trusses being set and “toured” the rooms. It will be beautiful. Thank you to everyone who is sharing this dream with us!

## THINK TANKS AND THE CLUBHOUSE

The Clubhouse held it's first of I hope many think tanks Wed. January 21st 2009. Discussing things that we can do to improve the Clubhouse. Topics also included: how to transition into the new building, outreach, documentation, employment, transportation, public Awareness, and revisit original mission statement, participation and putting in a full work ordered day.

Nutrition was discussed for a healthy lifestyle. By having a nutritionist come to the Clubhouse and help us with healthy meal planning. We would also like to ask our readers to help us by sending in their healthy meal planning recipes.

We also decided why we like Clubhouse. among the reasons were respect, friendships, entitlement, a sense of belonging, and many others.

## Pet Show

April 18, 2009 9:00am-12:00noon

Come to our pet “luau”!

We will have

- Categories for judging
- Special animal performances
- Photo contest

And more!!



Go to our website for more information

[www.thunderbirdclubhouse.org](http://www.thunderbirdclubhouse.org)

### Thunderbird Clubhouse Mission Statement

To build a community that offers respect and opportunities to adults living with and recovering from mental illness, enabling members to achieve their social, financial, vocational, and independent-living goals.



### Say Hello To Linn Kruckeberg : New Staff

Hi there ! I'm back . For those of you who don't remember me as an intern, my name is Linn Kruckeberg, and I'm now a staff member at Clubhouse working in the clerical unit. I could not be happier to be back with all my friends here. It's almost like I never left . A little about me: I bartend in the evenings, I have an identical twin, I love watching mindless T.V. and I absolutely love cheeseburgers! That's probably all you need to know about me. I am so excited to be at Thunderbird Clubhouse! We are glad to have you back! Linn is a great addition to our staff. So long as she doesn't play the twin card on us !



### Stigma Busting and Advocacy Team Come Together

We now have a Stigma Buster Team. Mike Isaac from the Norman Police Department is helping in heading this advocacy team up. If you would like to be part of this team we would love to have you—the more we have the more people we can reach. We are just getting starting this team if you want to be a part of this very exciting endeavor please contact Debbie Ailshire or Christi Wilson, at 321-7331. Everyone is welcome from colleagues, staff, Board of Directors, etc. We need all the help we can get.

Debbie Ailshire

### March Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Marcus Lamb	2 Rodney Newcomb	3 Damien Muncie, Angelina Vick	4 Susie Hosack Rickey Morrison	5	6 Cory Dickinson	7 Karen Dolan
8 Sydney Ealum Art Show-City Hall	9	10	11	12	13 Brenda Furr	14 Card making and games at the Clubhouse
15 Kathy Houston Tracy Weiss Edward Mailard	16 Yvonne Regalla	17	18 Jim Hyde	19 Connie Orrostieta, Suzanne Rose	20	21 Christine Dean, Kenneth Franklin, Social- \$1 movies
22	23 Jeannie Baker Cameron Grisham	24 Pamela Krausmick, Shantel Peters	25	26 William Scott Christopher Wright	27	28 Jennifer Ewing, Alejos Garza Games at Clubhouse
29	30 Dianne Matlock, Mathew Muir	31 Vicki Ferrell	Birthdays and Saturday Socials			





### Our Proposal Task Force is Working Hard!

#### **\*\*Update on housing funding, Norman Arts Council and Kerr Challenge\*\***

We have a success! We were notified that we will receive \$67,000 in HUD funding (over a 5 year period) to add two housing vouchers to our current four. This is great news and is a boost to the grant that is going in today to the Oklahoma Department of Commerce for \$50,000 in emergency shelter funding. This will subsidize funding for a housing case manager as well as prevention funds to help members that are at risk of being evicted or having utilities cut off. Finally, we have applied for funding from IMPACT Foundation in OKC for additional housing funds. It is clear that we are committed to housing for Clubhouse members.

In addition, we applied for funding from the Norman Arts Council that would enable us to hire a part-time curator. We will go before their grants board in one week so we will keep you posted on this. The Artists Collective has an exhibition hanging at Norman City Hall and our opening will be March 8th at 3:00pm.

Finally, a challenge grant that we have more than met is our Kerr Foundation grant. Kerr Foundation challenged us to raise a total of \$50,000 over a two year period and if we did it, they would match it. We did it thanks to many of you that contributed and noted "Kerr Challenge" on your checks! Thank you!



### Welcome students!

Welcome to Rebecca an intern from OU School of Social Work (second from right) who is working on a Masters in Administrative and Community Practice. Olga (far right) is also a Social Work student in direct practice in the Master's program at OU. Both of these students Olga and Rebecca are here for their practicum experience. They are both an asset to Thunderbird Clubhouse. Rebecca and Olga have both shown this by working on the pet show flyer and registration form, greeting cards, and grant writing. Olga has exposed us to Russian culture and in the picture (left) she is teaching us how to make a Russian meal called Vareniki. This delicious meal is like American dumplings but is filled with mashed potatoes and served with sour cream or ketchup.



Olga has inspired us to become more aware of other cultures and we are hoping to learn to cook an African meal with the help of Akufor. One other direct practice student doing a practicum with us this semester is Aleece Mann. She is working on her bachelors in Social Work at the University of Oklahoma also. We truly appreciate the interns and the new insights and experience they bring to the Clubhouse.



### TAKING OVER FACEBOOK!

Many of us here at the Clubhouse have discovered the social networking website facebook.com. We have created a Thunderbird Clubhouse group and are recruiting colleagues to join the network and the Clubhouse Group. We enjoy the many applications on the website including the food fight application where we can throw virtual food at each other and the hug and smile application where we can send each other virtual hugs and smiles. One application that has caught on is kidnapped, where colleagues take turns virtually kidnapping each other and taking each other to foreign countries. To escape we have to learn about the country and take a quiz. Facebook is a wonderful way for colleagues to stay connected with each other outside of the Clubhouse. Once you have set up a free account with the website, you can upload information about yourself and pictures of family, friends, and pets. Adding friends on the website is easy and networking to find everyone that is affiliated with the Clubhouse is a snap. One Colleague even found some of his long lost family members. Once you've created a list of friends you can send regular updates on your status by answering the question, "What are you doing right now?" So come join the group on facebook.com and keep us updated with what you are doing.

### ARTISTS COLLECTIVE UPDATE

Come and see our art free at our next exhibit. The reception and showing will be Sunday March 8th at 3:00 P.M. The showing will be at Norman City Hall in the main lobby. We will make refreshments and snacks available. We are excited to have this opportunity to show our works of art at City Hall because it provides the opportunity for the Artist Collective to have greater exposure in the community. After completing this showing, we will be having an opening at Dreamers Concept Foundation and Gallery. Keep an eye on the website and in the mail for postcards regarding the next showing.

Authored by: Michael Cordial



Art by Rodney Newcomb

### International Clubhouse Seminar to be held in October

The 15th International Clubhouse Seminar will be held at St. Pete Beach, Florida on October 24-29, 2009. We have the hope of sending four to six colleagues to the conference this year. Vincent House is the first certified ICCD Clubhouse in Florida and will serve as the hosting Clubhouse. Vincent House is located in the City of Pinellas Park. The conference will provide our Colleagues with innovative learning opportunities for basic practice in the dynamic and growing Clubhouse Model. Colleagues will return rejuvenated and ready to share their experience and what they learned with the rest of the Clubhouse.



## Healthy Recipe of the Month: Penne and chicken with Garlic Cream Sauce

Recipe taken from Dreamfields Healthy Carb Living

Developed by the Better Homes & Gardens Test Kitchen

### Ingredients:

- 4 medium skinless, boneless chicken breast halves
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 8 oz. dried Dreamfields Penne (2 cups)
- 1 large zucchini (10 to 12 ounces), halved lengthwise and sliced
- 2 cups fresh mushrooms, sliced
- 2-3 cloves garlic, minced
- 1 tablespoon olive oil
- 1 cup reduced-sodium chicken broth
- 1 tablespoon all purpose flour
- 1/2 of an 8-ounce tub light cream cheese
- 1/4 cup dried tomatoes, chopped
- 1-2 tablespoons snipped fresh parsley
- 2 tablespoons shredded Parmesan or Romano cheese (optional)

- Sprinkle chicken with salt and pepper. Grill chicken on the rack of an uncovered grill directly over medium heat for 12 to 15 minutes or until chicken is no longer pink (170 degrees F), turning once halfway through grilling.
- Meanwhile, cook pasta according to package directions; drain. Return to pan; cover and keep warm. In a large skillet cook zucchini, mushrooms, and garlic in hot oil over medium heat for 5 minutes or until vegetables are crisp-tender, stirring occasionally. Add vegetables to pasta. In a small bowl whisk together broth and flour. Add to warm skillet with cream cheese. Whisk until smooth and bubbly. Cook and stir 1 minute more. Stir in tomatoes. Add to pasta and vegetables in pan; toss to coat.
- To serve, divide pasta mixture among serving plates. Cut chicken into thin slices. Arrange chicken over pasta and vegetables. Sprinkle with parsley and cheese, if desired.

\* Makes 4 servings



### Healthy Lifestyles Update

The Clubhouse has embarked on a nutritional journey to improve the health and well being of all the colleagues. To this end, we have been in contact with Keri Hale, RD/LD from Norman Regional. She is a community dietitian who does health promotion and education. We have had one in house nutrition education meeting with her and have plans to coordinate future meetings and education classes. In the first meeting with Keri Hale, we learned about portion control, and ratios of vegetables, starches, fruits, and meats. We also discussed the food pyramid and the website [www.mypyramid.gov](http://www.mypyramid.gov) where colleagues can put in personal information such as height and weight and make a food pyramid with healthy recipe ideas specific for your body type and activity level. She also informed us about the negative impacts of having too much caffeine and not enough other fluids, which convinced us to lower the cost of a bottle of water in the snack bar to the same prices as a cup of coffee (.25 cents). Colleagues were able to ask her many questions, including questions about medication and juice interactions, energy drinks, and sugar supplements.

Another practice we have begun within the Clubhouse is going on daily walks during the lunch hour after we eat. Anyone is welcome to go on these short walks around the neighborhood. The walks are a good way to get our digestive systems going, and our heart rates up. One of our practicum students, Aleece Mann has been designated as the walk leader and helps to motivate colleagues to participate with her vibrant enthusiasm.



### Eufaula House

The Eufaula house is almost done. This house will be used for emergency and crisis housing for members. A lot of work by volunteers has gone into the house, not to mention donations. We have nominated the four following people, Rick Medcalf, Everett McIntosh, Lisa Krieg, and Marvin Williams, for the volunteer of the year award. There are of pictures from the Eufaula house!





## New York City Home of The First Clubhouse

Fountain House is in New York City and is the first Clubhouse ever in the world. ICCD is right next door in the same building.

Pam and I went to NYC in February for the third week of 3week training. We both worked in units, as well as going to group meetings throughout the day.

We brought much knowledge back to our Clubhouse! We had quite a Bit to share. I mean in the way of education, employment, being payees, and development.



We also did some sight seeing, below is a picture of the two of us on the observatory landing of the Empire State Building.

The pigeons loved us!



Thunderbird Clubhouse  
PO Box 1666  
Norman, OK 73070

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

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## 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](http://www.thunderbirdclubhouse.org)

- I would like to make a donation
- I would like to request more information
- I would like to volunteer my time

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