



Thunderbird Clubhouse

May 2007 Newsletter

531 E. Main Street, Norman, OK 73071

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Board of Directors

Jana Atkins- Pres.
Andy Sherrer- V.P.
John McGraw- Sec.
Jean McNeely- Treas.
Debbie Ailshire
Roger Awtrey
Joyce Green
Steve Gwartney
Phillip Holden-Moses
Mike Isaac
Vera Masters
Rick Medcalf
David Moxley
John Sartori
Blake Virgin

\$\$\$ Garage Sale Report \$\$\$

Thunderbird Clubhouse scheduled a garage sale for Friday the 13th and Saturday the 14th of April. To our delight, as we started unloading the van on the 12th, shoppers noticed us and we made over \$300.00 in sales! What a great turn out we had for our garage sale and we made just over \$1700.00. We also made \$217.00 on a raffle for an MP3 USB player won by Terry Owens of the PACT Team. We will use this money for our trip to Six Flags. During the garage sale members worked together to answer the phones and greet people.

Karen H.

New Board Members and Board of Directors Officers

At our Annual Meeting on April 11, 2007, we elected two new Board members: David Moxley and John Sartori. David is a Social Work professor at O.U. and has been spearheading the development of the Thunderbird Artists Collective. He will also be working with us to develop a system to assess and then develop outcome measures. He has already logged many volunteer hours at the Clubhouse. We are also happy to welcome John Sartori who used to work at Norman Convention and Visitors Bureau and now works for an oil company. He is developing his real estate business. Welcome to both John and David!

The Board voted on officers for the upcoming year beginning July 1. Jana Atkins will serve again as President; Andy Sherrer will serve again as Vice-President; Jean McNeely will continue on as Treasurer and Philip Holden-Moses will be our new Secretary.

Thank you to our Officers and ALL the Board members that make our agency a great place full of great people!

Thank You to Our Funders and Supporters

Sarkeys.....we received the remainder of the \$250,000 capital grant. Our building will be underway soon!

Community Development Block Grant....we received \$5,300 to use beginning July 1 to purchase new computers.

Social and Voluntary Services Commission....we received \$4,800 to fund our meal program

Norman Arts Council.....we received \$4,000 for our newly formed Artist Collective.

Thank you ALL—

WE APPRECIATE YOUR SUPPORT!

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.

May's List of Events and Socials

- Wednesday, 2nd: Program meeting 10:15
Celebration Dinner at Couch Cafeteria; meet at Clubhouse @ 4pm
- Thursday, 3rd: Philosophy meeting 2:00
- Friday, 4th: Wal-Mart; meet at Clubhouse at 4pm
- Sunday, 6th: Mental Health Celebration; p/u 1pm
- Wednesday, 9th: Program meeting 10:15, Board Meeting 5:30
- Thursday, 10th: Philosophy meeting 2:00
- Saturday, 12th: Bingo and Lunch @ Clubhouse; p/u 9am
- Wednesday, 16th: Program meeting 10:15
- Wednesday, 23rd: Program meeting 10:15
- Thursday, 24th: Employment Breakfast @ Clubhouse 8:30 am
- Saturday, 26th: Paseo Art Festival; p/u 8-9am
- Monday, 28th: Memorial Day Lunch at Clubhouse; p/u 8-9am
- Wednesday, 30th: Program meeting 10:15
- Thursday, 31st: Philosophy meeting 2:00

May B-Day's

Jane B.	5/1	Laura D.	5/23
Darin V.	5/2	Andrea B.	5/25
Sharon L.	5/5	Patricia L.	5/26
Sharon Willis	5/5	Aimee T.	5/26
Kieston K.	5/11	Rich C.	5/28
Tom B.	5/13	Maria L	5/31
Pat R.	5/14		
Frank S.	5/14		



Welcome to our new members!

Hi my name is Jane B. and I'm a new member. I started coming to Clubhouse at the end of March. I'm in the Clerical Unit and I like to work in the bank, which helps me practice my math.

My counselor, who helps me with my depression, told me about Clubhouse. She said they do fun things and teach you how to be more independent. I would like to be more independent so that I can get a job someday and live by myself. I am learning to not say "I can't" and would like to learn how to do more things at Clubhouse and in life. I am also going to get involved with an adult literacy program so that I can learn how to read better and be able to help other people. Someday soon I would also like to get my drivers license. I am also working on learning how to control my depression.

I'm Herman,

Today I joined Thunderbird Clubhouse. I find the clubhouse quite stimulating in that being with persons who are like me. "Human" in that we all have different needs and different struggles with life. Where we can "in essence join as one" to help each other through our times of need and in a way understand each other's needs. Through positive communication and community support.

Thank-you Thunderbird clubhouse and the community,
Sincerely,

Herman B.

Health and Wellness News

I felt kinda scared but eventually I got to my destination. I was greeted and asked to be seated in the lounge. Soon I was in an office with a wonderful person who was encouraging me to help myself with my diet. We talked about calories; did you know there are about 150 calories in a regular coke, and about 0 calories in a diet drink.

I found out that I like fruit a lot more than I thought; it is better for us to eat fruit than ice-cream too. The weirdest thing is that I like fruit better than ice-cream now. The dietician seems real concerned with preservatives and the use of sugar, my dietician didn't like them so much.

Portion control was another issue we worked on. She showed me proper portion sizes on a plate with imitation foods in proper sizes. I was given three sheets of paper with ideas for meals for lunch, breakfast, and supper. I believe my dietician has started me on the right path and all I have to do is follow it.

Mike C.

Walk for Health

The walkers have decided to temporarily hold off on walking while they discussed going to the Y.M.C.A. They applied for scholarships so that they can improve their health and gain independence. We will continue walking until a time is determined to start attending the Y.M.C.A. You are welcome to join us there as scholarships are available.

Leanne B.

The importance of water

Water is important to help our body function properly. We need water to help our kidneys flush away the excess sodium from our bodies. Water helps to keep our bodies hydrated and keep our muscles in good condition. Water helps rid the body of waste. An average person should drink eight glasses of water a day for maximum health.

Kitchen Unit Update

Since we have been eating just one lunch at 12:30, it has felt more like a community meal. There has been a noticeable improvement in the member's working together to complete tasks. We made it through the garage sale! Thanks to the members who helped with the pizza on Friday and Saturday.

Jane A.

I have been doing a great job in the snack bar and taking lunch reservations. These are new tasks for me. Everyone appreciated it a bunch. I also do a great job doing drinks at lunch and taking out the trash. I also enjoy going shopping for the Kitchen Unit and going to the bank and getting free popcorn.

Harold D.

Snack bar/ Kitchen

We have been selling a lot of Kool-Aid and flavored water in the snack bar this month. Our homemade cookies are a big hit and thanks to all who help bake cookies. We have sandwiches for sale at least three days a week in the snack bar and thanks to Kelly B. for her continued hard work to prepare them before she goes to work in the morning.

We have been making some new dishes for lunch the past few months and everyone loves them. We have been serving some great meals such as; taco salads, chicken pot pie, fajitas, chef salad, and breakfast burritos.

We are now offering discounts when you purchase a prepaid meal card. Come and check it out.

Christine D.



Above is new member Steven D.
Below is a recent picture of Xena the Cat.



Above are staff members Akufor and John. Below is Christi W. showing off her new hairdo.



Is there such a concept as true conception. Does a single idea come from a unique single source, or are there single ideas influenced from many sources. What is the conception of an idea?

What ideas are concept to the point, and is the point determined by conjecture in advance, or much by chance it stands. Does God keep His chance Alone, or share with other chance, free nature and free will.

I depend on God for every chance, but some of them leave me blind. It is blind faith in Him that carries on. Please, trust God.

If we dare temptation to carry out response, have we aggressively denied our right to stand alone, free of response and free of obligation to such action. Is there any real purpose in denying the Lord His due when we behave, if only by chance, whether we do, or carry or with Him, and us, simple sheep in trust of Him.

I think not that I have my entity of change. I have a blank mind, it can go any way. I call on Jesus to guide it, and guide this pen, for we can go anywhere from here. Jesus, guide us to Your shore.

David T.

Sunday, May 1st, 2005

I have all this time to think. What will the thought become. Shall I think of a song until the time in which my thoughts become cumbersome. I thought I didn't want to come here but I am happy I am where I am in my life. I had to come a long way to get this far and I am especially thankful to those of whom helped me reach this point. I am enjoying living here as well as living well here.

Michael C.

Discover Oklahoma at Little River Zoo

On March 12th the people from Discover Oklahoma came to visit the zoo. I was there doing my volunteer work until I was done with my tasks. I got to meet Jennifer Reynolds and her son. They were there doing a story for Discover Oklahoma. She used to be a news anchor for KWTW 9. She was really a nice person. I felt comfortable chatting with her. I told her about my work at the zoo, and my being the zoo's mascot "Ms. Prickles" especially for our upcoming event in April called Kids for Kindness Earth Day festival. On April 21st, the zoo will be on Discover Oklahoma.

By Jan T.

A group from Clubhouse went to Tulsa, OK to be part of a Congressional Hearing on the Parity Law. The Parity Law has to do with companies providing mental health coverage for it's employees.

Pictured from left to right on the back row are: Rosemarie H., Yvonne Campbell, Mike C., Harold D. and Pam Sanford.

Left to right on the front row are: Steven D., Leanne B., Christi W. and Debbie A.



May's Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Chicken & Rice</i>	2 <i>Stuffed peppers</i> <i>Celebration Dinner</i>	3 <i>Hamburgers</i>	4 <i>Spaghetti</i>	5
6	7 <i>Fajitas</i> <i>Lasagna</i>	8 <i>Brisket</i>	9 <i>Chicken & Dumplings</i> <i>Tuna Helper</i>	10 <i>Fiesta Bake</i>	11 <i>Stew & Cornbread</i>	12
13	14 <i>Chicken Fried Steak</i> <i>Burritos</i>	15 <i>BBQ Beef Sandwiches</i>	16 <i>Baked Ham</i> <i>Pancakes</i>	17 <i>Macaroni & Cheese</i>	18 <i>Tacos</i>	19
20	21 <i>Corn Dogs</i> <i>Club Sandwiches</i>	22 <i>Stroganoff</i>	23 <i>Chili & Cornbread</i> <i>Chicken & Dumplings</i>	24 <i>Taco Salad</i>	25 <i>Soup & Cornbread</i>	26
27	28 <i>Sloppy Joes</i> <i>Three Bean Casserole</i>	29 <i>Chicken Cacciatore</i>	30 <i>Hot Dogs</i> <i>Enchiladas</i>	31 <i>Breakfast Burritos</i>		

Thunderbird Clubhouse
P.O. Box 1666
Norman, OK 73070

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Thunderbird Clubhouse is proud to be United Way of Norman member

How You Can Help.....

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

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

Name: _____

Address: _____

Phone: _____