



# Gazette



# 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  
Fax: (918) 749-2150

### Hours of Operation

Monday Thru Friday:  
9 a.m. - 5 p.m.  
Tuesday:  
9 a.m. - 7 p.m.

[clubhousetulsa.org](http://clubhousetulsa.org)



AmeriCorps

## CLUBHOUSE STAFF

**Executive Director**  
ROSE WELLER

**Program Director**  
SHEENA AGYARE

**Member Services Coordinator**  
JOAN CRAGER

**Employment/Education Coordinator**  
RIKKI BROWN

**AmeriCorps Member, Culinary Unit**  
GRACIE MELENDEZ

## BOARD OF DIRECTORS

**President**  
BLAKE SHIPLEY  
Attorney, Oklahoma Indigent Defense System

**Vice President**  
MAX PARKER  
Anchor Stone Company

**Secretary**  
BOB SULLIVAN  
Professional Risk  
an Alera Group Agency, LLC

**Treasurer**  
PAUL HARDY  
Woodland Tax Service, PLLC

**Directors**  
SHEREE ALLEN  
Clubhouse Tulsa Member

DAVID BLATT, Ph.D.  
Oklahoma Appleseed Center  
for Law & Justice

RITA CARBUHN  
Tulsa Community College  
(ret.)

## DAILY CLUBHOUSE SCHEDULE

### Monday

9:45 Morning Task Board  
12:00 Lunch (sign up by 11:15)  
& Afternoon Meeting

### Tuesday

9:45 Morning Task Board  
12:00 Lunch (sign up by 11:15)  
& Afternoon Meeting  
2:00 Computer Class  
5:00 Tuesday Night Dinner

### Wednesday

9:45 Morning Task Board  
12:00 Lunch (sign up by 11:15)  
& Afternoon Meeting  
1:30 Wellness Hour

### Thursday

9:45 Morning Task Board  
12:00 Lunch (sign up by 11:15)  
& Afternoon Meeting  
2:00 Job Hour

### Friday

10:30 Brunch (sign up by 9:45)  
& House Meeting

## September Dates to Remember:

**Tuesday, Sep. 5 @ 5 PM:** Restaurant Night  
**Friday, Sep. 8 @ 2 PM:** Gazette Planning  
**Thursday, Sep. 21 @ 2 PM:** Social Planning  
**Monday, September 18 @ 2 PM:** Garden Planning  
**Friday, Sep. 22 @ 2 PM:** Ice Cream & a Movie at the Clubhouse  
**Saturday, September 23:** Onifade's Cookie Company Celebration  
**Monday, Sep. 25 @ 1:30 PM:** Meal Planning  
**Saturday, Sep. 30 @ 9 AM:** Tulsa Out of the Darkness Walk

## September Birthdays

Bill F. (Sep. 2)	Robyn C. (Sep. 18)
Sheree A. (Sep. 3)	Annemarie M. (Sep. 25)
William S. (Sep. 11)	Sara M. (Sep. 25)
Joe M. (Sep. 13)	Tianna V. (Sep. 26)
Libby H. (Sep. 17)	Natalia K. (Sep. 26)

## NEW MEMBERS

## Meet Attonia

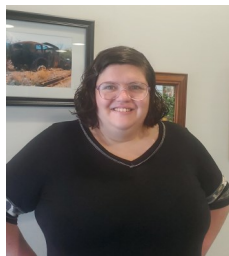
by Nathaniel



Attonia was born here in Tulsa and graduated from Union High. She attended Rutgers in New Jersey and San Jose State in California. She worked in accounting and nursing before. Attonia also spent time working on a PACT team. Her psychiatrist referred her to Clubhouse Tulsa. She hopes to find friends and companionship here. Attonia's interests include rescuing animals, watching TV, and social activities. Welcome to Clubhouse Tulsa, Attonia.

## Meet Andrea

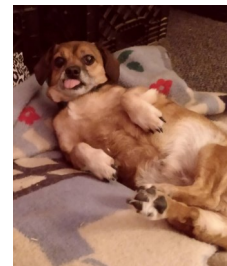
By Rikki



Andrea grew up in Sapulpa. She came to the Clubhouse because she hopes it will provide her with stability and something to do during the day. She is also glad to be at the Clubhouse because she likes socializing and being around people. So far, Andrea has done data entry, helped out in the kitchen, and sat at the reception desk. She says she has enjoyed everything she's done so far and is happy to be included. In her free time, she likes to spend time with friends and family and watch TV.

## Meet Robin

By Emmy



Robin was born and raised in Mesquite, Texas. She relocated to Tulsa in 2005. She was referred to the Clubhouse by Family and Children's Services. She said everyone is so friendly here and she loves it. She said it gives her something to do every day and likes to help out anyway she can.

Robin loves to color out of coloring books. She is so talented and has shared her beautiful pictures with us. She is a great asset to us and we are glad she is here.

## EMPLOYMENT

## Emmy's New Job

By Rikki

In August, Emmy started her new job at Immanuel Lutheran Christian Academy. She supervises kindergarten-12th grade students after school. Emmy says there are usually at least 30 students attending the program each day, and that she works with one other staff person. Her favorite part is playing games and doing activities with the younger students. She says the job's hours are perfect for her and that the job duties fit with her previous work experience.

Emmy's advice for other people who are looking for work is to be persistent and not to be discouraged if they have to apply and interview for multiple jobs. Before finding this job, she had just interviewed for another position that she wasn't very excited about. "I ended up not accepting the first position that I applied for, but I'm glad that I still went and interviewed for it anyway. It gave me a chance to practice my interview skills, which helped me a lot when I interviewed for the job that I really wanted."



## EVENTS



# CHEERS & BEERS



ARTICLE BY SHEREE

On August 10, the Clubhouse held its first fundraiser in several years at the lovely Atento Capital Building in downtown Tulsa! The atmosphere was relaxed, and appropriately named Cheers and Beers. Clubhouse colleagues that attended included Rose, Sheena, Joan, Rikki, Chris, Karin, Terrance, Sheree, Laurie, Amy, Robyn, Libby, Antonia, and Emmy. Clubhouse Board members and Fundraising committee members that attended included Bob, Max, Matt, Rita, David and Paul. Former Clubhouse Executive Director Pat came to the event, as well as Bob Shipley, our owner's representative during the remodel of our new building.

The turnout at the event was great and members from the local mental health community, including Mark Davis and Mike Brose, were also in attendance. We had a live band, Amber Owens & Company, that was referred to us by Sheena and they did a great job of entertaining the crowd that was on hand. Dinner was catered by Los Cabos, and Altamont provided dessert cookies, both of which were great. Our new clubhouse video was premiered at Cheers and Beers, and it was warmly received by our guests. We had a wine bar, silent auction, and MC, Scott Gaffen, who kept everyone entertained and engaged while learning about Clubhouse Tulsa's mission, goals, and colleagues. Clubhouse Tulsa's Board VP, Max, was able to get his dad's company, Anchor Stone, to do a matching donation of up to \$50,000 to support the Clubhouse! Cheers and Beers was fun, and as a Clubhouse, we're looking forward to continuing fundraisers in the future.

## THANK YOU TO THE FOLLOWING SPONSORS AND DONORS WHO MADE CHEERS & BEERS A SUCCESS:



Bodean Seafood  
Dead Armadillo  
Rita Carbuhn  
Paul Hardy  
Kema Hicks  
Rolf Hufnagel

Katy & Doug Inhofe  
Los Cabos  
Jill James  
Pam Long  
Max Parker  
Jocelyn Parker

Michael & Jaclyn Presenal  
Blake Shipley  
Bob Sullivan  
Rose Weller  
Valyncia Wilson  
Sally & Mike Young



**Special thank you to Joe Parker and Anchor Stone for providing a \$50,000 matching grant.**





Before the big night (Left to right): Attonia, Emmy, Robyn, Rose, Karin, Gracie



Sheena and Karin at Attento



Scott Gaffen, the event MC



Guests enjoy the food. Left to right: Robyn, Emmy, & Rikki



Sheena with Amber Owens & Company



Amber Owens & Company perform



Anita & Paul Hardy with Sheree



Joan, Sheree, Robyn, & Amy dance the night away



Left to right: Max Parker, Mark Davis, & Bob Sullivan





## SOCIALS

# Purple Glaze

I had the pleasure of taking a group of members to a paint-your-own pottery place for our August social. The small group of us loaded into the van and made our way to Purple Glaze Studio in South Tulsa. Each person painted whatever they wanted. A few painted piggy banks. Some painted light switches. Some painted birdhouses and mushrooms. It was a unique experience and I hope we are able to do it again, as everyone really seemed to enjoy it. I can't wait for the next social!

Gracie Melendez

On the right: (Left to right) Gracie, Laurie, Andrea, and Robin at front table. Annemarie, Ellen, Sara, and Nathaniel at back table.

Bottom left: Nathaniel

Bottom center: Andrea and Robin

Bottom right: (Left to right) Annemarie, Sara, and Ellen

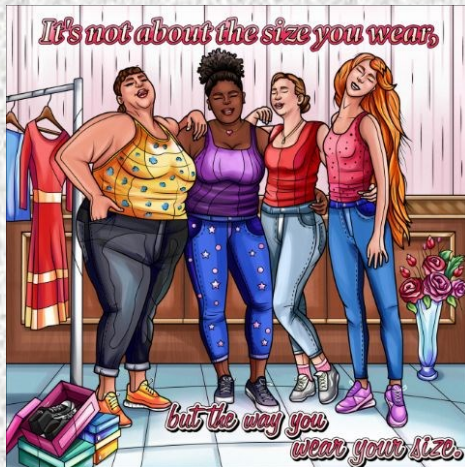


## Thank You

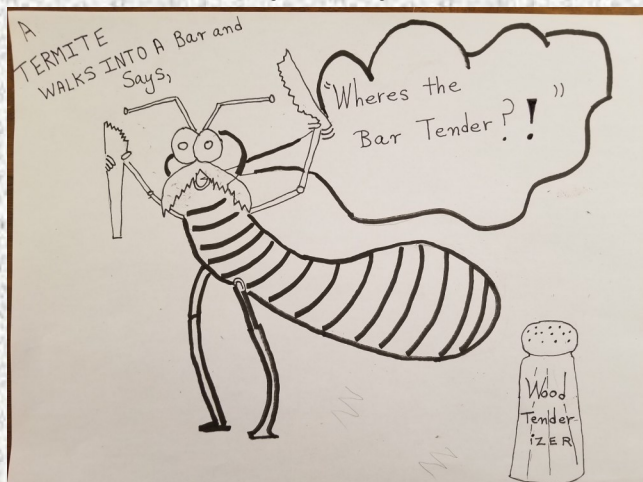
To John and Mary Taddiken, who generously donated groceries to the Clubhouse after we lost all of our cold food during the June power outage. We appreciate you!

# TAPESTRY

Coloring By Robin D.

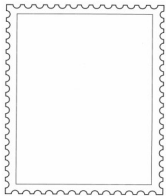


**The Termite**  
By Amy S.



**Cleopatra Earrings**  
By Amy S.





925 S. Yale Ave.  
Tulsa, OK 74112



### Many Thanks to Our Major Supporters

Jeffrey Alderman, M.D.	Herman Kaiser Foundation
Arvest Foundation	Lobeck Taylor Family Foundation
Grace and Franklin Bernsen Foundation	Jeannie & Joe McDaniel
Bill and Gail Bieber	The Meridia, LLC
Dana and Michael Birkes	Karen Nelson
Rita Carbuhn	ONE Gas, Inc.
George and Jennie Collins Foundation	The Orthopaedic Center
Jacqueline DiPillo	Jody Parker
Corrine and John Dolan	Max Parker
Enterprise Holdings Foundation	Jon Polcha
Essendant Charitable Foundation	QuikTrip Foundation
Bill Fater	Rotary Club of Will Rogers
Stephen Fater	Blake Shipley
Francine Fisk and Scott McClung	Paul L. and Helen I. Sisk Charitable Trust
Pat and Jim Fluegel	Edwin Snyder
Francine Gates	Bob Sullivan
Gelvin Foundation	John and Mary Taddiken
Paul Hardy	Willie Thoman
Larry Harral	Tulsa Area United Way
Debra and Joe Hull	Tulsa Community Foundation
Jeff and Jill James	Warren Family Foundation



*A 501 (c)(3) nonprofit organization.*