

THUNDERBIRD CLUBHOUSE



THE WEEKLY UPDATE FROM THE COMMUNITY AT
THUNDERBIRD CLUBHOUSE

APRIL 27TH- MAY 1ST

CLUBHOUSE RECAP WRITTEN BY LINN BLOHM

Hello from Thunderbird Clubhouse! I hope everyone is staying well and finding ways to connect with friends and loved ones. Clubhouse, like the rest of the world, has been busy finding our path through the unprecedented and unpredictable last two months. Although our building has been closed, Thunderbird Clubhouse is one of many Clubhouses worldwide that has been keeping members socially connected while physically distant. I have never been prouder to be part of such an amazing organization.

Some of the services we have provided include delivering daily lunches, delivering grocery boxes and hygiene kits, assisting members with obtaining necessary medications, helping members fill out unemployment and other benefit paperwork, assisting with transitional employment, preventing housing evictions and utility cut-offs, and providing emergency shelter for members who are homeless. Furthermore, our Clubhouse offers a virtual 'Work-ordered Day' which includes virtual unit meetings, daily Clubhouse tasks, wellness meetings, and socials. We have gotten pretty skilled at Zoom meetings! We also recently started offering a Warmline for members to call between 4pm-8pm every day. Members are able to call this number and chat with a staff member if they are feeling lonely. Since we closed our building on March 16th, we have delivered a total of **1,454 lunches** and provided **2,000 hours of supports** to our members!

Kathy, a member, states how she has been staying connected with Clubhouse since our building closed. "I have stayed busy hosting socials twice a week. We have done a lot of activities including museum tours, zoo cams, and games like Pictionary. The socials are a great place to catch up with others in a laid back atmosphere. I have also been hosting Clubhouse's Book Club on Fridays. We just finished *The Lion, the Witch, and the Wardrobe* and will be starting *Alice in Wonderland* next week. I am glad I am still able to keep busy with Clubhouse activities during this tough period."

Thank you to all the members, staff, and supporters who have helped during this challenging time.

RECONNECTING IN THE TIME OF COVID



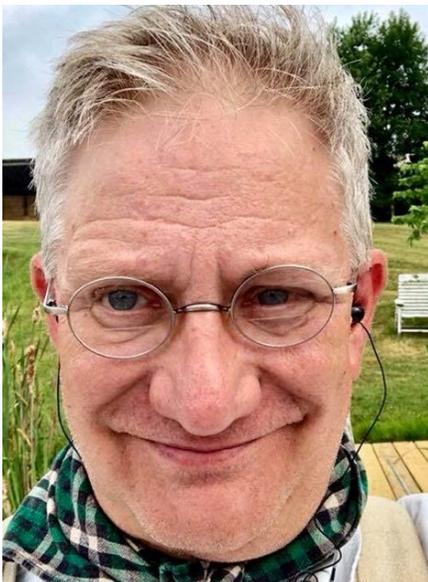
WRITTEN BY BILL BULLOCK

I'm a kindergarten teacher and when they closed the schools I decided to shelter with my parents. They live in a small town by the lake with lots of retirees. My mom is 87 and my dad is 88. With them being in a high risk group we made a decision. My wife and I hugged, (for a long time) then I left for the duration of Mom and Dad's self quarantine.

Their house is large, comfy, and on a golf course by the lake. Our day is marked by meals and meds. We watch the birds at the feeder and the squirrels all around. We have been connecting with friends and family over Zoom and such. For me that included Thunderbird Clubhouse.

I received an outreach call and I was so happy to hear that I would be able to join in on activities online. Mental illness doesn't take a break of course and I find it reassuring to be with people who understand. I used to imagine having a focus for my free floating anxiety would be better. I was wrong.

Participating in Zoom Clubhouse meetings helped me orient myself and focus on taking positive steps. I'm back with my therapist. I am keeping up with my meds (as well as my parents). And I reach out when things get bad, so I am not alone.



I'm lucky enough to have a full time job , and before the virus hit, I could only drop into the clubhouse very occasionally. Now that virtual participation is a thing, I'm back. It's very reassuring and empowering to a part community of people ready, willing and able to support each other.

Thank you to everyone involved in any way with the clubhouse. You are a calming force in a very turbulent time.

A Look Back to Our Art Show

WRITTEN BY CARL CRISS

As many of you know, we spent many months working on a long overdue art show at Resonator here in Norman. Our Artist Collective members also worked hard at their homes to prepare some incredible art for the show. It had been close to three years since our last show, so we were all very excited about the new one. Sadly, the social distancing was beginning to be put in place the night we were getting set for our show.



However, we were fortunate enough to be able to make a video to show off all that work with a video on the Clubhouse Facebook page. Some of artists even managed to sell some pieces to people who knew them or because of our virtual tour!

Life is filled with ups and downs, but I know one thing: our members are survivors, and when when we can all come back together we will put this on for real, even bigger and better! Resonator has said we will be able to reschedule once that happens. Also, we need to give a shout out to the folks at our locals Sprouts donating a gift card for our event. Speaking of that card, we used the food that was intended for the show for an impromptu last minute social at Clubhouse before we went into our social distancing mode! I want thank each and every artist, member, and the staff of Clubhouse for all the hard work they put into this event. We also have to thank Ashley for all the time and effort she put into this show! Stay home, stay safe, and keep creating and appreciating art!



QUARANTINE MOUSE

WRITTEN BY CHUCK MILLER

So the Covid 19 crisis has been rough, but not as bad on me personally as I had feared it might be. Still, it's been difficult. Isolation is one of the worst things for me, and now I have to do it. This is true for a lot of people, I know. It has been especially difficult for me, though, because my two beloved pets—William the rat and Trina the hamster—passed away shortly before the lockdown stuff began. So I was truly isolated in my apartment. Sure, I've got TV and movies and books and a computer, but there was nothing else ALIVE in here. Well, I have a plant, but I mean something ambulatory. There was nothing like that—until Jay the mouse showed up.



Jay is a small gray rodent that I presume wandered in here from outside, as mice sometimes do around here. Normally I catch them in a no-kill trap and take them outside. But the mice have gotten smarter. They have started avoiding the trap. I leave a little food outside the trap too, and Jay was contenting himself with that. I saw him running around the place. He is very, very fast, and that's how I settled on the name Jay. I named him after Jay Garrick, the original comic book Flash from the 1940s. Also, the name Jay can apply to a girl as well as a boy, and I cannot be sure of the little rodent's gender.



Last week, Jay slipped up. He went into the trap and was—well, trapped. I was all set to take him outside and turn him loose. I looked at him and he looked at me. And what did I do? I opened the trap up and walked away. Let him go on about his business. One day when the Covid restrictions are lifted, I will buy another rat or hamster to serve as a companion. But, for the time being, it's nice to have the patter of little rodent claws around the house.



WEEKLY SCHEDULE

MONDAY

9:15 AM
Unit Meeting via Zoom

10:00 AM - 12:00 PM
Remote WOD Activities

12:00 PM
Lunch chat via Zoom

1:15 PM
Unit Meeting via Zoom

2:00 PM - 3:30 PM
Remote WOD Activities

3:30 PM
Guided Meditation via Zoom

WEDNESDAY

9:15 AM
Unit Meeting via Zoom

10:00 AM - 12:00 PM
Remote WOD Activities

12:00 PM
Lunch chat via Zoom

1:15 PM
Unit Meeting via Zoom

2:00 PM - 3:30 PM
Remote WOD Activities

3:30 PM
Guided Meditation via Zoom

FRIDAY

9:15 AM
Unit Meeting via Zoom

10:00 AM - 12:00 PM
Remote WOD Activities

12:00 PM
Lunch chat via Zoom

1:15 PM
Unit Meeting via Zoom

2:00 - 3:00 PM
Book Club via Zoom

3:30 PM
Guided Meditation via Zoom

TUESDAY

9:15 AM
Unit Meeting via Zoom

10:00 AM - 12:00 PM
Remote WOD Activities

12:00 PM
Lunch chat via Zoom

1:15 PM
Unit Meeting via Zoom

2:00 PM
Social Activity

3:30 PM
Wellness Activity via Zoom

THURSDAY

9:15 AM
Unit Meeting via Zoom

10:00 AM - 12:00 PM
Remote WOD Activities

12:00 PM
Lunch chat via Zoom

1:15 PM
Unit Meeting via Zoom

2:00 PM
Social Activity

3:30 PM
Wellness Activity via Zoom

SUNDAY SATURDAY

12:00 PM
Lunch chat via Zoom

6:00 PM
Online Board Games

12:00 PM
Lunch chat via Zoom





HOW TO JOIN OUR ZOOM MEETINGS

1. Call this number to enter our meeting:

1 (346) - 248 -7799

2. Enter our meeting ID:

5390027589#

3. Enter #

OR

1. Download the Zoom App

2. Enter our meeting ID:

5390027589#

THUNDERBIRD CLUBHOUSE

RESOURCES

FOR THOSE IN NEED OF FOOD



CLUBHOUSE IS DELIVERING FREE LUNCHES AND FOOD KITS TO MEMBERS WHO REQUEST THEM

**CALL US BEFORE 9AM TO
REQUEST A FREE LUNCH:
(405) 321-7331**

WARMLINE PHONE



CLUBHOUSE WILL HAVE A PHONE LINE AVAILABLE TO CALL FOR MEMBERS WHO ARE LONELY OR NEEDING SOMEONE TO TALK WITH

**WARMLINE PHONE NUMBER
(405) 501-3309**

AVAILABLE 4-8PM EVERYDAY

NEWS SOURCES AND FREE ENTERTAINMENT RESOURCES

WRITTEN BY CARL CRISS

Some resources for bipartisan news and free entertainment. Secular Talk, The Damage Report, The Hill, The Humanist Report, The Young Turks. All of these sources are citing real facts , and I know many of our members want truth not mainstream propaganda so check these out if you are interested. And of course we all love entertainment so I suggest you check Twitch.com and Mixer.com, these do tend to be gaming geared sites but a bunch of streamers do variety shows on there! An example is a band called Halocene who do weekly live streams of them playing and talking to their viewers on Twitch. So its a great way to be social and entertained all at once for free!

