

THUNDERBIRD CLUBHOUSE



THE WEEKLY UPDATE FROM THE COMMUNITY AT
THUNDERBIRD CLUBHOUSE

MAY 4TH - MAY 8TH

CLUBHOUSE SURVEYS

WRITTEN BY LINN BLOHM

Together, Clubhouse International, Fountain House, and Clubhouse Europe are reaching out to Clubhouses during the COVID-19 crisis to gather information about each Clubhouse's response to the crisis and to gather stories of experiences from Clubhouse members worldwide. Thunderbird Clubhouse has been extremely busy in the last two weeks calling members and conducting these surveys over the phone. We appreciate everyone's input and willingness to help us gather this data. Please note that confidentiality will be upheld during this process, so Clubhouse International will not have access to your name or identity.



The plan is for Clubhouse International to utilize these surveys to help make sense of the essential needs and actions of Clubhouse communities during this historic time, to provide knowledge, and to strengthen our Clubhouses. Clubhouse International has already received over 1,300 surveys from over 100 Clubhouses with more in progress. Weekly reports from Clubhouse International have been sent to us, so we know the individual needs and experiences of Thunderbird Clubhouse's members. We will continue with the surveys while we continue to operate as a virtual Clubhouse.

If you are a member and have not completed a survey and would like to, please contact Clubhouse at 405-321-7331. Thank you all for your participation in these historic surveys. We look forward to sharing the information to help us all move forward together.

HEALTH AND WELLNESS AT HOME

By Alex Harnack

Hi! My name is Alex and during this time I want to remind everyone how important health and wellness is. I have been sober for 5 months and haven't let COVID-19 disrupt that. It was hard to stay sober throughout all of this, but I knew it was best for my health and wellbeing.

I have been doing thai chi through Zoom and have been teaching it to other members and staff. It's so popular that we are going to start doing it twice a week on Tuesday and Thursday at 3:30pm. It makes me feel good that I can help others feel good. I learned thai chi at the Clubhouse so it's awesome that I can teach others now that we can't physically be there together.

Other health and wellness coping mechanisms I have been doing are taking walks. Sometimes I like to do a scavenger hunt while I walk or take pictures of the cool things I see so it motivates me to go outside more. Since we have been quarantined, going outside regularly helps me decompress and feel better.



I have also been making more healthy meals at home and cooking more regularly. Cooking during quarantine is a good way to think about other stuff than what's going on around you while still being healthy. You also get to enjoy your creations! I can't wait until we are back at Clubhouse so I can make meals for everyone again. I'm also looking forward to going to culinary school and opening my own restaurant in the future.

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

WRAP 101: TRAINING OPPORTUNITY

WRITTEN BY ASHLEY SHOWALTER

Our friends at San Antonio Clubhouse are offering a free WRAP 101 training for our members. It is a one-day 8 hour training and will be offered multiple dates throughout the month of May. Below is their description of the training. If interested, please call us at 405-321-7331 and we will assist you with signing up.

"Through this Workshop, you will design your own simple and safe "Wellness Toolbox" or Self Care System. These are things that are simple, safe, and free that will help you get well and stay well during times of high- stress. You'll also learn about Action Planning, Common Stressors, and how to prevent and respond to stress effectively. This "Introduction to WRAP" is perfect for members or staff of any Clubhouse, regardless of where you are in your personal or recovery journey! Though these courses are just an introduction to WRAP, they are still taught by our Certified and experienced WRAP Facilitators."