

# PENGUIN PAGES



## FAREWELL MARTA

We held our final concert with Mrs. Marta, who will be deeply missed. She made a significant impact on our lives, teaching us about music and its benefits. Additionally, we would like to introduce our new Music Therapist, who is eager to continue our journey of learning.

This month was packed with many events. 4<sup>th</sup> of July celebration, concert, birthdays, main event outing, karaoke, food recipes and more.

Take a look at at this informative and fun newsletter .



## MONTHLY NEWSLETTER

This month we bring you the latest updates and exciting news from our community. Stay informed about our ongoing projects, upcoming events, and success stories.



# TGP Choir Concert



By. Raquel G & Rubi R.



On July 3rd, The Gathering Place hosted a heartfelt farewell concert for Marta—her final performance. The event was filled with piano music and friendship songs that brought joy and emotion to everyone present. These songs held special meaning for both Marta and the members, evoking a nostalgic, peaceful, and happy feeling as they sang along. Members had been practicing these songs for several months, including warm-up exercises to prepare. While some faced challenges keeping up with the music at first, their dedication and consistent practice paid off. The more they rehearsed, the more confident and polished their performance became.

What a beautiful way to close this chapter for Marta—with music, memories, and the support of a community that will miss her dearly.



## SONG LIST

When I breathe in  
Lean on me  
Count on me  
You got a friend  
That's what friends are for



# MARTA'S FAREWELL



## WHAT IS ONE OF THE MOST MEMORABLE TIME HERE?

**Marta:** My first concert was a mix of excitement and nerves; I didn't realize the scale of the holiday party. Upon spotting the CEO, I felt a wave of calmness and it reminded me that I was well-prepared for this moment.

## WHAT WILL YOU MISS THE MOST?

**Marta:** Experiencing the joy of seeing everyone and singing the final song after each concert.

## WHEN DID YOU START TO WORK AT TGP AS A MUSIC THERAPIST?

**Marta:** This August it would be 3 years. Coming here I felt confident and I wouldn't change anything.



## DID YOU HAVE A HARD TIME COMMUNICATING WITH THE MEMBERS?

**Marta:** No, because music is universal. It translates well with everyone no matter what diagnosis.

By: Sana P

**FUN FACTS:** Marta Play's piano but prefers the guitar. Her favorite color is green.

# WELCOME MUSIC THERAPIST



**BROOKLYNN**

**Fav Color: Orange**

**Pets: 3 Cats,  
2 Dogs,  
1 Bearded  
Dragon**

## *A LITTLE ABOUT ME*

I was born and raised in Houston, Texas. I got into music growing up at church, where they taught me how to sing and play guitar. From a young age, I knew I'd end up doing something with music—at the time, I thought maybe I'd become a singer or something similar.

I discovered music therapy through church as well, during mission trips and outreach events. It was actually our youth pastor who first introduced the idea of using music as therapy, and that really inspired me.

Later, I moved to Charleston, South Carolina, and attended Charleston Southern University. After finishing school, I moved back to Houston and started working at Memorial Hermann in The Woodlands. That's where I got into neurologic music therapy and saw the incredible positive effects it had on people.

In my free time, I love taking care of plants, practicing yoga, working out, being outside, hiking, swimming, and spending time by the ocean.

I look forward to working with everyone here at Menninger Clinic and TGP. So far, I am loving it.



THE GATHERING PLACE

# KARAOKE TIME

JAPANESE, FROM **KARA** EMPTY + **ŌKE**, SHORT FOR  
ŌKESUTORA (ORCHESTRA)



## Our Favorite Pastime

BY ROB P

At The Gathering Place, Karaoke = Concert Time! We don't just sing—we perform! Karaoke is a big deal around here, and the excitement is contagious. Whenever we find time in the schedule, you can bet we're grabbing the mic. As soon as karaoke is mentioned, members are already signing up and warming up their vocal cords. It's a favorite tradition we love, and we're all about keeping the fun going!



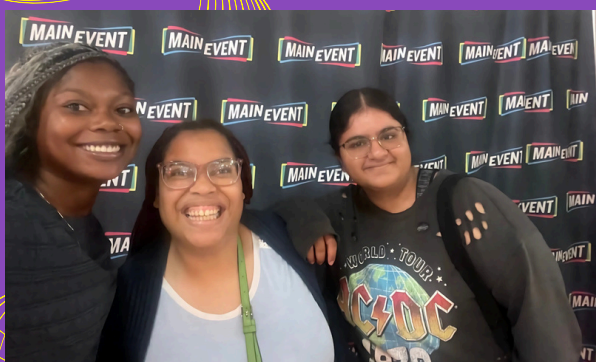


# BOWLING

## FOOD

## FUN

BY VEE W



### ABOUT GAME CONTEST

Our outing was a great success. From the moment we arrived, members—including myself—had a wonderful time bowling, eating, and playing laser tag. The energy was light, and it helped us all relax and enjoy the positive vibes around us. Everyone seemed to be enjoying themselves independently, while still sharing in the camaraderie of the group. I spoke with several people afterward, and all of them said they had a great time and truly loved the experience.

What made it even more special was seeing members who struggle with social anxiety or depression come out and fully engage. Some even said they felt like a big kid out there, just having pure fun.

We hope to continue having outings like these—where we can connect, laugh, and create memories together.





MEMBER RECIPE

# KASS SPAGHETTI

This is my famous spaghetti secret recipe

By Kassy W



## Ingredients

- 1lb ground beef
- Seasoned vegetables
- Progresso Spaghetti sauce
- 1 pk Spaghetti Noodles

## Instructions

1. Sautee your vegetables in a pan.
2. Add the ground beef, cook until golden brown.
3. On another pan add water (preferred amount) and boil
4. Add the spaghetti, boil until cooked.
5. Drain the noodles
6. Pour Spaghetti sauce
7. Add the seasoning to taste
8. Mix it all together
9. Enjoy



# MEXICAN MUSIC

## REGIONAL MUSIC HISTORY

BY CAMELIA R

Music is a powerful part of my culture, and when I listen to Mexican music, I feel it on a whole different level. Its roots go back to the 16th century, blending the rich sounds of Indigenous traditions with African rhythms and Spanish instruments brought during colonization. One iconic style that emerged is mariachi, which began in the 18th century in the state of Jalisco. Traditionally featuring violins, trumpets, and guitars, mariachi has become a symbol of Mexican identity and celebration.

Over the centuries, Mexican music has evolved, with each region developing its own distinct sound—from the norteño styles of the north to the tropical cumbia rhythms of the south. Today, modern Mexican music continues to grow and reach global audiences. One of my favorite bands is Fuerza Regida, a group of Mexican American artists who formed in 2015. They've brought a new wave of regional Mexican music to younger generations, blending traditional sounds with urban influences and earning multiple number-one singles along the way.

### *My top three songs*

1. FUERZA REGIDA - BRILLOROSA
2. FUERZA REGIDA - QUÉ ONDA
3. NATAEL CANO - MADONNA





# MEMBER OF THE MONTH



## BENARD JOSHUA

BJ has been a dedicated member since 2019. He volunteers regularly at the Front Desk and in the Country Store. Known for his quiet nature, BJ is a consistent presence in the clubhouse and is always willing to lend a hand. He also enjoys giving back to the community and never hesitates to sign up for volunteer opportunities.

### Fun Fact

Has a great smile.

### ON THE JOB

BJ volunteering at the clubhouse and Target Hunger



### REQUIREMENTS

Members are chosen by peers and staff, based on their consistent performance, positive attitude, reliability, teamwork and overall contribution to the Clubhouse and self help.



# Next Month: AUGUST

$$a^2 + b^2 = c^2$$

## Events in August

- Aug 08 – Paint w/ Twist
- Aug 15 – Outing
- Aug 21 – Fashion / Talent
- Aug 29 – Closed



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