

PENGUIN PAGES



MENS HEALTH

June is Mens Mental
Health Month

OUR COACH

Meet Clint, his coaching
skills help our
clubhouse

FIELD DAY

We enjoyed the day in
our backyard

UNITS

See what our Units are
working on



Menninger®
Where healing comes to mind

FIELD DAY



SNOW CONES, FUN, GAMES

On Friday, we took advantage of the beautiful weather and spent some time outdoors enjoying the sunshine. We grilled hot dogs and served refreshing snow cones for everyone to enjoy. Music filled the air as members participated in a variety of fun activities. Some flew kites, others played soccer, and many joined in a lively game of Granny Pantz. It was a great opportunity to relax, socialize, and have fun together before the afternoon heat became too intense.

beach



COUNTRY STORE



Focus of the Month: Keeping Country Store Flowing

The Country Store is more than just a place to grab snacks and essentials — it is a space where teamwork, responsibility, and community come together. This month, members have been focused on strengthening the store's operations by keeping inventory organized and items up to date with what members enjoy most.

Members have been learning the importance of balancing customer favorites with thoughtful purchasing decisions by paying close attention to budgeting, pricing, and product demand. By identifying popular items that quickly fly off the shelves and recognizing products with lower sales, members are helping create a store that continues to meet the needs of everyone who visits.

Member Spotlight: Keenan

This month, we are shining the spotlight on Keenan for his dedication and accountability in managing an important part of the Country Store's daily operations. Keenan has taken ownership of organizing, counting, and rolling the store's loose change while carefully tracking monthly totals for deposits.

His attention to detail and commitment demonstrate the value of responsibility, organization, and teamwork — important skills that help keep the Country Store running smoothly.

Quote of the Month

"True hospitality is the art of making people feel at home, even when you are running a business; it turns a financial transaction into a human connection."

The Country Store continues to show that every interaction, task, and responsibility is an opportunity to build connections, learn new skills, and create a welcoming environment for all.

BUSINESS BUZZ



Focus of the Month: Service and Responsibility

We have a member adding a new role to their roster. She works internally in outreach by connecting with all members of the clubhouse through monthly birthday celebrations, work/job/volunteer accomplishments and "thinking of you"/"Get well soon" mementos. Thank you, Sana!

Member Spotlight: Karl

Karl has demonstrated strong performance in his role as a front desk receptionist. Reliability and initiative are what Karl brings to the team of the business unit. He consistently works diligently, is dependable, and arrives early for his shifts. Karl has also developed effective communication skills and interacts clearly and appropriately with members, staff, and visitors. He is such a joy to work with. If you ever sign up with Karl at the front desk, he will support you with his knowledge of receptionist tasks and expectations.

Quote of the Month

"Small acts of service strengthen connection and empower community."

OPERATION UNIT



Juan Z & Juan M

Focus of the Month: Safety and Reliability

Our focus is for everyone to have a safe and comfortable environment that you will enjoy. This month we have been focusing on the outside patio and the gardening. Our backyard patio has new furniture and new plants. Some have said it feels very warm and welcoming.

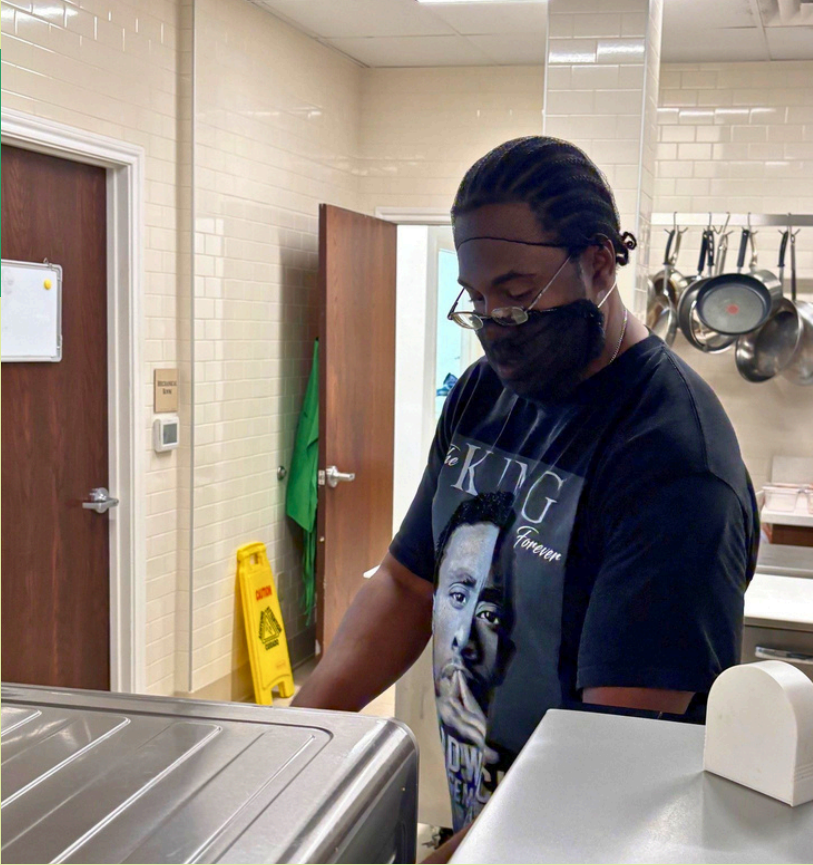
Member Spotlight: Juan Z

Juan has been helping with the Operation team and is always up for a challenge. He has helped in variety of ways throughout the clubhouse. Juan is always making sure things are in top shape for people to use.

Quote of the Month

"Reliability is not measured by what you do once in a while, but by what you do consistently every day."

CULINARY UNIT



Quote of the Month:

“Great teamwork, strong organization, and a willingness to learn are the ingredients for success.”

Monthly Theme or Focus:

This month, our kitchen squad focused on setting up and organizing the teaching kitchen to improve efficiency and teamwork.

What We Worked On This Month:

The Kitchen Squad worked on organizing the kitchen for better efficiency, smoother operations, and reviewed kitchen procedures. The squad celebrated new members who took and passed the Food Handlers Course. Our team continues to practice working together to keep the kitchen clean, organized, and ready for use.

Member Spotlight:

This month, we would like to spotlight Melvin for his positive attitude, willingness to learn, and steady support of the squad. Melvin has shown great commitment to helping the kitchen run smoothly. His teamwork and reliability makes him a valuable member of the Kitchen Squad. Melvin completed the course with a perfect score of 100%. His focus, and determination, shows great commitment and sets a strong example for others.

DIETETIC INTERN

Destiny

ABOUT ME

I am originally from Corpus Christi, Texas, where I live on a ranch. Life on the ranch keeps me busy caring for my goats, chickens, cows, and my two dogs.

I am currently pursuing a Master's degree in Nutrition and Dietetics at Texas Woman's University (TWU). I chose this field because I have seen firsthand how proper nutrition can improve people's health and overall quality of life. I am passionate about helping others use nutrition as a tool to live healthier lives.

Some of my favorite hobbies include going to the gym and reading. My favorite colors are pink and green.

MY EXPERIENCE

When I first arrived, I expected a clinical setting with treatment rooms and a more secluded environment. However, I quickly learned what a clubhouse truly is and how unique it can be. During my time here, I built meaningful relationships with the members and had the opportunity to get to know them on a personal level.

One of the biggest things I will take away from this experience is being more open-minded and understanding of individuals living with mental health challenges. I also gained insight into different eating habits and lifestyles, which broadened my perspective.

This experience helped me develop more patience and improve my communication skills by learning how to navigate conversations with people from diverse backgrounds and experiences.

I plan to continue volunteering here because of the positive impact this experience has had on me and the connections I have made along the way.



Coach Clint

THE COACH LIFE



My beginnings

I recently started coaching basketball with UGA Basketball as a high school varsity coach. When we began, many of the players were new to the game and had limited basketball experience. Since then, I have enjoyed helping them develop their skills, build confidence, and improve as a team.

I coach every day except Mondays, and it has been a rewarding experience. One of the things I enjoy most is watching the players grow, both on and off the court. Seeing their hard work pay off and witnessing their progress motivates me to continue investing in their development.

Coaching at TGP

At TGP, we participate in physical fitness activities such as weightlifting and walking. I help members learn proper exercise techniques, including how to perform repetitions safely and effectively. We also spend time walking together, which promotes both physical health and social connection.

One of my goals is to start a basketball team at TGP. I believe it would provide members with another opportunity to stay active, build teamwork skills, develop confidence, and have fun while engaging in healthy competition.





MEN'S MENTAL HEALTH

By: Nicey C

June is Men's Mental Health Month, a time to raise awareness about the unique mental health challenges that men face. Mental health affects everyone, yet many men continue to struggle in silence. Too often, men feel pressured to be strong, to push through pain, and to carry their burdens alone. They may believe they have to be "superhuman"—able to endure emotional hurt, stress, and hardship without showing vulnerability.

Depression, anxiety, trauma, substance abuse, and suicidal thoughts affect millions of men each year. Despite this, more than half of those struggling do not seek professional help. Stigma, cultural expectations, and the misconception that asking for help is a sign of weakness often prevents men from reaching out. The truth is that seeking support is a sign of courage and strength. This month serves as a reminder that no one should have to face their struggles alone, and that help, healing, and hope are available.



Common Symptoms

- Aggressive, violent or controlling.
- Feeling numb or emotionally disconnected.
- Increased alcohol or substance use.
- Trouble sleeping, difficulty concentrating.
- Loss of interest in work, hobbies or relationships.
- Risk taking behaviors.
- Feelings of hopelessness.
- Escapist behavior such as; excessive work.



Steps to Take

With the right treatment and support, men can recover and improve their mental well-being. Seeking help is an important step toward healing, growth, and living a healthier, more fulfilling life.

- Talk to a doctor or a mental health professional.
- Explore treatment options like therapy, or lifestyle changes.
- Break Silence by sharing experiences with people.
- Consider support groups

Crocheting Journey.



Many of our members have been learning the art of crocheting, thanks to the dedication and guidance of Linda, a volunteer who introduced the idea to The Gathering Place. What began as a simple activity has grown into an enjoyable and creative experience for many participants. Linda teaches both traditional crochet techniques using a crochet hook and hand crocheting, which uses thicker yarn and can be easier for beginners to learn.

Through these classes, members are developing new skills, expressing their creativity, and building confidence as they complete projects. The crochet group has also become a great opportunity for socialization, allowing members to connect with one another while learning something new in a supportive and welcoming environment.



Hydrate This Summer

Summer heat can quickly lead to dehydration, causing fatigue, headaches, and dizziness. Make sure to drink water throughout the day, especially when spending time outdoors or being active. Carry a water bottle with you and choose water whenever possible to help keep your body healthy, energized, and cool all summer long.

Tips for Staying Cool in the Sun

- Wear a hat
- Drink cold water
- Wear sunscreen
- Spend time in nature
- Maintain consistent sleep routines
- Stay indoors in the AC
- Go to a cool place like the movies



By Leokadia



Louis P (left) & Kelly (right)

Meet Kelly

A little about Me is that I consider myself a kind individual who easily connects with others. My hobbies include building model cars and trains, a passion I've nurtured since childhood. My favorite color is blue, and I also love to draw and paint. I truly enjoy my time at The Gathering Place, where I always feel welcomed and like an integral part of the team.



Welcome Joel

I enjoy reading and rollerblading in my free time. My favorite book is Barbarians at the Gate, which I enjoy because of its focus on business and finance. My favorite color is brown and I also enjoy cooking. I came to The Gathering Place (TGP) to socialize and make new friends. So far, the experience has been positive. I have met many new people, and I have noticed that I am hearing the voices less often.

June

MEMBER OF THE MONTH

Melvin



About Me

Melvin is a member who has been stepping up volunteering in all the units. He has shown commitment in getting his Food Handlers Certificate to work in The Culinary Unit. He has been building relationships with his peers as well. He has shown that he wants to learn more skills and to be a helping hand around the clubhouse.

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

July

Stay Hydrated

July's summer heat makes staying hydrated more important than ever. Drink water throughout the day, especially if you're spending time outside or being active. Keep a water bottle nearby, take breaks in the shade, and enjoy water-rich fruits like watermelon to help you stay cool, healthy, and energized.



3 July Closed

10 July Community Outing

17 July Nutrition Workshop

24 July Fun Friday

Reminder

31 July
CLOSED