



Menninger®
Where healing comes to mind

OCTOBER NEWSLETTER

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**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.



Lunches of Love

By Kassi W

VOLUNTEER



What its about

Lunches of Love is a non-profit organization that is committed to helping end childhood hunger in FORT BEND COUNTY by providing a free nutritious sack lunch during extended school holidays and weekends.



By the Numbers

I was awesome to see women working together for a great cause. It was our group and some other ones working side by side.

Featured Story From Walks to Water

"I enjoyed working together with all the women that came out and volunteered."

– Adele



Volunteer Spotlight

It was a very fun experience feeding the children. We got our proper ppe on, and then went to the station and started packing the lunches. This was my first time and it felt very rewarding.



FAREWELL BOBBY



We'd like to celebrate our very own Bobby for 9 amazing years at TGP! With 26 years of dedication at The Menninger Clinic, Bobby has been a vital part of our program's growth and evolution, helping shape it into what it is today.



It's bittersweet as we say "see you later" to Bobby and wish him all the best in his next adventure. We'll miss him and hope he'll come back to visit and volunteer with us at TGP!



WILL
MISS
YOU MAN!



WORLD MENTAL HEALTH DAY



BREAKING THE TABOO

Mental health falls under a broad umbrella that affects every part of an individual's life. It connects to a person's emotional, psychological, and social well-being. Childhood experiences, trauma, and social environments can all have lasting impacts on mental health. Lifestyle factors such as sleep, diet, exercise, and substance use also play an important role. In addition, brain chemistry imbalances and neurotransmitter levels can contribute to mental health challenges.

The mental health umbrella covers a range of conditions, including anxiety, mood disorders, depression, and other mental illnesses. Mental illness does not discriminate—age, race, gender, or culture can all be affected. These struggles can impact not only the individual but also their family and community, often leading to negative outcomes if left unaddressed.

Living with a mental illness should not be considered taboo. Unfortunately, mental health is still often associated with weakness, instability, or danger. In some cultures, it is seen as a source of shame or personal failure. Because of this stigma, many people with mental health conditions fear being judged or discriminated against in their jobs, relationships, or communities. A lack of understanding about mental health can also contribute to fear and misunderstanding.

The true umbrella of mental health should shield, protect, and support those in need. By addressing the stigma and promoting awareness, we can create a more compassionate and inclusive society—one where individuals feel empowered to seek help, find healing, and live fulfilling lives.



Break the cycle of mental illness,

- **Educate yourself:** learn about mental health conditions
- **Advocate for change:** speak out against the stigma surrounding mental health and promote understanding.
- **Seek Support:** encourage people to seek professional help.



TGP CHOIR CONCERT

By Raquel G

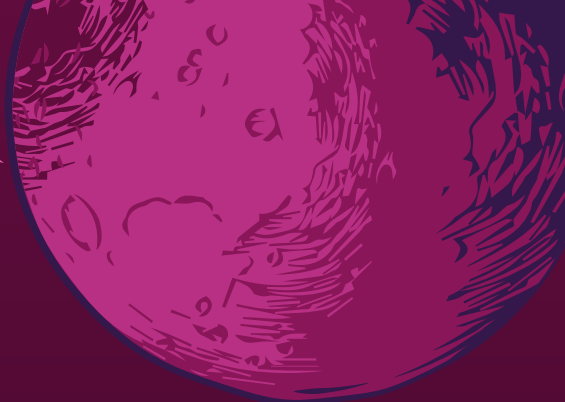


**“We are now
going to get
started on
rehearsing for
Christmas.”**



I really enjoyed this experience — it helped me manage my anxiety and build confidence. I especially liked how Brooklynne plays the piano; she’s very talented and inspiring to watch. We had two months to practice, and the piece was moderately tough, which made it both challenging and rewarding. When it was time for my solo, I felt nervous, but I pushed through and was proud of myself for doing it.

HALLOWEEN PARTY



A Spooktacular time!

Written by Veronica Y

We had a wonderful gathering on Halloween Eve, filled with excitement and creativity. Many of our members arrived dressed in festive costumes—some went all out with full outfits, while others kept it simple with a fun mask. No matter the style, everyone brought great spirit to the celebration. Throughout the event, we enjoyed friendly competition with games and prizes, shared delicious food and fresh fruit, and ended the afternoon with bags of treats to take home. It's always a joy to see so many of our members come together to celebrate, laugh, and make memories. Events like this remind us how special our community truly is. We look forward to many more celebrations together!



Pink Walk

By Nicey L &
Adele W



Stepping for Cancer Awareness



Stepping forward one person at a time, then another — our community walked together for cancer awareness. This walk reminded us of the importance of early detection through regular screenings and self-checks, and of educating others about cancer risks. Cancer touches individuals of all ages, genders, and backgrounds. That's why we walk — one step at a time, united for awareness and hope.

The Menninger Pink Walk was a meaningful event full of support and unity. The weather was perfect, and we enjoyed walking just the right distance before returning to the clubhouse. Everyone showed their spirit by wearing matching pink shirts, making the morning even more special. We stepped in solidarity, we supported one another, and we were proud to walk for a cause that affects so many lives.



MEMBERS OF THE MONTH

Members of the Month

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.



Odell W

Mr. Odell aka "I Got This", gets things done and is always coming up with good ideas. He is one of our leads here in the clubhouse and our DJ as well. He is one of the people that makes people feel welcomed and appreciated.



Raquel G

Talented, ambitious, reliable, humble, and team player are some of the words described about Raquel. She is always up to the challenge and gets the job done. She might be quiet but her work speaks volumes.



OUR TRIP TO

GALVESTON COUNTY CLUBHOUSE



The Members selfie



On the Beach



The Spot Restaurant



Clubhouse Galveston



Learning Together, Growing Stronger

They greeted us with kindness and made us feel immediately welcome as we arrived for our tour of their clubhouse. During the visit, we learned that they are a newly established clubhouse, just a year old, and are still getting things up and running. The staff shared their excitement about expanding their space and preparing for their Work-Ordered Day.

It was clear that the team is humble, dedicated, and eager to work with members as they continue to grow their community. We exchanged ideas and experiences between our clubhouses—that's what it's all about: supporting and learning from one another. As the saying goes, "Iron sharpens iron," and this visit truly reflected that spirit of mutual growth and collaboration.



In MEMORY Of



George SHAMIEH

GEORGE SALEM SHAMIEH, AGE 70, OF HOUSTON, TEXAS, PASSED AWAY ON OCTOBER 1, 2025. HE WAS BORN IN RAMALLAH, JORDAN ON MARCH 11, 1955 TO PARENTS SALEM AND MALVINA GEORGE. HE CAME TO AMERICA A YEAR LATER. GEORGE GREW UP AND LIVED IN HOUSTON, TEXAS AND WENT TO SAM HOUSTON HIGH SCHOOL, AND THEN TO UNIVERSITY OF TEXAS AT AUSTIN AND GRADUATED WITH A BACHELOR'S DEGREE IN INTERNATIONAL BUSINESS.

GEORGE HAD A ZEST FOR LIFE AND WAS INVOLVED IN MANY GROUPS AND ACTIVITIES. 28 YEARS AGO, HE COFOUNDED AND FACILITATED A DISCUSSION GROUP TO DISCUSS ISSUES RELATED TO PALESTINE AND ISRAEL. IT INCLUDED FRIENDS AND COLLEAGUES FROM BOTH SIDES. GEORGE SCHEDULED MEETINGS, ARRANGED LUNCHEON LOCATIONS AND RESEARCHED THE LATEST NEWS AND INFORMATION TO PROPOSE DISCUSSION TOPICS. HE WAS PASSIONATE ABOUT THIS CAUSE AND MADE MANY LONG TIME FRIENDS THERE BEFORE HE RETIRED HIS ROLE.

GEORGE WAS A FAITHFUL MEMBER OF ST. VINCENT DE PAUL CATHOLIC CHURCH WHERE HE SERVED AS AN USHER FOR MANY YEARS.

Next Month

November

what we've learned

The Houston Food Bank is helping with SNAP by offering special food distribution events for those whose benefits have been interrupted and provides assistance through its Community Assistance Program (CAP) to help eligible individuals apply for SNAP. You can find food and apply for SNAP through special distribution sites or the general partner network by using the Houston Food Bank's Find Food map or by calling 2-1-1.

reminders

**WE ARE
CLOSED
November
27 & 28th**

upcoming events

- Nov. 7: Paint With a Twist
- Nov. 14: Workshop
- Nov. 21: Outing