

TGP Members, here's what you **need to**

**know** this month:

**Thursday, October 10<sup>th</sup>** we will be celebrating World Mental Health Day

**Friday, October 25<sup>th</sup>**  
-Breast Cancer Awareness Event

**Tuesday, October 29<sup>th</sup>** - Birthday Club and Veterans Lunch

**Thursday, October 31<sup>st</sup>** - Halloween Talent Show: Signup by whiteboard!

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# THE GATHERING PLACE MONTHLY JOURNAL

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TGP Members learn important CPR safety techniques during visit from Menninger nurses ..... learn more on page 5



Menninger®

The Gathering Place

## Movie Review—"It Chapter Two"

The second installment of Stephen King's IT begins with a phone call from Mike the librarian in Derry, Maine to the six grown up versions of the kids in the original movie. In the first film, produced in 2017, the seven members of "the losers" club battled the evil clown known as Pennywise. Now 27 years later, the clown also known as IT, has returned and the grown ups must come back to their home town to finish what they started. Mike believes he has found a way to defeat IT by burning a personal token from each of the gang, but will it work? The movie deviated from the book often, but in no way disappointed. With stars like James McAvoy, Bill Hader and Jessica Chastain, the film was already bound to be a success. It has great special effects and a spook factor of 10. If you have a mental illness make sure you take your meds before seeing this movie as it will creep you out! I give this movie a 9.2 out of a possible 10. By Todd R.

### Menninger's New President & CEO, comes for a visit to our TGP Clubhouse

Congratulations to **Mr. Armando E. Colombo**, new President and Chief Executive Officer at The Menninger Clinic!

The Gathering Place would like to express our gratitude to Mr. Colombo for taking time from his schedule to come and visit with our members and staff here at the clubhouse, giving everyone a chance to meet him personally.

Mr. Colombo comes very highly recommended.

**Wayne K. Goodman, MD**, said, "Mr. Colombo's experience and trailblazing approach to mental health care is bound to bring The Menninger Clinic to the next level."

**Jeff Paine, chair of The Menninger Clinic's Board of Directors** said, "We are confident that Armando's veteran experience and positive approach to leadership

will guide Menninger's growth strategically and elevate Menninger's visibility in the community,"

The Menninger Clinic has been a nationally ranked psychiatric hospital for 30 consecutive years. With 30 years of experience in health care operations himself Mr. Colombo is equipped to lead **Menninger** toward its **100th anniversary** by building upon Menninger's patient care services and expanding access to people seeking mental health care.

"I am looking forward to maintaining and building upon Menninger's prominence in mental health and increasing the services to serve a broader range of people with mental health needs. Menninger is a tremendous brand in mental health with talented clinicians who get outstanding results with their patients."

**-Mr. Armando Colombo**

The combination of Menninger Clinic's reputation, being at the top of its field, as well as the proven skills and reputation of Mr. Colombo's trailblazing approach to mental health care, the future for Menninger Clinic looks very exciting.....



Armando E Colombo



## Happy October Birthday TGP Members!!

Jarod S.	Oct 1	Cora W.	Oct 13
Eric R.	Oct 1	Christian A	Oct 13
Mark H.	Oct 2	Cameron C.	Oct 16
Vikki W.	Oct 3	James L.	Oct 16
Charissa D.	Oct 5	Jeanne S.	Oct 17
Rodolfo H.	Oct 6	Jason F.	Oct 17
Barbara B.	Oct 7	Ella J.	Oct 20
Bernardette M	Oct 8	Tisha J.	Oct 20
Derrick T.	Oct 8	April W.	Oct 22
Marcia T.	Oct 10	Sterlyn S.	Oct 24
Ashlan L.	Oct 11	Tisha J.	Oct 28

### Trivia — Bride of Frankenstein

Looking for a classic scary movie to watch this Halloween?

Try this 1930's Classic—Bride of Frankenstein "

Then quiz yourselves with the questions listed below and see how many you can answer.....



- 1) Who are the newlyweds?
- 2) Who are the stars playing the newlyweds?
- 3) The sentimental horror classic was based on a novel by the bride of an English poet, name her, name him.
- 4) In what Mel Brooks film does Madeleine Kahn dress up like the lady in this picture?

By: Glen M

(Answers on page 6)



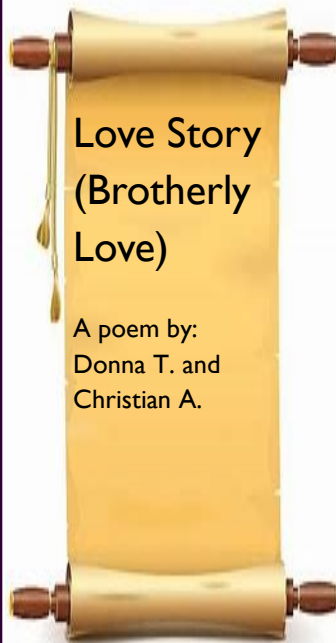
## Astros head back to the playoffs, this year as the #1 contender!



As every baseball fan knows, October means it is finally playoff time. A time for the best teams in the big leagues to duke it out with each other for the World Series trophy. The Astros clinched their third consecutive AL West title in the 2019 season. Houston will be in the postseason for the fourth time in five years and is the sixth team in MLB history to win at least 100 games three

The Astros also are the first team to have three straight 100-win seasons in the same decade. In 2004, the Astros fell a game short of making it to the World Series, and then in 2005, the team made its 1st appearance in the Fall Classic. Unfortunately, the Astros were swept by the Chicago White Sox in that series. In 2017, The Astros won 101 games in the regular season and went on to beat the Los

Angles Dodgers in a 7 games to win their first World Series in franchise history. This season the Astros head into the playoffs as the #1 team in all of MLB after winning 107 games in the regular season (the most ever in franchise history). It looks like it will be an exciting playoff this year, and our Astros are favorites to win another World Series. How great will that be? GO STROS!  
By Chris B.



### Love Story (Brotherly Love)

A poem by:  
Donna T. and  
Christian A.

He offered her all the treasures that she desired if only she could put out his fire.

The fire that was in his soul was starting to burn out of control. But! Of him she did not want any part for she was in love with another and this man was his brother.

His love so deep, and so profound he let out a scream, without a sound. Seeing the way she looked at his brother he knew then, that there would be no other.

His love for both, was

so strong that he knew, together they belonged.

So with his heart in his hand he decided to make a plan, to show them that they belonged together and through marriage, their life would be better. Now they both knew, that his heart was broken but!

Another word was never spoken. He had shown them that his love was strong enough, to endure the pain.

And that their love, should be the same. Unknowingly this was part of GODS plan to see that he had within given up for love his

brother.

The LORD already had a new love, on her way and forever in his heart she would stay.

So on his brothers wedding day a beautiful woman passed his way. Eyes so deep, hair so black he almost caught a panic attack.

And as their eyes met, and their heats slowed down its pace.

He knew that it was the end of the race.

For now they both had

By Donna T. and Christian A.

the love they desired and she would be the one to put out his fire.

## TGP Members learn how to save the day with CPR!!

Fourteen (14) members of the Gathering Place enjoyed the Family and Friends Free CPR class brought to us generously by the Menninger Clinic.

TGP Member's including **Lois W., Natalie R., Donna T., Chris H., Willie B., Pate P., Greg H., Mary G., Vincent J., John O., Andy W., Tony T., Jimmy**

**V., and Mercedes A. P.** learned CPR techniques and even had a chance to get in the action by practicing these techniques while training with the instructors.

Lamar and Marilyn (Menninger Clinic employees and CPR instructors) taught our members the basics of CPR for adults, children, and infants.

This class was suggested by the Women's Group, but our male members didn't want to miss out on the fun, too. It was an informative and exciting class!



By Marybeth Miller and Chris B.

## My Favorite Singer—Belinda Carlisle

Belinda Carlisle is my favorite singer because she sings with her whole heart. She is full of emotion and clarity. As you listen to her music, you feel state of euphoria and start to dream of a happier world. Love is the basics of her voice as she transcends the colors of love throughout her many

songs. She started her career as being the lead singer of the band the Go Go's in 1978. They became very successful touring all over the world. They even received a gold record. Belinda went solo after the success of and breakup of the Go 's Go's. People loved her automatically. She re-

sides in France and has one son and has been married for 33 years. Congratulations to Belinda for her success as she continues to preform live and sell out many concerts around the world.



By Clarissa S.

## October is Breast Cancer Awareness Month

October is National Breast Cancer Awareness month. Breast cancer is something that all women could experience at some point during their lives no matter what the age. It is best to have regular exams with your doctor. However, it always helps to do a self check as well. Here are some steps that we hope women will find useful.



1. Stand undressed from the waist up in front of a large mirror in a well-lit room. Look at your breasts. If they aren't equal in size or shape, that's OK!

With your arms relaxed by

your sides, look for any changes in size, shape, or position, or any breast skin changes. Look for any puckering, dimpling, sores, or discoloration.

2. Check your nipples and look for any sores, peeling, or change in their direction.

3. Place your hands on your hips and press down firmly to tighten the chest muscles beneath your breasts. Turn from side to side so you can look at the outer part of your breasts.

4. Then bend forward toward the mirror. Roll your shoulders and elbows forward to tighten your chest muscles. Your breasts will fall forward. Look for any changes in their shape or contour.

5. Now, clasp your hands behind



your head and press your hands forward. Again, turn from side to side to inspect your breasts outer portions. Remember to look at the border underneath them. You may need to lift your breasts with your hand to see it.

6. Check your nipples for discharge fluid. Place your thumb and forefinger on the tissue surrounding the nipple and pull outward toward the end of the nipple.

By Kimberly V. & Chris B.

### Trivia Answers—'Bride of Frankenstein'



1) THE BRIDE OF FRANKENSTEIN AND THE FRANKENSTEIN MONSTER

2) BORIS KAR-

LOFF AND ELSA LANCHESTER

3) MARY WOLLSTONECRAFT  
SHELLY ... PERCY BYSSHE

4) YOUNG FRANKENSTEIN

Are you diabetic? Even if you're not, you can avoid becoming so by adhering to this diabetic plate. Also, be sure to check with your doctor to measure your BMI ,AIC and Blood Pressure.....



The Diabetic Plate consist of 1/2 salad 1/3 carbohydrate 1/3 protein. Its better to have more green vegetables then carbs.You can lose weight by following the diabetic plate. A good rule to follow is to drink a glass of water first thing in the morning when you wake up.This will flush out any impurities that you might have. It will also help with your blood pressure. Having a piece of fruit is also a healthy snack to have during the day for your blood sugar.

Be mindful of what you put into your body. Food will make you feel better mentally and physically.Also doing the recommended 30 minutes of exercise five times a week will help with your mood and give you more energy throughout the day.

By Clarissa S. and Kimberly V.

Just for fun.....

Take a look at these 2 sets of words, then read below each to see if your eyes see the optical illusion



In black you can read the word GOOD, in white the word EVIL (inside each black letter is a white letter). It's all very physiological too, because it visualize the concept that good can't exist without evil (or the absence of good is evil).



You may not see it at first, but the white spaces read the word optical, the blue landscape reads the word illusion. Look again! Can you see why this painting is called an optical illusion?

Take a look at the dress below is it gold and white or is it blue and black? Share it with some of your friends and ask what color they see, their answers might surprise you.....





# Health Fair



with TWU Nursing Students

Friday, October 25<sup>th</sup> from 11 A.M. - 1 P.M. at the Gathering Place

Join us for fun games, prizes, and valuable health information

For more information, call Mary Beth Miller, Health and Wellness Specialist, at (713) 275-5730

## HAPPY HALLOWEEN GATHERING PLACE!!!



Remember friends don't let witch friends fly broom sticks on a sugar high



## TGP CLUBHOUSE OPPORTUNITIES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM	Gardening by the Gazebo 8:30-9	Gardening by the Gazebo 8:30-9	Gardening by the Gazebo 8:30-9	Gardening by the Gazebo 8:30-9	Gardening by the Gazebo 8:30-9
9:00 AM	Meditation 9-9:30	Meditation 9-9:30	Meditation 9-9:30	Meditation 9-9:30	Meditation 9-9:30
9:30 AM	Unit Meeting 9:30-10	Unit Meeting 9:30-10	Unit Meeting 9:30-10	Unit Meeting 9:30-10	Unit Meeting 9:30-10
10:00 AM	Zen Walk 10-10:30	Zen Walk 10-10:30	Zen Walk 10-10:30	Colleague Meeting 10-10:30	Zen Walk 10-10:30
10:30 AM		Pharmacy / Putting Wellness into Practice (TMC)* 10:30-11			Friends Connections 10:30-11
10:45 AM				NAMI (Carl) 10:30-11:15	
11:00 AM	Tai Chi (Huy) 10:45-11:30		Personal Training 11-11:30		Personal Training 11-11:30
11:15 AM	Personal Training 11-11:30			Yoga 11-11:30	
11:30 AM	Diabetes Group (Every other week) 11-11:30	Developing a Vision (Hans) 11:30-12		Coping Skills (Hans) 11:30-12	Men & Women's Groups* 11:30-12
12:00 PM			CoDA* 12-12:30		
12:30 PM	Technology 12:30-1	Spanish 12:30-1	Music 12:30-1	Arts & Crafts* 12:30-1	Healthy Lifestyles 12:30-1
1:00 PM	Voices of Support 1-1:30	Watercolors Art* 1-1:30	Seeking Safety (Every other week) 1-1:30		Re:Mind 1-1:30
1:30 PM	Unit Cleaning Duties 1:30-2	Unit Cleaning Duties 1:30-2	Unit Cleaning Duties 1:30-2	Unit Cleaning Duties 1:30-2	Unit Cleaning Duties 1:30-2
2:00 PM	<b>MONTHLY AND AS ANNOUNCED</b>				
	Animal Assisted Therapy (Every 2nd Monday Per Month)	Birthday Club and Veterans Lunch (Every 2nd Monday Per Month)	Walmart Trips (Every 3rd of the Month and 3rd Wednesday Per Month)	Outings/Trips Monthly and as announced	

Color Key



\* May last between 30 - 45 minutes

Please note the schedule is subject to change.

- Arts & Crafts: Come ready to create and be uniquely artistic! From coloring to beads and jewelry making.
- CoDA: 12 Step meeting to discuss core characteristics of codependency.
- Developing a Vision / Coping Skills: Support Groups for coping strategies and goal planning.
- Diabetes Group: Support Group for management and topics related to diabetes.
- Friends Connections: Friends connecting and sharing common life experiences.
- Gardening by the Gazebo: Learn the basics of planting and working in a garden.
- Spanish: Have fun learning languages that originated from other countries.
- Healthy Lifestyles: Discuss positive eating habits and food choices blended with fitness and exercise education.
- Meditation: Basic and practical guided meditation in a relaxed and friendly atmosphere.
- Men & Women's Group: Men and Women discussing personal growth, development and self-help.
- Music: Celebrates the artistic work of some of our favorite musicians with jamming to songs and watching music videos.
- NAMI: Support Group to gain insight from challenges and successes of living with a mental illness.
- Personal Training: Opportunities for members to receive personal training exercises with certified staff to encourage a journey towards a healthy lifestyle.
- Pharmacy / Putting Wellness into Practice: Pharmacist discussing the impact and importance of prescription drugs.
- Re:Mind: Confidential Support Group for individuals diagnosed with depression and/or bipolar disorders.
- Seeking Safety: Support Group where individuals attain safety from trauma and or abuse.
- Tai Chi: Chinese martial arts system. Very slow and controlled movements.
- Technology: Computer technology. Learn basic design, data storage and typing.
- Unit Meetings: Meetings to discuss the focus of each area as they relate to the operations of the clubhouse.
- Voices of Support: Promotes hope and recreation for those living with Schizophrenia or brain related disorders.
- Watercolors Art: TGP's own Susan D. will teach members painting and art techniques in a fun class setting!
- Yoga: Relaxing exercise designed to stretch and breathe in a calming space.
- Zen Walk: Walking to exercise on a path located on our gorgeous property.

**THE  
GATHERING  
PLACE**

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This Publication is a product of The Gathering Place Newsletter Committee, created and produced 100% by TGP team members.

**TGP Newsletter**  
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**The Gathering Place is a community of individuals working together to co-create an environment of health and wellness. Membership is free, voluntary and unlimited. This means that there is no cost to the members, there are no attendance requirements, and your membership never expires. The Gathering Place exists to provide a supportive environment for adults with serious and persistent mental illness. Our focus is to empower members to make effective, fulfilling life choices and to achieve more independent living.**

Artist of the Month :  
Clarissa S.

