

# PENGUIN PAGE

NOVEMBER 2023

NEWSLETTER



## VETERANS DAY

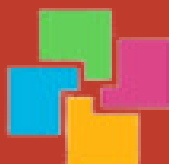


## LUNCHEON

Our luncheon went beyond being just a meal; it became a heartfelt connection. Explore the feedback from our attendees regarding our Thanksgiving gathering and view the captured moments. During the event, we paid tribute to our remarkable members and reminisced about cherished memories.

## N&PA ARTICLE

Explains the importance of health and being active. Also describes how the members are super stars.

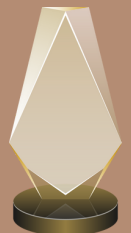


## DIABETES AWARENESS

November is National Diabetes Month, a time when communities across the country seek to bring attention to diabetes. This year's focus is on taking action to prevent diabetes health problems.



## PILLAR AWARD



Menninger Clinic's Top Awards and it was given to one of our own. See who it is and congratulate.



# In This Issue

A glimpse of November



**Pillar Award: Highest Excellence winner.**



**We honor our Veterans here at TGP.**



**Importance of Nutrition & Physical Activity.**



**What's cooking? 2023 Thanksgiving Luncheon**



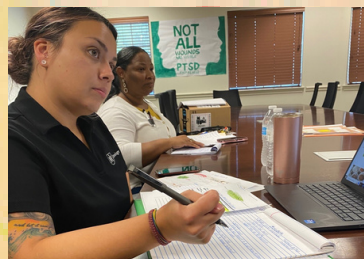
**Diabetes Awareness Month Fun Facts.**



**What Is TGP thankful for? Read more on PG.8**



**Who is November's Member Of the Month?**



**Employment and mental health.**



**Check to see what we got going on Next Month.**

## MASTHEAD

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# Pillar AWARD

## Winner

Menninger's top award



"The members are family to us. It is my pleasure to help them move forward in their journey. Many of them take several buses from their home to get to The Gathering Place.

I push as hard as they push to come to The Gathering Place. I cannot wait to share this (Pillar Award for Excellence) with them"

**Q Shalla Parker**

## Our CEO's words

A fervent advocate for excellence through her leadership, compassion, wisdom, and her deep love for humanity. She consistently goes above and beyond for our members, drawing upon her abundant resources to provide guidance and support, walking them through each step of their journey.







# VETERANS DAY

## What is Veterans Day?

Veterans Day is a time for us to pay our respects to those who have served. NOT to be confused with Memorial day in which we REMEMBER those who gave their lives for our country.

This holiday started as a day to reflect upon the heroism of those who died in our country's service and was originally called Armistice Day. It fell on Nov. 11 because that is the anniversary of the signing of the Armistice that ended World War I. However, in 1954, the holiday was changed to "Veterans Day" in order to account for all veterans in all wars.

Veterans Day honors all of those who have served the country in war or peace – dead or alive – although it's largely intended to thank living veterans for their sacrifices.

If you know a veteran thank them for their service .



Houston Color Guard March

## We like to salute...

a few of our own who served in the Military.

- ★ **Greg "Tree Top" Kennedy**  
US ARMY
- ★ **Derek Cooper**  
US ARMY
- ★ **Opal Flowers**  
US AIR FORCE
- ★ **Isaiah Brown**  
US ARMY
- ★ **Rob Pineda**  
US NAVY





## Educating Superstars

BY ESMERALDA

In the past months, the Nutrition and Physical Activity (NPA) team educated our friends from the Gathering Place on the importance of having a healthy diet and exercising. Each month, we had a new topic, and our friends were ALWAYS happy to learn and participate. One of the most rewarding aspects of teaching at The Gathering Place is seeing the participants learn about the foods they eat, the benefit of physical activity on their bodies, and picking up skills they might not have in their toolbox. It was very encouraging and inspiring watching them recall how to read a nutrition label, enjoy picking up kitchen skills in our cooking demos, and surpassing expectations in our physical activities. With every passing class the level of comfort and participation grew.



WHILE TEACHING THEM, THEY ALSO TAUGHT US HOW TO BE WARM AND COMPASSIONATE TOWARDS EACH OTHER BY MAKING THE CLASS FEEL LESS LIKE A CLASS AND MORE LIKE A FRIEND GET-TOGETHER. THEY ALL HAD AMUSING STORIES THAT MADE THE CLASS FUN AND INTERACTIVE. THEY SHARED THEIR STORIES, WE SHARED OURS, AND WE ALL RELATED TO ONE ANOTHER. BEING GREETED WITH SMILES AS SOON AS WE WALKED IN, ALWAYS BROUGHT US JOY.

EDUCATING THE SUPERSTARS OF THE GATHERING PLACE WAS A REWARDING ACCOMPLISHMENT, NOT ONLY BECAUSE WE EDUCATED THEM BUT BECAUSE WE WERE ABLE TO LEARN SOMETHING MORE MEANINGFUL FROM THEM: FRIENDSHIP.





## AWARD WINNERS

We acknowledged and honored certain members for their valuable contributions to The Gathering Place.

- helping hand award
- sportsmanship
- cardio king / queen
- coffeeholic award
- appreciation
- achievement

Additionally, we engaged in several entertaining games. Fortunate members were awarded prizes, including some stylish socks.

# THANKSGIVING LUNCHEON



## ABOUT THE LUNCHEON

The luncheon was truly enjoyable, and my highlight was being in the company of everyone, witnessing their enjoyment and socializing. The delicious food was savored by all, and we even had some fun with bingo before the meal commenced. Awards and certificates were distributed by the staff during the meal, and the prizes they provided were quite impressive; something I wouldn't have been able to purchase on my own, so I'm appreciative. I also enjoyed seeing everyone dressed up—it was evident that we all clean up quite nicely.

– Odell

## IT WAS FUN

I enjoyed the bingo and ticket raffle. Winning a prize was awesome and also getting awards.

– Marcus

## I WON A PRIZE

and it was a pink air pods. I also received a few certificates. It made my day

– Adele







# WHAT IM THANKFUL FOR...



## Our Members Top Answers

**Family, Friends and Health.** Why those? because they signify pillars of security, comfort, and love. We value our families and cherish time with them. Friendship is a bond that people have with one another. Our members like to be active and are grateful to be here at TGP.



Thankful Tree

## Thankful Tree

This year our members crafted a lifelike paper tree, showcasing their creativity. Each leaf on the tree expressed their individual gratitude, with new leaves being added regularly. This display not only reflects their values but also highlights the significance of these expressions in their lives.







# New Tablets GIVING TUESDAY



Search free android tablet



## WAIT A MINUTE..... FREE TABLETS????

YES! You may qualify to receive a free 10 inch smart Android tablet from Maxsip Telecom. The tablets are free for 5 yrs with free T Mobile internet.

NO its not a scam. This is an actual promotion giving away tablets to people who receive any type of Government Benefits. You don't have to pay a dime for it. You simply connect it to Wi-Fi and it is ready to use.

What Government Benefits qualify:

- Food Stamps
- Medicaid
- WIC
- Social Security
- Veterans Benefits
- Federal Pell Grant
- Income Based 45K
- National Free School Lunch



Contact Them



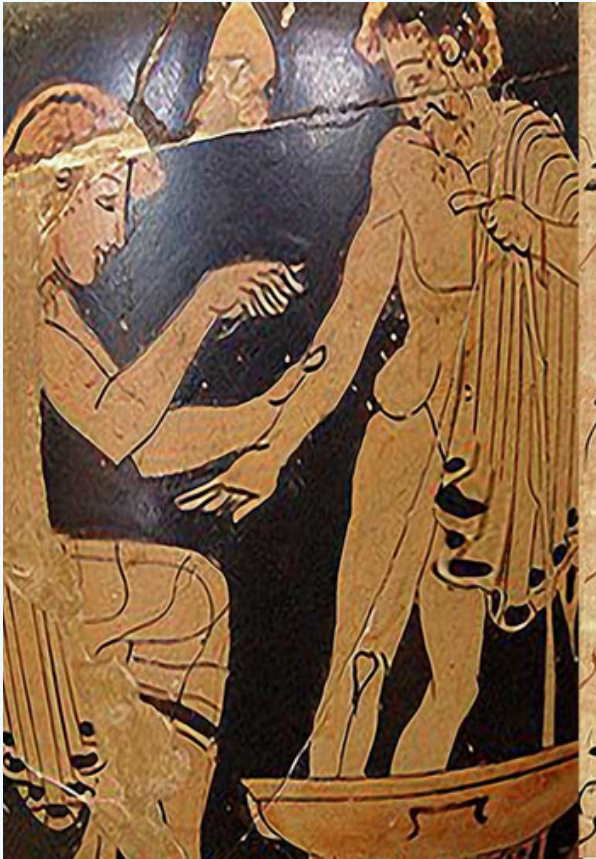
832-506-8808





# AWARENESS

## MONTH



### DID U KNOW

- IN THE 2ND CENTURY AD ARETAEUS, INTRODUCED THE TERM DIABETES. GREEK WORD ΔΙΑΒΑΙΝΩ (DIABAINO), WHICH MEANS "I PASS THROUGH".
- DIABETES WAS FIRST REFERRED TO AROUND 3,000 YEARS AGO. IT IS WRITTEN IN EGYPTIAN MANUSCRIPTS.
- RESEARCHERS FOUND THAT EVERY TWO HOURS SPENT WATCHING TELEVISION WAS ASSOCIATED WITH A 14% INCREASE IN DIABETES RISK.

"I AM SO PROUD OF THE PROGRESS THAT A LOT OF YOU HAVE MADE SINCE I FIRST CAME TO GATHERING PLACE. CONTINUE TO USE THE INFORMATION THAT YOU LEARN FROM EACH OTHER TO IMPROVE THE QUALITY OF YOUR LIVES. DIABETES IS NEVER A DEATH SENTENCE AND CAN BE EFFECTIVELY MANAGED WITH A LITTLE TENDER, LOVING CARE FOR YOURSELF. KEEP UP THE GREAT WORK!

I LOVE YOU ALL ❤️

MS. SERENA



### POTLUCK

OUR CLASS ENJOYED A DELIGHTFUL AND NOURISHING POTLUCK. THE FOOD NOT ONLY FUELED THEIR BODIES BUT ALSO ENRICHED THEIR MINDS. AS THEY DELVE DEEPER INTO DIABETES AWARENESS, THE CLASS IS GAINING KNOWLEDGE ON MONITORING AND UNDERSTANDING HOW TO MAINTAIN THEIR HEALTH. THIS CLASS IS VALUABLE TO OUR MEMBERS.





# NEW ERA

For Mental Health at WORK



## BEST BUDDIES PROGRAM

The Best Buddies Jobs program represents one of our organization's four key mission pillars, Integrated Employment. This program secures jobs for people with mental illness and intellectual and developmental disabilities (IDD), allowing them to earn an income, pay taxes, and continuously and independently support themselves. The Jobs program places focus beyond the typical jobs in which a person with a mental illness might be placed. Best Buddies focuses on finding work that matches the job seeker's interests and talents.

Matches skilled and qualified individuals with businesses seeking enthusiastic and dedicated employees. Through the Jobs program, Best Buddies develops partnerships with employers, assists with the hiring process and provides ongoing support to the employee and employer.

An estimated 85% of adults (18+) with developmental disabilities do not have a paid job in the community. The Best Buddies Jobs program has participants employed full time who each have the potential to earn a total income upwards of \$1mm over 30 years and contribute \$250k in taxes back into the economy, rather than costing the government approximately \$750k each in Federal SSI and Medicaid support during that time period.

What can Best Buddies Jobs do for you?

- Help you find a job that YOU want to do, matching you with a business that fits your needs and interests
- Search for jobs that are competitive, integrated, and are located in your community
- Connect you with resources and contacts through our national network
- Provide you with ongoing support and resources throughout your employment

## Employment & Mental Health

by Wardell F.

Diagnosed with schizoaffective disorder in 2007, I've faced challenges in securing and maintaining employment. Upon completing high school, I earned certification in diesel mechanics, but my illness reached its peak, impeding any progress in that career. I transitioned to available security and warehouse jobs, but these were short-lived. The persistent voices told me I couldn't work and questioned my worthiness for the job, fostering a sense of isolation and inadequacy. I even left a job due to the overwhelming negativity.

To cope, I've focused on maintaining composure, minimizing stress, and redirecting negative thoughts toward positivity. Recognizing my humanity, I sought assistance from Ms. Mariah to revamp my resume and applied for numerous jobs on Indeed. While an initial interview didn't result in a job offer, I persevered.

Amid ongoing challenges, I've adopted a positive mindset and continued my job search. Recently, I secured a caregiving position aligning with my values of connection and friendship. In my first week, escorting children from elementary to preschool, I found the experience rewarding. I acknowledge the possibility of it not working out, but I remain determined to keep trying and exploring new opportunities.



# CHAMPIONS



***“Every dream team starts somewhere”***

iMDb RATING

★ **7.3**

MY RATING

★ **9.8**

POPULARITY

✓ **727.3**

## Movie Review



I watched an incredible film titled “**CHAMPIONS**” (based on a true story). It follows the story of a minor league basketball coach who encounters legal issues, leading him to undertake a 90-day community service by coaching a team of comprising players with learning disabilities. Initially, he perceives them based on their outward appearances, but gradually he comes to realize that they lead fulfilling lives, possess talents, and exhibit various abilities. Within the film, the coach becomes acquainted with their personalities and discovers their talents. This transformation results in the team's significant improvement. Above all, he started grasping the notion that victory isn't just a physical reward, but rather hinges on adopting a winning mindset.

This movie highlights the fact that individuals dealing with profound mental illness often don't have the opportunity to develop independence, uncover their unique talents or creativity. When given the opportunity, we will SEE that even with a disability we all are genuinely CHAMPIONS.



# MEMBER<sup>OF</sup>THE MONTH

NOVEMBER 2023

**RELIABLE**

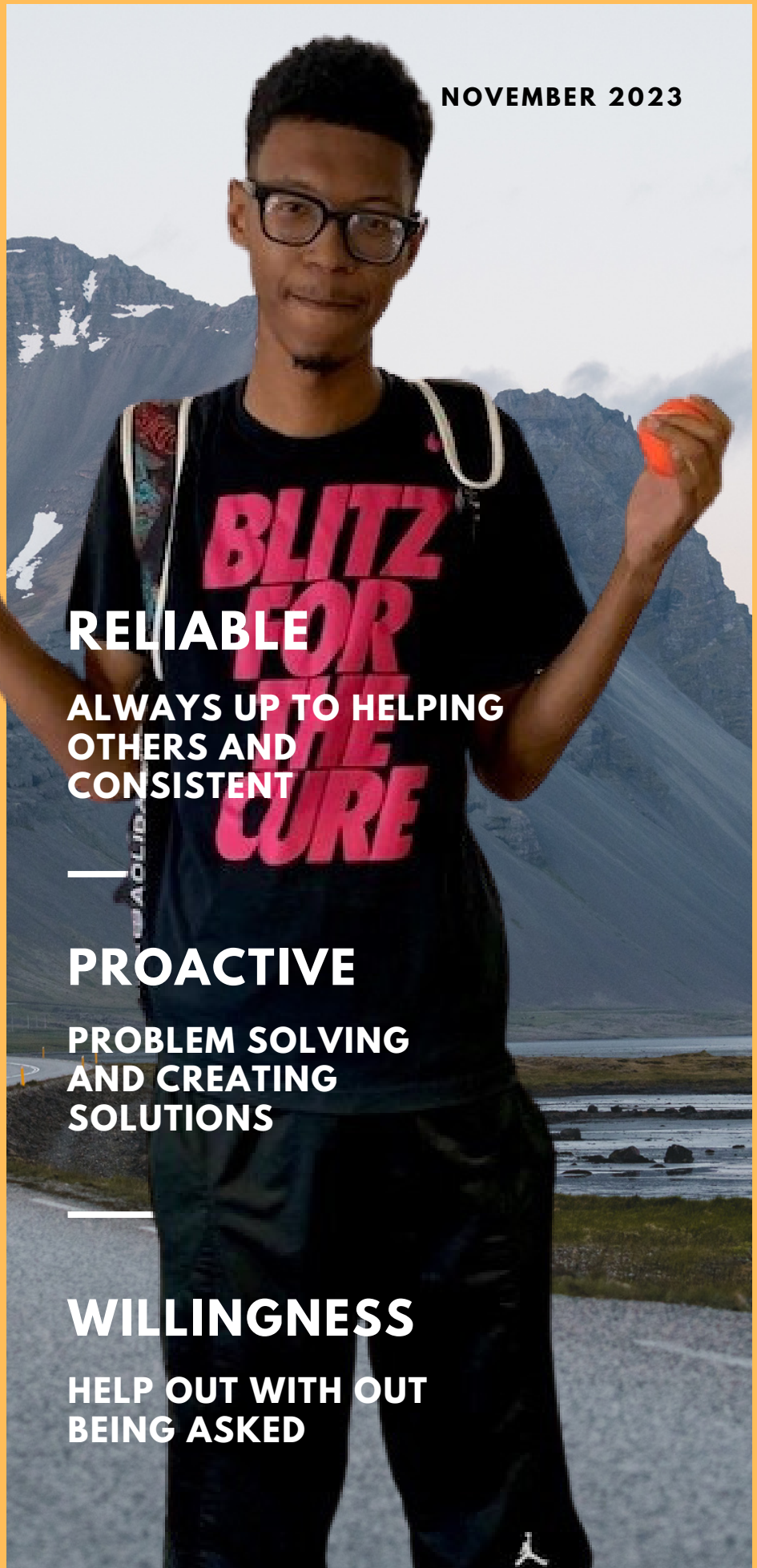
ALWAYS UP TO HELPING  
OTHERS AND  
CONSISTENT

**PROACTIVE**

PROBLEM SOLVING  
AND CREATING  
SOLUTIONS

**WILLINGNESS**

HELP OUT WITH OUT  
BEING ASKED





# Monthly Newsletter

You have three options for staying updated with the latest happenings at The Gathering Place. You can either visit The Gathering Place in person, send us an email, or give us a call.

 [infotgp@menninger.edu](mailto:infotgp@menninger.edu)

 713-275-5790



## SOCK DRIVE

Want to contribute ? Feel free to drop off your socks at The Gathering Place this year and help someone's feet stay warm.

## VOLUNTEERING

If you're interested in volunteering join us :  
December 6 at Houston Botanical Garden  
December 20 at Target Hunger

*Happy  
Holidays*

## SAVE THE DATE

Our Annual Holiday Party is December 21 at 10am. Members , family and friends welcomed. Make sure if you're not vaccinated to wear a mask. to RSVP call 713-275-5790

