

Penguin Pages: The Gathering Place

Season's Greetings!

Important

December Dates:

- World AIDS Day-
December 1st
- International Day of Persons with Disabilities-
December 3rd
- Human Rights Day-
December 10th
- International Day to End Violence against
Sex Workers-
December 17th
- The Gathering Place Holiday Party-
December 21st

Upcoming Programs:

- ◆ Women's
Group
- ◆ Men's group
- ◆ Spanish Class
- ◆ Addiction
Education
- ◆ Cooking classes
by the
University of
Texas' dietetic
internship
program
- ◆ Paws for
Therapy



Happy Birthday to our December Birthdays!

Tony 12/27

Jerald 12/02

Stephen 12/26

Mercedes 12/20

Kwasi 12/05

James 12/19

Pate 12/15

Jimmy 12/03



Wag hello to our TGP pets!

2022

“Animals are such agreeable friends they ask no questions, they pass no criticisms.”

– George Eliot



Pictured to the left:

London

Breed: Long haired Chihuahua and Shitzu

Owner: Shalla P.

“She is the boss of our home and she knows it!”

Pictured Below is:

Delaware

Breed: Chihuahua

Owner: Adele

“She loves taking walks”



Pictured to the right:

1. *Just-in (small)*

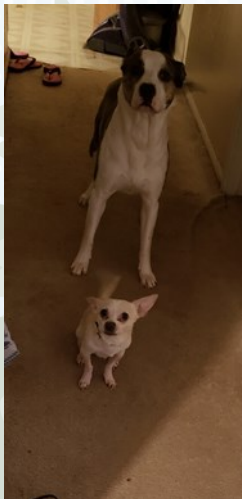
2. *Kane (big boy)*

Breed: 1. Chiweenie

2. Pit Mix

Owner: Bobby H.

“RUFF RUFF!!!”



Pictured Below is: *Luna*

Bean

Breed:

Husky - German Shepherd Mix

Owner:

Mariah



“She will do anything for an ice cube.”



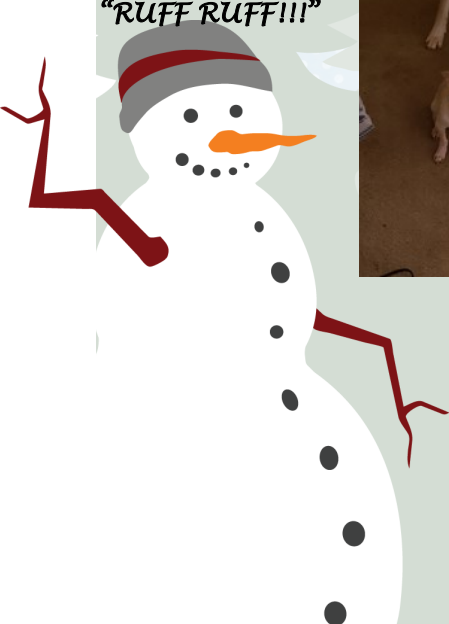
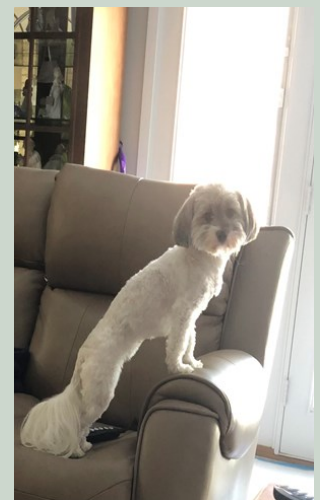
Pictured Below is:

Nola

Breed: Havanese

Owner: Mercedes P.

“She loves playing with her ball”



We wish you a Happy HOWLIDAYS! .

The Gathering Place brings you a Charlie Brown Holiday Party!



Special Thanks to
all of the volunteers
that came out to
help serve.



Choir Director and Music Therapist Marta S. collaborated with choir member volunteers to sing carols.



Lunch catered by: Turkey Leg Hut



Welcome our new TGP staff

mdiaz@menninger.edu

Hi I'm Mariah! I am a Houston native and a graduate from the University of Houston (GO COOGS!). I enjoy spending time with my family, friends and two fur babies, Bama Jean and Luna Bean. My current journey of recovery is a process by progress that I practice everyday. My desire here at TGP is to increase self-advocacy, self-awareness and challenge those to create and achieve life goals! I love my job, my role and my purpose of serving others like those who have served me when I needed it the most. I love our community!



rpineda@menninger.edu

I am Rob!!

Fav Color: Red

Hobbies: Dance, Read, Ride Bikes

Fav Quote: "I'm cooler than a polar bear's toenails" - OutKast

Where are you from? I was born in Houston Tx. My family is from El Salvador.

Fav Book: Crazy Love by Francis Chan

I have worked at The Menninger Clinic for 7 yrs. I've been nominated for a few awards and won a few as well.

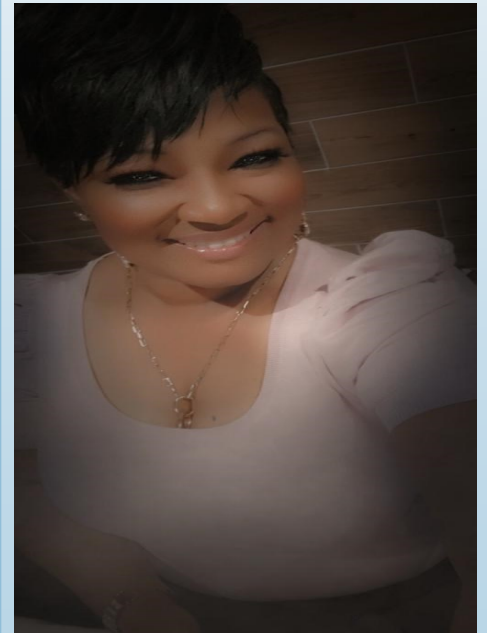
I love my job and seeing the members leave smile and excited to come back is very rewarding.

I look forward in working with everyone here at TGP. I am here to encourage, help, and provide anything the members need.



taustin@menninger.edu

I am Tamara Austin. I like to be called Tammy. I am born and raised in Houston, Texas. I have two kids and a granddaughter. I enjoy sports like football, basketball, baseball and volleyball. I enjoy riding horses in my spare time and my favorite food is seafood. I also help volunteer at church when needed. I enjoy traveling every chance I get. It is an honor to be apart of a great company. Interacting with the members and hearing them express how TGP has helped them in many ways, has me realize how much I look forward to working with outstanding staff and members at The Gathering Place.



The Gathering Place Toy Drive 2022

Sponsored by: Big Bux Bingo

For: Texas Children's Hospital



left to right: Stephen, Bobby, Texas Children's staff, Glenn.

Our staff member Bobby and two members volunteered to deliver presents to Texas Children's Hospital, West Campus. The Gathering Place members and staff conducted a toy drive followed by a "wrapping party" to wrap the individual gifts for the kids.

Wrapping Party



See our TGP members and staff
hard at work!



**-Article submitted by
Music Therapist:**

Marta S.

The power and impact of music is indisputable, and many individuals naturally use music as a form of coping, a way to regulate emotions, or even to increase heart rate while working out. Music therapists utilize the power of music as a tool to achieve non-musical goals related to health. At The Gathering Place, a music therapist runs a community choir with goals to improve listening skills, increase impulse control, increase positive social interaction, increase relaxation and more.

In this group, the members play musical games that challenge them to concentrate and collaborate, they bring in songs to share with the group which encourages them to listen to and be supportive of each other, and they practice breathing techniques that help them regulate and stay grounded. Through the choir, they are learning to focus on different areas of music, from

dynamics to tempo to diction. They are practicing listening to each other to support one another with their sound, and they are learning to value their individual skills and put them together to achieve something new as a community.

The evidence upon which music therapy is based continues growing and it continues expanding to a variety of communities and settings. Here at The Gathering Place, the members have the opportunity to witness the power of music therapy and work to continue using music therapy to learn more about music, each other, and themselves.



What's cooking now?

Clive & Nancy Runnels Teach- ing Kitchen



Prep: 10 mins.

Cook: 30 mins.

Total: 40 mins

Serving: 1

Ingredients:

1. Start with a piece of your left-over cornbread! (4-inch square). Sliced in half.
2. 1 tablespoon of Duke's mayonnaise
3. 1 tablespoon of green tomato relish (optional)
4. 1/3 cup of shredded white cheddar cheese
5. 1/4 pound of honey baked ham, shaved thinly
6. 1 tablespoon of pickled jalapenos.



Assemble the Sandwich:

1. Turn the oven on broil. Meanwhile, mix together mayo and tomato relish in a small bowl and set aside.
2. Place the cornbread slices, interior side facing up, onto a nonstick baking sheet. Slather the tomato relish and mayo equally between the two slices and top them both with the white cheddar.
3. Place the baking sheet in the oven and broil until the cheese is bubbling and melted. Remove from heat and set aside.
4. Add the ham to the bottom piece of cornbread and top with pickled jalapenos. Top with the remaining slice of cornbread and slice in half. Serve immediately.

Josh's Corner

Josh enjoys filmography as one of his favorite past-times. He enjoys informing others about actors, actresses, musicians and song writers. For this month's "corner", he has chosen:

Blair Underwood



Blair Underwood is known for his acting in movies including Gattaca, Deep impact, The Wishing Tree, Full Frontal, Just Cause, and Asunder. Besides acting, he is involved in various charitable groups. To name a few: AIDS Healthcare Foundation, The Fulfillment Fund, and Robey Theatre Company. He won the Humanitarian award in 1993 for his work with the Muscular Dystrophy Association.

"Did you know?"

Blair has also starred in:

1. Madea's Family Reunion
2. The Golden Blaze
3. Father & Son, Dangerous Relations

Born: August 25, 1964-Tacoma Washington, USA.

Birth Sign: Leo

Height: 5'11

Ethnicity: Black

Is he married? Yes

Does he have children? Yes, (3), 2 sons and 1 daughter.

*Searching for
Community Resources
or know someone who
is?*

**American Red Cross
Texas Gulf Coast Re-
gion**

Disaster services, emergency shelters, blood donation, volunteer services, youth and young adult services, training services, service to the armed forces, home fire campaign, international services.

1-866-526-8300 | 2700 Southwest Freeway, Houston, TX 77098

Bread of Life

Provides weekly food distribution, rent assistance, health support, and disaster relief.

(832) 939-7477 | 2019 Crawford St., Houston, TX

Family Houston

Provides resources in the Greater Houston Area. Also provides sliding-scale and no-cost counseling for individuals and families. (713) 861-4849 | 4625 Lillian St, Houston, TX 77007

Houston Food Bank

Curbside food pick-up, assistance applying for state services, nutrition education & health promotion.

Need food? Call (832) 369-9390 | East Branch: 535 Portwall St., Houston, TX 77029 | North Branch: 146 Knoborest Dr., Houston, TX 77060

Texas Health and Human Services

Apply for state benefits. (281) 874-0048

Northwest Assistance Ministries

Provides rent and mortgage assistance, learning and vocational training, food and nutritional services, meals on wheels, help for seniors, pediatric health center, family violence center, emergency basic needs, and housing services. NAM (281) 885-4555 | 24HR Family Violence Hotline (281) 885-4673 15555 Kuykendahl Road, Houston, TX 77090

**Houston-Harris County
Emergency Rental Assis-
tance Program**

Provides rent and utilities assistance to families who are struggling due to the COVID-19 pandemic.

(832) 402-7568

NAMI Houston

Provides resources for people living with mental illness and their families, friends, and mental health professionals.

(713) 970-4483 | 9401 Southwest Freeway, Suite 1234, Houston TX 77074

United Way of Greater Houston

Provides services of all types – help finding child care, food, rental, utilities assistance, help with domestic violence, help with aging parents.

Call 211 | 50 Waugh Drive, Houston, TX 77007

