



# THE COWTOWN CHRONICLE

*Cowtown Clubhouse's Monthly Newsletter*

Cowtown follows 37 standards that define the Clubhouse International Model. This month our newsletter features Standard 32:

**Standard 32:** The Clubhouse has recreational and social programs during evenings and on weekends. Holidays are celebrated on the actual day they are observed.

Welcome to The Cowtown Chronicle, Cowtown Clubhouse's monthly newsletter where we share with you our exciting news, upcoming events and show off our members' work. This week hear about what is growing in the courtyard and see pictures from our socials.



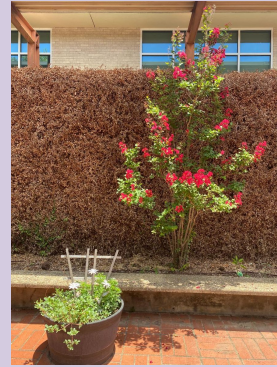
## Open Tuesday-Thursday 9:00am - 3:00pm

We are open 3 days a week and are welcoming visitors. Come join us for lunch and a tour to get to know Cowtown.

Check out a group of members working together on the newsletter and logging data into Flourish!

## Garden Update- Summer is Finally Here!

Our Clubhouse courtyard is flourishing big time because we've been able to participate 3 days a week. Busy and hot, hot, hot as plants require more water. We've planted several kinds of tomatoes along with zucchini, cucumbers and okra that was kindly donated by the MHMR Community Center. We also have various herbs like basil, parsley and cilantro growing. Soon will be a variety of nasturtiums, which are an edible and gorgeous to look at as well. -Tanya



## June Cowtown Socials

As standard 32 states clubhouses provides social activities on weekends and evenings. This month we enjoyed three socials: a walk along the Trinity River, Pickleball and Board Games Night! Check out the photos below.



We had a great time at our rescheduled Mental Health Awareness Month walk on Saturday June 5th. We took a nice stroll along the Trinity River and then enjoyed lunch at Press Cafe. It was great to be outside after so much rain the previous weeks!



Last Monday we got to play pickleball at Mcleland Tennis Center with Matt from the Phoenix. Although it was super hot we got a few games in and had a lot of fun doing it. We will be trying another sport next Month, hopefully indoors!

You can read more about The Phoenix [here](#).

We played a variety of board games during our in-house social, including Rummikub, Scrabble, cards and pictionary. Although, the hit of the evening was definitely Jenga or "Tumbling Towers" as this version from England called it.



"We played games last week as a group at the Clubhouse and it was fantastic. It was a little nerve-wracking because I am not an expert in playing games, but I had a really great time!"  
-Donald



"Playing Tumbling Towers with clubhouse friends was great. We were on pins and needles each time waiting for the tower to fall. Then each time Ester would cheer after it tumbled."  
-Matt

## Men's Health and Mental Wellness

By Richard

Cowtown Clubhouse -June is National Men's Health Month! I am going over a few aspects of men's health: diet, exercise, and mental health wellness. I have researched important information on today's popular men's health issues and want to share with you.

**Diet.** Diet means what you are habitually eating. Shop for nutritionally dense food items. I find for me it really has to be a lifestyle choice. Counting calories can be helpful for some, but not all. A nutritionally dense diet consists of minimal refined sugar, processed grains and fried food. Some alternative options are whole wheat bread, fruits, and vegetables.

**Exercise.** Exercising 2-3 days a week can bring wonderful results. There are many ways to exercise. Walking may be the best for me, but there are lot of options like lifting weights, swimming, and playing sports. If you don't have access to a gym membership; pushups, sit ups, jogging in place, and jumping jacks are equipment free choices. Online you can find a variety of other workouts to follow. Just moving your body, a little each day is a great starter goal.

**Men's mental wellness.** Mental wellness is so important. Men are less likely than women to seek out help. Some of the most common mental illnesses experienced by men include depression, anxiety, bipolar disorder, psychosis and schizophrenia. Doctors, nurses, and mental health staff are heroes to me. They are powerful and positive. Individuals and businesses who contribute financially to supporting mental health really need to hear a thank you. Thank you to all. Their help and support makes dreams come true. Life changing memories. I personally have witnessed so much good for mental illnesses since I was diagnosed in 2003. I believe God blesses everyone and through Him anything is possible.

Remember balance is vital for improving your both your mental and physical health. We all start somewhere, so just take one step at a time and find an encouraging support system around you. I hope you got some helpful information from this article.

If you are looking for more information about Men's Health Month Mental Health America has a great [infographic](#).

