



# THE COWTOWN CHRONICLE

Cowtown Clubhouse's Monthly Newsletter

Cowtown follows 37 standards that define the Clubhouse International Model. This month features Standard 3:

Members choose the way they utilize the Clubhouse, and the staff with whom they work. There are no agreements, contracts, schedules, or rules intended to enforce participation of members.

Welcome to The Cowtown Chronicle, Cowtown Clubhouse's monthly newsletter where we share with you our exciting news, upcoming events and show off member's work. This month we welcomed Cowtown Clubhouse's new Executive Director, Rick Van Hooser, celebrated World Mental Health day on the 10th, went to the Sid Richardson Museum to see some fine art and had a spook-tacular time at the Halloween Party!



## Happy World Mental Health Day!

'Clubhouse is a place where I can be me. Where my mental illness is accepted since everyone else has one too.'  
-Leslie



'Cowtown Clubhouse has allowed me to be mentally and emotionally connected with other people. We're like a family as we help each other learn, grow, and aspire to become our best!'  
-Tanya



'I like going to Cowtown Clubhouse because the humans there are understanding and nice. I enjoy helping around the clubhouse. It keeps my mind occupied. The outings we have are a fun way to get out and socialize with other members and do things I normally wouldn't or couldn't do by myself. Doing things and keeping busy is one of the best ways to maintain my mental health'  
-Anonymous member

'Mental Health to me means staying positive and understanding that we are all normal like everyone else. No one is left behind at Cowtown Clubhouse' -Donald



# Let's End Mental Illness

By Tanya

The pandemic has been a real eye opener for me in regard to Mental illness because I currently am a member/volunteer for an amazing non profit. Mental illnesses are health conditions involving changes in emotion, thinking or behavior (any combination of these). They're associated with distress and/or problems functioning in activities i.e. social, work, or family activities. Mental illness is Common.

## Clubhouse Members Explore the American West



October 20<sup>th</sup> Clubhouse members toured the Sid Richardson Museum. The Sid Richardson Museum is located in historic Sundance Square in Fort Worth, Texas, features permanent and special exhibitions of paintings by Frederic Remington and Charles M. Russell, as well as other late 19th and early 20th-century artists who worked in the American West. The works reflect both the artistic visions and realities of the American West, and were part of the personal collection of the late oilman and philanthropist, Sid Williams Richardson, (1891-1959).



Matt posing next to one of the several horse statues.



Gary, Tanya and Donald taking in the beautiful pieces around them.



Isabel describing different paintings to Darbie.

Annual Cowtown Clubhouse Halloween Celebration

A spooky good time was had by all at the Clubhouse Halloween Party! Thursday October 28<sup>th</sup> Cowtown Clubhouse members and staff celebrated Halloween with lunch, treats and pumpkin carving. Donald was sure to 'pump up the crowd' as he DJ'ed the party. While Leslie, Laurel, Karan and Johnny made sure the décor was gourd-geous throughout. Thanks to everyone who helped make this a memorable and fang-tastic celebration!

**HAPPY  
HALLOWEEN!**



## Get to Know Cowtown...



### Interview of Rick Van Hooser, Executive Director

*By Donald*

**Q: What do you think Clubhouse offers members?**

*R: Clubhouse offers many different opportunities to a diverse member base. I believe Clubhouse offers it's members access to:*

1. *Community and Friendships*
2. *Skills and focus on a work ordered day.*
3. *Shared ownership and collaboration within the clubhouse chapter*

**Q: What do you hope to accomplish at Clubhouse?**

*R: I believe there are many people in our community who could benefit from Clubhouse and our members. I look forward to:*

1. *Changing perceptions locally about mental illness*
2. *Increasing overall membership*
3. *Identifying new growth opportunities for our Clubhouse to engage the community*

**Q: What has been your Favorite food at the Clubhouse so far?**

*R: I really enjoyed the Greek salad and pita bread.*

**Q: What do you do for fun?**

*R: I enjoy spending time with my family, running and exercising, and collecting records.*

**Q: What is your favorite holiday?**

*R: My favorite holiday is Thanksgiving.*

## Interview of Darbie, Clubhouse Member

*By Nancy*



Cowtown Clubhouse welcomes new member Darbie! She started attending the clubhouse shortly after moving to Fort Worth from Paris, Texas. As a new member she has enjoyed meeting new people and assisting with lunch prep. Darbie looks forward to learning the Fort Worth bus system and touring the city. In her free time she enjoys knitting. She prefers thick yarn to make homemade blankets. Someday Darbie would like to secure a job working in an animal shelter.

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