



THE COWTOWN CHRONICLE

Cowtown Clubhouse's Monthly Newsletter

Cowtown follows 37 standards that define the Clubhouse International Model. This month our newsletter features Standard 28 :

Standard 28: The Clubhouse provides assistance, activities and opportunities designed to help members develop and maintain healthy lifestyles.

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 month we are celebrating accreditation, provide a garden update and member accomplishments!

Clubhouse International Accreditation!



In April we had two faculty members from Clubhouse International visit us for a few days. During their visit they joined us in our day to day activities, talked to members, participated in unit work all to evaluate how we were meeting the 37 Standards. We are excited to say that we are now an accredited clubhouse!

Here's what the Cowtown community has to say about accreditation:

"Woohoo! We're an accredited Clubhouse! I am so proud of our Clubhouse community for the work we've done to become accredited. We have such a strong group, working hard to meet all 37 standards, and Clubhouse International faculty members noticed. Way to go, crew!" -Kristin

"I was so glad to have the faculty here, they were so nice! I enjoyed talking to them and sharing what tasks I like to do at Cowtown." - Maxine

"The Clubhouse International community is a wealth of information and will be able to open doors for us to meet the needs of our members in the future!" - Becky (Board Member)

"Cowtown has only been open for a short period of time, but has accomplished so much. It was so much fun to have Linn and Linda here to see how awesome our community is. Congratulations to everyone!" -Isabel

Congratulations to Matt!

Matt is now a Certified Mental Health Peer Specialist.

"The process of going through Peer Specialist training and 250 hours of supervision was key to enhancing my knowledge, skills, and most importantly put me in a place to share experiences and ideas with other peers who were going through or have gone through the same process as me.

With this Certification I hope to provide more peer services at Cowtown Clubhouse and help others who want to go through this training. Just about all the training and certification was free thanks to SA Clubhouse.

I enjoyed my experience and look forward to continuing helping others."



Matt pictured with his certificate. Congrats!



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 vaccinated members Ester and Alleah working side by side inputting attendance on our database, Flourish.

Monthly socials are back!

We are so excited to have our monthly socials back! Each month we will have an internal and external social. Our most recent in-house social was BINGO! Check out members with their prizes below.

Join us June 5th (weather dependent) for our rescheduled Mental Health Awareness Month walk along the Trinity Trail or participate in games night Tuesday June 22nd at Cowtown Clubhouse!

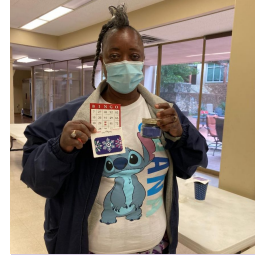
As noted in Standard 28, Cowtown provides opportunities such as socials, wellness walks and healthy meals to assist in member's overall wellbeing.



Maxine excited to win the Flamingo Light



Simon won 3x including a Target gift card!



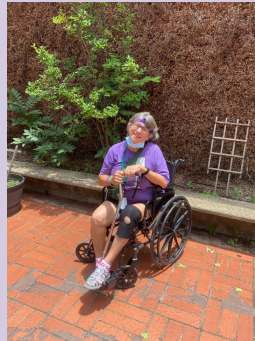
Ester with her candle and Target gift card

Garden Update

This spring we have been working tirelessly to beautify our garden, especially after the February ice storms. It is a work in progress, but Tanya, Matt, Simon and Becky have all been working really hard and sharing their knowledge of horticulture with the rest of us.

Here is what Tanya has to say about the courtyard's progress:

"It is just a joy to be out working in the courtyard, it is definitely my happy place. One thing I have in my heart is to plant more perennials for seasonal color, then when spring comes they pop out with color and come to life again! Our courtyard will be rich with tasty veggies and herbs once they ripen! We will have an assortment of tomatoes, zucchini, bell peppers, cilantro and more. We can't wait to use them in our lunches!"



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