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We Are Mental Wellness

The Gazette

is a newsletter published monthly by the Administrative Unit of Crossroads Clubhouse for the enjoyment of its community.

We are located at:

3500 South Peoria Avenue Tulsa, OK 74105
(918)749-2141 Fax: (918)749-2150

Hours of Operation:

Monday Thru Friday 9 a.m. - 5 p.m.
& Tuesday 9 a.m. - 8 p.m.



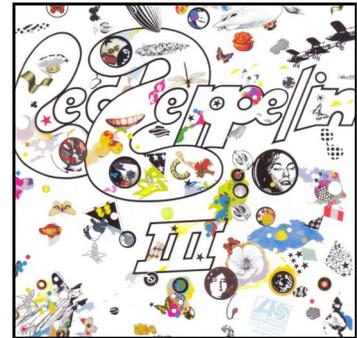
www.crossroadsok.org

| OUR MISSION |

is to be a community of support and hope for adults diagnosed with a mental illness by providing choices and opportunities for meaningful employment, housing, education, wellness, and social activity.

About the cover: I wanted this one to look super-busy and colorful. So, I went to the place where that very thing happens (or used to happen), fairly often—album covers. Fun fact: *LZ III* turns a big 5-0 this year!

- Scott



Since March 20, our Culinary Unit has prepared and delivered OVER 900 meal packages! Way to go!

Dear Colleagues:

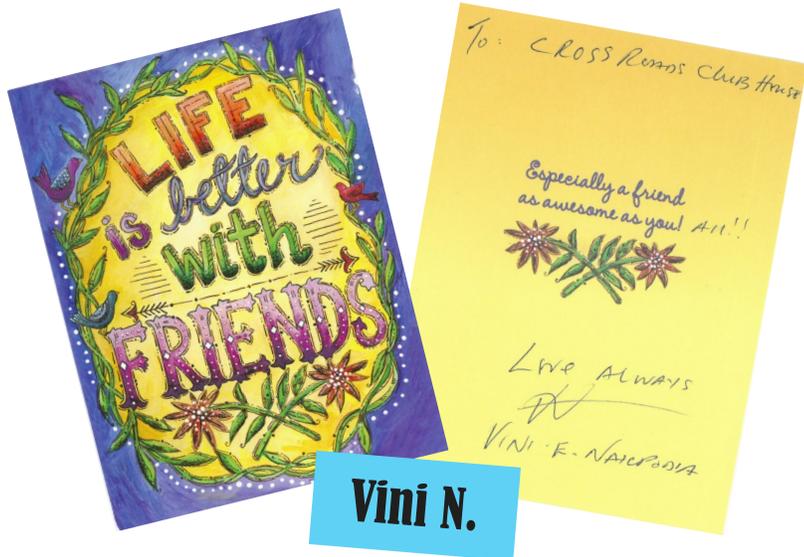
Wow! What a tumultuous three months! I think we've all felt too many emotions to even describe them adequately! I hope that all of you are well and staying safe. Thank you for your notes and comments of thanks for the meal delivery program, flowers, supplies etc. Your appreciation means so much to us.

While the worldwide pandemic has altered our lives in so many ways, our emotions are also on "high alert" in the wake of the violence in Minneapolis and the subsequent protests, not to mention the volatile political situation that changes by the minute. We are all on overload from so many stressors happening at once.

I am sharing Joel Corcoran's letter (p. 4) with you. Joel is CEO of ICCD and has written to all Clubhouses about the violence and injustice we are witnessing, and how we can stand in solidarity for peace and change.

On a personal note, I'm also sharing the words to "We Shall Be Free" (p. 5), a song written by Oklahoman Garth Brooks in response to the 1992 riots in Los Angeles. I hadn't thought about this song for years, but a few weeks ago my pastor read it from the pulpit. I thought it was powerful and wanted to share it with you.

Shalom,
Pat



Vini N.

Tracy V.

At midnight in the month of June, I stand beneath the mystic moon.
— Edgar Allan Poe

UNDER THE MYSTIC MOON that night, listening to Beethoven, watching USS Enterprise Star Ship command, I became curious re Oklahoma’s new logo, and, sitting down to research it, my feelings grew more and more subdued as the night turned into dawn and I began to yawn—could there be for somebody an association w/ automotive brands/products, or an allusion to getting your kicks on Hwy 66? “Always trust your car to the man who wears the star...”

Robyn C.

Yes, that is special time spent in the kitchen for those lovely meals this week! Thank you again.

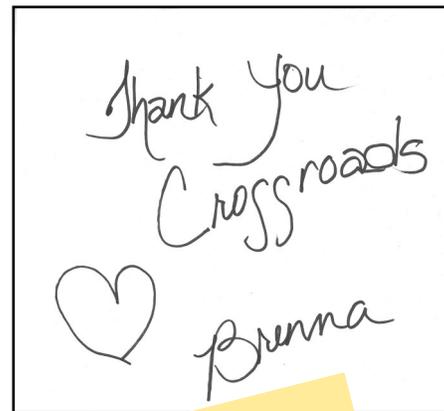
Stir-fry, yummy I can hardly wait. I'm so tired of my own salads...same ol', same ol' .

Thank you mostly for the cell phone cord. The converter to the wall works just fine. So I've got an extra for everybody!

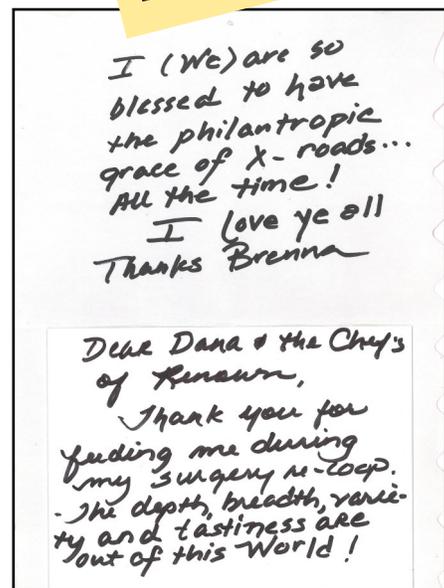
Thanks again. Have a nice day, and don't forget to vote!



 Robyn’s cat, Lucy.



Brenna B.



Ann Marie D.

Letter from Joel Corcoran Executive Director/CEO, Clubhouse International



Clubhouse International

Creating Community: Changing the World of Mental Health



Dear friends,

Speaking for myself and Clubhouse International, we are shocked and outraged by the video scenes we have witnessed relating to the brutal killing of George Floyd by police officers in Minneapolis last Monday. We have all seen this injustice too many times. We have seen Black Americans unjustly killed and mistreated with no consequences, for too long. We know that racism is systemic; that it resides in our criminal justice system, throughout our society in the United States, and in many places around the world. We stand with those who demand justice for George Floyd and with those who are demanding action to create change everywhere. We do not stand with those who choose hate and violence in their expressions of anger. Hate and violence will never be the answer.

Our Clubhouse communities are built on values that respect every human life and a belief system that prioritizes community and meaningful opportunity for all. We have always worked together to build each other up and to seek a better world for everyone. In this spirit, and in response to the social virus of systemic racism, we must all now sharpen our focus, raise our voices and join the movement for change. We must work to face down and overcome racism in our individual lives, in our communities and throughout our societies.

At Clubhouse International and throughout our community across the globe we can all work harder together for justice by doing what is right, refusing to tolerate racial discrimination of any kind, demanding more from our governments and supporting leadership that demonstrates a willingness to act for change. Most importantly we can choose love and kindness over hate and fear.

In solidarity,

Joel D. Corcoran
Executive director/CEO

“We Shall Be Free”

by Garth Brooks and Stephanie Davis

“We Shall Be Free” was released as the first single from Garth Brooks 1992 Album, “The Chase”. It peaked at #12 on the Billboard Hot Country Singles & Tracks, becoming his first single to miss the Top 10 on that chart, due to an airplay ban from some radio stations because of the song’s controversial content. According to Brooks, he was inspired to write the song after being in Los Angeles for the AMC Awards during the 1992 L.A. Riots.

~

*This ain't comin' from no prophet
Just an ordinary man
When I close my eyes I see, the way the world shall be
When we walk hand in hand*

*When the last child cries, for a crust of bread
When the last man dies for just the words he said
When there's shelter over, the poorest head
We shall be free*

*When the last thing we notice is the color of skin
And the first thing we look for is the beauty within
When the skies and the oceans are clean again
Then we shall be free*

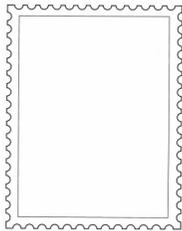
*(chorus)
We shall be free
We shall be free
Stand straight, walk proud
'Cause we shall be free*

*When we're free to love anyone we choose
When the world's big enough for all different views
When we all can worship from our own kind of pew
Then we shall be free*

(chorus)

(bridge)

*And when money talks for the very last time
And nobody walks a step behind
When there's only one race and that's humankind
Then we shall be free*



3500 South Peoria Ave.
Tulsa, Oklahoma 74105

We Are Mental Wellness



Okay...we're not gonna rant or anything. We just thought we'd share with you a piece of useful (and, statistically, very sound!) information from the Tulsa Health Department. Next to wearing a mask, this is probably the most important thing to know in the interest of "flattening the curve" on COVID-19. Thanks, Joan, for passing this along!

Be safe! We appreciate all of you!

Support Groups Available On-Line

The Mental Health Association of Oklahoma is offering a variety of online support groups in response to the COVID-19 pandemic. Stress Management groups, open to the general public, are offered via Zoom at the following times:

Mondays from 7pm to 8pm

Tuesdays from 5:30pm to 6:30pm

Wednesdays from 7pm to 8pm

Thursdays from 3pm to 4pm

Fridays from 1pm to 2pm

Saturdays from 1pm to 2pm

If you would like to join one of these groups, please call 918-585-1213 or 405-943-3700, or visit mhaok.org/mental-health-assistance-center.



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