

**Congratulations, Everyone—You Are on Your Way**

By Carrie F

August was a busy month for the Clubhouse and for a good cause. We began our Health and Wellness goal planning initiative. It will take additional time, into September, to complete, but many members are on their ways to making goals, wishes and wants a REALITY.

As I've mentioned before, when we keep our thoughts of goals and wants to ourselves, we most likely will not achieve them. It's when you share them with others that the magic happens. You talk to friends, other members at the Clubhouse, or staff, and the seed is planted. You never know if something will work until you try.

What you will find is amazing strength. Strength brings a person a sense of purpose, enables you to find belonging and connection in your community, and builds your self-esteem.

So congrats to all of you who have set goals, and if you have not, I encourage you to. Next month we will have members share their stories and successes.

*VAIL PLACE GOVERNMENT IN ACTION*

By Crystal J

Did you know there's a human story behind many of the laws that are passed each year by the Minnesota Legislature? Often an idea for a new law comes from an ordinary citizen.

When a 6-year old Katie Fritz of Farmington was killed by a garage door opener, her parents and others successfully lobbied the Legislature for a law-,the first in the nation,-to regulate openers.

Another example: Sandra Shanley of Anoka, who suffers from multiple sclerosis, tired of the process of applying for absentee ballots before each election, she spoke with her representative. The result was a law that allows people with permanent disabilities to automatically receive absentee ballots before each election. Members here at Vail Place can also meet with their State Representative to share concerns and ideas.

Steps a Bill Goes Through to Become Law:  
>Idea>Legal form> Authors<Introduction>Committee> Floor>General Register>Calendar for the Day>Special Orders>Conference>Floor>Governor>Questions and answers

VISIT [WWW.MINNESOTA.GOV](http://WWW.MINNESOTA.GOV). You can look up where you vote, who your house member is or to contact your senator. This website is a great way to learn about Legislature and keep up on new laws.



*This year the Vail Place Pop Booth #1 looked quite different. Instead of being in a trailer, it was at tables at street level. The change seemed to be helpful. We got the most money we've ever raised from our volunteering at the Art Fair: \$413! Water was the big seller; the last shift on Sunday totally ran out! (Photo: Jan M)*

**CLUBHOUSE GUARANTEES:**

A guaranteed right to a place to come. ◆ A guaranteed right to meaningful work. ◆  
A guaranteed right to meaningful relationships. ◆ A guaranteed right to a place to return.

## **Employment Assistance Thursdays. 10-noon**

### **Changes in MA-EPD**

Yes it is true, MA-EPD premiums are going up as of October 1, 2014. Premiums used to be a minimum of \$35.00 monthly. The Department of Human Services has increased the premium to \$65.00 PLUS...5% of unearned income. This is quite a large increase, so explore all options for health insurance. If you have any questions about MA-EPD, their Hotline number is: 1-866-333-2466.

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### ***What's the Latest in TE?***

August was an exciting month for employment at Minneapolis Vail Place, as we started two new Transitional Employment positions. One position is at Crosstown Covenant Church as a custodian, and the other is at the Kowalski's on Chicago Avenue as a Courtesy Clerk. We will be starting another T.E. position at a third Kowalski's, the Lyndale Avenue store, in September!

### ***Transitional Employment in Minneapolis***

**Xcel Energy—Andrew B.  
Sea Salt—Curlee J., Burton C. and  
Cynthia M.  
Famous Dave's—Keith W.  
Kowalski's (Hennepin Ave.)—Lara H.  
Kowalski's (Chicago Ave.)-Bill D.  
Crosstown Covenant Church—Dan W.**

# Member Spotlight

Danielle Goins has been a member of Vail Place for four years. Danielle found out about Vail Place from a day treatment program.

What Danielle likes about Vail Place is the people at the clubhouse, the house itself, and the food at Vail Place.

Danielle is from Los Angeles and has been in Minnesota for thirteen years. Some of Danielle hobbies are writing, knitting and singing. Danielle has three children.

## The Times, They are a'Changing

By Eric S

In my life, I have taken on a new job and new responsibilities. I am now employed by Touchstone Mental Health, and I love my new job. The people there are wonderful, and I love working with the participants. So far, everything is going smoothly and I feel very comfortable

I want to thank Vail Place for sending me a card congratulating me on my new job. It was very thoughtful. I tacked it up on my corkboard.

## Personal development: Dan W's Dream

By Bethany M

We have met him before, Dan Wolfe, the graduate from MCTC, but we may not have met his passion. As soon as I asked what he wanted to do, his face lit up. He began talking about his degree in social work and how he wants to use it to help young kids who are experiencing mental illness and chemical dependency issues. He cannot wait to finish his masters degree and wants to start working now. With a smile, he says:

*"I have my own chemical dependency experience. I also know what it's like to be on medication: I can help these kids. I want to help them diagnose their own problems and to help them get the resources they need. I would be like a doorway opening up the future for them."*

*Welcome, New and  
Returning Members:*

**Toree F  
Joe O**

## SEPTEMBER BIRTHDAYS

Terry A	9/1
Anna K	9/1
Bill S	9/3
Ann W	9/3
Paul H	9/4
David B	9/5
Dale K	9/5
Dean S	9/6
Shawana B	9/8
Mark H	9/8
Adam B	9/9
Sandy H	9/9
Bo J	9/9
Crystal G	9/11
Sylvia B	9/12
YaChelle G	9/12
Darrell A	9/13
Marilyn C	9/13
Mary Beth H	9/13
Breanne M	9/14
David R	9/16
Marian R	9/16
Michael W	9/16
Felisha S	9/17
Christine C	9/18
Joan E	9/19
Scott A	9/20
Terry E	9/20
Lydia D	9/21
Tim M	9/21
Matt B	9/22
Mark E	9/23
Rabia B	9/24
Vernon G	9/24
James M	9/24
Janet C	9/25
Janet W	9/26
Sheila H	9/27
Curlee J	9/27
Mary S	9/27
Kevin G	9/28
Kathy A	9/30
Robert B	9/30



## A Farewell Message From Ellen S

It is with mixed emotions that I write this good-bye article. I am sad to be leaving Vail Place, where I have worked for over 12 years. I love and believe in the Clubhouse model, and I have benefited from the support of staff and members at Vail Place as much as I hopefully have supported my colleagues.



However, at this point in my life I have decided to follow a dream of mine: to be a traveling occupational therapist. This means that I have signed on with a company, I tell them where in the United States I would like to go, and they find an assignment for me. Each assignment usually lasts 3 months, and I can continuously take assignments if I want, or take a break between assignments. In a way, it's like doing a series of Transitional Employment placements all over the country!

I will hold you all in my heart. I have countless memories of Vail Place: Going to different clubhouse conferences; Vail Place hosting 12IS in 2003; camping and doing ta'i chi; picnics and retreats; karaoke; sharing tea; OT students; Square Lake; ramen noodle Asian salad; turtle; Halloween costumes; the Quiz; dancing at the annual holiday parties; fusion lunches and other delicious and healthy meals; members starting employment placements or achieving other goals; clubhouse philosophy discussions and decision-making; staff and members working side-by-side; the mutual support and camaraderie .

Look for postcards from me and maybe a blog! Keep supporting each other, and follow your dreams. Remember, the sun is always shining; you may just have to wait for the clouds to pass, or push them away yourself.

With love, Ellen

## What is W.R.A.P?

**W**-wellness-what does wellness mean to you? What does it look, feel, taste, smell, and sound like? What 'wellness' are you working towards?

**R**-recovery-Your potential. How can you and those around you help you walk the path towards wellness?

**A**-action-What actions can you and those around you take to get you to your place of wellness?

**P**-plan-This is where you take control of your life however you may feel at the time. Plan through stages how to achieve and maintain wellness, and how you and designated others help you through any stage of recovery you may be in.

The Wellness Recovery Action Plan (W.R.A.P) was designed by adults who were living with a mental illness. It can be used by anyone with any goal of moving towards a better place of recovery, from quitting smoking, eating healthier, or symptom management. Join us in September for another round of WRAP!

*Congratulations on your new job!!*

*Eric Smith - Touchstone*

*Dicki Gjesvold - Reading Corp.*

*Alice Worden - United Methodist Church*



*Square Lake: The Sequel happened on August 14. Again, members were greeted by perfect temperatures and a good lunch. This time both Minneapolis and Hopkins clubhouses attended. Swimming, walking, fishing and relaxing were the main activities. (Photo: Jan M)*

*In September the Minnesota History Theatre/ Vail Place collaboration gets into full swing, meeting on Mondays 1-3 and Wednesdays 2-4 to continue to gather material for a presentation about living with Mental Illness. All members are welcome to begin participating at any time. The performance will be on December 19. (Photo: Jan M)*





*Danette M dominated the show on Vail Place's Hat Day. Her magnificent chapeau brought her the top prize, a lunch voucher. (Photo: Jan M)*

## **The International Education Center**

By Adam P with Jan M

I was looking in the City Pages and came across an ad for a school for adults. They offer classes in three different areas: Math, Languages, and Computers. The International Education Center (IEC) is located at 1128 Harmon Place, lower level, in downtown Minneapolis (across from Buca restaurant.) Its web address is [www.iecminnesota.org](http://www.iecminnesota.org). Phone number is 612-871-6350.

The classes cost \$10 per semester (semesters are three months long), and supplies are included in this fee. IEC tests potential students to find out their levels of skill in math and in reading. Then you can register for classes that interest you. The class I am taking is called Computer Basics, and it meets Mondays through Thursday, one hour a day. Other classes are offered from two to five days a week. Many classes are aimed at English as a Second Language students. I am pumped to take a computer class and learn more about computers.

It's convenient. Both the #4 and #6 buses can drop you off half a block away. . The building has elevators for easy access. There are coffee shops and restaurants near it, and you're right down the street from MCTC. And it's inexpensive. You can see me, Adam, if you'd like to take a look at their schedule of classes.

## **Stolen Purse**

By Carrie F

This past month, a member had her purse stolen. In general, we all would like to think Vail Place would not have anything like that happening here—but it does. Staff and members have left personal items in the Club-house unattended, and returned to find them gone.

This is a reminder to keep your most valuable items (purses, phones, computers, musical instruments, cameras) with you at all times or have a secure place for it to be stored.

## **The Stigma of Psychiatric Language**

By Steve A, (-ECO./"bard"): Language Artist

**All words have meaning attached to them. The meaning of a word or phrase may affect our understanding of something.**

**Labels can "pigeon-hole" people. Janitor, astronaut, teacher, mentally ill person. These are labels for better or for worse that some people have been given.**

**For myself, I began as an activist, and "stood up" for the earth. Soon, a psychiatrist told me that there was something wrong with my brain. I was labeled mentally ill.**

**I feel that NAMI promotes negative stigma in its very wording: National Alliance on Mental Illness. We need new, positive language for our self-esteem and self-respect.**

## **Rental Hotline**

By Tyler K

Are you experiencing rental issues or have questions about landlord/tenant rights? HomeLine, a nonprofit tenant advocacy organization, provides free legal advice to renters in Minnesota. You can call their free statewide hotline or email an attorney for any rental questions. The hotline service is confidential and responses are usually given within one business day (usually much sooner). The agents of HomeLine can often direct you to helpful online resources such as forms and cases relevant to your issue. Find additional information at [www.homelinemn.org](http://www.homelinemn.org) or call them directly at (612)-728-5767.



## CASUAL CONVERSATIONS

The Clubhouse is a great place to meet new friends, work together on projects and enjoy the company of others. Casual conversations range from “Are you going to softball tonight?” or “How was your weekend?” On occasion, they sometimes take a different direction.

Recently, a new member shared an experience of sitting in the living room with others who were talking. The topic of conversation was not positive or friendly. It centered on negative comments about another member. It was upsetting to this person. They feared this type of mean-spirited thinking and conversation. They wondered if it happens here a lot and if someone would talk about them like that too.

I assured this new member that we request that everyone is respectful and accepting of others and negative or gossiping talk is not accepted at Vail Place.

We all need to be mindful of what we say to others. If we get caught in negative and judgmental thinking and conversation – STOP – PAUSE – and change your thoughts. It is important that we accept and respect one another. It is important to treat others how we want to be treated. We all want the same thing...Safety, Acceptance and Community.

Thank you for your help.  
Carrie Framsted

## MEET HOUSING SPECIALIST , TYLER KEYES

By Lisa J.

Have you met our new Housing person yet? I had the opportunity recently to interview our new housing staff, Tyler , about his life inside and outside the clubhouse. Here are his answers to my interview questions:



**How did you hear about Vail?** I heard about Vail through the MN Non-profit Board.

**What is the most interesting part of your job?** It's getting to interact with many different kinds of people ,and not being stuck in a cubicle all day.

**Where did you go to college?** I went to the same college as Carrie Framsted, the University of Wisconsin LaCrosse. I majored in business.

**Do you have any brothers, or sisters?** I'm the oldest of four. I have a younger brother, Ryan, who's 22, a sister, Natalie, who's 18, and a sister, Heather, who's 17.

## Attendance and the Business Center

By Kate L.

The Business Center on 2<sup>nd</sup> floor has a variety of tasks that need to be performed daily. I usually do the DOT books by hand, and then enter the attendance and work statistics into the computer.

Each member has a calendar sheet in the two notebooks we call the DOT books. We mark the date of the attendance we're recording (usually yesterday's) while reading off the names from the attendance sheets. We use the DOT books to update members' attendance to our reach-out books.

On the computer, the in-and-out times when a person has been here, plus the approximate times the person worked in a unit, are entered into a grid, or spreadsheet. Once a week these figures are compiled and forwarded to the Hopkins Vail Place, where Katie B works her magic and gets the information into our Credible system.

It is very important to keep track of the attendance and hours worked because these items figure into our funding.

The Business Center is an interesting and friendly place to work.

“Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.”  
— John Lubbock, *The Use Of Life*

