

**MENTAL HEALTH DAY ON THE HILL IS MARCH 12.
RALLY AT THE CAPITOL TO ENCOURAGE LEGISLATIVE
SUPPORT FOR MENTAL HEALTH FUNDING!**

LOBBYING AT THE MN STATE CAPITOL

By Tom L (and a cast of thousands)

Want to try something new? Try informational lobbying and be a part of changing and creating new laws in Minnesota. Both Vail Place clubhouses have a program that travels to the State capitol every Thursday leaving at 2pm and returning around 5pm

How to talk to a State Representative? We have a picture of each member that we are to have conversations with; most of the conversations are very brief, for 15-20 seconds- no more than a minute. Each week, NAMI has high points of one specific piece of legislation and you are in a group with a staff member. You can lobby about a piece of legislation about a specific mental illness, even if it does not apply to yourself.

On Feb. 19, a group of us lobbied to fund First Psychotic Episode Projects in MN (based on a handout for lobbying from NAMI-MN). This project, if funded, would help provide services to people experiencing their first psychotic episode. Research is showing that people who get early intervention for their first psychotic episodes are "significantly more likely to be employed or in school seven years later." Each week or two the lobbying focus changes according to what the latest mental health bills are and NAMI's focus on them.



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
Thursday 10:00am-noon
Computer Assistance—Wed. 11-noon

Why Employment is So Important to Recovery in Clubhouse.

The work ordered day and employment are a critical component of the Clubhouse Model for mental health recovery. Being employed helps members recover by becoming a functioning member of society through work. Having employment connects us to many opportunities that we may otherwise not have and can open new worlds and possibilities. People with mental illness in the workplace can help eradicate stigmas about mental illness in the workplace. Having goals and accomplishing them gives people with disabilities more confidence and better self-esteem.

Some of the things that are most important in life can be achieved by employment, such as independence, autonomy, respect, and having more control of your finances. Being a part of a team at your place of employment or volunteer job, or at the clubhouse, teaches us a way to be inspired by other people in a team setting and helps provide networking abilities for people seeking to improve their life through meaningful employment. Seeking opportunities for recovery through employment will also increase your network, and hopefully, allow room for personal growth to seek better employment and a better life.

Vail Place has an Employment support team to help you manage your way to successful employment opportunities through Transitional Employment, Supported Employment or Independent Employment. It is important to be a part of the Work Ordered Day in Clubhouse in order to determine if you are a good candidate for TE positions.

Employed members at Vail Place have expressed why employment is important to them. Their employment has provided many benefits to them such as: Having a structured day, a sense of purpose, responsibilities, sense of normalcy, being a part of society, self-actualization and a source of pride.

Written by Sheree S.

**Supported Employment in
Minneapolis**

Famous Dave's— Keith W.

Transitional Employment in Minneapolis

Xcel Energy—In transition
Kowalski's (Chicago Ave.)—Brian K.
Kowalski's (Hennepin Ave.)—Lara H..
Crosstown Covenant—Dan W.
Famous Dave's—Open



**CONGRATULATIONS
to Daithi F!**

Daithi, who has been with Vail Place in a part-time position, has now moved to a full-time position! Daithi has introduced us to woodworking, leather work, swing dancing, and all things Irish. Just think what he'll be bringing to the clubhouse as a full-time employee!

**March
Birthdays**

Eric A.	3/1
Tonda D.	3/2
Kathy L.	3/2
David W.	3/4
Tracy C.	3/6
Scott V.	3/6
Mike O.	3/7
Claire J.	3/8
Megan W.	3/8
Nancy S.	3/9
Jeff A.	3/10
Timothy R.	3/14
Ruth Ann V.	3/14
Kathleen C.	3/15
Paul G.	3/15
Quang D.	3/16
Janet F.	3/16
John R.	3/16
Wiwat W.	3/16
John P.	3/17
Destiny T.	3/18
Timothy J.	3/20
Christine S.	3/20
Chad M.	3/22
John K.	3/23
Audrey C.	3/24
Phillip C.	3/25
Joe O.	3/25
Gail F.	3/27
Lori S.	3/27
Burton C.	3/28
Mathew G.	3/31

Life Experts (AKA Member Education)

By CJ M

We often define education as the process of receiving systemic instruction through academic institutions. Yet, in the 21st century, we are finding more methods to learn and educate ourselves through various media and sharing the personal experiences.

The member education series is where Vail Place members facilitate educational activity by holding a class and sharing their expertise with other members. Since the series started, we've had members share their talents in foreign language, cooking, creative writing, music & performance art, medical information, visual art, philosophical discussion, peer support, and various cultural presentations. We all know that we are students for life, but we often forget that the act of sharing your expertise is the best way to solidify your knowledge and polish your self confidence.

If you'd like to facilitate a class, workshop, or activity, please contact Daithi or me.



“If you want to live a happy life, tie it to a goal, not to people or things.”

– Albert Einstein

THE BIG BLUE PLATE DISCUSSION

By Sarah B

At the last two decision making meetings, the topic of whether or not to keep the Friday Blue Plate Special was discussed at length, and although there were heated opinions on both sides of the discussion, consensus to end Blue Plate was not reached. Many members expressed that they liked Friday Blue Plate because it offered a variety of foods from during the week and because seconds were available. Other members said that they did not like the competitive nature of signing up for Blue Plate, meaning that members who signed up first got first choice and that food was not always equally distributed. An alternative to sell leftovers after the daily lunch and to have a regular menu on Fridays was proposed, but there was not enough support to move the change forward. **Therefore, the Blue Plate Special will continue.** However, there was also discussion about being mindful about food portions during firsts and seconds. Additionally, we will explore the idea of having take-home containers available for people to purchase so that any take-home portions on Fridays could be equally distributed. This idea will be followed up on soon.

In reflecting on the decision-making process and how Clubhouses use consensus to decide issues, I am proud that so many people took part in the Blue Plate discussions. It is not always easy for people to share their opinions when they don't agree, but I am happy to see that people in this community trust each other and that we are all willing to listen. This example should serve a reminder to all of us that we need to listen more and that consensus is not about one group of people getting their way while the other group gets ignored. Consensus is about having equal say in the decision-making process and understanding that change impacts all people at different levels. So once again, let's reflect and be proud that we as a community made this decision together.



Is it the snow
How would I know
A word in its form
A message, a storm

Cold and crisp
One, two, three risk
Flurry and flake
Wisdom at stake

How many are we
The falling spree
Circle and line
Quench the fine

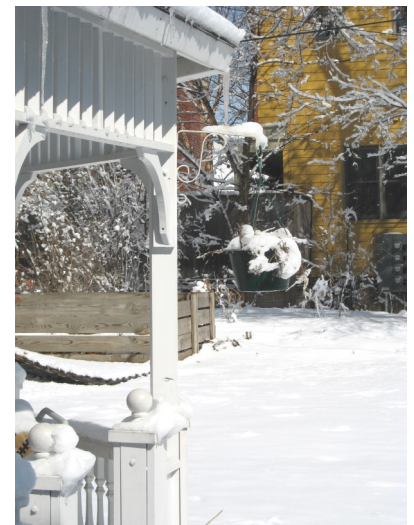
Frank D

HELP WANTED

COOKS!!!

Thursdays at Vail Place

Have people always complimented your cooking? Would you like to show off your skills here at Vail Place? We need members to volunteer to cook on Thursdays for both lunch and evenings here at Vail. You can order the supplies you need on the Monday before your cooking date. Lunch is prepared from about 10 until serving time at 12. Dinner prep usually begins about 3, and supper is served at 5. Sign up in the kitchen or talk to Sarah!



Reduced Rate? Easy as Pie!

By Anthony W

I was paying \$50.00 a month for bus fare. I talked to LeRoy here at Vail Place and he said that I could call MTC bus transit service and get "reduced rate". This means all normal hour fare would go from \$1.75 down to \$0.75. This changed my monthly bus fare from \$50.00 to \$25.00.

The first thing one has to do is call MTC bus transit at 373-3333. Then, press option #3, for customer service. Now, talk to a representative and ask the person for the paperwork for "reduced rate" to be mailed to you. Then, fill out your portion once the paperwork comes. Next, take remaining unfilled out portion to your doctor to fill out. Then, combine paperwork in envelope and send and send it to MTC bus transit for review.

I got mine, "reduced rate card," back in the mail fairly fast, it must have taken about a week. I was happy with the time it took. So, now, I had my "temporary reduced rate card." Something else that MTC bus did was make the "reduced rate card" good until sometime in February. Then they tell you that before your "temporary card" runs out, that one should go to the DMV and get your "permanent card." That's it. It was just easy as pie, anyone can do it!



Photos from last year's Annual Community Gathering



SAVE THE DATE!

The Vail Place Annual Community Gathering is being held on Thursday, April 2, at the International Design Center from 5:00 PM until 7:30 PM.

Attendees will have a lovely dinner and then will be treated to a staging of the presentation that members in both clubhouses put together in partnership with the Minnesota History Theatre.

Staff will transport members needing rides between the clubhouse and the event. You'll hear of plans for the future, be able to thank those who have helped Vail Place achieve its successes, and remember members who died in 2014.

Every member is welcome!





HERE, FISHY, FISHY. . . .

By Richard W

On Saturday, February 21, some members from Vail Place went ice fishing on Lake Minnetonka. Chad B took Jack H., Bobby M., and me fishing. After a quick stop at Holiday so one member could pick up a license, we drove out to Metro Lakes Fish house Rental LLC. In Mound.

The ice house was about 24 feet by 10 feet and included 4 bunk beds, heat, and eight holes to fish from. For bait we used minnows and wax worms; we also had a fish locator called a vexlar.

We fished in about 10 to 12 feet of water using the vexlar to set our lines close to the bottom. Chad caught the first fish, a small perch. I caught the next fish, another small perch. Bobby had a big fish on the hook, but it broke his line. Chad brought some treats which included popcorn, pretzels, almonds and some water. What do four men talk about in a fish house for several hours? Fishing, mostly. Too soon it was six o'clock and we had to leave. We tidied up the ice house, put our poles away and left. And though we didn't catch much fish we had a good time.

