

February 2018

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Let Us Give You A SHOUT OUT

Did you accomplish something recently that you'd like others at Uptown Vail to know? Let us give you a shout-out!

Rose M– Makes beautiful cards and ROCKS at learning Business Department tasks! Thank you Rose, for your help with the Free Events bulletin board! You are a delight to work with and a wonderful addition to our community!

Danielle G– She is doing a GREAT job in the Business Department learning everything there is to learn. Her input about the department is wonderful and she has great ideas!

Deb C– She helps so much in the Biz Dept with data entry and is an asset to the Department.

Zara G– Made her own hair dye and dyed her hair!

Mike O– Cutting back on smoking!

Keith W– Thank you for taking the first steps in contacting future T.E. sites for us!

Mike and Aaron helping around the Clubhouse!

Comfort Café – Exciting New Updates!

We're excited to announce that the Comfort Café has a brand new cash register system! Here are some of the main features:

- Controlled by a touchscreen iPad
- This is the same system used in many retail stores and coffee shops, so this is **GREAT training to build employment skills!**
- The price of all items is automatically stored
- We can track inventory of all items sold

To use the new system, you will need to go through a 30-minute training session and be assigned a personal 4-digit passcode. **See Josh in the CHD to get trained!**



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.

Vocational News & Updates

Vocational Book – Are you looking for a job? Wondering what types of jobs are available in the community? Office Assistant, House Keeping/Janitorial/ General Labor; Food & Beverage, Cashier and Customer Service. Come in and review the department book of listings. There are two Vocational Books in the Clubhouse; one is located in the Employment space and the other is in the Community room on the first floor. These books have job leads listed in them for you to review. We work on these job leads in the Business Department, so come up and learn how to view these and add to our books.

Vocational Assistance hours allow members to sign up for 1:1 time to work on tasks such as: employment searches, applying online for jobs, creating a resume and or cover letter or to discuss employment topics or concerns; finding a volunteer site for YOU and searching your options for returning to school. You can sign up for assistance in the “green sign-up” binder located in the Vocational Department. Times are available Tuesday, Wednesday and Thursday.

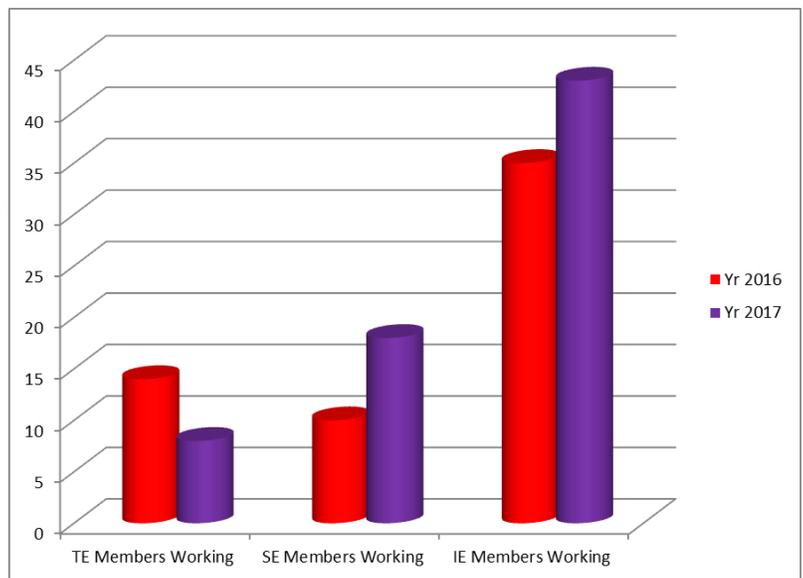
Education -Did you know colleges and technical schools have a resource called Accessibility Office? Come learn more about this resource and talk to members who are currently in school and who utilize this program . MCTC Accessibility will be offering a Q & A at the clubhouse on February 22nd @ 3:30.

JOB / CAREER FAIR

Monday February 12th 2018 9:00 to 2:00
Hennepin County Library
300 Nicollet Mall, 2nd floor.

Michaela S has been attending school at Grand Cannon University taking online classes since November 2017. She is studying to be a kindergarten teacher and taking child development classes. It's been a childhood dream of Michaela to work with children. Michaela is doing well in her classes and is learning patients. Michaela plans on getting involved with the Disability office next semester.—By Jane D

Check out our employment growth from 2016 to 2017!



Transitional Employment:

Charles C.— Kowalski’s Hennepin Ave
Bob W. — Kowalski’s Chicago Ave

Supported Employment:

Randall T.— Crosstown Covenant Church
Mike J. – Coastal Seafood
Thomas C. – Coastal Seafood
Thomas S.— Coastal Seafood
James S.— Kowalski’s Hennepin Ave
Mike B.—Kowalski’s Hennepin Ave.
Tommy W.—Kowalski’s Hennepin Ave.

Glad to be Working Again!!

If you shop in uptown stop by LUNDS sometime and you might see Jude M. He has been working at LUNDS as a Cashier/Courtesy for the past 9 months. “I thought I would never be able to work again and I am so very glad”. Last year I really wanted to find a job. I applied and submitted my resume on the internet, had an interview and got the job. It feels great to be working. “I enjoy my job and it not only gives ma a paycheck it gives me a sense of purpose and a goal and plan in life.” Congrats Jude we are happy for you.

Uptown Vail Place Winter Retreat 2017 Update

The Vail Place Winter Clubhouse Retreat was a success! Both the Community Hospitality and Business Departments identified concrete ways to improve day-to-day clubhouse operations, in several areas. Some of those improvements have already been implemented.

5 Main Goals Established by the Community Hospitality Department are:

Reception Desk as Welcome Center:

- How to redesign/update the reception area to be more welcoming
- Welcome wall idea

Snack Bar:

- Provide a sugar-free/healthy option when Clubhouse serves sweets

Members functioning as project managers with a budget:

- Projects should be assigned to a "team" vs. an "individual"
- Create Community Hospitality email address

Goals identified by the Community Hospitality Department that have already been implemented:

- Community Hospitality Department email has been created
- Comfort Café Cash register system is up and running
- Comfort Café system register trainings have started
- Redesign/Update of the reception area (in progress)
- Reorganization of task boards (in progress)

Vail Uptown Wellness Team

The Vail Uptown Wellness Team presents...
February as **"Seasonal Affective Disorder (SAD)
Awareness Month"**

What is it?

- A type of depression that's related to the change of seasons. Symptoms usually begin in the fall and continue into the winter months. Low levels of Vitamin D may be a cause.

Symptoms?

- Feeling depressed most of the day, nearly every day, during a specific time of year
- Losing interest in activities you once enjoyed
- Problems with sleeping
- Experiences with changes in your appetite or weight
- Feeling hopeless, worthless or guilty
- Having frequent thoughts of death or suicide

Treatment?

Light therapy, medication, and/or psychotherapy. Goals to manage symptoms are to exercise regularly and eat a healthy diet during the winter months. Make sure you eat fruits and veggies daily! And move your body for 30 minutes each day.

Prognosis?

Seasonal Affective Disorder is treatable and it's possible to live a normal life during the winter months with proper care and support from your mental health team.

**** Attend the Wellness Presentation on Weds, Feb 14 to learn more!!! ****

Winter Retreat Article By: Danielle G

Winter Retreat Continued...

3 Main Goals Established by the Business Department are:

Regular trainings on Business Department Tasks:

- Develop quarterly calendar for business department training
- Identifying where things are located (including computer documents)
- Basic knowledge of office machines
- Revised computer log-in instructions (simpler)
 - How to update computer documents
 - Copying newsletter/calendar/sign-in sheets

Supporting people to run with new ideas for the Business Department:

(How-to's for more complex tasks, banking, finance, attendance process)

- Business Department topics and ideas
- Point of contact person (designated as the phone worker) for review of the day (for members who arrive late)
- Art/creative work that isn't already happening in the dept., bank, employment, budget

Supporting the Community Hospitality Department without stepping on toes:

- Combined meetings to discuss relationship between the two Departments
- Business Department meal once a month
- Clearer communication with Hospitality Department (More collaborating)
- Answering the phone (part of Communications Department)
- Surveys with answers to hard to answer questions
- Partnership on tasks
- Meal stats and newsletter articles
- One snack bar shift per day

Goals identified by the Business Department that have already been implemented:

- Regular trainings on Business Department tasks have started
- Point of contact person for the review of the Business Department day
- Preparation of a meal in collaboration with CHD

Other Business Department changes that have been implemented:

- Consolidation of DOT books used to track attendance
- Rearranging of main Business Department workspace
- Morning Stretch @ 9:15 a.m.

*The energy generated during the Winter Retreat, coupled with the thoughtful changes we are making to improve our clubhouse, is a prime example of healthy community in action. Witnessing our ideas blossom into a more functional, cohesive, and welcoming Vail Place is quite a reward! As a member, it was both enlightening and refreshing to participate in the brainstorming of ideas. Being involved with the implementation of those ideas has been thoroughly gratifying. Attending the retreat is another way for members to be involved with the **decision making** process around daily clubhouse operations, at an essential level. We hope to see you there, this year! - Danielle G.*

Warm Fireplace

By Cathy K

Yellow, orange and red

Rest on a bed.

Warm fire feeling

Below ceiling

Fireplace is wooden low

And wood is falling slow.

Time for more wood

And wood burns as it should.

HAPPY BIRTHDAY

Mathew K	2/3
Wynne P	2/3
Jeff G	2/6
Robert C	2//7
Vernon W	2/8
Neal A	2/11
Robin M T-	2/13
Cathleen J	2/14
Tamara S	2/17
Frank D	2/17
Jim W	2/19
Kate L.	2/19
Mike B	2/20
Michele M	2/20
John Patrick K	2/21
Tom S	2/21
Julie T	2/25
Shirley A	2/26
Deborah D	2/28
Kate J	2.29
Thomas B	2/22
Aruna D	2/25
Dorothy, K	2/27



Clubhouse Philosophy Move To A New Day and Time

Our weekly Decision Making Meetings will now include time to discuss a standard or two each week. The DMM will only have one topic for discussion and review and then we will discuss a standard. Please join these weekly meetings for the “twofer” of a decisions being made and discussions on one of the 36 standards that make up Clubhouse.

This month's newsletter contributors:

Carrie F: Article and Stats

Michele M: Article

Katie L: Article

Jane D: Article

Danielle G: Article and Editor

Michaela S: Article

Josh S: Article

Chad B: Photos

Cathy K: Poem

Addie P: Editor

Cathy J: Article

Be a part of the newsletter team—join us in the Business Department on Wednesdays at 11:00 to discuss newsletter content and production.

Vocational Overview for 2017

Employment

Members had another successful year:

6 Members in Transitional Employment; earning \$21,293

16 Members in Supportive Employment; earning \$67,838

37 Members in Independent Employment; \$423,918

Education

In 2017, 7 members have been school around the metro attending the University of MN, Grand Canyon State University (on-line), Minneapolis Community College and Century Community College. The course work for these ambitious folks ranged from Russian, Business, Visual Arts, German, Human Services, Radiation Technology to Early Development/Education.

Volunteers

We are proud of our community that has been freely giving their time to our greater community. They have totaled over 3000 hours for the year. The national estimate on the dollar value for volunteer work in agencies is \$21 an hour. With that figure our members provided over \$69,000 in free work for their community.



Congratulations to Vail Members Who Recently Moved Into Apartments

By Michele McG

Rose M. moved into a 1 BR apt in Edina. Rose lives in a large apt complex with a mixture of Section 8 and full market rate apts. She likes being close to stores (Target, CVS etc.), Centennial Lakes and Edinborough Park. Target allows residents in her apt. building to use Target carts to take their purchases home. Target has a cart return stall in front of her apt. building, which makes shopping without a car a lot easier. Her building is a 55+ building and has some social activities, and \$4 meals.

Michael B. just moved into a 1BR apt in St Louis Park in January. He's been looking for an apt. for awhile. He found out about the apt. thru Addie & Anton- Vail Housing specialists. He likes the size of his apt, that it is on a bus line, and in a convenient location- close to the post office and parks. His building is subsidized at 30% of income.

Ted K. just moved into a 1BR apt. in S Mpls. Most of his building is Market Rate but they accepted his Section 8 certificate. He's been there about a month. It's a large apt. with a walk-in closet. The building is a large building with three floors. There's a wide range of ages in the building and it's on 2 bus lines.

Cathy's Bargains and Bangles

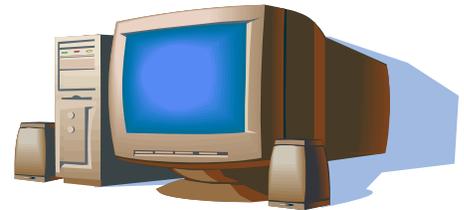
By Cathy J

A Best-Kept Secret: The Uptown Diner has a cheeseburger, waffle fries and a malt for \$9.95 every day from 3:00 until 11:00 pm, and they do substitutions.

How to find out about upcoming events: CityPages.com has a good online calendar (the Star Tribune owns City Pages). Yes, Jiggety Jaggity Johnson dares mention the City Pages! Also, Twin Cities Live.com is a TV show that is aired live at 3:00 pm. They talk about a lot of local stuff that's happening. This one is a fun one to explore!

Get your discounts here: The Hennepin County library has a way to get discounted or sometimes free tickets from Smart Pass. You can go online hclib.org, or phone the Central Library at 612-543-8000.

That's a wrap, folks!



Peer Computer Training

For those interested in learning how to use a computer, there is a member (DW) with extensive training in this area who is willing to train you most Monday and Friday afternoons between 1-3pm from now through the end of March. Please sign up for 30-60 min training sessions in the Business Office (on the clipboard in hallway on bulletin board). If anyone else is interested in becoming a peer trainer, then we can extend the training times.

Thanks to our snow clean up crew for all of the shoveling!



Patrick, CJ, Keith, John and Paul! Photo Cred: Chad



We've had many exciting updates to our new member process! Uptown Vail decided by consensus to change the name of our "intake" process to "enrollment". Now an "intake appointment" is called an "enrollment meeting". Why the change? The Clubhouse is not a clinical program and we don't have medical appointments. We are a membership organization and our new folks take pride in becoming a member- and our new language reflects this!

We also received feedback from new members that they were waiting too long to come to orientation- and it was true! We discovered that on average, new members waited **20 days** from their enrollment meeting to attend orientation! That's a long time to have questions, to not be able to go on outings (members must attend orientation to go with us in the van), to feel overwhelmed or confused or lost, and a long time to wait to hear more about the Clubhouse model! So we want to support our new members faster! Our orientation time has changed to every Thursday: The 1st & 3rd weeks at 9:00am, the 2nd & 4th weeks at 1:00pm. This is a great opportunity for seasoned members to practice public speaking skills, teach a new member the ropes, and be a welcoming presence. Be on the look-out for new members every Thursday!



We also started a New Member Dinner in January and it was a success! Katie, Rose, and Sam cooked vegan tortilla soup and 5 new members attended! We would love to keep this up every month so come to a meeting in the Business Department to touch base with the Enrollment Team if you are interested!

How do you become enrolled as a member of Vail Uptown? Just remember **T. E. O.**

1. Come to a **tour!** Mondays at 10am or Thursdays at 3pm
2. Come to an **enrollment** meeting! Tuesdays at 9am or by appointment
3. Come to **orientation!** Thursdays: The 1st & 3rd weeks at 9am, the 2nd & 4th weeks at 1pm

By: Katie L

Students are looking for your support!

Are you willing to help? Do you have spare time to share your knowledge with another member who is in school? If so, come to the Business Department to share your gifts to help. Let us know if you can help out with Reading Comprehension, Math, Writing, or any other topics. We have many members taking classes and they could use your help. I am one of them. This is Michaela, I am currently taking on-line classes at Grand Canyon University studying English and Writing. I could use help with some of the things mentioned above. By: Michaela