

UPTOWN UPDATES

JANUARY 2019



News from the Comfort Cafe!

NOVEMBER SALES AND UPDATES

Our November sales were \$612. We were slightly under our average monthly sales of \$675!

95 people have been trained to run the snack bar! We would love to train others!

A new printer has been purchased for the snack bar that will fix the problem of the drawer not opening!

HEALTHY FOOD PREP

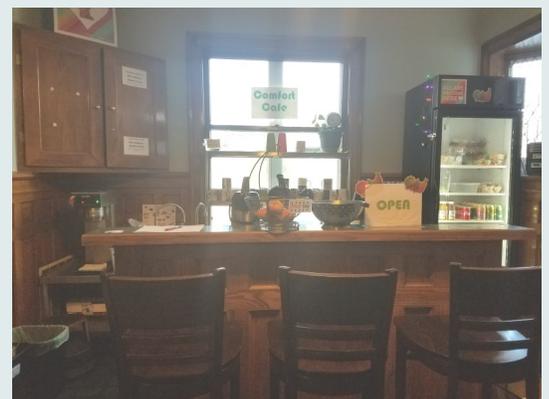
There is a healthy food prep group every Monday. We make fresh foods for the week including: turkey/veggie wraps, hummus, celery & carrot sticks, hardboiled eggs, PB&J's, and fruit smoothies! Please come help on Monday afternoons— many hands make for quick work!

Please volunteer to help run the Comfort Café! The more often it is open, the merrier!

**Top Salespeople for
November:**

**ROGER H., JEFF W.,
PATRICK K., MIKE O.,
and SUE G. all completed over 50 transactions!**

**Say, “Thanks” when
you see them!**



Vocational News & Updates

EMPLOYMENT MEETINGS ARE MOVING TO FRIDAYS @ 8:45

Come join us for breakfast!

Vocational Assistance: These 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.

JOB FAIRS

Tuesday, January 8th at Hennepin County South Minneapolis Human Service Center, 2215 East Lake Street, #122

10:00 to 12:00

Transitional Employment:

Neal A.—Coastal
Nick V. – Sea Salt
Megan P. – Sea Salt
Lauren M. – Coastal
Jim P. – Kowalski's
Sarah W.— TJ Maxx

Supported Employment:

Randall T. – Crosstown Covenant Church
Mike J. – Coastal Seafood
Thomas C. – Coastal Seafood
James S. – Kowalski's Hennepin
Jerry E. – Kowalski's Hennepin
Mike B. – Sea Salt
Nate K. – Sea Salt
Mitch S. – Sea Salt
David F. – Sea Salt
Tauno F. – Spoonriver
Lara H. – Kowalski's

Education News at the Clubhouse

Many members are attending classes this semester. I had the chance to catch up with a few of our students.

Tamara S. is attending MCTC and she is doing very well this semester. I ran into her in the Business Department last month when she stopped by the clubhouse. Tamara shared “I am getting good grades as usual. I am taking Sociology and Health & Wellness. I plan to take more classes this spring – Family Violence and Current Issues in the Human Services field. I am excited to start another semester and to enjoy my time off which starts December 14th through January 14th.”

David B. is graduating at the end of this semester with a degree in Russian and Computer Science from the University of Minnesota. Congrats David. “It is surreal to be this close to completing my goal. In a few weeks when I have graduated I will have fulfilled two important goals. The first is of my own self-improvement and the second the promise I made to my dad. He always wanted me to finish school. It is a welcome change for me. I enjoyed school but I am ready for the next chapter in my life.”

April B. has been attending MCTC this semester. She is pursuing a Liberal Arts degree and is only 6 credits away. “This semester I am taking Astronomy and it has been a struggle. My teacher is nice and the students I have met are helpful and nice. I have enjoyed learning about astronomy. The lectures are on a website the students access and I also have classes to attend. It has been a struggle to manage my time with more on my plate and studying. I am happy to be getting an A in the course. Study Tips: 1. flash cards; 2. have someone to quiz you and 3. manage your time during the week for daily time to study.”

MEMBERS WITH NEW JOBS -CONGRATS ON 1 MONTH WORKING

David F., Lisa B., Tom C., and Bob W.

CONGRATS ON 3 MONTHS WORKING

Neal A.



A Thanksgiving To Remember

I had the chance to spend Thanksgiving with my sister Debbie and my brother-in-law Gary in Richmond Illinois. I rode with my sister Amy, who was willing to drive the whole way as I can't drive. We left around 8:45 or so and it was clear sailing all the way. We only stopped once for gas and food, and got to Illinois around 3:00. Richmond is about 400 miles from Minneapolis.

We made the trip in approximately 6hrs., but the time flew by.

We went straight to Deb & Gary's to say hello, then went out to eat, then back to Deb & Gary's to get Amy's car and all our luggage because Deb & Gary's house has no guest rooms. So they put us up at a Motel 6 close by (in separate rooms, of course).

Thanksgiving day my sisters and I went to Walmart to pick up a few things, including three pairs of jeans that Debbie said she could hem up for me. Then a couple of Deb & Gary's friends joined us for Thanksgiving dinner. I couldn't finish my seconds so they saved it for the next day for me. The next morning I woke up feeling queasy but I felt better after I ate breakfast and rested. Debbie and Amy went out Black Friday shopping and came and got me later. We all went back over to Deb & Gary's around lunch time where we had Turkey for lunch and dinner for two and a half days, until Saturday night when Deb & Gary took us out to celebrate our upcoming birthdays. We went to a fancy restaurant called The Red Geranium where everyone, except Debbie, had the Prime Rib Jr. Yumm, yumm good! The place was all decorated for the holidays! In between those times I spent some quality time with Gary, admiring his N-scale Hobby Railroad and exceptional Hi Fi equipment...

Sunday after much discussion about the weather, (because northern Illinois and possibly southern Wisconsin were going to get some snow in a few hours) we decided to leave sooner than later. So we gathered our belongings and went over to Deb & Gary's so Deb could pin-up my jeans and hem up at least one pair of my new jeans, and we collected our Christmas presents. We said farewell to both of them. We had a more adventurous ride home than Amy would have liked but we made it home in one piece, no worse for wear... It was the best Christmas present they could have given me ever and finally learned how much I still have to be thankful for. And the good times keep on rolling. See you around the Clubhouse folks, and have a great Christmas and a Happy New Year!

By: John O.

Friends

I am happy that I have friends. Friends are a joy to behold. I am fortunate and blessed. I am a nice guy and I deserve the good friends I have. My friends are greater than all the jewels, silver and gold in the world. Friends are the happiness in living. I love my friends very, very, very much! Friends are a gift you give yourself. Friends meet each other half-way. Friends have things in common. Friends are there for friends. Friends fill my heart with great joy. My friends are very dear and precious. I am happy that I have friends.

By Dave D.

Martin Luther King Jr. Day

(Minister, Civil Rights Activist)

Born: January 15, 1929

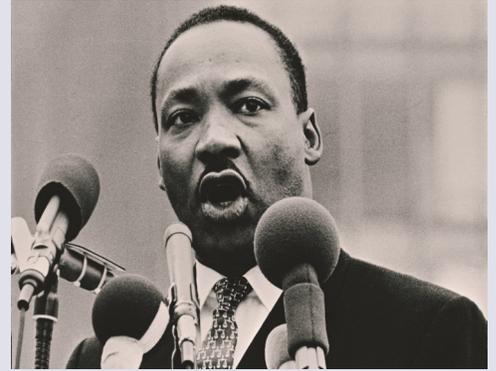
Dr. King was assassinated in April 1968. He was born in Atlanta, Georgia. He became a Baptist.

Martin Luther King Jr. was a Minister and a Civil Rights Activist.

He helped black Americans with desegregation, Civil Rights, and voting rights. He received the Nobel Peace

prize in 1964, among several other honors. His wife Coretta Scott was a singer. They had four children. He wrote the famous "I have a Dream" speech and led the march on Selma, Alabama.

His birthday is now celebrated as a national holiday. That day is on Monday, January 21, 2019. It is now considered a federal holiday. Thank you Dr. King for all you have done for all of us.



By: Keith W.

How Can Vail Help Me Stay Active This Winter?



Stretching Group – Every morning at 9:15am!

Indoor Walking Club – Every morning at 10:30am!

Yoga for Beginners – Last Tuesday of every Month!

Walk at the Mall – Once each month this winter!

**Winter Wellness Hike – Once each
month!**

Ice Skating – Once each month!

Swing Dance – 1 Thursday each month!

Mindful Bowling – Once each month!

Drum Circle, Singalongs, Dancing – Every month!

Build a Snowman – Join us Friday, January 25th!



Resolution Success—New Year's Resolution 1975

December 1974

It was late December, and I had yet to come up with my new year's resolution. Suddenly it hit me! I would resolve to keep my room neater. I waited until January 1st, and I got busy! I cleaned, dusted, organized, sterilized, and economized like never before. That room was so clean you could bounce a ten pound barbell off the cover. Flying insects just gave up and went back the way they came. I knew the number of clean socks in my drawer by its weight on the scale. It was quite impressive. I became so focused my dad stopped me to deliver a lecture on personal hygiene. I snorted and said, "Hey, good luck with that."

February 2, 1975

Finally done. I never looked back. My room was always clean and neat after that. It's a good habit, and a great resolution.

By Jeff W.

VAIL PLACE ANNUAL HOLIDAY PARTY

The Vail Place Holiday Party was a great success. There was plenty of food provided by the Lyons Club and a DJ for dancing and door prizes. Lots of members from Uptown Vail and Hopkins Vail attended the party along with many guest. There were lots of folks that dressed up in festive wear. Another Holiday party gone and there will always be next year. Happy Holidays!
By: Jane D.



RECYCLING

Report by Jonathan D. and Daithi F.



We have an updated recycling program now at Vail Uptown. The big change is that we now have green bins for composting. In the kitchen we have a large green bin where we put food scraps as we chop for meals, and also uneaten cooked food. Other things can also go in the green bin including: paper towels, plates without gloss, and compostable cups. After meal cleanup we bring the green bag out to the green bin in the driveway.

We also have a robust recycling program, with collections places around the house for paper and plastic. There is a bin for aluminum cans, which we then crush in the basement, and bring in for extra cash. We keep the tabs and donate them to Ronald McDonald house.

There are some "gray areas" for recycling. For example aluminum foil soiled with food goes in the trash. Takeout pizza boxes can go in the green bins. Plastic eating utensils go in the trash. Some of the plastic "to go" containers we use are compostable, and some are recyclable.

If you want to do composting at home, you call the city and they can bring you a green bin. If you live in an apartment there may already be a green bin. Food scraps for a green bin must be put in a compostable bag, which are available at grocery stores. Here at Vail they are the green colored bags.

JANUARY BIRTHDAYS

1/1 Abdi D. 1/1 Abshir A. 1/2 David F. 1/8 Cynthia C. 1/8 Kathleen W.

1/9 Jeff M. 1/9 Sentora F. 1/13 Meredith P. 1/14 JT K. 1/15 Tauno F.

1/16 Billie C. 1/17 Mary O. 1/18 Aaron E. 1/18 Anthony H. 1/20 Chris P.

1/23 Melanie R. 1/25 Peter T. 1/29 Carl M. 1/30 Lisa J.



The Yellow Ribbon Steering Committee

BTYR – Beyond the Yellow Ribbon – is a committee of students, staff and faculty supporting Veterans. This is a local and national movement. “Committed to bringing our soldiers all the way home...” This is accomplished by providing resources to our veterans and their families (both students and employees); by honoring the sacrifices made by these individuals and their families; by creating awareness in the MCTC community of the needs of our veterans to ensure military friendly policies. MCTC’s (Minneapolis Community & Technical College) Yellow Ribbon Committee is vibrant and diverse. The group allows students to meet new people, gain leadership and experience for resumes, explore areas of study or personal interests, get to know faculty and staff, develop relationships for future reference, and have fun. MCTC is on the 2016 Military Friendly Schools list.



The committee’s priorities are: events, mental health awareness, scholarships, recognition for veterans, and coming up with ideas to motivate more veterans to attend the college & get involved with our organizations like Student Veterans of America.

The BTYR has been instrumental in helping to plan and participate in events, producing graduation cords, advocating for veterans, volunteering for Honor Flights, and Wreaths Across America, coordinating with other groups and organizations, and generally making veterans aware of all the resources available to them.

By: Paul G.

The Twelve Days Of Clubhouse Christmas

By John O.

(As commissioned by Carrie F.)

On the "...“ day of Christmas my clubhouse gave to me...

(and) a place where I can feel at ease.

... Two Post It re-writes,

... Four conversations,

... Six little breaks,

... Eight pounds re-stocking,

... Lots of smiling faces,

... No job sites to cover!

... Three prospective members,

... Five morning stretches,

... Seven fond Hello's,

... Nine Snack Bar patrons,

... A record lunch crowd to serve,

Keto Diet or Lifestyle

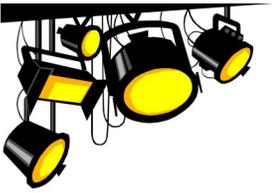
I began having health issues like high blood pressure, horrible depression, daily acid reflex (heart burn), and Crohn's Disease. I was talking with my mother one day and she told me about a diet she had started and that it had helped her lose some weight. She suggested I look it up online and it is called the "Keto Diet". It is similar to the Atkins Diet but seemed healthier for you. When I looked it up, I saw that people with blood pressure issues who were on medication had success when they started to follow this diet. I also learned that this diet was being tested for help with other disorders like depression and acid reflux. I decided it was worth giving it a try.

I immediately got rid of the acid reflux and was experiencing no pain from my Crohn's Disease. I lost 4 lbs. the first week. Now I have been on the diet over 2 months and have lost almost 20 lbs. The diet consists of low carbs, moderate protein, lots of vegetables and high "good" fat. What I mean by "good fat" are olive oil, avocados, coconut oil and CDC oil. It also calls for no milk, so I drink almond milk. It also has you stop sugar and processed foods. To replace sugar I now use Stevia in my drinks. I have reduced my caffeine to one large cup of coffee and then herbal tea for the remainder of the day. I do not drink soda and now drink lots of water, about 64 oz. each day. I have stopped eating breads, pasta and potatoes. I now eat more things like chicken, fish, red meats but the portion size is the key. I found that I did not know what a healthy portion size was for a meal. I got a scale to measure my meals and I read labels. I chart my calories, protein, carbs and fat per day. I get to eat 28 carbs a day and my mom only gets 12 carbs per day as men and women process food differently. This diet moves your body into a state of ketosis, which is a healthier way to digest food as you burn fat not carbs (sugar).

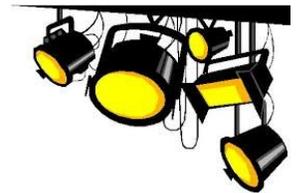
I plan to continue on a maintenance basis with this diet after I have reached my goal weight. There are many books and cookbooks to help anyone follow this diet and you can find many resources and recipes online.

Good luck and I hope this helps you.

By: Jude M.



MEMBER SPOTLIGHT



THOMAS C.

Who is Thomas C.?



Thomas was born in South Korea. At 6 months old his foster mom at the time put him up for adoption for a chance to move to the United States. Lucky for us Thomas was adopted quickly; eventually growing up right here in Minnesota. From a young age his parents wanted Thomas to learn about his biological culture by enrolling him at Korean Culture Camp from 1st to 5th grade. Later on Thomas began training in Tae Kwon Do (A form of Korean Martial Arts) until the age of 19. At 15 years old, Thomas and his martial arts class were at the University of Minnesota conducting a demonstration. At the end of this demonstration Thomas' parents had a big surprise for him. His foster mom who put him up for adoption, to obtain a better life in the States, was in attendance! Thomas described their first meeting as emotional and fulfilling. They met two times after that including a meeting in South Korea.

Thomas has been employed at Coastal Seafood for over a year now. He works 4 days a week and is involved in training new employees. When asked what he likes about the job Thomas mentioned, "I enjoy the physicality of the job and the welcome atmosphere Coastal provides to employees who have been placed there by Vail Place." Thomas also is a fixture with the work order day fulfilling daily tasks with enthusiasm and consistency.

There is a lot more to Thomas. This is just a small snapshot of a valuable member of our community. Just like all members, it is his unique life experiences that add to the culture of Vail Place.

Who will be the next member under the spotlight?

By: David F.

This month's newsletter contributors:

Carrie F.: Articles	Addie T.: Editor	Paul G.: Article and minor editing	Josh S.: Articles
Jeff W.: Articles	David F.: Article	Keith W.: Article	Jane D.: Article
Jonathan D.: Article	Daithi F.: Article	John O: Article & Song	Jude M.: Article
Meredith P.: Editor			

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



Thanks for everyone's help in making the most darling Holiday cookies!