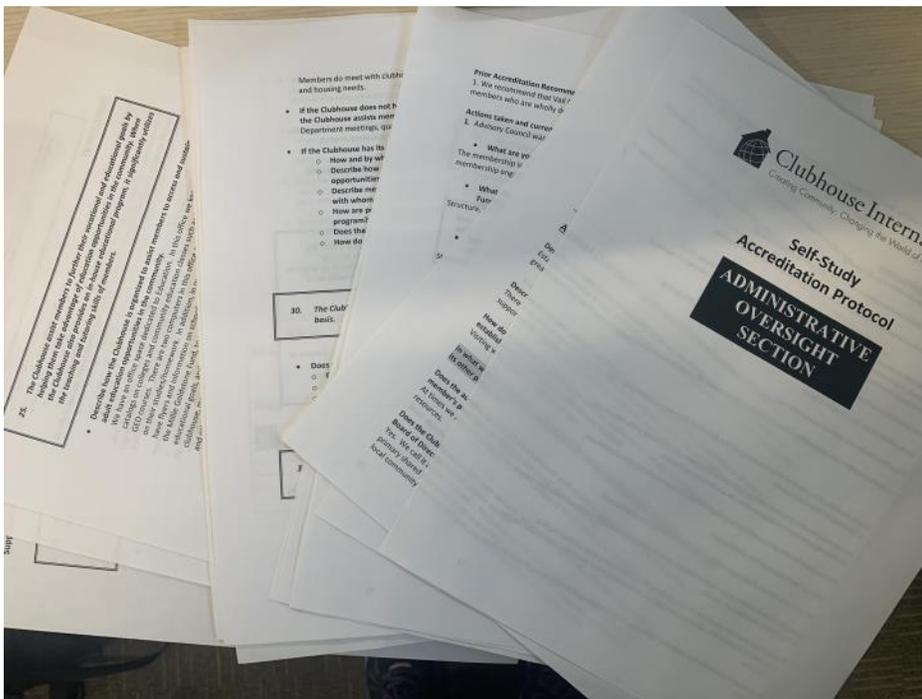


## Hopkins Vail Place Newsletter April 2019

### Accreditation Report at Hopkins Clubhouse

By: Jeff H.



On February 18 we at Hopkins Clubhouse learned our fate: the Accreditation Report landed! Based on a three-day visit by Walt Cunningham and Pete Estrader in September 2018, the report essentially says we as a community are doing a super job of adhering to the International Standards for Clubhouse Programs. We received a conditional three-year accreditation. They only have a few recommendations, but two of them will be quite challenging to achieve.

We need to up our Transitional Employment to five active sites, and our Advisory Council needs to be expanded to include members from the wider

Hopkins community.

Jaime F., clubhouse director, says, “TE is going to take more effort and community involvement.” Are you ready for the challenge?

Samantha D. is the staff member leading the TE charge. She states, “Our goal for this year is to get two more TE’s. As long as we are looking for TE’s, we should be okay. Members can help by getting involved in the two thrive meetings this month on employment. We will also incorporate calling potential TE locations into our work-order day.”

About the Advisory Council, Jaime feels quite optimistic. “I believe we will be able to meet our community needs,” she said. Jaime and the council have begun to reach out to members of the broader Hopkins community. Plans are to contact business leaders, organizational leaders, and members of the police and fire department. Some have even taken tours.

Jaime says, “I’m really proud of the Hopkins community. It was a pleasure to work through the process. It was positive to see the community working together to make this happen.

# THE VAIL VOICE

## My Other Identity

By: Zoe

My name is Zoe. People may know me as a Yellow Lab, or as the guide of Robin Hoy, but I have another identity. I am also a Coffee Magnet!

We ride to work on the bus in the morning. I curl up on the floor, while my human yawns and talks about wishing nighttime had lasted a little longer. When we get off, if the weather is fine, we have about a five block walk, doing the usual “forwards”, “lefts” and “right” that every good guide knows. But then... intuition and my other function come into play.

Halfway along our route, if we take a “right” instead of going “forward”, there is a coffee shop down the block! My human and I have worked together for six years, so I know her priorities by now, but, I pause, just



to let her know she is the alpha in charge, then turn my head far, far to the right, look up at her, then give her a little nudge. “You wanna go for coffee? Well, of course you do!”

Most days she says with obvious relief and pleasure “Good girl, Zoe!” She hardly has to give the “right”, “right”, “left” series of commands that get us to that welcome door.

Even when the weather is cold or rainy when we get off the bus, and hurry indoors and up the elevator to take an indoor route through the Minneapolis skyway, I don’t let her down. There is a spot where I pause, turn a little to the left and give her the nudge. “Coffee?” Then, off down the hallway we go, down the elevator and, hooray! There’s that same welcome door where her cup of coffee and my many long-time friends wait to greet us!

## My Winter Workout

By: Barstow

My name is Barstow. I am the Black Lab guide of Calynn Hendrickson. Winter is long and cold here where we live in Minnesota, so my outdoor workouts have been shorter. Besides walking along snowy sidewalks or down icy steps to head for the bus, I go down carpeted stairs to the basement to do what she calls her workout. But it is there where I do another, equally important kind of workout.

It starts with me providing supervision. I stretch out on the landing while my human turns on music, then begins to bend and straighten her legs. Up, down, up, down. I hear her say “I hate squats!”. Then she gets bone-shaped weights off the shelf and lifts them up, down. Then, down she goes on the carpeted floor. That’s when my workout begins.

She calls it “doing pushups”. But I think she has fallen on the floor, so, I hurry over and encourage her to get up again. I nudge my way under her tummy, then, press up and up as hard as I can. When at last she sits up, her



arms surround me, giving me a nice hug. I know she is grateful I helped her up. I think I’ve accomplished what I set out to do when down she goes again! I wriggle my way in closer and push up even harder. I press on her stomach with my nose and my back and wash her face with kisses!

At last, she turns over and begins to sit up. Hooray! I give her more kisses. Then she drops onto the floor again, on her back this time! Oh, no!

I guess “sit up” means something very different for her, though because she begins to talk about “Crunches”. Crunches? Crunchies? Like dog treats?

Then she strains up, down, until at last she sighs with relief, turns off the music and we’re done! Until a few days later when it starts all over again!

I can hardly wait until spring when we take long walks in the park!

I like this kind of workout much better!



# THE VAIL VOICE Announcements



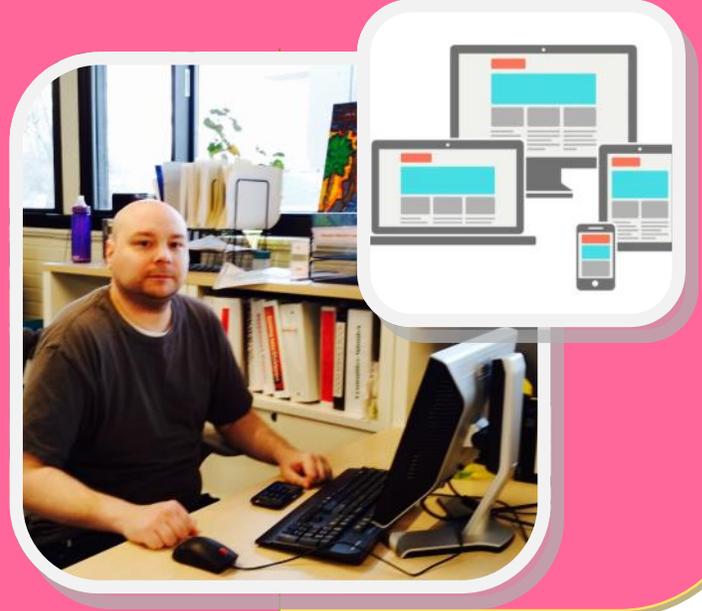
## Need Phone, Computer, or Tablet Assistance?

Derek G. is able to help!

- Computers
- Tablets
- Phones
- Microsoft Office
- Web (email, Facebook, research, job applications)
- By Appointment

Request a Session w/ Derek:

- Call/text: 612.234.2305
- Email: derek.theitguy@yahoo.com



Bus Cards are available at the  
ICA Food Shelf.

Contact your local Food Shelf for more information.

### Weekly Clubhouse Meetings

**W.A.A.G (Week at a Glance):** Take a look at what we are doing for the week every Monday at 9:15 am.

**Calendar Planning:** Help us plan meals and activities for the following month every Monday at 1p.

**Fun 411:** Want to learn a task in the Clubhouse? This is the time. Every Tuesday at 1p.

**Decision Making Meeting:** Help make a decision for the Clubhouse every Wednesday at 1p.

**Philosophy Meeting:** Discuss Clubhouse philosophy and Clubhouse standards every Thursday at 1p.

**THRIVE!:** Our weekly wellness hour covering various wellness topics and activities every Friday at 1p.

**WAAC (Week at a Close):** Talk about what we accomplished during the week every Friday at 9:15 A.

**Job Club:** Talk about work every Thursday at 2p.

# THE VAIL VOICE

*Poetry By Donnie L. (Straypower)*

## **The Freedom of Music~, by STRAYPOWER**

Music is music, it's also a way of life...An adventure into realms of curiosity and enjoyment. It doesn't have any specific status. It is simply free to enjoy. Music doesn't have any specific ways of finding it's purpose or the way you share music with friends, it's just free to enjoy, no boundaries or specific rules of nature, just free... Music doesn't have guidelines or rules. It's not how you play the game, for it doesn't matter, just free. Music was meant to be shared amongst friends for the adventure to share together and yes capable in unveiling the sanctuary of emotions & peace of mind to enjoy, free. Music is music and just that. A different perspective of freedom as the mighty eagle soaring into the realms of passion and harmony. The freedom of music...Therefore; we have been blessed. Together we stand free...The freedom of music. Just free.

## ECHOES BEYOND THE PALACE...

THIS IS AN INTERESTING ENTRY THAT APPLIES TO MY DAILY ADVENTURES INTO MY HOME TOWN CALLED ECHOES BEYOND THE PALACE...OR WE COULD SAY ECHOES WITH IN THE MIND...

I AM NO LONGER FEARFUL OF SOCIETY. I HAVE RECEIVED THE GIFT OF LOVE AND A TRUE CALMING OF THE MIND, VICTORY...

THEREFORE. DESTINATION FREEDOM...

LEARN MORE VIA~~~

STRAYPOWER.COM AND DO ENJOY THIS MUSICAL ADVENTURE...



## REMOVE THE BATTLE FLAG

The adventure continues on and on...Like we have mentioned in our previous passage, we reflect and think, together in engagement toward a great day and the love that we share on and on...We also acknowledge this to be true and we remove the battle flag and continue on into the humility of the season...and a purpose of our methods to joy and prosperity and joy, always we remain free and strong. A mission of respect for self to be exalted without fear, together we reflect again...so we say...THE LIVING AGAIN THEORY will remain free, a purpose of love and humility...

Learn more via ~ straypower.com . and do enjoy the music...



## Best Guesses By Nathan Olund

Were you paying attention at our last house meeting? Are you a numbers geek? Here's a quiz on some numerical things you find around our clubhouse.

**1. What was the last day to use tobacco products at the Hopkins Clubhouse?**

- A. May 1, 2019
- B. April 1, 2018
- C. March 31, 2019

**2. During a recent health survey people were asked their smoking habits. Of those who smoke, how many plan to quit now, later, or never?**

- A. 25% want to quit, 33% plan to quit later, and 37% have no plans to quit
- B. 37% want to quit, 25% plan to quit later, and 33% have no plans to quit
- C. 33% want to quit, 25% plan to quit later, and 37% have no plans to quit
- D. 37% want to quit, 33% plan to quit later, and 25% have no plans to quit

**3. Staff at H2 will have the option to buy lunch from us starting in April! What will they pay?**

- A. \$2.00
- B. \$3.00
- C. \$4.00
- D. \$5.00

**4. The day of the week where the clubhouse saw the highest average visitors in February was what?**

- A. Monday
- B. Tuesday
- C. Wednesday
- D. Thursday
- E. Friday

**5. In February 54 different people volunteered work hours in the club. About how many hours of work did they contribute?**

- A. 120
- B. 220
- C. 320
- D. 420

**6. In February, Members spent about 1780 hours total in the club. What percentage of that time did people spend in meetings?**

- A. 6%
- B. 16%
- C. 26%
- D. 36%

**7. We changed the way we count Independent Employment (I.E.) in our stats. How many of our active members also have a job?**

- A. 11
- B. 21

- C. 31
- D. 41
- E. 51

**8. About what was dollar amount that our bakery items sold for in February?**

- A. \$23
- B. \$43
- C. \$63
- D. \$83

**9. The new member enrollment goal was 4 people, how many did we actually enroll?**

- A. 1
- B. 2
- C. 3
- D. 4
- E. 5

**10. What single Social Rec Activity had the most participants?**

- A. Farkle
- B. Renovators
- C. History Theater Performance
- D. Cheesecake Social

**Answers on Page 8....**

# THE VAIL VOICE

## New Member Updates By: Katie L.

So far in 2019, we've had 8 new members join our community, with 5 continuing to come in, so that's 62%.

What we're doing to bring in new members:

Our Speaker's Bureau has its first gig at the end of March- We are speaking about Vail Place at a NAMI Family Support Group. We hope this will bring in more potential members for a tour.

Katie reached out to all Vail Place case managers, encouraging them to bring in their clients. We've had 3 case managers bring in their clients!!

Here's what we're doing to keep them coming:

New Member Reach out: Shout out to Calynn, Tess, Trysten, Tara, and Patty and all staff for their tremendous support in calling new members!

We reached out to new members specifically about their interests.

New Member Ambassadors: Myija, Richard, Jeff, Karen, Fatuma, Earl, Danny, and many more have been available and ready to meet with members for orientation and tours. Calynn has been meeting with new members every Wednesday morning to get to know them and be a warm, welcoming presence and help them feel connected

In April we will be setting up some other ways to get new members in and keep them coming. See Katie if you have ideas!

HELLO  
I am a

*New Member*

## Need Help Cutting Down on Tobacco? By: Katie L.

QUIT YOUR  
OWN WAY WITH  
QUITPLAN  
SERVICES.



If you are open to considering cutting back on your tobacco use, QuitPlan offers lots of support for people:

Free mobile app for android and iPhone

A starter kit: 2 weeks of free nicotine patches, gum or lozenges sent to your door

Telephone counseling: see a video of what getting support over the phone is like: <https://www.quitplan.com/services-to-help.html>

Text and email tips and support

Lots of online help with tips for cravings  
And more!

Check out their video of all the support they offer!  
Talk to staff and members on our Tobacco Free Committees or check out our handbook to get set up with QuitPlan or find out more!

<https://www.quitplan.com/services-to-help/quitplan-services-infomercial.html>

# THE VAIL VOICE

## Fun at Café Meow!



Vail Hopkins Clubhouse had a lovely time drinking coffee and petting cats at the Café Meow. While there, we saw a poem written by Danny E. hanging on the wall. Fun times were had by all people and cats.

## Employment @ Vail Hopkins Clubhouse By: Samantha D.

Building our Employment program and providing any members that are looking for Employment support is one of our biggest goals for this year. We are going to be making Employment videos with help from the AV Clubs from both Hopkins and Uptown Clubhouses. We will also be planning a shared Vocational Celebration where we will celebrate all members who are working, volunteering and going to school. We will also be celebrating our partners in Supported and Transitional employment. Work that develops our employment program will be done during the work ordered day and we always have needs to do outreach, make cards, gather data and call potential TE positions.

If you or another member are looking for employment support, we have put times on the calendar for Open Employment Hours. During this time a member and a staff will be able to help with job search, applications and resumes. We will also be available to answer questions about employment. **Open Employment hours are Wednesday from 11-12p and Thursday from 2-3p.**

We also will be changing the structure and time of Job Club. Job Club will now have a topic every week and is open to anyone interested in employment, seeking employment, people that are currently employed. If anyone is either just interested in the topic and are willing to offer support. Members can get peer support for any issues that come up with employment and discuss the topics that are brought to the meeting. **Job Club is now every Thursday at 3p.**

**Come Join us for some Employment Fun!**

**AVERAGE DAILY ATTENDANCE  
FOR THE MONTH OF FEBRUARY:**

**28**

### April Birthdays

*Patty E.  
Christine F.  
Laura K.  
Brian S.*

### 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

Here are all the members and staff who worked on this month's newsletter:

Editor in Chief: Samantha  
Article writers: Jeff H., Nate O., Zoe, Barstow,  
Calynn H., Robin H., Donnie L., Katie L.,  
Samantha D.

Sign up to help with the newsletter at next months newsletter meeting



### Write an article or help edit and format the Vail Voice:

Come to a newsletter meeting and sign up to write an article or edit and format the newsletter. Don't want to write an article alone? Bring your article idea and find someone to write with.

Submit articles to the publication board in Business and Communication or email to :  
hclerical@vailplace.org



Please be sure to be green and share, then RECYCLE this newsletter after you're done with it!! It really is easy being green!!



**For more about us go to [www.vailplace.org](http://www.vailplace.org)**

**15 9th Avenue South Hopkins MN - 55343 (952) 938-9622**

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