

UPTOWN UPDATES



Living This One Big Life We Have

Every six months we encourage each person in our community to consider developing a membership plan for themselves. This plan can cover any aspect of your life that you would like to put some energy into and to take some action. It all of course begins with one looking at their current status and saying, “How are things going? Would I like to change or start something new in my life?” Here’s what a couple of members had to share on this topic:

“I keep plans to myself. I was going to get trained into the snack bar to learn the technology because we are in those times of the computer age. It’s good to learn a new skill.” Jane D.

“I like the now (current time) part even less than 6 months to reach goals. A month at a time, even a day at a time, when things become challenging. A full year is too much.” Gwen R.

When establishing a goal one needs to find out where they are at NOW...what do I want to do more of or less of? Too much TV? Eating poorly? Not staying in touch enough with friends? Setting goals can be very hard or even triggering so much that you stop the process. Decision making obviously begins with point A but getting to point A is not easy. It may take you weeks or months to make the decision to set a goal and then struggle with actually taking the steps to see any progress. Start where you are and just continue setting the small steps to get STARTED. I have heard it takes 30 days to change or start a new thing in life. Don’t get discouraged; rather, try it again.

We all have one shot at this amazing life of ours. Enjoy it and live it!

By: Carrie F.

In This Issue:

Page 2	Vocational News & Updates
Page 3	Speaker’s Bureau & Earth Day: A Great Idea
Page 4	My Experience at Day on the Hill & Walking Club Cadence
Page 5	Interview with Jeff W. about Smoking and Quitting & Newsletter Contributors
Page 6	Birthdays & The Ragnar Race & Can You Guess This Member?
Page 7	Student Success Day & Vail is Now Tobacco Free!
Page 8	April Fool’s Day
Page 9	Tip of the Month to Ya
Page 10	2018 Employment Stats

Vocational News & Updates

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.

Education : Kudos to our returning students: Tamara S., Kandace K., and Abshir A.



JOB FAIRS
Monday, April 15, Hennepin County Library – Minneapolis Central, 300 Nicollet Mall, 2nd floor: 9:00 to 2:00

Sea Salt Eatery: A Great Place to Work

Vail Place has enjoyed a wonderful partnership with Sea Salt for over 8 years. We have had many members begin work in the TE day positions over the years and many who have returned after that initial experience to work evenings and weekends. One such member, Mike B., will be returning for his 3rd year this April and he is excited.



I asked Mike what is it that brings you back to this job? "The people who run it and work there are my biggest reason. They are good to their workers and the money is not bad. The staff has been helpful in my learning of the job and through any changes that might come up during a season".

Was there anything hard in starting the job for you? "The day shift is easy. You just begin with dishes from the morning prep and you get caught up and stay busy during the day. The music they play keeps it fun."

*****Transitional Employment Openings*****

Attention clubhouse members! We will have three TE positions opening up in April this year. One is at TJ Maxx and the other two are at Sea Salt. You can talk with the site managers for specifics or read up on the position in the TE booklet in the CHD. (Eric for Sea Salt and Daithi for TJ Maxx.)

Transitional Employment:

- Lauren M. – Fortune Fish
- Aaron G.– Spoon River
- Tom C. – Kowalski's
- Sarah W. – TJ Maxx

Supported Employment:

- Randall T. – Crosstown Covenant Church
- Mike J. – Fortune Fish
- Thomas C. – Fortune Fish
- James S. – Kowalski's Hennepin
- Jerry E. – Kowalski's Hennepin
- Lara H. – Kowalski's Hennepin
- Tauno F. – Spoon River

Job Milestones

Congrats on 3 months working: Lisa B., Craig D., Megan P., Fernando T., Bob W. and Tom C.

Congrats on 6 months working: Bradley C. and Sarah W.

Congrats on 9 months working: Lauren M., Tauno F., and Lara H.

Congrats: Ellie C. - 5 years, Tamara S. - 5 years

Volunteering Recognition: Jack H. 9 years, Mish M. 1yr and David G. 5 years

Speaker's Bureau

We're bringing back the Speaker's Bureau! Clubhouses all over the world go out into their neighborhoods and speak about the power of community and clubhouse. Vail Uptown has been doing this the last couple of years in a less structured way, speaking here and there at organizations who request speakers or tabling. Now we have the capacity to formalize our speaker's bureau and have more members participate and reach more organizations! We meet every other Tuesday at 2pm, spend time crafting our stories, and then share them for feedback. The format we follow is sharing about your:

- ◆ Life before Vail
- ◆ How you ended up at Vail
- ◆ Your typical "Day in the Life" at Vail
- ◆ How Vail has changed your life and why you keep coming back
- ◆ Why they (the audience) should become a member

One of the most important things we work on is "Who is our audience and what do they want to hear?" For example, our first speaking gig is at Andrew Residence on Monday, April 29th. We will be speaking to potential members who would be interested in our meals, work opportunities, TE, social activities, wellness activities, and more! This is a great opportunity to bring in more new members who add energy and their gifts to our community.

Not interested in public speaking, but want to help? We need people to help us contact local organizations who might be interested in us speaking there- see Katie. We are also looking to people to come with us on speaking engagements to cheer us on! Come to Speaker's Bureau every other Tuesday at 2pm!

By: Katie L.

Earth Day: A Great Idea.

In 1969 at a Paris UN conference John McConnell proposed a groundbreaking idea that he hoped might change people's attitude about our global environmental problems and encourage everyone to take the initiative and do something about it. The theory being that if everyone took the time, individually or in groups, at least one day each year we could keep our communities cleaner and raise awareness of other little things we all could do to nourish our environment and stem the tide of global warming. This accord was signed by 193 countries and it was original proposed to begin on March 21st the first day of spring. But in the following year at another conference another official suggested it might be better if Earth Day fell near the spring equinox, April 22nd. That proposal was ratified officially making April 22nd, 1970 the first Earth Day.

Over the years what was once a Teach-In for all levels of education quickly became a universal call to arms for the young and old alike to help clean up their communities. I recall getting time off from regular school work for a few hours with my classmates (weather permitting of course) to canvas the neighborhood and pick up trash. I hope that practice continues to this day. The point is we learned some good lessons back then and I for one still pitch in as best I can. There are lots of volunteer groups out there who do the same kind of thing as I did with my old grade school all over the Twin Cities. Even here at Vail Place we'll be doing something but unfortunately at press time CJ couldn't say just what so check the Vail Place Program Calendar when it comes out in April. If you would like more information on other community events surrounding Earth Day and/or Earth Week just Google Earth Day 2019 and I'm sure you can find a group to celebrate Earth Day/Earth Week with. If you don't have a computer you can go to the Library, if nothing else, and Give Back to Mother Earth, if only for one day.

By: John O.





My Experience at Day on the Hill

To my friends at Vail Place, I am writing to tell you what Day on the Hill was like. My experience at Day on the Hill was very exciting. It was my second time going. I was really excited to meet with each one of the legislators that we wanted to meet with but every legislator was not in their office. We still walked around to try to meet with them, which was still very exciting. We were also stopping by to see Fue Lee, the legislator for the district I used to live in. He was not there, so I wrote him a letter stating that he is welcome to come by the clubhouse anytime and he is always welcome here. The speakers were also interested in finding out if people understand what mental illness is all about. One person caught my attention that talked about what mental illness is all about and what programs should be put into place. It was very interesting to hear. If someone would ask me if it was worth my time going to hear different speakers speak I would most definitely recommend it to other people to try out to just go and listen and to listen



to how people do care and would love to help find more things in which people with mental health problems can get help.

By: Michaela S.



Walking Club Cadence

A cadence is a rhythmic chant incorporating a line and response technique. It's used mainly in the military as a way to maintain discipline and boost morale at the same time. They are usually started by whomever is in charge with a single line (or part of a line) that is repeated by the troops using the same rhythm they began marching to. For our purposes I've given the leader of our walking club the rank of "Captain" because "General" would be giving that person too much power.

- ___ Morning Captain here us say. Captain won't lead us astray.
- ___ This walks brief as is our song, made to help move us along.
- ___ It's a good day for a walk, we may even talk the talk.
- ___ Sun's not shining in the sky, we're still walking by and by.
- ___ We don't mind a little rain, as long as it's not just insane.
- ___ Walk it off let's exercise, we can even socialize.
- ___ Walking helps us stay in shape. Would you like to eat a grape?
- ___ How 'bout some Vail-mix to chew? Don't have none well boo woo woo.
- ___ Hope you brought your own canteen, and don't need to use the latrine.
- ___ Hut, two three, four. Hut, two, three, four... (Just kidding. Or am I ?).



Now is the best time to join the walking club as it should be getting nicer out there. Remember to wear your hiking boots (just kidding).

By: John O.

Interview with Jeff W. about Smoking and Quitting

Gwen: “So Jeff, I understand that you quit smoking and I wanted to hear how you did that.”

Jeff: “I quit when I was 21... so about 34 years [ago]? What happened was that I ran out of money. I got through the first three quarters of a computer course down in Mankato and had to take a break for summer. And so, I had about six weeks off and had to pay for a tuxedo for my brother. I had just enough money to buy that, and that was it.

So my dad loaned me twenty dollars—expecting twenty dollars to last six weeks?! Well...back then you could do it, if you were careful, but you couldn't buy cigarettes. I couldn't buy cigarettes with *his* money. And I had spent the tuxedo money on a tuxedo. I really couldn't get a cigarette.

I tried to get my girlfriend at the time to give me cigarettes, but she just said no, and I was getting so close to making it... I may as well quit. But she didn't give me any cigarettes. And I was temporarily disappointed. But looking back it looks like it was a good idea cuz it's really a terrible addiction and a terrible disease really. It just gives you a cough or whatever. You've pretty much got a disease when you start smoking.

So I suppose people who are still affected can quit due to this. I know this sounds... kind of... like it's not fair, I guess. But really, I think if a few more people can quit because they don't smoke here... I think it's good, ya know. It's just my opinion.”

Gwen: “So did your girlfriend smoke?”

Jeff: “Yeah.”

Gwen: “So that's why you were asking her for cigarettes.”

Jeff: “Yeah, they were called Vantage, and the filter was kind of hollow, part way, going in. They tasted awful.”

Gwen: “So you were still willing to take her cigarettes if she'd give them to you? But they were awful?”

Jeff: “Yeah... I didn't steal them or anything. I never stole or anything like that.”

Gwen: “Okay, good.”

Jeff: “And then I *quit*. I mean, I *made* it... And I *still* felt like I kind of like I missed them. I remember lot's of times I'd get restless and I'd go for walks... you know, just around the city, just for fun. Walking, because I think I just wasn't yet over it. It kind of stressed me out so I needed to... This was in Mankato. I used to go for walks at night.

I don't anymore, because [chuckle]... I'm afraid. You know... [then] I lived in Mankato.”

This month's newsletter contributors:

Carrie F.: Articles	Addie T.: Editor	Paul G.: Article & Editor	Katie L.: Article
John O.: Articles	Jeff W.: Article	Gwen R.: Articles	Josh S.: Article
Mykea S.: Article	Chad B.: Photos	Mish M.: Picture	Irene G.: Article

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

Advisory Council applications are Due April 15th! Please see Chad if you're interested in applying!

APRIL BIRTHDAYS

4/1 Scott C. 4/3 Rodney D. 4/6 Mario D. 4/7 LeRoy S. 4/11 Julian B.
4/11 Margo P. 4/14 Craig D. 4/18 Randall T. 4/23 Bobby M. 4/28 Alexandra A
4/28 Michael J.

The RAGNAR Race: Living with Mental Illness is a marathon but Vail Place is running the race toward recovery with you.

"200+ miles pales in comparison to the journey that many of our Vail Place colleagues have to face in their daily mental health recovery journey. We Vail "Superheroes" run this Ragnar in support and solidarity for the recoveries of our community members - help us support them to continue their journey!" Our 2nd annual RAGNAR Relay Race will take place this year on August 16-17. We are running as a team together to raise money for Vail Place's Clubhouses. Who is participating?

- * Several members of both Clubhouses
- * Vail Place staff
- * Vail Place interns
- * Vail Place volunteers

Wait... did you think all these people are running?! NO WAY! We need ALL OF US to rally around our team and help us raise awareness of this cause. Did you know we are the only Clubhouse in the world to run the RAGNAR? (I haven't actually researched this, but I'd bet my bottom dollar on it.) Our team theme is "Vail Place: We've been doing recovery since the 80's" Get out your best 80's clothes and let's get to it!

See Jonathan, Katie, Chad, or Kristina for details.

By: Katie L.

CLUBHOUSE UPDATES: - The Garage Sale is coming up! Keep an eye on the calendar and come on into the clubhouse if you'd like to help! - Meetings about the gazebo transformation will be happening on Wednesdays! - AV Club meetings will be Thursdays at 1:30!

Can you guess this

member?

March's Baby Picture

was:

Michaela S.!



Passing of Thomas Dvorak

Tom was a very active member for over 16 years. He had not been to the club in over 4 years but still received many visits and outreach cards from the Clubhouse.

Tom enjoyed many great friendships with his peers here with attending social events, camping and sharing his love of Chi Gong. His memorial will be Thursday, April 11 @ 1:30 p.m. at Vail Uptown.



MCTC Student Success Day

Minneapolis Community & Technical College Student Success Day is really fun and informative. On Student Success Day, faculty and staff offer presentations, workshops and activities to help students be successful in school, prepare for graduation or transfer and achieve their career goals.

Here is a sampling of the program for Tuesday, 19 February 2019:

9 – 11 a.m. and 4 – 6 p.m. (various locations)

Come and spend time with your school

11 a.m. – noon and 1 – 4 p.m. (various locations)

Sessions to support your success

Noon – 1:30 p.m. (cafeteria)

Panel discussion with students on their challenges and successes

1:30 – 2:30 p.m. (H.1002)

Resource fair on the first floor of the Helland Center

All Day

Meet with your advisors and register for summer and fall classes.

Student Success Day is held twice a year, once in the spring and once in the fall. Usually there is a keynote speaker and lots of tables set up with information about student organizations and other resources (Resource Fair). They feed us a lot of freebies, anything from candy to pens, pencils, etc.

In addition, there are free classes (sessions) that can be very informative. One year I attended a class about the nursing program and one on writing in APA format. Usually, the group I am with is on the hunt for the room with the free pizza in it! There are no classes, so it is a great time to get things done, collect information, make connections, and socialize.

Do you have a favorite fair or event that you go to? Why not meet with the newsletter team and tell us all about it. Better yet, write us an article!

By: Paul G.



Vail is Now Tobacco-Free!

In an effort to support the health of all members of the Vail Place community, we are now a tobacco-free facility.

Vail Uptown will be offering a support group for those considering cutting

back on their tobacco use. Come join us!

Please contact Josh S. at 612-499-4809 for more information.



THANKS THOMAS FOR HELPING WITH OUR ICE-BERG! SPRING HAS SPRUNG!

April Fool's Day

April Fool's Day. The only holiday devoted to gullibility, at least as far as I know. Do the gullible have a large following and can generate the kind of publicity necessary to snag a holiday like that? Well it's been on the calendar as long as I remember.

April Fool's is at least our most surreal holiday. With St. Patrick's a close second. In the old days everybody looked and dressed funny. Look at an olden day's book sometime... or just take my word for it.

A little factoid most people don't know is that in the olden days people were intoxicated all the time since the water was full of infectious diseases that would kill you before you stepped out the door, so what they drank instead of water was wine and spirits.

We know today what these beverages would do to the brain. Basically render it useless to its owner. They would basically do just foolish and dangerous stuff. And lose a limb or their lives. Originally the holiday had nothing to do with gullibility. It was about stupidity and they didn't know where it came from.

All they knew was the accidents would spike in late spring and having a special day to warn people about the general dangerousness of life would slow the death rate somewhat. I don't know if it helped. Some of us made it through. The ones that did probably had a large tolerance for alcohol.

By: Jeff W.



Anger

Anger: Be aware. Lately, I've heard from many people about how this feeling appears from nowhere...



Present time, time of new energies, time of no time at all, when all events are happening simultaneously. Past, present, future. We all experience the 4D time; time of transformation. So all that is not working... old, forgotten... pop up to be healed.

Anger - one of these things. Don't we all feel it? When we're rejected, disappointed, frustrated? Maybe your response today is a different one, but at that time this negative reaction was stored in your body, blocked your development, and created limited beliefs.

Now, it's time to heal, and to transform it into positive feelings, because of anger - of low frequencies vibration. Devote yourself to activities raising energy:

**~ walk ~ meditate ~ do Reiki ~ stretch ~ dance ~ be grateful ~ laugh ~ smile ~
~ watch comedy ~**

What are your favorite activities for raising vibrations, being positive, happy, and successful?

**By: Irene G.
Reiki Master**

Tip of the Month to Ya by Us, transcribed by Gwen R.



Hey, y'all. As mentioned in last month's first article of the new "Tip of the Month to Ya" series... here we members share in conversation ideas of what works or doesn't work for us—in our day to day lives—all the time. I would love to share your ideas in the newsletter. It's informal. Your tip could be anonymous or you could even choose a different identity...

Linda shared [for those of us who do not have dental coverage with our health assistance] that she has found the University of Minnesota Dental School fit the bill. It is much more affordable than private dentists, and a refreshing atmosphere. She noted that she had some concerns about telling them which medications she was on and about what reactions they might have, yet they treated her respectfully like anyone else.

She dreaded the cleaning process remembering the scraping process that some dentists used to do... yet she was pleasantly surprised to realize that the procedure had been replaced by a much more comfortable method using high pressure water.

She did need to arrange for a longer appointment time than at some private offices, yet this was because teachers always check their students' work; she found this reassuring. Her appointments seemed to go by with less stress because she found herself interested and distracted by the welcome energy of the young students sharing events going on in their lives.

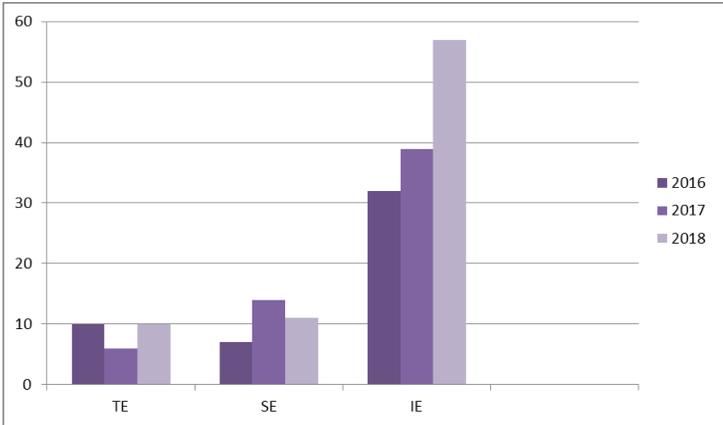
John Om. was having difficulty with his CPAP machine uncomfortably rubbing on his nose at night. Mish shared with him that there is a soft mask that is available from his CPAP provider which is much more comfortable.

I was having a lot of difficulty with the side effect of dry mouth, especially at night. I discovered Xylimelts (near the Biotene for dry mouth). These small flavored disks come in slightly sweet or mild mint flavors. You just move them to a comfortable spot in your mouth on your gums, between gum and cheek and in a short time they develop suction and stay there. At night I use one on each side. They slowly dissolve over night and really help. [Available at some CVS stores but not Target. Usually I've found them at CVS on Franklin and Nicollet, Uptown near Cub Foods, University & Snelling in St. Paul.] In directions they say they are even okay with CPAP machines. (Keep them out of reach of kids below five years old and dogs though). I'd be glad to share some (sealed) with you if you want to check them out.

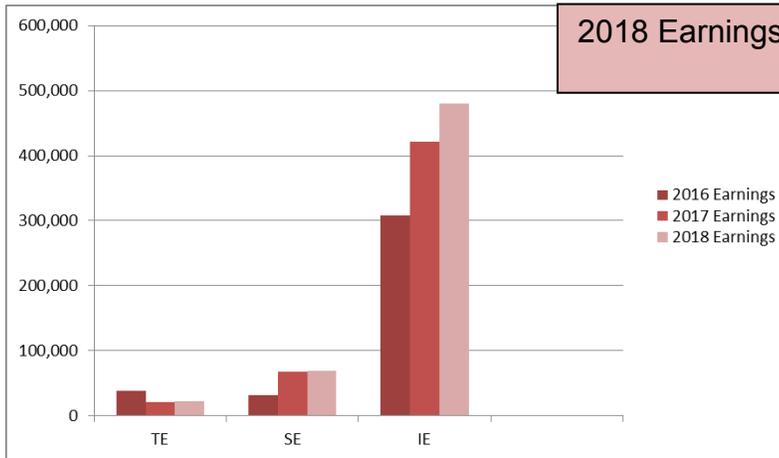
Keep the ideas coming, folks. I hope to hear from you soon.

2018 EMPLOYMENT STATS

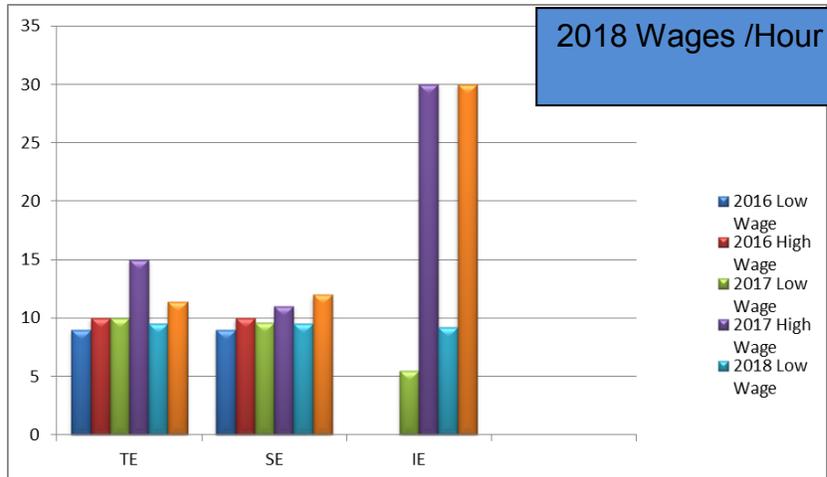
2018 Number Working



2018 Earnings



2018 Wages /Hour



Weekly Hours Worked

