

# UPTOWN UPDATES

*We had a recent visit from Power Up Clubhouse in St. Peter and enjoyed working with them side by side!*



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We celebrated Cinco de Mayo with a pinata smash!



# 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.

## Transitional Employment:

- Lynette B.– Sea Salt
- Michael R.– Sea Salt
- Aaron G.– Spoon River
- Tom C. – Kowalski’s
- Sarah W. – TJ Maxx
- Gwen R.– Fortune Fish
- Jeff W.—Fortune Fish

## 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
- Nick V.– Sea Salt
- Michael B.– Sea Salt
- Joseph P.– Spoon River

## TE’s Coming Soon...

- July– University of St. Thomas
- September– Great River School

## SOCIAL SECURITY ADMINISTRATION CHANGES FOR 2019

Please see flyers (employment boards in both departments) for detail. Some highlights are:

SSDI is receiving a cost of living increase of 2.8%

Substantial gainful activity (SGA) is increasing to \$1,220 per month



## JOB FAIRS

Monday, June 3<sup>rd</sup>; Hennepin County Library

Brooklyn Center 6125 Shingle Creek Parkway Room AB

## Job Milestones

**Congrats on your new job:** Jeff W., Gwen R., Joseph P.

**Congrats on 1 month working:** Nick V., Mike B., Lynette B., Mike R., Craig D.

**Congrats on 6 months working:** Michaela S.

**Congrats on 1 year working:** Jerry E., Matt S.

**Congrats:** Jeff A. 5 years & John P. 3 years!

**Education Recognition:** Tamara S. - Congrats on finishing your semester...enjoy your summer off!

**Words Matter: The Language Around Suicide**

**NAMI Minnesota members and supporters know that words can spread negative**

**attitudes. That’s why NAMI has long held that words like crazy, insane, and psycho**

**need to be removed from our vocabulary. The same language changes can be made when talking about suicide. “Committed suicide” is one phrase that needs to be**

**changed. The term committed often refers to negative acts like crime or involuntary treatment in a mental health facility. This term reduces the person to the way that they died and implies sinful behavior. Instead of saying “committed suicide”, it is**

**preferable to say that the person “died by suicide.” The way we talk about suicide has an impact on resiliency, help-seeking behaviors, and other actions that help prevent**

**suicide. Safe messaging encourages positive responses and reduces the risk for vulnerable individuals.**

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**THE NEWSLETTER TEAM WANTS TO HEAR FROM YOU!**

***We are looking for “letters to the editors” in response to the above article regarding the language around suicide. Please send us your responses via email at [mclercial@vailplace.org](mailto:mclercial@vailplace.org) or submit your responses to the Business Department anonymously in the “newsletter” mailbox! We look forward to hearing what you have to say!***

Oh, oh, say  
can you  
see...



Flag Day in the U.S. came about in the hearts and minds of the continental congress and the American people when they decided they needed their own flag for this great new country. On June 14, 1777 they passed a resolution making the Stars and Stripes (as it became known) our national flag. Then in 1846 Woodrow Wilson proclaimed June 14<sup>th</sup> to be hence forth a day to display your love of all things great about America by flying the Stars and Stripes proudly. He dubbed it “Flag Day” and we’ve been celebrating it with parades and festivals all across this continent ever since, yet it’s not an official holiday like Veteran’s Day and the Fourth of July.

It’s just a special day marked mostly for ceremonial sake, and it’s far from an all-inclusive festival. I mean, what about the American Indians and all those people who came from other lands that have their own flags? Are they really accepted to pledge allegiance only to our flag? Would it mean anything even if everybody did? Look what we did to the Japanese and Chinese during World War II who were mostly legal American citizens. Was that the honest and fair American thing to do? It all depends on your perspective, which if you ask me has become increasingly myopic... or maybe it’s always been that way.

By: John O.

Can you guess this member?



May's Baby Picture  
was: Robin G.

Please submit your  
baby pics to the  
Newsletter team.



### Mindfulness

Mindfulness is a mental state achieved by focusing ones awareness on the present moment, while calmly acknowledging and accepting ones feelings, thoughts, and bodily sensations.

When we practice mindfulness our thoughts tune into what we are sensing in the present moment rather than rehashing the past or imaging the future.

Mindfulness also involves acceptance. Sometimes *radical acceptance*; which means we may not like it, we may not agree with it, but unless we accept what is, we will not find peace. It also involves paying attention to our thoughts and feelings without judging them, or ourselves.

Mindfulness' roots are in Buddhist Meditation. Through Jon Kabat-Zinn and his Mindfulness Based Stress Reduction, it has entered America's mainstream.

It has physical, mental, and emotional benefits. Physically it can relieve stress, treat heart disease, lower blood pressure, reduce chronic pain, improve sleep, and get rid of gastrointestinal difficulties.

Mentally it improves depression, substance abuse, anxiety disorders, obsessive-compulsion, and relationship conflicts. Mindfulness meditation is now being combined with psychotherapy and cognitive behavioral therapy to help people get perspective on irrational and self-defeating thoughts.

The brain changes when people practice mindfulness. The gray matter in several areas of the brain changes (this involves problem solving, controlling your emotions, memory, and your ability to learn heightens). You may feel less pain as the areas associated with emotion and memory become less active.

[www.bupa.co.uk](http://www.bupa.co.uk)

[www.greatergood.berkeley.edu/topic/mindfulness/definition](http://www.greatergood.berkeley.edu/topic/mindfulness/definition)

By: Rose M.

## Furnishing & Decorating on a Budget

So...you want to make your place a little more comfortable. Maybe fill it with all those things you love or will grow to love.

If you really need some furniture quickly, like a bed, couch, dining table and chairs, and other basics you can try Bridging (<https://www.bridging.org/>). You go to their location and for 60 bucks you can pick out what you want. Delivery is an additional \$180 (available in the 7-county metro only). You may pick-up your own items for no additional charge.

Another tip: don't be afraid to scavenge. Blocks with rows of apartments (tenants moving out tend to ditch stuff) and college dorms at the end of semester can yield some good finds. Garage sales and thrift stores can be good options as well.

Try to find multi-purpose items as they save space and hide bric-a-brac.

Lighting can be important. For my main living area, I am trying to put lower wattage (40w) light bulbs and dimmers on all my lights. For my sitting area, I ordered and installed a dimmer socket, then replaced the bulb and shade.



Decorating seems to be more trial & error than a one-and-done deal. A lot of futzing and tweaking. Don't be afraid to express yourself or display your interests. Often you can make or repurpose things. Larger items tend to work better than smaller clutter, grouping can really draw the eye, try to think of a color scheme and

a theme, and have fun!

-By Paul G.

***Our garden clean up crew is working hard on getting the gazebo into shape and the raised garden beds made! The backyard is looking beautiful!***



Zucchini is a summer squash that is nutritious. Zucchini is technically a fruit, but it's most often used like a vegetable.

The darker the zucchini is the more nutritional benefits there is.

Zucchini is high in water that helps the digestion system and also high in fiber.

Zucchini is rich in antioxidants and anti-inflammatory phytonutrients, which helps the body get rid of free radicals and excess inflammation.

There are many ways to cook and eat Zucchini.



By: Jane D.

## JUNE BIRTHDAYS

6/1 Clifford L.	6/1 Mark S.	6/1 Steve K.	6/1 Jonathan D.	6/2 Lynn F.
6/3 Randy C.	6/4 Cyrus B.	6/4 Matt C.	6/6 Tasha L.	
6/10 Char V.	6/11 Thomas B.	6/12 Stephen B.	6/13 Thomas N.	
6/17 Kevin A.	6/17 Larry W.	6/19 Allan H.	6/21 Deb C.	
6/29 Jane W.	6/29 Bradley M.	6/29 Aaron G.	6/29 Michael S.	
			6/29 Shawn J.	

### Twin cities Pride festival is June 22nd & 23rd!



Pride is a celebration of the LGBTQ community standing against discrimination and violence. It also is a time to celebrate self affirmation and increase social visibility.

There are many fun activities through the city along with the Pride parade. The Pride parade goes through downtown Minneapolis and ends in Loring Park with food and music and activities through the park.

By: Jane D.

What is Tour de Vail/Roll & Stroll for Mental Health you ask? It is an event which takes place every year to raise awareness and funds for Vail Place so we can continue our



Sunday, July 21  
Raspberry Festival Event  
Raise Money, Hope & Awareness  
for adults with mental illness!  
A click away!

programs. You can walk, bike, donate money or volunteer to help at this event. This year it is in Hopkins at 23 9<sup>th</sup> Ave. S-Hopkins Vail Place. It is during the Hopkins Raspberry Festival. The Raspberry Parade will take place right after the Roll and Stroll. There is a free breakfast before the walk along with raffle drawings, and refreshments after the walk. For more info on how you can sign up, get donations or help visit [www.vailplace.org](http://www.vailplace.org). Hope to see you there!

By: Rose M.

#### This month's newsletter contributors:

Carrie F.: Articles	Addie T.: Editor in Chief	Paul G.: Article & Editor	James S.: Comic
John O.: Articles	Jeff W.: Article	Gwen R.: Articles	Greg B.: Articles
Jane D.: Articles	Rose M.: Articles	Mykea S.: Article	Sue G.: Typist

Be a part of the Newsletter Team—join us in the Business Department on Tuesdays at 11:00 to discuss newsletter content and production. Check out a colored version of our Newsletter at [vailplace.org](http://vailplace.org)!

## Clubhouse International Updates

There is a new Clubhouse in Virginia: It's called Charterhouse of Kilmarnock. The Clubhouse recently decided that they could be doing even more to promote growth and recovery through achieving Clubhouse International Accreditation. They currently have two units (Member Services and Food and Fitness) with five staff and 61 active members. The Clubhouse has plans to establish an employment function, and is in the process of remodeling a building that will allow for major growth.

Expanding the clubhouse community: Four new start up clubs from Utah, Washington, Michigan and West Liberia in Africa. These clubs participated in a new Clubhouse Development Training held at Alliance House in Salt Lake City, Utah April 1<sup>st</sup>-2<sup>nd</sup>, 2019.

Visiting Russia House: Clubhouse International Board Chair Nicholas Ratut, visited Russia House on April 16<sup>th</sup>. Nicholas reported that this was a wonderful opportunity to learn how the Clubhouse Model is working in Russia, and for Russia House members to ask questions about Clubhouse International.

## Plants!

1. Start with easy-care varieties: Pothos (Epipremnum) also known as Devil's Ivy, Cycas Revolta (King Sago Palm), Lucky Bamboo—while it's not actually a bamboo at all, (it's really a Dracaena), Cast Iron Plant (Aspidistra Elatior), ZZ Plant (Zamioculcus), Chinese Evergreen (Aglaonema), Peace Lily (Spathiphyllum), Chinese Evergreen (Aglaonema), Snake Plant (Sansevieria) or: Mother-in-Law's Tongue.
2. Try to go big when you can. Big plants evoke bold décor and demand attention.
3. Buy some multi-purpose plant food. I would recommend the Miracle-Gro indoor plant food in the convenient pump bottle sold at Ace Hardware in Uptown (8 Fluid oz., 236 ml.).
4. Consider grow-lights for positioning in low sunlit areas.
5. Find some nice pots with good color.
6. Pots should have good drainage. I have a ceramic drill bit to open up drain holes.
7. Dead-head and re-pot troublesome plants.
8. Water a little bit or every other day.
9. Call mom (or another Master Gardener) for help. You can also try the web and various other resources.

Have at least one vase for flowers in case someone gifts or the mood strikes you to buy. Gather a few wild ones to put in a showy position. Yay! Blooms!

By: Paul G.





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

Thank you for your tips to share! Keep them coming!

Did you know that you may be able to go to the MN Zoo for free (entrance fee)? If you are on Medical Assistance or MinnesotaCare just bring your MHCP card and picture ID (you and dependents are free). For other programs (see list) bring your EBT or WIC card or MN Head Start acceptance letter and picture ID. [Transport costs - if you take the bus both ways = \$4 non-rush hour; if you drive and park = \$7.] List of acceptable EBT programs is at <http://mnzoo.org/us/freetoexplore/> Military personnel & family also free. Thank you Rose for letting us know.

**Nice Ride for All**



*Minneapolis residents who use food or transit assistance programs can now try more affordable biking through Nice Ride for All. You will qualify for to pay just \$5 for the first year of membership if you sign*

*up online by August 15th. After that you will pay just \$5 per month for the months they ride, as opposed to \$18 a month for regular members. To sign up go to [niceridemn.com/nicerideforall](http://niceridemn.com/nicerideforall) and register with the number from their Go-To Card or the EBT card they use for federal food assistance. An extra perk will be when the electric bikes arrive later this year all Nice Ride for All members will not have to pay the additional \$1 per trip regular members pay. Join our Bike Club "Schaffer's Shifters" for rides on Fridays as listed in the calendar. On June 28<sup>th</sup> the Hopkins clubhouse will be joining us for our ride! We will leave from Vail Uptown and bring packed lunches! Carrie will provide rides to the club and back!*

By: Carrie F.

SHOUT OUT TO ROBIN G. ON 33 YEARS OF SOBRIETY!

**GET READY FOR MOZZAZ!**

We've been talking about it for ages and it's finally coming- The clubhouses are going paperless! Starting June 10th we will be using iPads, and an application called Mozzaz, to track our attendance in the clubhouse. We are looking forward to teaching everyone the new technology. See the June calendar for Mozzaz training times if you're feeling like you need support or clarification on how to sign in when you're at the clubhouse!



By: Addie T.

Getting a letter from my representative Nolan West was the most important thing that I could ever get in the mail. Getting this letter let me know and understand that I am being heard and listened to. When I got this letter it made me feel like I am an important person. I didn't get to meet my representative personally but I put my letter of my story underneath his door and he responded to me in a letter formally. He said that he would not be able to make it into the clubhouse to see what it is like at the moment but he would love to come in in the future. I

will respond to him in an email stating that he is more than welcome to come in at any-



time to see what our clubhouse is like and what we do in the work hour day.

By: Mykea S.

Thanks for everything, Emily! We will miss you!



## Mother's Day & Father's Day - Another Perspective



I've been thinking about Mother's Day lately. Its meaning for me evolves over time. This year I am thinking about those of us who might have different feelings and activities around Mother's Day. These may be more complex than "traditionally" expressed appreciation and loving gestures such as: a call or visit wishing Mom a Happy Mother's Day, buying an idealized Mother's Day card, or taking mom out to eat.

For some of us, mom/dad has passed on or maybe due to illness they are alive yet suffering. Other's of us had a challenging upbringing or never knew our birth mom/dad. Some have been adopted by a loving mother or relative who chose us. Whatever our experience some of us "adopt" others who we see as a nurturing, loving presence in our life... or we even develop a community we treasure (like Vail Place) who we experience and value as "our family" or [my word >] *my peeps*. This is beautiful.

My mom passed on this year (dad had already passed). It's okay. Yes, I feel some sadness not having mom with me. Yet more than this I am discovering lovely ways to remember her... ways that bring a smile, and warmth. Also importantly I am finding newly refreshed ways to cherish those around me. The ways we nurture one another here are invaluable to me.

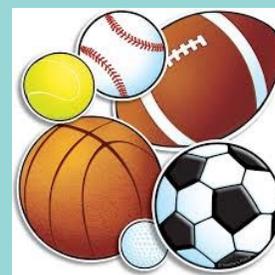
Recent Memories: I went to Como Conservatory with Vail Place. While there I remembered how my usually by-the-book mom & dad got me out of grade school classes to go along with my dad's high school madrigal group to the downtown Chicago flower show. After a long winter being with mom and dad, *not* in school, and surrounded by fragrant, beautiful flowers and singing voices was awesome.

Also, my family used to sing on road trips. So this year I felt inspired in the back of a Vail Place van to share & teach our group {trapped with me} the song "You can't get to heaven on roller skates". It was fun, absurd, and maybe a little out of character for me... Thanks, mom & dad. ["What's to come in the August newsletter?"— one answer - mom's scrumptious Rhubarb Pie recipe. mmm]

By: Gwen R.

## SPORTS CORNER

Vail Uptown has a softball dynasty that's finished first in their respective league every season for about half a decade. Their undefeated 2018 lineup hit to all parts of the infield and outfield. They drove in runs and scored almost every inning, hitting homeruns over 300 feet. Vails baserunners had a knack for getting on base; they often pressured opposing fielders into errant plays. Vails fielders threw out baserunners almost every game. They even created a few double plays and made some incredible catches. Vail's pitchers recorded numerous strikeouts. Vail led their league in experience, and at least one of Vail's athletes played collegiate baseball. Coach/manager CJ has been leading teams to victories longer than any other coach/manager in Vail's league and volunteer Denise has been a steadfast source of team organization and emotional support. Vail may see some new faces this season! Athletes who were part of last season's team look forward to watching them catch, throw, run and swing. Last season's softball was a source of therapeutic endorphins, dopamine, sunlight, fresh air, purpose, goals, achievement, value, recognition, belonging, relationships, social interaction, physical activity, stress relief and confidence for Vail's athletes. Come watch, support and cheer on your colleagues at Nokomis Park "every Tuesday evening" at 7:15 &/or 8:15 PM starting June 4<sup>th</sup>.



By: Greg B.

## Do you like watching sports?



If you do the AV Club (Audio Video Club) has a job you'll love. Vail's first 2019 softball game is on June 4<sup>th</sup> (unless it gets cancelled, postponed or forfeited) and we're going to need at least one member to film it. In fact we're going to need members to film every Tuesday evening softball game from June through August. The AV Club needs members to watch, review, edit and spice up the films. We would like at least one member to take pictures at the game. If you don't know how to do any of the above CJ, Katie or Laura will train you if you're willing to learn. Laura is a member who's competent in everything the AV Club does. She is a patient, knowledgeable, experienced instructor who has successfully trained numerous members including some of the members who put together Vail's tobacco videos. She mastered WeVideo (AV Club's main editing software) and has more experience with it than most. She's also a skilled camera operator who has filmed more Uptown clubhouse events than any other member. The AV Club uses so many different kinds of interesting technology- all of it's free for you to use and we need you to use it (what you create with the technology will help Vail with outreach). In AV Club you can boost awareness of Vail and mental illness while simultaneously learning more about computers, cameras, microphones, software, the internet and other frequently used technology (technology that can make your life more fulfilling if you know how to use it). Please come to AV Club next Thursday at 1:30 PM! You'll be able to find the AV Club in the Communications Space upstairs. Coming to an AV Club meeting is a great way to learn more about the up and coming group. On 5/9 AV Club meeting attendees learned how to edit in WeVideo and discussed the location of the future communications space monitor. Do you have any questions? Would you like to learn even more about Vail Uptown's AV Club? If so contact CJ, Katie or Laura.

By: Greg B.

### New Bathroom Fixtures

For the past few months we in the Business Department have been working (slowly but surely) towards the goal of getting new fixtures for the upstairs bathrooms. It's reached a critical stage of making the final selections in color and faucet type and we want your input. Carrie F. took pictures when she went to Menards to get prices and stuff.

The pictures are not exactly what we'll be getting but they show the styles and colors we have to choose from. She blew them up and made a nice display that's currently up in the Business Department and there are spaces where you can check off what you'd like to see us use. In the weeks ahead (just kidding) the fixtures will be purchased

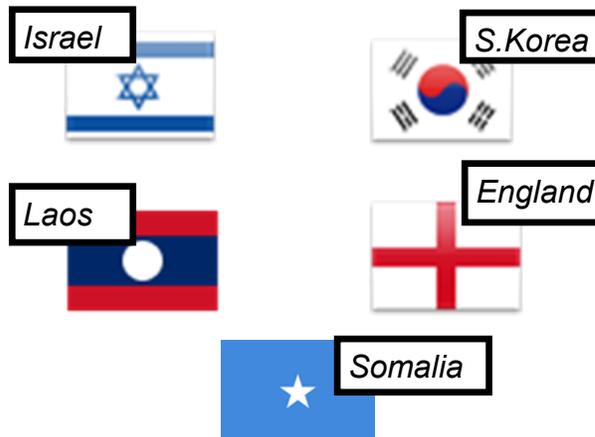
and eventually installed in both upstairs bathrooms. Not a moment too soon (again, kidding). It will be a welcome change.

By: John O.



### FUN MATCH-A-FLAG

**We are all sisters and brothers in this Wide World of Ours. Each of us values the Country where we live – the United States. Match each Member with the country flag where they also have a connection.**



CHAR	THOMAS	ABSHIR
PIPPA		MICHAEL B.