

# UPTOWN UPDATES



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## Tour de Vail 2019

It was a perfectly beautiful day! Not too hot, with a soft breeze. People arrived to Tour de Vail to confirm their registrations, pick out their tie dye T-shirt, (manned by Frank D.), to get a free water bottle (manned by Jean and Margaret), and Katie L. manned the Ragnar Relay info booth.

There were several dogs and cats there too. One golden retriever was Mr. Congeniality, greeting all the people he saw! We enjoyed music by the Renovators, as well as a wonderful breakfast of yogurt, cheese croissants, fruit, and a scrumptious nut novelty along with coffee.

There was much laughter and comradery. Maddy and Nate wore the Tour de Vail signs up and down Main Street. Daithi, Jude, Michele, CJ, and Maddy set the tempo when walkers started the race and again after they returned. The Ragnar Relay team- Chad, Meagan, Mandy, Greg, Katie and her husband, Jude, Jean, and Rose- set the pace at the front of the walkers. They continued to circle back around the Tour de Vail sign and other walkers to be sure we all stayed together! Mish and her husband helped direct walkers home with cowbells and directional.

Raffle prizes were won by Jean, and Jean....and Jean!! Oh... some others too!

A big thank-you to Jamie and the Hopkins Vail Place for hosting and accommodating us.

The day was a relaxing and pleasurable one enjoyed by all.

By: Rose M.



# 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 binder located in the vocational department. Times are available Tuesday, Wednesday and Thursday.

## ***Transitional Employment:***

Lynette B.– Sea Salt  
Michael R.– Sea Salt  
Aaron G.– Spoon river  
Tom C.– Kowalski’s  
Sarah W.– TJ Maxx  
Gwen R.– St.Thomas

## ***Supported Employment:***

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

## **How to succeed in your New Job: The First week**

(info. obtained from Indeed)

First off congratulations on your new job!!!

Success during the first week is about balance; you want to make great first impressions, but you shouldn’t put too much pressure on yourself to get everything right. The goal is to learn about your new workplace and feel out your place in that ecosystem.

*Introduce yourself - a lot.* Studies have shown that anxiety in new situations can come in part from not feeling confident in how to introduce ourselves. It’s a natural feeling – when you’re new, you don’t necessarily want to call attention to your self. But in the first days of a new job, you want your enthusiasm to shine through. So, find the timing that feels right and give a quick, energetic introduction to the people you don’t know yet. You can prepare your opening lines ahead of time so you have a script in your mind. A way to help you remember names is to say that person’s name back to them as you continue to talk.

*Ask well-timed Questions.* You can ask your leaders and peers for new information and you’ll get up to speed on your job quickly.

*Seek out a friend or someone you can relate to.* Once you have met others and have a sense of who you will be working with you could connect with someone for coffee or lunch. Having this connection will help you feel more comfortable!

## **JOB FAIRS**

Monday, August 5th  
Hennepin County Library

300 Nicollet Mall

Minneapolis, MN  
55401

9 AM– 2 PM

## **Current Job Openings**

- ◇ **TE POSITION OPEN AT FORTUNE FISH.** Mondays & Fridays 11 am– 5 pm. Making boxes. OPEN NOW! Contact Addie!
- ◇ **TE POSITION OPEN AT KOWALSKI’S!** Dishwashing! Monday & Wednesday! OPEN NOW! Contact Josh!
- ◇ **SE POSITION OPEN AT SPOON RIVER!** Dishwashing! Contact Josh!

## August 2<sup>nd</sup>, 2007

As I recall, there was nothing special about that day. The weather seemed normal, quite possibly overcast. The temperature was still summer-like; nothing out of the ordinary.

I headed into the Red Cross building, a two or three story structure on the west bank of the Mississippi River in Minneapolis. It was a nice building. It seemed fairly new. Sometimes I would find students and staff out front but not that day. In through the front door, I presented my ID to the receptionist/security clerk behind the front desk. Climbing up the stairs, I look around to find students I know or chat with before class. Daniel is one of the friends that I've made since starting the course. There was not much time to gab.

The instructor covers the coursework for the day and goes over the previous assignments. During the multiple weeks of class, she often treats us to stories from her previous employments. Often, we howl with laughter over her recollections.

The class adjourns to the lab after we have taken a short break. We practice washing our hands.



Who knew that I have been doing this wrong my whole life? One must use warm water and soap, of course, but also scrub for a good twenty seconds: around the wrists, on the palms, the backs, in between the fingers, and scratching the palm with your fingernails—twenty plus seconds. Taking up a paper towel, we must pat our hands dry. One towel should not touch the same place twice and several towels need to be used. Towels need to be used to turn the faucets off (to avoid re-contamination).

Next we practice moving our fellow students from the beds into the wheelchairs. There may have been about a dozen beds with three to four students per bed. There are students adjusting the back of the beds. They maneuver the wheelchairs to the side, locking the brakes. They lift up the footrests, making room for the “patient”. Sitting up is first, followed by shifting the legs over. Many students are struggling with the basics of body mechanics. Stability belts are put on and used to safely guide the clients into the wheelchairs. It is a complex process.

Sirens wailing—getting closer—more sirens starting up—growing bolder, a high-pitched scream and it is all headed our way. One of our group spots some black smoke out of the lab's window. We take turns looking, trying to get a sense of what is going on. The lab has no windows to the East, making our viewing all the more maddening. We have spent quite a bit of time in the lab this day. The instructor calls a break.

We are in the break room, the instructor and I, along with a few other students. The television is on, reporting the news faithfully. Disaster! Right next door to us! The concrete was broken up into sections. Cars tossed helter-skelter. Black smoke—lots of black smoke; overhead shots from the whirlybirds that circled like vultures. We stare, my instructor and I, stunned.

and they fell about 60-80 feet.

*(Continued on next page.)*

(August 2nd, 2007 Continued from Page 3)

Lots of bumps and bruises on this group, more tears than trauma (in the physical sense). One young girl had some blood stains near her tail bone and I stood by while the medic checked her out. One older girl had a shoulder injury and someone found me a frozen bottle of Gatorade, wrapped up in a towel, which I applied. She was distraught, asking me: "Now how are we going to get home?" I told her not to worry. Everything was going to be okay. Parents would be on the way.

Our class was moving from child to child, offering up whatever they could to "make it better". Other students seemed to be blessed with more of a parental instinct than others. I did what I could, but still felt somewhat helpless. We did what we thought best. We listened, we comforted, we worried, and we looked to help anywhere we were needed.

The sheriff's department was sending boats into the water. They were looking for people, but they were not bringing anyone back. Later, we found out that there were thirteen who were never coming back. A number of agencies had set up in our parking lot. Triage centers and the like. The University was close and there were a lot of teaching hospitals in the area. I was touched at the response and marveled at our prepared and compassionate citizens.

Stories were being told in the hallways. I remember one man telling me that he "rode" his car down into another vehicle. Several others were stuck on the concrete or struggling over the debris. An older male student quickly opened the rear emergency exit of the school bus, having seen that the front entry was blocked. There was a bread truck next to the bus that was on fire (hence the black smoke). That driver, we found out later, did not make it.

I stayed at the building, long past the point where I could do anything but take it all in and try to come to some sort of understanding. That may be the nature of tragedy such as this. People were walking around stunned, confused, just wandering aimlessly. There was this need to just be around other people, even if they were not doing or saying anything of use. It is an *odd* feeling. Something that was a bit hard to describe.

Eventually, I left, threading my way out through the numerous barriers that had been set up to contain the incident. Back I went, to the safety of my humble dwelling to ponder my own life and mortality. Lucky, like so many others I would meet over the coming weeks, who would tell me: "If only I had taken that route..." or "If only I weren't running early (or late)..." or "My wife/husband/ etc. was closing in on the river..." Such is fate.

A week or so later, the administrator that ran the program sent a hand written card thanking me for my help on that terrible day. It is something I will keep for the rest of my life, along with a picture of my class celebrating our graduation. They were an eclectic lot and I hope they are all doing well. I know many will not forget August 2<sup>nd</sup>, 2007.

By Paul G.





**Can you guess this month's member baby picture?**

July's picture was Rose M.!

**Decisions made in July** – We talked about potentially changing the name of the Community Hospitality Department. No decisions were made.

Clubhouse would like to acknowledge staff. Have a meeting to discuss something to do for staff (cards, meal, bake a cake for them, etc.). Staff already feel appreciated.

Typed by: Deb C.

## To Pay Or Not To... A Follow Up Story.

Last month I told you about my frustrations with Metro-Transit and Hennepin County regarding what was happening with my bus card as opposed to what I wanted to have happen, etc. What I didn't realize then was I was using my ID and Go-To card all wrong. I did the first part (show my ID with the "L" on it) correctly but what I didn't realize was there was a specific protocol I needed to follow to get that golden discount.

Like I said earlier, I got the first part right but it wasn't till I came across a really nice lady driver who walked me through the process (which was really simple) that I finally understood what I had been doing wrong. The second step was that I needed to give their wireless computer kiosk a little more time. If I gave it a few seconds (and I do now) the display will change to something like, "Rider1, Local, Mobility \$1.00 (or something like that). Then you simply scan your Go-To card and you have a two and a half hour transfer like everybody else.

Now sit back (or stand) and enjoy the ride. Just be aware of when your transfer is going to run out so you can show your ID again and not get socked with a full fare. That's another can of beans yet that can be worked out as long as you're diligent and not afraid to speak up. Hopefully if you play your cards right you won't need to hold up the line or anything just to save a dollar. Unless you need to. Also you can check your balance each time you use a transfer .

Last but not least, I think it would have been nice if someone could have explained the process to me from the get go rather than throwing me under the bus like they did. It caused me a lot of grief, but I'm over it now. I just hope this helps someone, anyway. That's what I'm shooting for. I haven't tried this card on the light rail yet so I don't know if I get discount rides on that too or not... I wouldn't count on it though. You might want to call Metro-Transit on that one. By: John O.

### AUGUST NEWSLETTER TRAININGS

**JOIN US IN THE COMMUNICATIONS SPACE @ 11 AM ON THESE DAYS TO LEARN MORE ABOUT CREATING THE NEWSLETTER!**

**August 13<sup>th</sup>**- Newsletter Process. Saving articles in the Newsletter folder. Look at lucidpress and begin designing. Borders/Text Box/Colors/Etc.

**August 20<sup>th</sup>**- How to scan & save pictures. Look at lucidpress.

**August 27<sup>th</sup>**- Copy & Paste items. Insert pictures. Insert tables. Spacing.

**September 3<sup>rd</sup>**- Lucidpress. Mailing the Newsletter. Labels & Addresses. Mailing sheets/cover sheet/postage @ H2. Sending the mailing. Emailing Newsletter & calendars. Updating Website.



### HELP AT YOUR DOOR

Need help getting groceries? A service called Help At Your Door can help!

To qualify you must have a disability or be a senior. You can order groceries online or over the phone and they will deliver your groceries.



You can order groceries once a week, every other week, or once a month. The phone number is 651-642-1892.

By: Jane D.

## *Being In Touch*

*Slow down, you move too fast.*

*Look both ways before you cross the street.*

*Jump up and then down, in a puddle. Make it splash so it makes music.*

*Drop everything and play for the day to make yourself happy, and let the inner child shine in harmony.*

*Walk to a store and skip on the way home and make yourself happy.*

*That you have the heart to play and skip to my lou.*

*By Cathy J.*

## HELLO VAIL PLACE

I am on the Board of Directors. My name is Jude Mostek. I am your representative. I am grateful to have the opportunity to serve Uptown Vail Place every month. I will be writing an article on the Board of Directors or the Fund Raising committee monthly. If you have any questions, I am always available; just ask! I'm excited to be on the board due to my desire to give back to others and to help people with mental health issues to recover with pride as I am doing.

By: Jude M.

## State Fair Time Is Drawing Near

It won't be long now till once again we can stuff our faces on lots of delicacies on a stick, roasted corn and all the milk you can stand in line for; plus be amazed by the size of those draft horses, cows, and pigs. And the goats... ah, the goats. And don't forget the sheep and poultry. And of course their wonderful smells. Then there's the Midway, where you can test your thrill ride endurance and try to win oversized stuffed things at impossible games of skill and luck, and much, much more!



I could regale you with information about all the coming attractions but anybody can find out by googling MN State Fair 2019. There you can get the complete scoop on every day of the fair but my space, however, is limited so let me tell you about an event at the fair that you don't want to miss on August 26th. It's called Mental Health Awareness Day At The Fair. Members and staff from Vail Place will be there (along with other mental health agencies) to raise awareness about mental health by sharing their experiences and how Vail Place has helped them!

It's a free event and the people who have agreed to represent us would love to see you there if you cared to go. Just stop by and say, "Hello". When you get to the fair any one of the information booth people can tell you where the event is taking place and how to get there (that's their job). I would like to go but I haven't figured it all out yet. I enjoyed myself last year except for my sister and I went a day or two too late to see my friends from Vail Place. A delegation from Vail was there last year too. It's an annual thing I guess, and there is always a lot of stuff to do.

By: John O.

# August Birthdays

8/1 Jerone M.      8/3 Robert D.      8/4 James S.      8/4 Tom O.      8/4 Robert W.  
 8/6 John P.      8/7 Anthony W.      8/10 DeSonya P.      8/12 Willie R.      8/13 Kenneth R.  
 8/14 Gwen R.      8/15 Pam S.      8/17 Mitchell S.      8/21 Peter H.      8/24 Deborah B.  
 8/25 Pippa C.      8/27 Michaela S.      8/28 Lynda S.



This month's newsletter contributors:

John O.: Articles	Jeff W.: Article	Greg B.: Articles	Sebastian W.: Article
Jane D.: Article	Mish M.: Article	Miles B.: Article	Sue G.: Typist
Deb C.: Article	Jude M.: Article	Cathy J.: Article	
Addie T.: Crossword & Editor	Paul G.: Article & Editor	Rose M.: Articles & Photos	

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)!

## NATE'S "DAD JOKE"

What do you call a hen who counts her own eggs?

A mathe-machicken !



## Nice Ride

Nice Ride, the bike sharing program that operates bike rental stations in Minneapolis, has introduced a low-income option called Nice Ride for All.

Launched on May 15<sup>th</sup>, Nice Ride for All provides Nice Ride memberships to residents who receive SNAP (food stamps) or TAP (Transit Assistance Project, discounted bus fare) benefits for \$5.00 a month.

Being a Nice Ride member means that you can check out a bike from one of their many stations or hubs and ride it for up to 60 minutes without being charged an additional fee as long as you check in back in within the allotted time. For rides over 60 minutes, the company charges an additional \$2.00 each 30 minutes.

To sign up, you need a credit or debit card and a valid SNAP or TAP card. Go to [www.niceridemn.com/nicerideforall](http://www.niceridemn.com/nicerideforall) to see more information and to sign up. If you don't have a bank account there are low-income banking options including Fair Financial ([www.fairfinancial.org](http://www.fairfinancial.org)). If you sign up before August 15<sup>th</sup>, you only pay \$5.00 for a year long membership, though one should note Nice Ride bikes are not available during the winter.

By: Miles B.

## SPORTS CORNER

Due to a weather cancellation and a bye week, Vail's first 2019 softball game wasn't played until June 18<sup>th</sup>. It was Vail's first game at Nokomis Park and it was a fantastic game for the Visionaries! Pitchers recorded numerous strikeouts and Vail's fielders were outstanding. Almost every batter scored and found their way on base numerous times en route to a 12-0 win against the Andrew Residence Tigers on the 18<sup>th</sup>. It was a win that moved Vail to 1-0. Vail has had a tremendous amount of success against Andrew over the years in fact since at least 2017 Vail has had an undefeated record against the Andrew Residence Tigers. Softball season is halfway complete and Vail's shutout of the Andrew Tigers on May 18<sup>th</sup> (last years' league homerun total leaders) is the only shutout the Andrew Tigers have experienced so far this 2019 season. Vails last game of 2018 ended with a 20-8 win over the Andrew Residence Tigers in the championship at Longfellow Park



On May 25<sup>th</sup> Vail's lineup scored more than they scored their 1st game. They hit a triple, a double, and every batter found their way on base numerous times. The pitcher recorded numerous strikeouts but Vail's fielders committed multiple errors each inning and Vail ended up losing 15-13 to the Peoples Incorporated Eagles. It was Vail's first softball loss since losing to the same team back in 2017. It was a loss that moved Vail to 1-1 but Vail has always been committed to betterment; it's why their softball team held practice on July 16<sup>th</sup>.

Next months sports corner article will attempt to wrap up Vail's unusually abbreviated 2019 softball season. Thanks for reading!

By: Greg B.

### An Interview with our Intern, Maddy!

Occupation: Intern/student at University of Minnesota and server at restaurant

First Job: Babysitting

Worst Job: Server at Buffalo Wild Wings by TCF Stadium

Major Accomplishments: Getting Bachelor Degree, surviving half of Masters Degree

Personal Hero: Mother

Favorite movie: 20th Century Women

A Great Evening to me is: A homemade meal and Netflix with my three cats

One Thing I Can't stand is: Rude people

My Friends Like Me Because: I make them laugh

Worst idea I Ever Had Was: Drove to Mexico in a Prius

If I've Learned One Thing it is: You get out what you put into something

Idea of Paradise: On a beach in Cozumel, Mexico in a hammock with a good book

If I had 30 Minutes to Talk to Anyone in History it would be: Jesus



By: Jeff W.



### Come record for us!

Summer is the time for beaches, flowers, picnics, warmth, sun and AV Club (Audio Visual Club). Come try out a digital camera and take some pictures and videos for the AV Club! Your recordings of Vail's garage sale could lead to more traffic and sales for Vail and more sales means more money that Vail can use to help members like you. We also need members to record parts of the Ragnar Race and your recordings will be used to garner donations and support for Vail and mental illness. Do you know what the Ragnar is? The Ragnar is a relay race that Vail uses as a fundraising event. Vail made \$5,000 dollars their 1st year participating in the event however many hope and believe that Vail will make more from it this year. Several individuals familiar with the Ragnar have mentioned \$15,000 as a 2019 goal. Why do many believe that more money will be raised this year? Well for starters more people know about the fundraiser this year compared to last year the event has also been promoted more and for a longer duration the aforementioned are just a few reasons people have high hopes for the upcoming Ragnar. If the fundraiser is successful Vail will likely fundraise with the Ragnar next year as well. Recording the event this year is one way you can help Vail promote the Ragnar next year. Greater awareness often leads to more interest and engagement. Many people would say that it's difficult to get behind an event they don't know exists. Your Ragnar recordings could go towards bringing awareness to the public about future Ragnar Races. You could help Vail develop a loyal base of consistent yearly partners and help Vail start an annual tradition. One way events gain more popularity is by people (like you) spreading the word about them. Recording the above events for AV Club is just one way you can do your part to spread the word about Vail's fundraisers. If you don't record the above events for Vail, who will? Helping yourself, your colleagues and the clubhouse is as easy as recording for AV Club. Experience the group for yourself by coming to Vail Uptown's second floor communication space on Thursday August 8<sup>th</sup> at 2:00 PM.

By: Greg B.

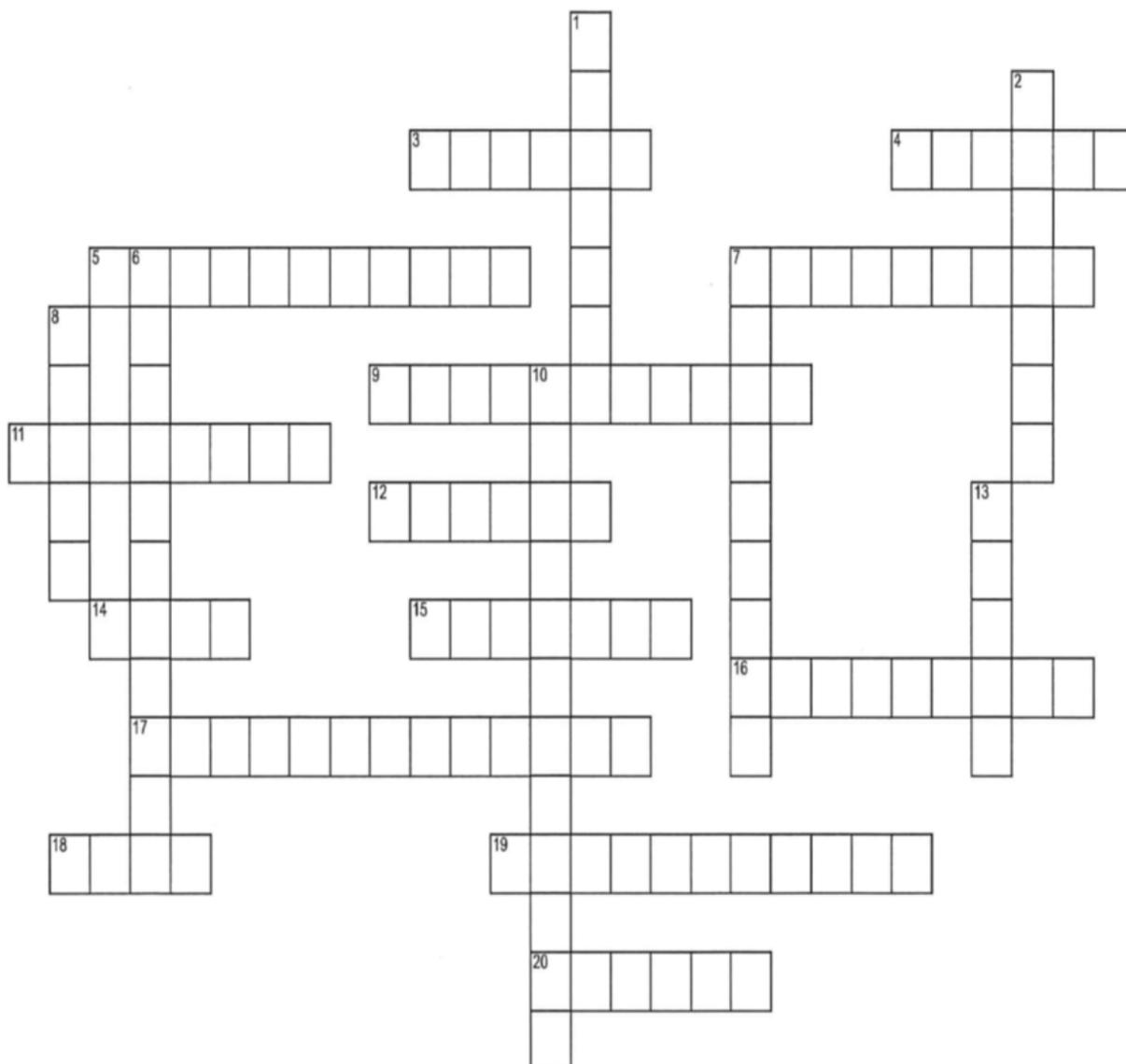


*Sebastian's Funny Bone*

*What's the difference between a hippo and a zippo?*

*One is really heavy, and the other is a little lighter.*



ACROSS

- 3. Top selling item at the snack bar consistently.
- 4. What's for lunch on Wednesdays?
- 5. Our sister clubhouse.
- 7. Meal served for Friday lunch.
- 9. Number of international clubhouse standards.
- 11. Name of department upstairs.
- 12. Name of our electronic sign in system.
- 14. First name of our milk man.
- 15. SE stands for \_\_\_\_\_ Employment.
- 18. Color of our new mini van.
- 19. Name of our snack bar.
- 20. The month the garage sale is happening this year.

DOWN

- 1. What day of the week is new member enrollment?
- 2. \_\_\_\_\_ Theater.
- 6. What does "AV" stand for?
- 7. You can eat this on Monday & Friday.
- 8. Meeting we have the last Wednesday of every month.
- 10. TE stands for \_\_\_\_\_ Employment.
- 13. Café of the \_\_\_\_\_.

3. Coffee 9. 37 15. Sea Salt 19. Comfort Café 1. Tuesday  
 4. Fusion 11. Business 16. Supportive 20. August 2. History  
 5. Vail Hopkins 12. Mozzazz 17. Uptown Updates 6. Audio Visual  
 7. Blue Plate 14. Rick 18. Gold 7. Breakfast 8. House 10. Transitional  
 13. Month