

UPTOWN

UPDATES



October 2019

Moose Lake Camping Trip with Hopkins

We joined with Hopkins in August for our Moose Lake Camping trip. There were five of us from Vail Uptown that went: Gwen, Jane, Rose, Delane and Miles. It was chilly at night but we were all prepared and had our sleeping bags and blankets. Michael from Hopkins was up at 6:30 am every morning brewing us fresh, hot coffee! We took several hikes with CJ (our agate expert) who helped us identify agates on the paths. Moose Lake is the agate capital apparently and has a parade and largest agate on display. We visited the agate museum at Moose Lake. There was canoeing, a trip into a vintage store, some swimming- well, only CJ swam ½ way across the lake, the rest of us waded in the chilly waters- campfires with Jonathan and CJ serenading us on guitar and an Indian flute, s'mores, Gwen teaching Rose how to play a simple song on the violin, and a stop to Tobies famous diner on the way home to sample their infamous cinnamon rolls.

By: Rose M.



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Vocational Updates

With the retirement of Vail Uptown's long time staff member/employment specialist, Carrie, the Vocational Department finds itself in a time of transition. Julie from the Hopkins Clubhouse has been spending some time at Uptown, both trying to learn from the impressive program that Carrie and colleagues have created over the years, and trying to help fill in some of the gaps that have arisen due to Carrie's retirement.

One such gap is "Employment Assistance." Carrie used to offer assistance for those needing help with all things related to employment (whether it be helping with job searches, creating resumes, practicing interviewing skills, you name it). She set aside two hours in the mornings and two hours in the afternoons three days a week. Members would sign up for a time slot in the green binder that resides in the Employment Office.

What do you think about making Employment Assistance part of the work-ordered day? Many members have great experience and skills writing resumes, searching the internet for jobs, etc. Why not put these members to work helping others?

Dave B. is one such member. Starting Wednesday, September 18th, Dave will work with members to help them build or fine tune their resumes and help with job searches. Come to the employment office from 2:00 - 3:30 on Wednesdays if you need assistance.

Do you have experience with job searching, or have good tips for preparing for job interviews, or writing resumes? Perhaps this is your calling! During this transition time, where staff are stretched thin, it will take a village to fill in the gaps. See Julie or Addie if you have thoughts/ideas about this proposal.

By: Julie K.



RESUME BUILDING AND JOB SEARCHING WITH DAVE B.

WEDNESDAYS 2:00 - 3:30 STARTING 9/18/2019

TE OPENING ANNOUNCEMENT

There was a TE available and open to Hopkins and Uptown members at Once Upon a Child in the miracle mile shopping center in Saint Louis Park. Congratulations to Rose M. on starting her new position here! This TE is managed by the Hopkins clubhouse, but given that Uptown and Hopkins are really one big family, we are experimenting with making TE's that one club may have a challenge filling, open to the other club. For instance, the TJ Maxx position is now also open to Hopkins members. See a staff person if you want to know more about this and any TE's!



ROCKIN' RECOVERY

Our Vail Place "Rockin Recovery " Ragnar team successfully ran the Ragnar Relay Race from St.Paul to Duluth. There were 12 runners on our team, six in each van. It was a fantastic experience. I ran 16 miles in the course of the 24 hours which I never thought I could do! Thank you to Katie and Chad for organizing things! The Ragnar is not just a

race, it is a bit of a wacky event. People decorate their vans and wear silly costumes. Everybody cheers each other on. One memory is of our superhero van drivers Ruth and Emily doing jumping jacks on the side of the road in the middle of the night as we walked to cheer Katie, who came running with her head lamp shining. My second leg was during the sunrise along a state trail. Erin and I got to run the final leg in Duluth, which began way up on skyline drive and ended at Leif Erickson park by Lake Superior. It was quite a feeling to come down the chute at the end! Thanks to all the team and our volunteers for making it all work. We raised over \$8,000 for Vail Place. We are already excited for next year!

By: Jonathan D.

Friday, 2/9/18

Dear Journal,

Who am I? I am more than my mental illness! I am a roommate, daughter, confidant, girlfriend, neighbor, sister, friend, parishioner, member, client patient, volunteer, niece and cousin!

I know that I make a difference! I love who I am becoming! I can't believe the journey of life that I have been on! There is hope! I am a human being w/ feelings and strengths, though I may have things that set me back! But I must realize that this moment is all that I have! Yesterday's history, tomorrow's a mystery, and today's a gift that is why they call it the present! I know that there is so many good qualities I have; I am loyal, loving, caring, a good listener, helpful, friendly, social, artistic, a good singer, and I have a good sense of humor! Seize the day, that is all we have!

Love, Gert F.



Winter Wellness

As the days get shorter and the weather gets colder, we enter into a time that can be difficult for many of us. I know for myself that the less inviting weather makes it easier to isolate from the community, which it turns can increase my anxiety and depression symptoms. With that in mind here are some ways to engage with the world that may work for you as we make the transition through fall and into winter:

The Como Park Conservatory is a beautiful and warm refuge from winter that is open 365 days a year. Starting October 1st, its winter hours are from 10am-4pm and it is on the number 3 bus line.



There are several NAMI support groups that meet in the Twin Cities if peer support is something that you can draw strength from during what can be a challenging time. Go to <https://namimn.org/support/nami-minnesota-support-groups/> to see a complete listing of support groups available in the area or call NAMI MN at 651-645-2948.

Don't forget to come to Vail Place! Be it for the work ordered day, to grab a cup of coffee and some conversation, or to celebrate a holiday with your Vail community, attending the clubhouse is a great way to break out of that winter isolation.

By: Miles B.

FREE, FREE, FREE, FREE, FREE, FREE!!!!!!!



The AV Club is still recruiting for member leaders, techies, photographers, film lovers, quick learners and enthusiasts of all sorts. Since the last newsletter publication at least 1 member has asked about the status of AV Club. If you would like to join or learn more about the group you can talk to CJ or Andrew, who is an outgoing, creative, knowledgeable, well spoken regular AV Club attendee who knows more about AV Club than most Vail Uptown members. He's very experienced and has been part of Vail Uptown's AV Club for quite a while. Like all clubs at Vail, being part of AV Club is free to you. You may know that Vail has computers, phones and outlets that are free for member use but did you know that Vail also has digital cameras and other technologies that are free for member use? Many AV Club attendees have been getting acquainted with some of Vail's lesser known tech for months- technology that a lot of clubhouse members don't know they have free access to! So, talk to Andrew or CJ get informed and join the club!

By: Greg B.



REGISTERING TO VOTE

Not all precincts in Minnesota will be holding elections this November 5th, though some are. To check if there will be an election in your precinct and where your polling place is you can go to <https://pollfinder.sos.state.mn.us/> and find your address using their system. This will take you to a page that will list any upcoming elections and where you need to go to vote.

To register to vote you can go to:

<https://www.sos.state.mn.us/elections-voting/register-to-vote>. On this page you can also check to see if you are already registered. The deadline to register in advance is October 15th 2019, but don't despair if you miss it as you can register in person on Election Day.

To see instructions on how to do so and what documents you will need, go to:

<https://www.sos.state.mn.us/elections-voting/register-to-vote/register-on-election-day/>.

If you need more information on voting while living in a residential facility go to:

<https://www.sos.state.mn.us/elections-voting/register-to-vote/im-in-a-residential-facility/>.

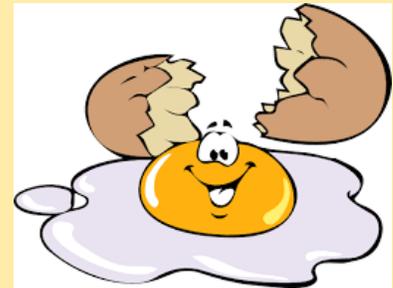
And remember, in Minnesota you DO NOT need an ID to VOTE. If you feel you have been unfairly prevented from voting you can file a written complaint at your polling place.

By: Miles B.

SEBASTIAN'S FUNNY BONE

What did the eggs decide to say after being fully cooked?

"I'm Egg-Celent!"



Camp Knutson



In the early morning hours of September 2nd, Wes, Frank, Ken, Rose, Lindsey, Martha and their gear headed up to Camp Knutson in Cross Lake, Mn. There we spent a very busy, fun- filled week of activities. There was canoeing, hiking, archery, horse back riding, hayrides, pontoon and speed boating rides, bonfires with s'mores, jewelry making, and more! We went on a pontoon ride that took us through 4 different lakes and landed at the Dairy Queen! We were fed three large family style meals a day, plus snacks in the evening to go along with games and conversations. There was a talent show the last night. Frank read something he'd written his first night at camp. We were housed in warm dorm type buildings with bunk beds and sleeping bags. There was one rule, NO CELL PHONES! If Sharon, "The Enforcer" caught you on a cell phone she took it away until the last day as you boarded the bus. Therefore I do not really have any pictures from our many adventures during Camp Knutson. It was a good time, and new friends were made; including members from our fellow Hopkins Vail who attended.

By Rose M.



...if you dare... a Halloween Song (best sung in person)

Since it's best sung... no spoilers... I won't print the words to the poem "A Halloween Story" by Margaret Widdemer, tune written by unknown (ghost?).

My mom sang this to the five of us kids around Halloween time every year. We joined in the chorus.

In a ghostly mood? Ask Gwen and I will sing it to you... if you dare.

By: Gwen R.

Also - a TrueGhost story

My mom passed away a year ago early October. She loved the piano and showed ability at 3 years old. And of course she loved playing piano duets & trios at our family get-togethers Labor Day weekend.

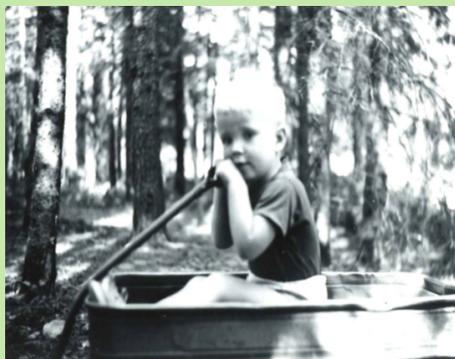
This Labor Day just past, my sisters and I were just sitting down at the piano and a strange metronome started going.

Somehow my cell phone in my hip pocket had jiggled at *Just* the right time to go into my metronome app (not open) and start ticking using a different sound than I usually set it at. Hmm...

Sure my phone once butt-dialed a taxi at a bus stop (smart butt)... but I prefer to think my mom just couldn't help but join us at the piano. ;)

By: Gwen R.

CAN YOU GUESS THIS MONTH'S MEMBER BABY PICTURE?



SEPTEMBER'S PICTURE WAS JOHN O.!

SEPTEMBER DECISION MAKING MEETINGS:

September 4TH Topic-

What should we do with the money earned at the garage sale?

We will be repairing bathroom vanities, building a storage shed in the backyard and planning a dinner and boat cruise!

September 18TH Topic-

How to prepare ourselves for the upcoming accreditation?

Join us on Mondays at 10:30 AM to be part of our Self-Study Accreditation Team!

Typed By: Deb C.

Mykea's Story

Hi my name is Mykea. Can I please have a little bit of your time to tell you about myself? I have been a member at Vail Place for four years and still going strong. I want to tell you about how I became a Vail Place member.

Before I became a member at Vail Place I was in and out of group homes, as well as the hospital. I was taking so many different medications that I just felt numb. I was being very stubborn and not letting people that were willing to help me, help me. In the last group home that I was in I met a lady that would come and visit me everyday and would never give up on me no matter how much I would push her away. She introduced me to Vail Place and helped me get in contact with the people that would be able to support me at Vail.

Now that I am a member at Vail I am very stable and more independent than before. I am in a home that I love and with parents that support me in every situation that I have and don't give up on me even during my hard times. I am a very active member at Vail Place and do a lot of outings and things around the clubhouse like cooking, and running activities inside the clubhouse for an example. Vail Place is a place you can go to reach out to other people like me and learn about other people.

Now that I am a member I can go around and tell other people about the clubhouse and my experience. I will continue be active in the clubhouse and participate in the work order day and the activities that go on!

Thank you for taking the time out to read my article.

By: Mykea S.

OCTOBER BIRTHDAYS

10/1 John N	10/4 Deanne C	10/4 Catherine K	
10/5 Greg J	10/7 Naomi C	10/8 Robin G	
10/8 Kathleen Z	10/10 Terry S	10/13 Anna H	10/15 Tom L
10/17 Rosalie R	10/19 Thomas C	10/20 John H	10/21 Stephanie D
10/21 Kyle S	10/23 Lauren M	10/26 Charlotte H	10/28 Andrew B
10/29 April B	10/30 Mark L	10/30 John T	10/30 Sven R

Sports Corner

Basketball is a sport that contributes to the health of people around the globe each and every day. Did you know that Vail Uptown has a basketball team that's free for members to be part of? Vail's basketball team represents a no cost opportunity for you to workout and improve your health this winter. If you're lonely or socially isolated be aware that basketball is a team sport that often leads to connecting, bonding, human touch, meeting people, relationships and social interaction. Participating in basketball can increase blood flow which can improve the functioning of several bodily systems including: energy, digestion, eye health and skin health. If you're stressed or depressed, basketball is a form of exercise that can lead to the release of numerous stress reducing feel good chemicals in your brain and body. Some members of Vail's basketball team have admitted to using recreational sports like basketball as motivation to stay in or get into shape. If you're overweight playing basketball can help you lose weight. A leaner, fitter you could mean less strain on certain joints and an easier time chasing down buses and a lower risk of getting certain diseases. Reading the Star Tribune isn't the only way to keep yourself mentally fit, strong and agile... learning an unfamiliar game like basketball and remembering the rules and nuances of it, counts too. Learning and memorizing new things like names of teammates and tendencies of rival athletes and teams may help keep your brain sharper for longer. There have been cases of members falling and basketball is a weight bearing activity that can lead to more bone and muscle mass which can give you extra padding and protection during falls. Not only that, but participating in basketball related movements can also train your body to be more balanced and coordinated which may make it easier for you to regain your balance if you ever find yourself in the process of falling. Vail's basketball games are played in front of the public, as well as other organizations, which is why your successes on the basketball court could serve as good PR for Vail Uptown. Each time Vail wins a basketball game the morale of the clubhouse goes up the next day and a happier clubhouse is a more productive clubhouse. Vail's basketball team has been to their respective leagues championship game for 2 out of the past 3 seasons but the leagues least populated team could use more member involvement. Ask CJ about possibly improving your health while simultaneously helping the clubhouse through Vail's basketball team!



By: Greg B.



Wednesday, October 23

Fundraising Breakfast 8-9am; Lunch 12-1pm

An Original Musical

Partners - Innovation - Dosey-doe - Inspiration

Unlike anything you've seen before!

My new TE job at University of St. Thomas

I love my new job. I have been working at the University of St Thomas in a TE (Transitional Employment) over two months now. I enjoy being the first VP member in this position - helping forge new ground.

I am an Office Assistant in the Human Resources Dept. and work M, Th, F for four hours a day. The primary task is scanning employee documents and I do some filing.

I learned my new tasks from Chad & Josh. Sometimes we've learned together, and sometimes individually from Holly (my boss), Lily, Dessi, Natalie, whom are all supportive, patient teachers.

We started with easier tasks like filing, and then learned to scan all one kind of document at a time (these are new employee forms). My work is organized into folders that are color coded for each type: waiting to scan and the next step is to audit (check for mistakes). Then we learned to scan complete employee files with mixed documents (older files already stored in the "Lek" files).

I scan docs into a computer database called Optix - basically turning paper into a digital format. Some numerical data is entered with each document. (This is comfortably familiar since I did this in a previous job).

Most challenging is determining what category each document goes into and remembering if docs need a fiscal year or not, although there is a clear cheat sheet. I ask questions as needed and/or put problem docs in a separate file to be sorted out later.

I do become concerned about mistakes at times. It is reassuring that my work is doubly audited. Sometimes I feel guilty about this. When I'm being more gentle with myself I can acknowledge that a little extra help on the front end can lessen anxiety (about "messing things up") ... and I will be worth it and feel good at my job. I have received feedback that I'm pretty good at detail.

We audit each other's work and at this point I audit some of my own. As I find a few mistakes, I know how to update with correct info. I also like mixing it up with some filing. Because of how many files there are, there is an automated machine we call the Lek that brings each row of files to us at the push of a couple buttons. I can find specific files pretty quickly.

The last step, I must say was at first nerve racking, but now I love, is putting the old paper docs in the shredder (after thorough auditing). Resulting in less paper (yay) and less in the files. We're making progress.

My coworkers (including students) & boss Holly are really nice and understanding. Some days we share snacks, which are set on the counter next to the microwave behind me! There is a warm, friendly feeling in my workplace. It is a good feeling that I am a valued part of a whole and that we are all in this together.

I also like the feeling that my world is getting bigger. The campus is lovely. I've been to a recorder concert. I've played duets with myself on a semi-private piano. I can check out St. Thomas sports events for free & have heard the women's basketball team is good. I've considered auditing a fascinating class (reduced cost if 40+) like Intro to American Culture & Difference. (Hmm, I wondered if they mention mental illness & stigma there). A small bluegrass ensemble plays out on the quad Thursdays at noon.

This is just right for now. I feel fortunate to be working here. Thank you for supporting me; it means so much to know I'm not in this alone.

By: Gwen R.



Hemp Seed Health

Hemp seeds are considered a superfood. Hemp seeds are from the Hemp plant. They are related to marijuana but do NOT have the psychoactive properties like it! Here are 8 health facts backed up by science:



1. Technically it's a nut. It is very rich in omega 6 and omega 3. These are also known to reduce inflammation.
2. It is a great source of Vitamin E, potassium, phosphorus, magnesium, calcium, iron, zinc, and sodium!
3. It may reduce risk of heart disease because it contains high amounts of arginine; which produces nitric oxide and lowers blood pressure.
4. It is a great source of plant based protein and is a complete protein source, having all 9 amino acids. 2-3 Tbs. provides 11 grams of protein.
5. It helps regulate the immune system; which also relieves dry skin, reducing eczema, and its symptoms.
6. It may reduce symptoms of PMS and menopause. In a study it decreased depression, irritability, fluid retention and breast tenderness.
7. It is a good source of both soluble and insoluble fiber; which may also aid in digestion. 3 Tbs. is 1.3 grams of fiber.
8. Results from a 2018 review suggest it has neuro-protective benefits, protecting the brain.

A serving is 3 Tablespoons a day. It can go in cereal, smoothies, baking, etc. At Walmart it is \$15.97 for a supply lasting 30 days .

www.medicalnewstoday.com/articles/323037.php
www.Healthline.com/nutrition/6-health-benefits-of-hemp-seeds

By: Rose M.

Ten Things to do on Your Day Off

By: Paul G.

1. Binge-watch some TVshows or movie DVDs
2. Listen to podcasts/radio/audio, audio books or watch news and some letters/e-mail
3. Add some pizzazz to adult coloring books
4. Read a digital or paper-bound book
5. Clean/organize/decorate; make your habitat a better place
6. Check out some new places (write a review on Yelp)
7. Go to Vail Place
8. Write a newsletter article!
9. Pot some new new plants and learn more about horticulture
10. Meditate or just sit still and brainstorm for awhile

