

THE VAIL VOICE

Need Computer, Tablet or Phone Assistance?

Feel free to ask during a morning meeting. Our wonderful member and volunteer, Derek will be taking a break from helping people with technology but we have plenty of talented colleagues that can help if you need it!



February Birthdays

Sharon B.	Jeff H.
Lance C.	Christian M.
Colleen D.	Deanna S.
Danny E.	Angela S.
Bill F.	
Derek G.	
Michael G.	

Who worked on the Newsletter this Month?

Julie K-R.	Teal G.
Ranee S.	Donnie L.
Samantha S.	Brian S.
Jonathan A.	
Beth H.	

If you'd like to help with the Newsletter, Bring your ideas to a morning meeting!

Weekly Clubhouse Meetings

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

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

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

MICD: Every Thursday at 10a, Members lead a meeting to discuss Mental Illness and Chemical Dependency.

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

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

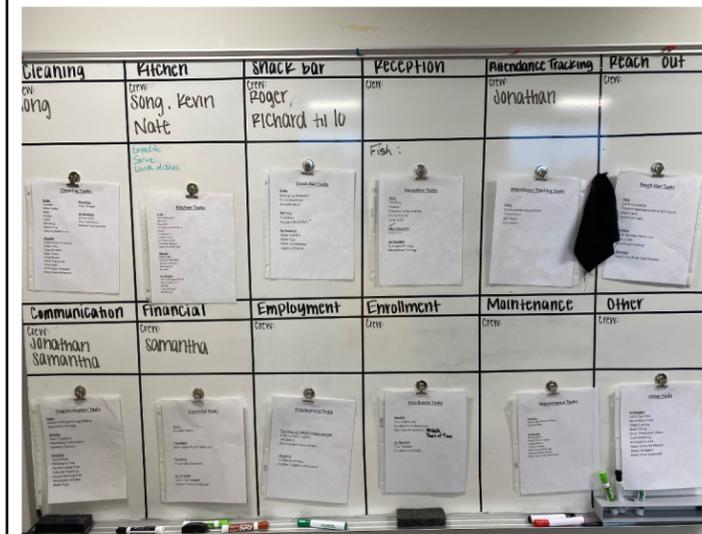
WAAC (Week at a Close): Talk about what we accomplished during the week every Friday at 9:15 A.

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Vail Hopkins Clubhouse

February 2020

Workboard Ch-ch-ch-changes
by: Samantha S.



As you may have noticed, our work boards has made quite a transformation. The last few months we have been working on Reach out and Attendance Tracking. We have found that now that we have more process surrounding these things, that working in teams has been more helpful. We decided to organize our tasks into categories and

identify how often we should be doing these tasks.

We are trying it for the next few months that people will be singing up for crews for each category like cleaning, reception, snack bar and various other tasks around the clubhouse. We are hoping that it encourages members to sign up for a team and maybe they could try a different task that they haven't tried before. It also might make it easier to do certain tasks if done in a team. If there is a few people doing reach out or data entry, it's a lot less scary and intimidating. We will be revisiting how things went at a DMM in February but we encourage our members to sign up for tasks and learn more new things and if you are doing a task, try inviting someone to teach and learn the task.

Take a Breath and Be Right Here

(How?? Join us for 12:30 meditations in the Zen Room!)

By: Jonathan A.

Imagine you're trying to have a nice conversation with a good friend, but someone else entirely is talking to you, breaking your concentration and making it impossible to fully listen to your friend. Wouldn't that be frustrating? Well, if you're like me, this happens all too often when it's your inner voice distracting you from the moment. If we're honest with ourselves, it can be really hard to live in the moment. *Did I say the wrong thing to my friend yesterday? Why on earth was that guy mean to me at the grocery store? Is the weather later this week going to ruin my plans? How am I going to finish that project I'm working on?* From anxious thoughts about the past to frequent thoughts about what's coming in the future, or just random daydreaming, it's easy to let your inner voice drown out what's right in front of you. We give that inner voice a lot of power – we let it tell us about whether we're a good person, whether our day is a good day or a bad day, whether we perceive other people like us, and we often let it get in the way of truly being present to the people we care about. As easy as it would be to just tell that inner voice to shut up, then all we're doing is adding another voice to the mix! So, what do you do?

Take a breath.

If you notice that you're getting worked up about something you cannot change, try taking a breath. Just try and let that inner dialogue go for just a few seconds and put your attention on your breath. Studies have shown that paying attention to your breath can help lower your blood pressure, ease anxiety, loosen muscles, lower your experience of pain, steady your heart rate, among other benefits. Not only that, but taking a moment to stop and pay attention to your breath can help slow that chatterbox in your mind so that you can actually see what's going on around you. You will notice things you can be grateful for. You will notice a gracious gesture from a friend or stranger. You will smell something delicious. Practicing being right here, right now will help keep you steady in unsteady situations and help enhance the parts of your brain that are involved in concentration.

Believe me, sometimes it's not easy. At all. But, the present moment is always just a breath away. Even if you can only pay attention to your breath for 3 seconds, that's three whole seconds where you weren't worried about why something happened to you, or what might happen to you tomorrow, or anything else. You're just right here, right now. Your breath will never leave you – it's always right there, you just have to listen. And if you forget, your breath won't judge you (and you shouldn't judge yourself, either!) Just try and count one more breath. If you're interested in practicing this type of mindfulness, join us most days after lunch for short meditations, usually at about 12:30. Look forward to being present with you then!

REACH OUT REACH OUT REACH OUT REACH OUT

BY: JULIE K-R. AND RANEE S.



"Reach out is critical. It's a way to say 'we care about you,'" says Donnie L. Recently we've re-organized our reachout process, with the goal and hope of making it easier to access and a more visible and viable part of our work-order day. The reachout book has been divided into 3 separate books: one for new members, one for active members, and one for those members who haven't been into the club in over a year. We also created a "Card Board," where members can write the name of someone they think could use a greeting card AND where members can create those cards for circulation within the clubhouse. The Reachout Books and the Card Board can be found in the newly

designated, Pirate Room. Why is it called the Pirate room, you ask? Because in addition to reachout, there are also Resources in the middle office, so it's the Reachout Resource Room aka RRR aka Aaarrrrrr! Fridays we've designated as New Member Reachout day. Coming to the club, where most people know everyone, can be intimidating for a new person, so we want to make a special effort to reach out to those new members. So please, pick up a marker, make a card; grab a phone, make a call, wrap your fingers around a pen, sign a card; REACHOUT!

From Ranee S: "The reason why I started doing reachout originally, was because I wanted to see more people benefit from the Club. In doing so, I got to speak to others, hear how they're doing, and let them know about the club and all our activities, to inspire them to come into the club. Whether it be for the food or the activities, I use different ways to entice them to come in. Some of it works! A lot of members have either come in or called in and mentioned the reachout call. Now I'm focusing on getting them excited about becoming involved in the work-ordered day, and how rewarding that can be. There are so many rewards in doing this work, such as: seeing the Club thrive, with lots of folks coming and going. The more activity in the Club the better! And with that, the hope for Recovery will be alive! Yay!

