

UPTOWN UPDATES

JUL/AUG '20

VailPlace

Word of Support from the Clubhouse Community

Letter from B'More Clubhouse of Baltimore, Maryland

To the Members, Staff, and Community of Vail Uptown Clubhouse:

During a time when life is newly challenging and uncertain enough, our heavy hearts stand with yours while your city is hurting. The Clubhouse experience teaches us that we are all stronger together, so our members and staff wanted to share some words of hope and encouragement and to let you know that we are here with you (even from a distance).



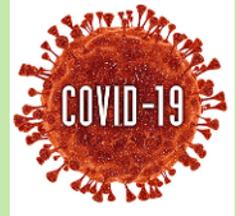
Continued on page 10

*"I support black lives matter. It's about time. What's going to happen 10 years from now? 20 years from now? The change, the sea change? They're saying that it's the police department. It's not just the police department, **the change needs to be everywhere.** We've got to change more than that."*

~ Uptown Clubhouse Member

Director's Corner with Chad

Facing change together



As the words of a member on the adjoining column highlight, conversations in our community have become focused on the necessity for change. Whether it be in wading through the complications and concerns of our "Reboot" as we build the structure for safely gathering again, or in our response to the call to action for the justice, safety and equity for our black, indigenous and other members of color, our community is facing the responsibilities, discomfort and challenges necessary for change in typical Clubhouse fashion, together, side-by-side.

I am inspired at the daily demonstration of commitment in the actions of so many of you in our community - sacrificing for the safety needs of others, entering into the "good trouble," (described by the late John Lewis) in the fight against systemic racism, or simply engaging in the work of the Club to support

of the health and happiness of your fellow members. Thanks to you all for the strength, hope and inspiration you provide as we face this change together.

BLACK LIVES MATTER

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Speaker's Bureau

Shout it from the rooftops:

Speaker's Bureau is back!

"I appreciate that we're making it through this time, we exist in an even better way, and we didn't miss a beat!" -Julie

Our Speaker's Bureau had our first meeting on July 7th. We are looking to start doing virtual presentations about Vail Place. These could be for potential members, donors, agency partners, other providers, etc. Please join us every **Tuesday at 2:30 on our Zoom** line (call-ins also welcome!) Let's share what we appreciate about Vail with the greater community!



Our beloved Vail Uptown is **REBOOTING?**



Tell a friend!

Tell an other member!

The community conversations are **Mondays and Fridays at 1PM**

Come be a part of the discussion!!!

Bring your questions, knowledge, and unique voice to the meetings and help us reboot vail as we navigate 2020 and beyond.

Keith's Chronicle

by Keith W



Things to do to have fun in the summertime:

There are a lot of things you can do in the summertime whether you are single or married, a parent or live alone. Start by getting plenty of rest and also a lot of fresh air and try to soak up some sun. Maybe you might go for a walk or do some sunbathing in your backyard.

Try to stay hydrated and drink plenty of fluids and try to eat fresh fruits and vegetables.

It's always fun to do things that keep you active and healthy as well!



The Broccoli Twins

by James S

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Wellness Group

Every Wednesday at 11:00 we are having a virtual wellness meeting at Vail Place. We members along with Josh S. are running the group. During this COVID crisis it is very important to stay active and eat healthy. In our group we do a short check-in, and encourage each other in our pursuit of our wellness goals. Our former intern Rachel ran the group in the past, and she would be happy to hear the group is still running well. Greg, Brian, Rosalie, and Gwen are regular attendees of our meeting.

I am working on my personal wellness as well. Last summer I ran with our Ragnar team, which is a highlight of my summer. The Ragnar won't be taking place this summer, but I am planning to run two miles a day for the Tour de Vail fundraiser. Also, I'm trying to eat healthy, and have mostly cut out meat from my diet. Once I quit smoking, maybe I'll truly be healthy all around!

So come to our Wellness Group! You will walk away feeling positive and wanting to build practices that are even more healthy!

by
Jonathan
Davis



Photo by Michele M.

Time by Rose M



TIME: As I think back, I realized

how swiftly and consistently it rolls on. Through events, experiences, places, and people. Unyielding, uncompromising, it rolls on and on....Days into weeks; weeks into months, months into years;

EXPERIENCES : which, tho time marches on, don't fade, or diminish but add depth and dimension to the life which I now live.

PLACES: which remain forever locked in my memory. The contrasts, uniqueness, and personalities which each have of their own.

PEOPLE: close friends, who are faithful, those friends who've added excitement to our lives and those who have merely passed through our life, on their own journey, Some we outgrow, some change, some go on as we do and remain locked in our memories; forever in the past. Yet they've made such impressions in our lives that they still seem present at times even tho only in our thoughts and our hearts.

And STILL time ticks away each day, rolling on into another... Passing swiftly, permitting changes yet continuing on and on...

People changing, places changing, experiences changing, but ALWAYS Time Rolls On.



VailPlace UPTOWN UPDATES

Tom N's Chili (AKA Better the 2nd Day)

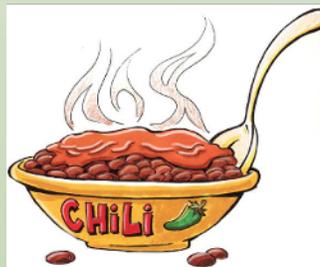
- 1 can Black Beans, drained
- 1 can Kidney Beans, drained
- 1 can Garbanzo Beans
- 1 can whole kernel corn
- 1 can tomato paste
- 1 can diced tomatoes
- 1 packet of 30% reduced sodium Chili powder

Mix all in a large pot, simmer on the stovetop for 45 min stirring occasionally, or put in a crockpot at 250 degrees for 2 hours

Add 2 & 1/2 cups of water throughout the simmering process

Add as desired: sweet mini-peppers or carmelized (fried) onions (regular or scallions)

Preyatnogo apetita!



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Our New Members!

Behind the scenes, Samantha from the Hopkins Club and me (Katie L) have been preparing for new members to join us virtually. I am pleased to announce that we have had 6 new members join the Uptown Clubhouse since we physically closed! It's been great to connect with new people who are looking for some virtual socialization and structure. Our new members bring their own talents and strengths to our community and I'm excited for you to meet them. I'll keep you updated via Facebook about when they plan to attend activities. We have been taking referrals from other Vail Place programs and calling from our waiting list. I call the potential member to ensure they have the technology they need to join our virtual community, send them some information by email to review, and we set up an appointment time. If you would like to hop in to the end of an enrollment Zoom chat with a new member to introduce yourself and attend an activity with them, reach out to me!

Thoughts from Kathy B

"Life is like riding a bike. In order to keep your balance, you must keep moving." - Albert Einstein

VailPlace UPTOWN UPDATES

Join our Daily Zoom Meetings - 9:30am & 1:00pm

HOW to Join

- **Call using your phone**
 1. Call 1-877-853-5247
 2. Enter 878 196 3865# you may be prompted twice
 3. Enter Password 495771 then press #
 4. Press # again
- **Connect using your computer**
 1. Go to zoom.us
 2. Click "JOIN A MEETING"
 3. Enter 878 196 3865
 4. Enter 495771 for password



Art by Rosalie R

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Advisory Council Updates

Hello from the Advisory Council. In response to the murder of George Floyd and the worldwide call to action, we as a council have been examining how we can better stand in solidarity with the Black, Indigenous, and People of Color (BIPOC) members of our community. We look forward to supporting more discussion and helping our community identify avenues for meaningful action in support of real and lasting change for equity, both in and out of the Clubhouse.

The Advisory Council has been providing support and leadership in the community conversation about reopening as we move towards that goal. We held our first community discussions about what reopening will look like on Monday 7/13 during the 1pm meeting. It was decided that, going forward, we will continue these conversations at the Monday and Friday 1pm meetings. There will also be a separate re-opening work group, which will be meeting to research ideas and support actions brought up in these conversations. If you are interested in joining, contact Chad at cbolstrom@vailplace.org or 952-529-1403.

VailPlace UPTOWN UPDATES

The Advisory Council is adding five new members to its ranks given the number of people interested when we asked for applicants. Please welcome Jane D., Mykea S., Rose M., Tom O., and Tom N. who will be joining existing members Bob G., Frank D., Jan M., Kari F., Michele M., Miles B., Mish M., and Rob A., as well as our clubhouse director, Chad B.

Jerry's Jokes

What is your favorite barn animal?

A goat-alope!



Artwork by James S

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Tahini Recipe by Kate

Food journalist, Mark Bittman, describes tahini (ground sesame paste) as the base for one of the easiest, fastest, richest sauces. You can use it as a dressing on all sorts of veggies or grilled vegetables. Or buy a bottle of Tahini goddess dressing from Trader Joe's.

Here is a sample recipe. Disclaimer, I haven't tried it. I usually wing it with a base recipe like this. You may want to cut out salt and add a small amount of soy sauce.

What you'll need: Sesame Seed Paste or Sesame Butter, Garlic, Salt (or Soy Sauce to taste), Olive Oil, Lemon juice and Water.

Servings About 4

1/2 Cup Tahini

1/2 Teaspoon minced Garlic

1/2 Teaspoon Salt

1/2 Tablespoon Olive Oil

1 Tablespoon Lemon juice or squeezed to taste

3 Tablespoons of Water

Put ingredients in a bowl and whisk until smooth. Stir before serving. Says it keeps 5 days or so.



Full Moon

by Burton C



Painting

by James S

Owl by Janet



My Curious Cat

by Tom N

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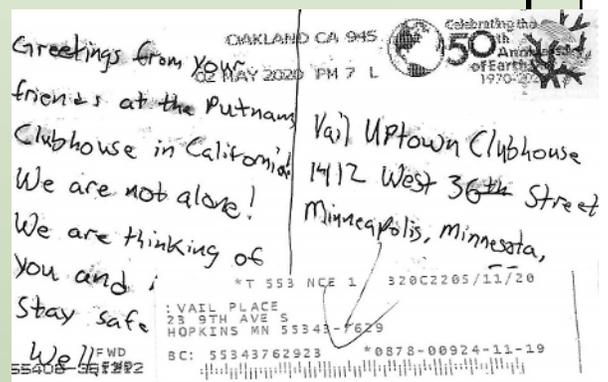
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"Letter" cont. from front page

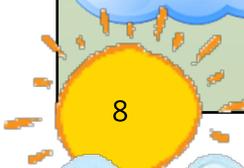
"I remember coming to our Clubhouse the morning after the Freddie Gray uprising in Baltimore. Our group was devastated by his loss of life, the recognition of our broken system, and the glass and ashes spread throughout our city. We sat as a group and had an open conversation that ended up lifting each of us up. We started calling our members who we knew lived in areas that were hit hard, and we started walking around to check on our neighbors and clean up broken glass and debris off the sidewalks and streets that surrounded us. For me, this was the most memorable day of my Clubhouse career. Unfortunately our system is still broken but I am grateful that we have a Clubhouse community that can lift each other up, even in the most difficult of times. We're thinking of you and we stand in solidarity with the city of Minneapolis during this tough time."

- Jason Woody, Executive Director

Our hearts and spirits are with you, and we stand beside you as we all look towards a better future,
The Members and Staff of B'More Clubhouse



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Committing to Anti-Racism by Katie L.

It has been a painful, uncertain, scary, and sometimes restorative time. When George Floyd was murdered in Minneapolis, uprisings against police brutality spread across the globe. We have a lot of work to do to try to become a safe and more equitable society for all. There are lots of things we can do from home and in our communities to become better allies for our BIPOC (Black, Indigenous, People of Color) community members. A few ideas for you:

- Reading up on racial injustice has been powerful for me- it helps broaden my world and perspective and see the where I am wrong- where I get defensive- where I make mistakes- so I can do better. The Diversity Council is encouraging folks to read *How to Be an Anti-Racist* by Ibrahim X. Kendi.
- Attend an event: Showing up is powerful. Fountain House held a powerful webinar about police, protest, racial justice and mental health- watch it here: <https://www.youtube.com/watch?v=Px7Kf0ov4kQ>
- Interrupting racism when you see it. Learning to say, "That's not funny" when someone tells a racist joke; or firmly "That's not okay with me" when someone is being mistreated.

"The beauty of antiracism is that you don't have to pretend to be free of racism to be an anti-racist. Antiracism is the commitment to fight racism whenever you find it, including in yourself. And it's the only way forward." Ijeoma Oluo, author of *So You Want to Talk About Race*.

We don't have to pretend to be perfect. We don't have to pretend to have it all figured out. We can make mistakes and apologize and move forward and learn. BUT If **We** truly **Are Not Alone**, we must be in solidarity with and fight for all.



Strength Training by Greg B

Strength training is a form of exercise that can build your immune system. Almost anything can be used! Light weights, canned food, household objects, and tools are just a few ideas.

Keeping some strength in your body can help you stay healthy. Just use light weight and do not overdo it.

Strength training often burns calories and increases metabolic rate which can help you get rid of body fat.

Strength training often releases hormones and neurochemicals that can improve your mood and your ability to handle stress.

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Mish in New Mexico!



Red, Green, or Christmas By Mish M.

New Mexico is also referred to as “The Land of Enchantment” and is beautiful here. I recently moved to Albuquerque, New Mexico with my husband Geoff. We use to live here about nine years ago and we never really forgot about life here. What brought us here? Geoff’s job brought us back this time. We decided to settle in the same area where we lived before. It’s funny that I still know how to get to all the shops I use to go to, but the area has changed a lot. It’s grown so much in the past nine years and some may say for the good and bad. We like the desert and some of the land has been built up with new homes and shopping centers. Don’t get me wrong, it only takes about a ten-minute drive to see desert but it used to be right outside our window.

The last time I moved here I wasn’t a part of Vail anymore and now with Zoom, I’m still able to attend the unit meetings, other meetings and see my friends. Who knows if this will be an option when the Clubhouse re-opens? I hope so.

So, you may be wondering about the title of this article? When you order food here, you have the option of what kind of chili sauce you want. There’s red, green or (both) Christmas.

Moze! Tov, Mish by Brian D

We may be reluctant to bid you and your work ethic adieu.

But Albuquerque beckons and our prerogative is not to rue.

An accountant with a plan but now with a tuned up Chevy Equinox.

The rest of us totally in awe as we sat back and vicariously took stock.

The priorities you have meticulously assembled should not be scuttled for our sake.

Some set goals that never come to fruition so we acknowledged your endeavor with virtual cake.

Clubhouses have stalwarts like yourself who come or go but continue to avail.

Thanks to daily Zoom meetings your sage counsel can edify us without fail.

Hopefully the mid-day heat won't give you pause as to why you stay.

If so it's always cooler just 64 miles away in your capital of Santa Fe.

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How to Drink Iced Coffee During a Pandemic, by Brian D.

If it feels like summer to you, then perhaps it is. And what better time to safely enjoy iced coffee? Whether said coffee is near the real clubhouse or further afield - it matters not. There could be at least two issues one might encounter prior to finding such a refreshment.

One conundrum of course is not contracting Covid-19 while obtaining your coffee. The other is the always difficult task of finding inexpensive iced coffee. This article attempts to address both. Some members, or perhaps even staff, just drink the seasonal staple without regard to what others think. Thus it's now time to, as the saying goes, take up the cudgels.

1. Wear that mask. 2. Get to the coffee shop or store early. 3. Remember to say please and thank you.



Pick up locations...

McDonald's:

Download the app and get any large iced coffee for 99 cents plus tax.

Convenience Stores:

Many have iced coffee for about \$1.99 plus tax. Some stores close for 1-2 hours during the wee hours of the morning. If you can't get there when they reopen then go when they aren't busy.

Some larger Holiday stores have brewed Stoke's iced coffee without added cream or sugar. A 20 oz cup goes for \$1.89 plus tax. However, the Holiday on Central Ave. near Lunds charges a \$1.61 after tax!

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How to Drink Iced Coffee in Pandemic, cont.

The French Meadow and People's Organic:

These sister companies, and their branches, were offering iced coffee at 50% off the usual price on Wednesday, May 27th. At the Lyndale Ave French Meadow the price was \$2.16 after tax. That day, the People's Organic on Hennepin Ave was temporarily closed. Please call in advance to determine if this promotion is still valid prior to going.

Panera Bread: The Panera Bread in downtown Minneapolis was still temporarily closed on May 27th. Fortunately, other locations remain open. The Panera Bread near Costco in St. Louis Park has iced coffee for \$2.39 plus tax.

Caribou Coffee: A small iced Americano is approximately 80 cents cheaper than a small cold press. Join their loyalty program and always ask for a receipt. The receipts often provide brief online surveys in which you can receive a \$1.00 off your next beverage. When one has a coupon and guesses the trivia question correctly your iced Americano is approximately \$1.50.

There may be other places to purchase iced coffee for less than \$2.59. But not necessarily at Starbucks, Dunn Brothers, Dogwood Coffee, or Spy House. If you wish to go there, perhaps do so when someone else is paying.

SIP & ENJOY!



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Refrigerator Door

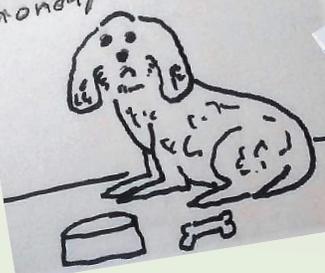
Tom T doing volunteer work at Interfaith Outreach



TOOTsie
BY
JAMES
E.



I Got The Friday
Blues and its only
Monday.



HAPPY 4th
of July



MOVE YOUR BODY !!!

COMING IN AUGUST!

MOVE YOUR BODY!
WIN PRIZES!
AND GET HEALTHY!

BUY 1 GET 1 FREE

Present this coupon to receive one free slice with the purchase of any slice!

FREE & FAST DELIVERY

Hot Slice
212-555-1212



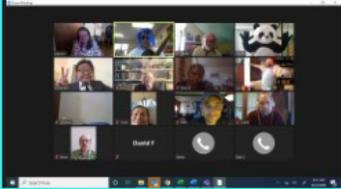
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facebook



Mark J.

Michele M.



Michele M.

Eric L.



Eric L.

***Look what you missed
these past few weeks
on Facebook!***

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Sleep by Zzzara B.

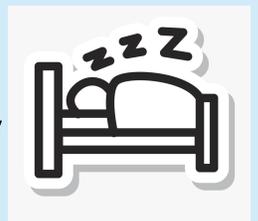
Sleep, so important. When we have enough, people notice. You may hear, "you look so well rested." When there isn't enough sleep people definitely notice! But most importantly we should know ourselves.

Why is it important? Understand it's for a number of reasons: adequate sleep is linked to our body healing from our waking hours' stress; it's our body's time to repair our heart and blood vessels. Lack of sleep leads to heart disease, and high blood pressure.

Many Americans take sleep medicine to find a good night's sleep. With the three medications I have tried I wasn't a fan of the side effects- headaches, dizziness, brain fog, short term amnesia. After my short episode of amnesia, I decided to look at other options of how to achieve good rest. This is a small smattering of what I learned:

1. Drink bedtime tea: Lunds, Co-ops, and Whole Foods have a huge selection to choose from
2. Turn off screens 1-2 hours before bed - experts say the light triggers your brain to stay awake
3. Cool air, cool sheets
4. Sticking to a regular sleep time and wake time everyday
5. Get clothes ready for next day
6. Limit foods, drinks from your diet that can hold you back - caffeine, sugar, etc.
7. Say words of gratefulness, and positive thoughts out loud to relieve stress

I hope this finds you inspiration to help you create a bedtime ritual that works for you!



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Accomplishments!

Kate L - I sang Happy Birthday to my grandson.

Fiona K - I have been able to keep my eating struggles under control.

Greg B - I have gone for a walk every day this month.

Jonathan D - I have been doing a lot of gardening, weeding, and planting.

Brian D - I have been maintaining equanimity.

Roger H - I have learned more about technology.

Julie T - I have been able to downsize my apartment to create a more comfortable living space.

CJ - I have practiced an ergonomic way to do paperwork.

John N - I have stayed consistent with exercise.

Katie L - I started rowing, running, and lifting!

Frank DG - I have been improving my vocabulary.

Daithi F - I have made a comfortable workspace at home.

Chad B - I have learned how to facilitate Zoom meetings .

Josh - I learned how to help create a newsletter.

Tom T - I made thank you cards for Vail Place donors.

Randy C - I lost 26 pounds!

Mish M - I got a new puppy!

James S - I organized my bedroom and have been drawing cartoons.

Mark J - I achieved "Bronze Level" status for my side job as a software tester.

Jerry E - I have maintained my employment at Kowalski's.

Michele M - I am learning to cook and becoming more comfortable being at home so often.

Keith W - I have met my goal to do some exercises every day.

Gwen R - I started a team for Tour de Vail and helped raised money for the clubhouse!

Tom N - I decided to start a new job as a Peer Support Specialist.

Aaron E - I started working a new job at Holiday gas station.

Gert F - I have completed many cleaning projects.

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Once upon a time it was 1997 and you couldn't throw a Walkman mixtape without hitting an X-Files fan strolling down the street whistling Buddy Holly. Mike Tyson was hungry for a title, and a small company Google was hungry for everything else. It was during this time that an impressionable young man named Eric was in his ... wait, what year of college were you in?

I was living in Orlando, Florida and just finishing up with graduating from Firefighting/EMT Training. I decided that the best option for me at that time was to use some of my training from Firefighting School and join the Marine Corps.

Semper Fidelis, soldier. How long were you in the corps for? Have you seen the world?

I was in the Marines for 4yrs 1997-2001. Luckily my job kept me in the US for my whole deployment. My job (MOS) in the Marine was Ammunition Technician and Hazardous Waste Disposal.

How long have you lived in Minnesota?

I moved to Minnesota 13 years ago.

Two of your pets, Weezer and Sox Mulder, are named after pop-culture icons of the mid 90s. What other pets do you have and how old are they?

Franklin J. Pussycat 6 years, Weezer Jones 15 years, Sox Mulder 2 years, Surly Rufus Barkington 5 years.

What is your favorite Weezer song? And no saying Buddy Holly...

(After much hemming, hawing, and favorite(s) naming...)...their newest single "Hero" is one of my favs. (<https://www.youtube.com/watch?v=BdJS11C8LA0>)

What is your favorite X-Files episode?

Season 2, Episode 20 "Humbug": What can go wrong with a dark sarcastic comedic episode about circus sideshow freaks!

Finally, if you could make any existing slogan YOUR slogan, what would that slogan be?

NATURE IS NEAT!!!

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THE MANY PETS OF ERIC L.



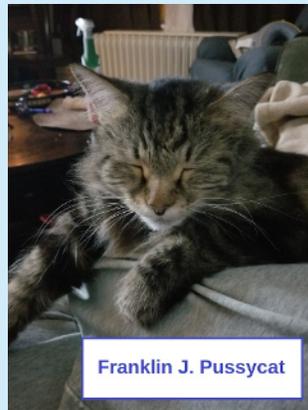
Weezer Jones



Sox
Mulder



Surly Rufus Barkington

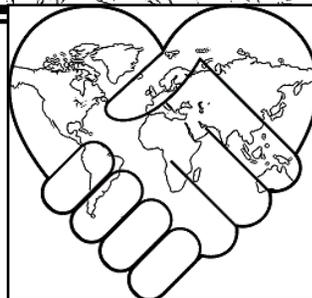
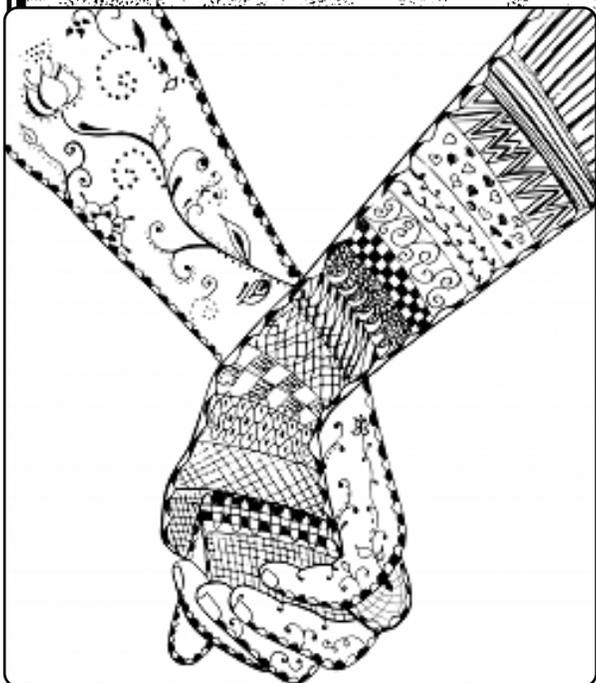
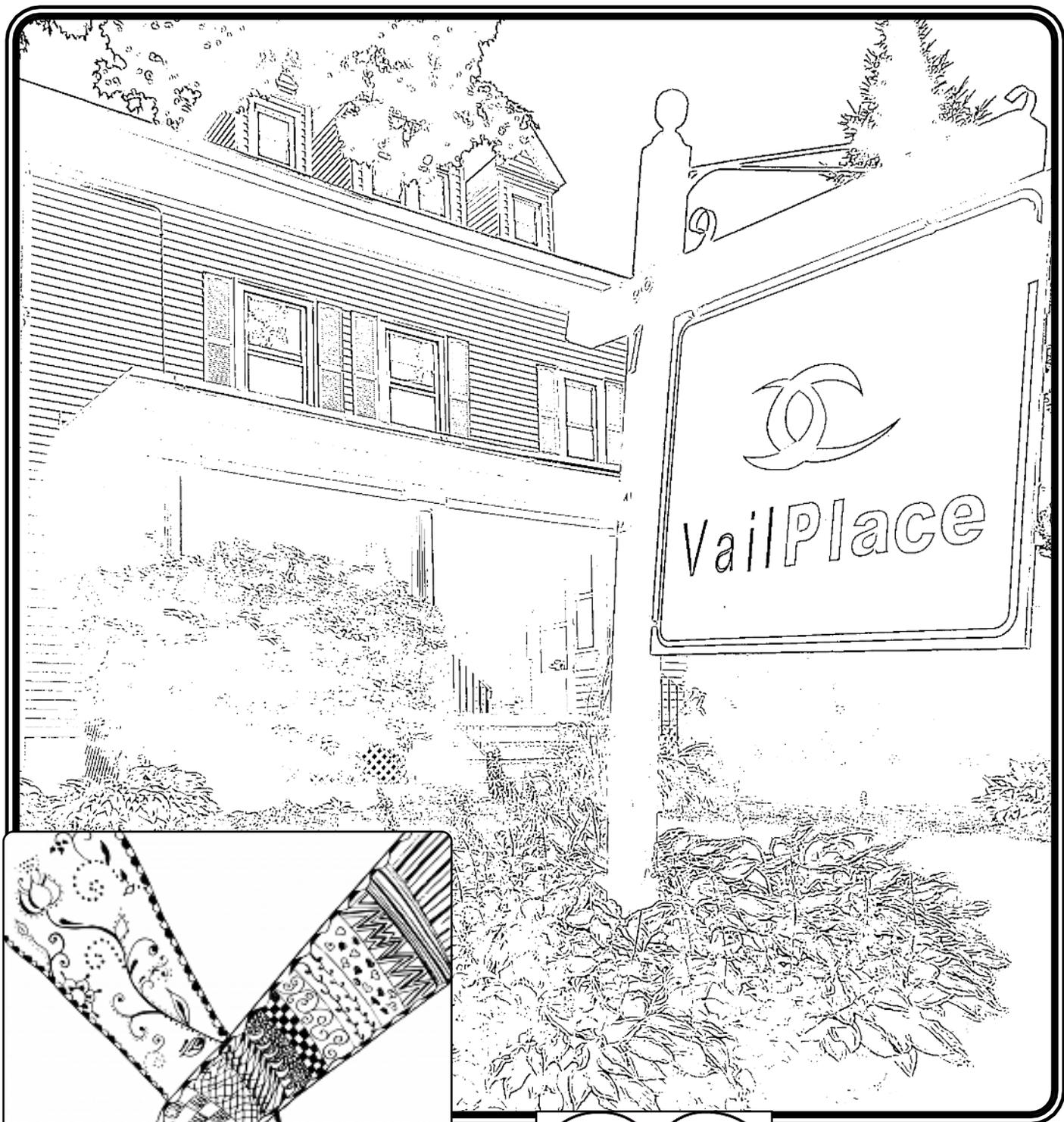


Franklin J. Pussycat

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==Cool Kid's Coloring Corner==



Virtual Clubhouse Calendar

JOIN US EVERY WEEKDAY!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Virtual Clubhouse Meeting	9:30 Virtual Clubhouse Meeting	9:30 Virtual Clubhouse Meeting	9:30 Virtual Clubhouse Meeting	9:30 Virtual Clubhouse Meeting
	10:30 Enrollment Team	11:00 Wellness Wisdom		10:30 Facebook & Technology Meeting
12:30 Meditation	12:30 Meditation	12:30 Meditation	12:30 Meditation	12:30 Meditation
1:00 Clubhouse Reboot Conversation	1:00 Virtual Clubhouse Meeting	1:00 Virtual Clubhouse Meeting	1:00 Virtual Clubhouse Meeting	1:00 Clubhouse Reboot Conversation
	2:30 Speaker's Bureau	2:30 Clubhouse Philosophy	2:00 Newsletter Meeting	
4:30 American Sign Language w/ Gwen	3:30 Social Program	3:30 Social Program	3:30 Social Program	4:30 American Sign Language w/ Gwen

Josh

612-499-2809

jswedberg@vailplace.org

Daithi

952-529-1100

dfloody@vailplace.org

Chad

952-529-1403

cbolstrom@vailplace.org

CJ

952-212-8027

smiura@vailplace.org

Eric

952-529-0967

elowe@vailplace.org

Katie

952-300-5380

kleverentz@vailplace.org