

THE VIRTUAL VAIL VOICE

HOPKINS VAIL CLUBHOUSE



DECEMBER 2020 NEWSLETTER

The month of winter cheer is here! HAPPY DECEMBER! I am once again blown away by the talents and abilities of staff and clubhouse colleagues that continue to share and support our Hopkin's Clubhouse community endeavors in-person and virtually! Speaking of talents and abilities, let me give you an update and share the exciting ventures!

Clubhouse Reboot

Once again you have done such a wonderful job as a community staying connected, in varying ways, and I want to recognize the continued determination to embrace new things and create new ideas! Thank you for making the Virtual Hopkins Community a fun place for members and staff to connect.

Here is a brief recap of the past 8 months:

- *March-June, Hopkins Community rallied to create our virtual clubhouse to ensure connection despite not being in-person.*
- *In July, Hopkins Community formally started a weekly 'Clubhouse Reopening Conversation.' The intent and desire for these weekly meetings was to learn and apply how we are going about best balancing our virtual opportunities but explore and implement ways of being able to safely connect in-person.*
- *In August, we were able to offer in-person tasks/activities/events along with continuing to keep the virtual clubhouse going for meaningful conversations and connections.*
- *In September, we continued to explore and offer in-person opportunities as we continued to cultivate virtual clubhouse.*
- *In October, we started OPEN ZOOM on Thursdays and Fridays giving the community an 'open door' to connecting and leading zoom, revitalized the clubhouse space, offered ICA food delivery and pick-up and had a handful of activities in-person. On top of it all Dr Vail happened and we were able to join the Clubhouse Conference!*
- *In November, we were able to prepare and provide a delicious thanksgiving meal to those interested along with a jammed packed ZOOM weekend! We had an amazing Vocational Celebration, invited RN Andrea to the Zoom community to chat on Winter Safety and share some knowledge surrounding Covid-19.*

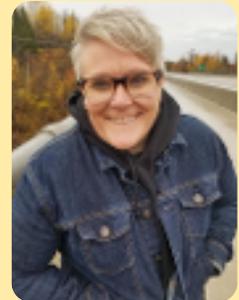
Look out for some new and exciting ZOOM meetings being placed on the calendar! You'll see Visiting w/Vicky, Decision Making Meeting, Week at a Close or WAAC (similarly to the WAAG, but at the end of the week) and I also invite you to our December Reboot Meetings scheduled for December 28th: 10am and 4pm to continue reflecting and processing the continued changes for the Hopkins Clubhouse. We want to ensure we hear from you, please join!

Thank you for keeping the virtual platform exciting and being open to the various in-person community connections!

Thank you again,

Jamie Fann, Program Director

MESSAGE FROM CLUBHOUSE DIRECTOR JAMIE



Cat Chat with Hoshi H "Thanksgiving"

The big word lately has been "Thanksgiving." I hear the word travel from one of my staff to the other. I hear it come out of the big box with the little human stuck inside it, who talks and talks right across from my condo. Sometimes "thanksgiving" is followed by a word I am even more grateful to hear, "dinner." There are other words like "turkey." I know about turkey. It is sometimes in my little cans that get opened, click, after the "Jeopardy" song ends. It tastes really good, but the bottom of the bowl is never deep enough.

What I am thankful for is the penthouse view from my wonderful condo. There are not so many leaves dancing out beyond my big window as there were. There are no more smells coming in on the breeze. In fact, there are no more breezes. But in the morning when the curtains open, until night when the curtains close, I still look for the squirrels to run up and down in the tree branches. I don't see as many of them coming out of their houses lately. Somehow, the outdoors must not be calling to them. I hate to admit it, but it hasn't been calling to me either. I am not feeling the little tug, tug, tug pulling me to the door like I did a while back.

But hey, I am a cat, after all. I am a huntress. I know that tug, that call, is supposed to be there. I've got to check it out. Otherwise something dreadful might happen to me.

I could turn into... a DOG. Then I'd just want to lie on the floor, chew those disgusting Nylabones and... we all know about this... drool. Or lay on the couch and do nothing but stare at the bowl of chips on the coffee table.

I mean, I do watch the bowl of chips, too.

Sometimes I even descend from my penthouse, and, when the staff is all caught up with the human talking and talking in the box, I creep, cat-quiet up onto the table and, oh, delicious, lick the good stuff off the Cheetos....At least until-"Hoshi, get out of that bowl!" comes pouring down on my head.

But, I digress. I have decided. I will keep my huntress-cat reputation intact. I will watch for my opportunity. Maybe the staff thinks I have completely forgotten about the call, the tug toward the door and...

There it is. The door. Opening. Wider, wider. I'm getting closer, closer, closer. It's still open. And the call is out there beyond the door. Here I go. Out the door. Across the mat and onto the patio and-

Wait! Stop! It's... it's cold out here. It nips at my paws. It's all white and worse...It's all... Wet! Forget the call! Humans, humans! Wait, wait! I'm coming back! I'm coming back! Into the warm! Into the dry! And I'd be real thankful if you don't close that door on me!



Wag of the Week

-with reporters Benson H. and Zoe H., straight from the News-couch of Channel K-9

Benson: Hey, it's me, Black Lab Benson again, along with my colleague, Yellow Lab Zoe, back on the News-Couch at Channel K-9. Hello, everybody! Here we are again. So, Zoe, what have we got to report this time?

Zoe: Well, not much. The holiday season has begun. And speaking of "not much", I must report that, even though I heard the humans talk a lot about "Thanksgiving", while they created some really great smells that poured out of the kitchen and beckoned our noses, what did we get?

Benson: Not much?

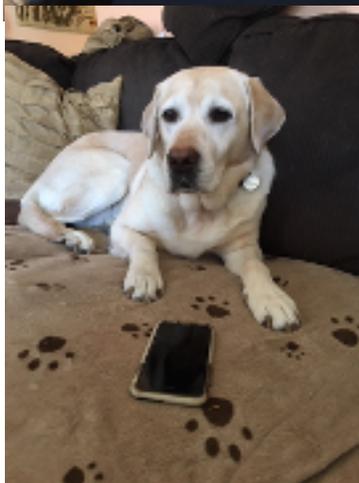
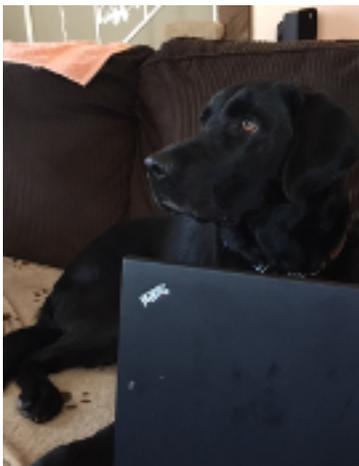
Zoe. That's right, you got it. Only a few quick little licks off the kitchen floor when nobody was looking.

Benson: But, Zoe, they were really GOOD licks. Ham juice and a sweet potato peeling or two. Anyway, I heard the humans talking about some really good treats they're making, especially for us. Kongs, all stuffed with peanut butter...

Zoe: Promises, promises...

Benson: No, really! I saw them go in the freezer a couple of nights ago. I wonder when they'll be frozen enough for us to enjoy. Maybe we haven't gotten those yet because the holidays aren't over. I don't hear any more about "Thanksgiving", but I've been hearing a lot about "Christmas".

Zoe: I remember Christmas! The humans talked about it last year when the ground turned white. A lot of people came over to see us. "Happy Solstice!" "Happy Hanukah!" "Merry Christmas!" They sat around the dining room table, and



talked and ate and laughed. Even before that, the humans went out and brought this great big thing in the house, that looked kind of like a tree. Then they stood it up in the corner of the living room.

Benson: That was really kind of weird, wasn't it? I don't know why they'd bring a tree indoors, when there are already plenty of them outside. Ones that actually smell like a tree is supposed to smell.

Zoe: After they stood it up they put shiny things on it and all kinds of boxes underneath. Some of those smelled really good-

Benson: Oh, yes! I remember the boxes. Last year my human brought all kinds of those boxes into our room and hid them away in the closet. They smelled really good, and tasted... EVEN BETTER! I just helped myself. There was peanut butter pretzels and cashew brittle...

Zoe: But this year, that "Christmas" word sounds the same, but things seem kind of different. They brought those tree things in the house, but only little ones that they sat on the table. And not one of their friends have been here since many breakfasts and suppers ago, since when it was warm out and we'd visit outside on the patio.

Benson: But we did go down to the garage to bring out the shiny things that go on the trees. It smelled really good in the garage, too. Leaves and cool crisp air...

Zoe: I know. I went down there too. The summer swing was there and the picnic table. I guess they live in the garage like we live in the house,

waiting for summer to come back when we all can go out on the patio again.

wag of the week (cont.)

Benson: And maybe the people will come back over again, too. Maybe by then they won't feel so shy and need to hide their faces behind those masks.

Zoe: It's a lot to look forward to. Meanwhile, there's a lot of winter to experience first. Little people talking and moving on the screen, chips on the coffee table... that sometimes fall on the floor... long evenings curled up snug on the couch with our humans, and warm, crackling fires in the fireplace.

Benson: Not to mention those kongs with frozen peanut butter stuffed inside them. Well, Zoe, we'll keep reports coming about all that goes on through the winter. Til then, everybody,

Zoe: Keep wagging.



Artwork
by
Robin
H.



Awareness

by Jeff H

Suppose I am reading a text from a friend on my phone. It doesn't matter what it particularly says. For the purposes of this essay, it only matters that I am using my memory and education to read the text. Memories of letters and combinations and words come to the fore as I make sense of what my friend has written. I am aware of the text.

To allow this awareness to happen, what must be going on in my body? In other words, what is the background that allows the foregrounding of awareness, in this case of the text? For one, my heart must be beating. I don't notice it; I almost never notice my heart beating. But it is absolutely necessary if I am to have awareness. I also have an immune system that is right now killing bacteria and neutralizing viruses. This happens without my awareness, but it is absolutely necessary if I am to have any awareness whatsoever, including of the text on my phone.

There is much else in the body that needs to take place in order for me to be aware. I need to have adequate nutrition. I need to have a sense of what is up and down relative to the center of the earth. I need to be warm enough, but not too warm. All of these aspects of my body need to be working well for me to be aware of the text. If any of them is not, then my awareness would shift to whatever is wrong with my body. If I haven't had enough to eat, I would go in search of food. If I didn't have a good sense of up and down, I would feel dizzy and need to sit down. And so forth.

I also need to be breathing steadily and regularly. I don't even notice it unless something goes awry with my breathing—if I start wheezing, for instance—but it is absolutely necessary for my awareness. What's interesting about breathing is it's a constant interaction and interplay with the air around me. I take in something from the outside and release something to the outside when I breathe. This shows that the background of awareness is not just the body, but is the surrounding environment, too. I couldn't be aware of the text without the oxygen in the air.

Nutrients also come from the outside environment. Something is killed, either plant or animal, so that I can ingest it and get the necessary food to be aware. And where does this food come from? The photosynthesis of plants creates nutrients that herbivores eat, and then carnivores come along and eat the herbivores. Ultimately, it all comes from the sun. So the sun is implicated in my awareness of the text I read. In fact, I am so dependent on the sun that it could be said the sun is in the phone whose text I read.

The necessary background for even a little awareness is vast. Awareness is like a single drop of dew on a blade of grass in a large field in a park. We see so little of what is around, and to see that little bit we are completely dependent on a myriad of things, including a star, the sun, 93 million miles away.

This image of the single drop of dew gets more complicated, however, when we consider the field it is in. I imagine that field in the park is mowed grass. This means that someone, sometime, got the idea that mown grass is preferable. Conscious awareness of grass, ideas about how we would like grass to be, created the very background for the dew drop. So matter in the form of body and sun and so forth is not the only background to awareness. Some awareness—in this case of the preference for mowed grass—provides the background for other awareness.

Let's go back to the text on the phone. There is plenty background having to do with the phone that is necessary for me to read the text. I may not pay attention to it while reading, but I am dependent on cell towers and phone companies and the technology of the phone. For the sake of brevity, we can focus on one necessary aspect of the phone out of this panoply of dependencies—the lithium-ion battery. For this battery to exist, some people had to become aware of the potential power of lithium, which is extracted from the earth in large salt ponds, usually in South America.

The battery also needs cobalt, probably from Africa, and rare earth metals, probably from China. To simply text on the phone I am dependent on all these engineers, technicians, and scientists who became aware of the vast potential of lithium and



lithium-ion batteries. Part of the background for my awareness of the text is not just my body with its heart and immune system and lungs, and not just the environment outside of my body which includes the sun, but the layers and layers of human awareness I don't even know enough about to fully appreciate. And we need to also note the human suffering involved in the rare earth and cobalt mining, half a world away.

These thick layers of awareness in the background are something new in human experience. 200 years ago, they were not there. Technology was not so hard to figure out. A blacksmith, for instance, heated metal until it was soft and then molded it into the shapes needed: specialized awareness, which we need to provide the background to most of what we do including reading a text on a phone, did not yet exist to the extent it does today.

This awareness has discovered uses for not only lithium but also fossil fuel. Our tiny, dewdrop awareness on this planet has gotten out of ecological balance because of the technical know-how that has come with it. We are poisoning the atmosphere with the burning of fossil fuels. The batteries and plastic cases from our phones bleach into the earth, poisoning it. We are awash in the thickness of awareness.

Conversely, we are aware of so little. Our vast awareness is really the size of that drop of dew on a single blade of grass in that large field in the park. We attend to so little. Yet it is enough to poison ourselves and fellow animals and plants. The surface of the earth and its lower atmosphere has been transformed because of our small awareness that, paradoxically, is just big enough to do real damage to ecology.

Awareness is a small, fragile thing that can easily wink out. And we seem to be using it to possibly hasten its very end. Is there any way we can use it to reverse this process? This very essay provides an example. Most of it was an analysis of the background that made a single act of awareness, the reading of a text message, possible. In the course of making this analysis, I and you, the reader, became more aware of our place in the ecology of this planet. It shows that wide awareness is possible.

Wide awareness takes into consideration more of the fullness of our actions. We can internalize it and intuitively sense when an action violates the wider needs of our world, the planet, and its ecosystems. Wide awareness is the opposite of heedlessness.

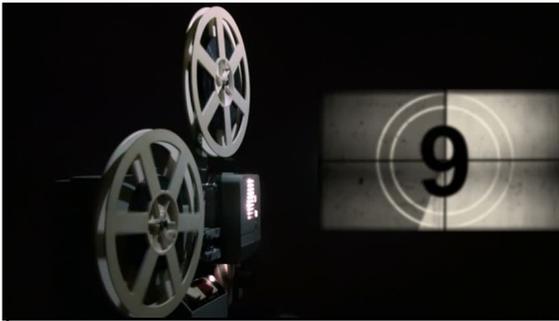
The most important action we can take from wide awareness is to help others with it get into leadership positions worldwide. Only wise, determined political leadership can stave off the impending ecological disaster. It is too big to be handled simply by changing some of our individual, day-to-day activities. Massive policy changes need to be enacted. Hopefully, it's not too late. Human awareness itself is threatened.

Some scientists and philosophers have recently been thinking about a new way to consider matter and awareness. Called "panpsychism," it holds that everything has some degree of consciousness, no matter how small. Matter itself, with its atoms and electrons and protons, is conscious, albeit to a very small degree. Humans take this tendency further than anything known because of our language and concepts, but we are not qualitatively different from dirt or planets or stars. All is conscious.

I take some solace in this view. The whole universe is not simply inert matter moving in deterministic patterns. It is also taking a look at itself in some very small way. Since our human awareness is also quite small and limited from the point of view of the 93 million miles between us and the sun we depend upon, we are more like matter than we realized. We are not spirits lost in the material world. Rather, we are always communing with awareness, even when picking up some dirt and letting it sift through our fingers.

And the greater awareness is not us humans, but the universe itself. We are part of the universe taking a look at itself. But everything else is part of this, too. Our human world may be getting more and more fragile by the minute. However, the universe doesn't depend on us humans for awareness. It ticks and tocks away in the heart of everything. We are not as unusual as we may think. And that's a good thing.





An Excursion into Celluloid Film Fanfare: The Trailers and Other Things on Celluloid

Presently I've got about 15 or 20 trailers in my collection. Trailers are an integral facet of Hollywood and are sometimes even better than their features counterpart. In my collection I happen to possess quite a few. Some of the most notable are "Dracula's Daughter," "Son of Dracula," "The Invisible Ray," "Snow White and the 3 Stooges," "The Fly," "Ed Wood," and many others.

Initially trailers, to the best of my knowledge, followed the features when they were shown in theaters, eventually becoming the previews shown beforehand. I will switch gears presently and delve back into the movies which are the main subject of my column and of which I get great delight.

Currently I own 453 movies (films) because recently I purchased 9 additional titles to my collection, some of which are: "Mid Summer Mush" with Charley Chase, circa 1933 and Bing Crosby's "I Surrender Dear" circa the 1930s. I also purchased a digest print of "The Incredible Shrinking Man" and a Charlie Chaplin film called, "The Cure," a Walton film exclusive and a hilarious movie, plus some others.



Sometime ago, 2019 to be precise I bought a classic 16 mm film print of the 1963 Vincent Price classic entitled "Twice told tales," which features a trilogy of scary Nathaniel Hawthorne stories and it is only one of two films I own which boasts of 35 mm quality on a 16 mm film.

Now I'm going to talk about one of my all-time

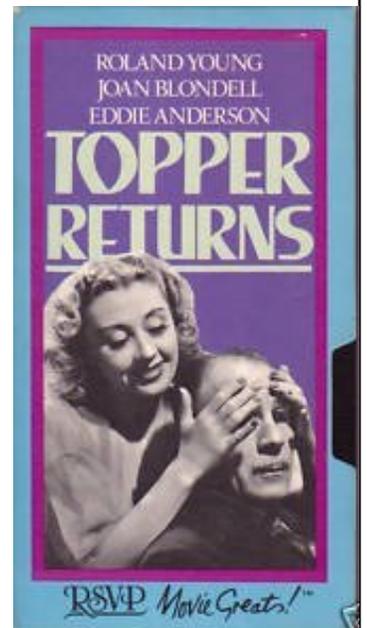
favorite actresses, Joan Blondell. Joan Blondell was born into a show biz family specifically Vaudeville and rose to prominence in great heights in 1933 with her



portrayal of Carol in "Golddiggers" of 1933. Joan is my all-time favorite actress and I own 6 or 7 films of hers in super 8 mm magnetic sound and 16 mm optical sound film prints. She was hilariously funny in "Topper Returns" circa 1941. In this particular film she plays the ghost of a deceased woman who befriends Cosmos Topper and she is utterly gorgeous. She was in quite a few films, probably 60 or 70 in her career, and her specialty was sophisticated comedy. I would highly recommend any of these films. Here's to you Joan Blondell.

Nothing much more to elaborate now but in the coming months I will feature and highlight the storied careers of Yvonne DeCarlo, Humphrey Bogart, Bela Lugosi, Vincent Price and others.

Bye for now,
Michael Fridgen



This and That

Clubhouse Farmer's Market Happenings:

Do you have any interest in being part of the Hopkins Clubhouse Farmer's Market group? We meet once a month to talk business, and for December that is Thursday the 10th at 11:00. At this meeting and others, we'll talk about what types of goods we want to create to sell at next year's markets. We'll also assist folks in getting supplies needed for making these arts and crafts. Sound interesting to you? Come check it out. We'd love to have you join us!



We know the winter solstice is the shortest day and longest night of the year, and this year the solstice falls on December 21st. Many cultures see the solstice as a time of rebirth, in that it marks the "comeback" of the sun, and thus they feast and dance and pay homage to the sun gods.

The word "solstice" is derived from the Latin word, "solstitium," which combines the words "sol" meaning "sun" and "sistere" meaning "to stand still." So literally, solstice means "the standing still of the sun."

I am intrigued by these two concepts; that of "standing still" and "rebirth." Do me a favor. Take a moment right now to focus on your breathing. In particular take notice of the pause that occurs between breaths. After you exhale, there is a brief moment of stillness before your next inhale. Does this pause represent our own solstice, our personal stillness? Does the next inhale represent our personal rebirth? Perhaps the pause is time and space given to us for self-reflection, for looking inward and contemplation. And the inhale that follows is a chance for us to re-create ourselves, to change and grow.

Who knows? It's definitely food for thought. I do like the idea though, of knowing that if I give myself time to pause and be still, the opportunity to change and grow will follow. ~Julie



The Vocational Celebration we held on November 17th, was a well-attended and fun event! This activity gave us a chance to acknowledge and celebrate all members, whether they're looking for work, school, or volunteering opportunities or if they're already engaged in these occupations. During the celebration, members got a chance to share their story about their respective vocations. This was wonderful to hear! Then, after "suffering" through a video of Nate telling job jokes (actually, it was hilarious), Amber led us in a captivating game of Vocational Bingo! Congrats to the lucky winners of bingo as well as the 2 drawings winners. While virtual activities cannot compare to actual in-person events, we're thankful that we can connect to each other via Zoom. And on that note, if you would like to get connected to the Virtual Vail Activities, please reachout to any staff or members for assistance.

The Unique Beauty of Nature

By Jamie Fann

The cold-weather months can be a complex time when it comes to our physical and mental health. I also understand being in a pandemic this may be extra challenging. Effective strategies in self-care can make all the difference in how well we feel as the winter months approach us. I found this note to be insightful.

*"Our bodies respond to cold weather by tensing up. So it's important to be **extra good** to yourself and to create more opportunities to relax your body and mind."* clinical psychologist Dr. Deborah Offner. We sometime forget to be...**extra good** to ourselves, don't we?

I have to say, I have noticed within our Clubhouse community, there is a genuine thankfulness for our nature/outdoor hours and meditation time we have had both in-person and on our Zoom. I have even heard from a vast number of members that being outside and walking has been their peace/calm during this time.

In November, I was able to camp (in a treehouse) in the Ozark National Forest. I was completely secluded and really made time to get cozy and enjoy the unique beauty of what nature had to



offer. I made intentional time each day to note gratitude and reflect on what was around me. One may think, 'we are already isolated and secluded...why would you do such a thing?' Personally, I have found that if I do not take

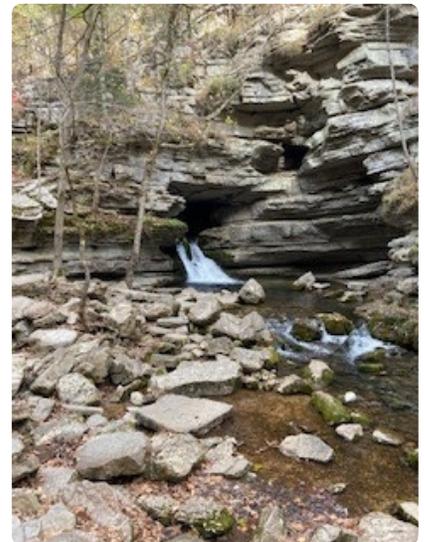
time to 'be' with myself in a space in which I have no ownership or control and view its beauty in childlike awe and wonderment, I can tend to lose sight of my God given purpose amid a seemingly chaotic and confusing time.

Despite winter approaching, I will continue to challenge myself and I ask you to join! That we all make time to honor ourselves by taking care of our physical and mental health. For me, I look forward to devoting

time to be present in nature, taking in the beauty around me and be truly grateful for its mysterious loveliness. I know it promises not to disappoint.

What is something you enjoy doing to support your physical and mental health?!

Jamie Fann,
Program
Director



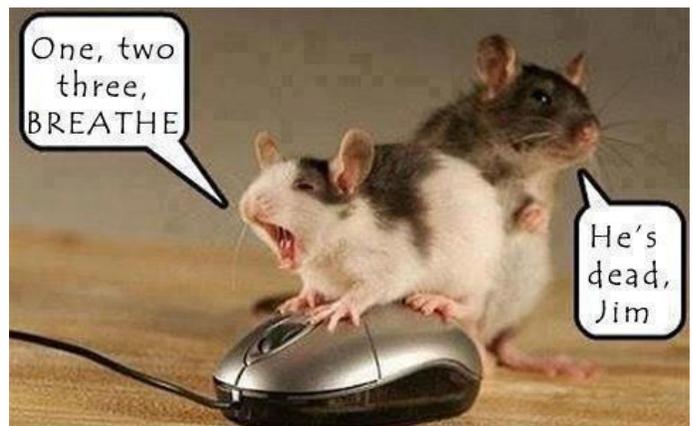
AMUSEMENTS

AN UNUSUAL PARAGRAPH

How quickly can you find out what is so unusual about this paragraph? It looks so ordinary that you would think that nothing is wrong with it at all, and, in fact, nothing is. But it is unusual. Why? If you study it and think about it, you may find out, but I am not going to assist you in any way. You must do it without coaching. No doubt, if you work at it for long, it will dawn on you. Who knows? Go to work and try your skill. Par is about half an hour.



I'm pretty sure this is how this picture was taken



Winter Holiday Word Search!

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CANDLES
 COLD
 DREIDEL
 HANNUKAH
 KWANZAA
 SANTA
 SOLSTICE

CHOCOLATE
 COOKIES
 FESTIVAL
 HOT
 LIGHTS
 SCARF
 WINTER

CHRISTMAS
 DECEMBER
 GIFTS
 ICE
 PENGUIN
 SLEIGHBELLS

Vail Place Word Search!

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CLUBHOUSE
 EMPLOYMENT
 FISH
 HOUSING
 SPACE
 UPTOWN
 WORKORDERDAY

COLLEAGUES
 ENROLLMENT
 FOUNTAINHOUSE
 MEMBERS
 STAFF
 VAILPLACE

EDUCATION
 FARKLE
 HOPKINS
 RELATIONSHIPS
 STANDARDS
 VICKY

December Holidays

| Holidays | Date | Details |
|---|-------------------|-----------------|
| St Nicholas Day 2020: For Western Christians, St Nicholas's Day is held on December 6th annually celebrating the feast day of St Nicholas. The day celebrates St Nicholas's bringing of gifts with many thinking that modern day Santa Claus came from this Saint. | Dec 6 - Sunday | Christian |
| Pearl Harbor Remembrance Day 2020: Held annually on December 7th this day commemorates the attack on Pearl Harbor, Hawaii by the Japanese Navy pushing the United States into World War II. | Dec 7 - Monday | Observance |
| Hanukkah/Chanukah - Starts 2020: Hanukkah is an eight-day Jewish festival with the first day known as Chanukah, Festival of Lights, and Feast of Dedication. In the Jewish calendar, the first day of Hanukkah is on the 25th day of the month of Kislev. In the Gregorian calendar, Hanukkah may occur between late November to late December. | Dec 11 - Friday | Jewish |
| Wright Brothers Day 2020: Wright Brothers Day is held on December 17th annually each year and celebrates the first successful flight of their mechanically propelled airplane made by Orville and Wilbur Wright on December 17, 1903 near Kitty Hawk, North Carolina. | Dec 17 - Thursday | Observance |
| Hanukkah/Chanukah - Final Day 2020 | Dec 18 - Friday | Jewish |
| Winter/Summer Solstice 2020: The first day of winter (Winter solstice or December solstice) is when the sun is in its most southern position directly over the Tropic of Capricorn. This is referred to as astronomical winter or the winter solstice. | Dec 21 - Monday | Season |
| Christmas Eve 2020: For Christians the birth of Jesus (Christmas Day) is one of the most important celebrations of the year with the evening before celebrated as part of the overall celebration of the birth of Jesus. | Dec 24 - Thursday | Christian |
| Christmas Day 2020: Christmas is a Christian celebration celebrating the birth of Jesus Christ and is observed on December 25th each year. Christmas Day starts the season of Christmastide that lasts 12 days until Epiphany Eve (January 5th). | Dec 25 - Friday | Federal Holiday |
| Kwanzaa -thru Jan 1 2020: Kwanzaa celebrates African culture and traditions. It is observed on December 26 through January 1. The seven principles (nguzo saba) of Kwanzaa utilize Kiswahili words: unity (umoja), self-determination (kujichagulia), collective work and responsibility (ujima), cooperative economics (ujamaa), purpose (nia), creativity (kuumba), and faith (imani). Each of the seven candles signify the principles. | Dec 26 - Saturday | Observance |
| New Years Eve 2020: New Year's Eve is held on December 31 every year and celebrates the past years achievements and goals with much anticipation and optimism towards the New Year. | Dec 31 - Thursday | Observance |

THE VAIL VOICE

Need Assistance?

Most staff are available Mon-Fri from 8-4:30 pm
Nate is available from 1-5 pm.

If you are having a mental health crisis, please call
COPE at (612) 596-1223

Staff Numbers

Jamie- (952) 529-0392
Jonathan- (952) 300-5378
Nate- (952) 529-1166
Samantha- (952) 406-9284
Julie- (612) 790-8107
Lilly- (952) 529-1009

December Birthdays

December Newsletter Crew: Julie, Beth & Curtis

Happy Birthday to you.....

Contributors to this month's Newsletter:

| | |
|-------------|-------------|
| Grant B. | Nate J. |
| Ralph C. | Meghan M. |
| Thomas F. | Mary M. |
| Michael F. | Chris R. |
| Calynn H. | Jennifer R. |
| Michelle J. | Lisa S. |
| Debbie J. | Connie S. |

| | |
|---------------|-------------------|
| Beth B | Benson & Calynn H |
| Jamie F | Hoshi H |
| Jeff H | Michael F |
| Samantha S | Julie KR |
| Zoe & Robin H | |

Weekly Zoom Clubhouse Meetings

Those with an * may not be weekly, so check Calendar.

Mondays: 10:00 Week at a Glance Meeting
12:00 Isaac Asimov Trivia Quiz
1:00 Creative Wellness with Calynn & Robin
2:30 Calendar Planning (3rd Mon. of month)
2:30 Data Collection*

Tuesdays: 10:00 Nature Study
12:00 Isaac Asimov Trivia Quiz
1:00 History Theater*
2:30 Speaker's Bureau*
3:00 Radio Show Listening Hour
3:30 TV/Movie watching

Wednesdays: 10:00 Communications Meeting
11:00 Learn Lucid Press
12:00 Isaac Asimov Trivia Quiz
12:25 Meditation

1:00 Decision Making Meeting*

Thursdays: 9 :30 Virtual CafeCoffeeTalk
12:00 Isaac Asimov Trivia Quiz
3:00 Suggestion Hour
4:00 MICD group
7:00 pm Variety Hour with Amber
Fridays: 10:00 Book Club
11:00 am Week at a Close (WAAC)
12:00 Isaac Asimov Trivia Quiz
1:00 Social*

UPTOWN ZOOM GROUPS:

Saturdays at Noon: Lunch Bunch
Saturdays at 6 pm Mystery Science Theater 3000
MTWTHF at 4:30: Learn American Sign Language w/Gwen
2nd Wednesday at 2:30: Clubhouse Philosophy

- Information Page -