

June 2021 Newsletter



June is here! Just as much as we can feel the beautiful changes summer brings, I can feel the changes in the air that the clubhouse will bring!! It is going to be an exciting month!

As reflected in my last updates, I had shared all the creative and innovative ways we have 'opened up' the clubhouse, leveraging **Hospitality** specific to **Food Service**. We have also seen **Business Communication** efforts by means of **Receptionist** and our member to member **Reach-out** is amazing! We can't forget the clean-up and maintenance crew! If we didn't have staff and members working side by side planting, cleaning and sprucing the indoor and outdoor clubhouse it would be a TOTALLY different feeling. Thank you for all that have participated in the numerous opportunities to participate in work to support the clubhouse.

Along with these in-person opportunities, we continue to keep up on the **Virtual Clubhouse** and the important connection that brings to numerous community members in a variety of ways throughout the week! Some of our new meetings placed on the calendar are **DMM: Clubhouse Guidelines** and **Young Adult Program!**

Thank you for your continued support and engagement in utilizing the clubhouse safely, inside and outside, along with maintaining our virtual opportunities we will need your input! Appreciate the community coming together as we talk out what work is best for us to engage. Here are some upcoming things to look out for in **JUNE:**

- **Front Desk Assistant:** Using skills and talents to support administrative clubhouse tasks (Ex. Mailers, reach-out, etc)
- **June Food Service:** New and exciting ventures occurring with 2 meals and Snack Bar!!
- **Maintenance and Janitorial:** Always looking for daily or weekly support to come clean the clubhouse to ensure TOP NOTCH sanitation and cleanliness of our clubhouse.
- **Specific Projects:** Including, but not limited to: continued projects inside the clubhouse, outdoor clean-up and plant maintenance!
- **Socialization:** Ex. Walks, Meditation, outdoor connection.
- **Virtual Clubhouse Meeting Facilitators:** Always looking for members leads in our various meetings! Connect with a staff or fellow member to facilitate and lead a meeting of choice!

Special note: Masks will remain mandatory inside the building. However, it is **mask optional** when participating in outdoor activities with the clubhouse.

Thank you!

Jamie Fann, Program Director



**Picnic Patio Party:
June 16th,
11:00 till 2:00**

Come join us for a picnic lunch and stay to hear the Renovators play! (music starts at 12:30)

Note: There is no meal delivery for this event; must register in advance

Hey all, check out the June Calendar for some of our New(ish) Groups:

- Young Adults Group
 - LGBTQI+ Socials
- Instagram Work Group
 - Sharepoint Photo Organizing
- 1:1 Employment Supports
 - Athletic Hike
 - DMM: Clubhouse Guidelines

In addition, we're adding hybrid groups and more in-person opportunities!

June Clubhouse Happenings

Cultural Committee starting in June!

Monday June 14 @2:00pm

Next month we'll have a preliminary meeting between the clubhouses to start a conversation about how we can expand our cultural awareness and celebrate the diversities within ourselves and our communities. The first meeting will be Monday June 14 at 2:00 p.m. on the Hopkins Zoom line. Stay tuned with updates and connect with Jonathan if you've got questions!

Meal of the Month for June (in addition to the Patio Party on the 16th) will be held Thursday, July 1st; sign up by Friday, June 25th, for delivery, pickup, or stay for the parking lot picnic!



Cat Chat by Hoshi

"Change"

I am a cat, a beautiful, green-eyed black and white cat. I am graceful. I am regal. I am... IN CHARGE! And, since kitten-hood, I've known this one thing to be true: Cats rule! Or we're supposed to.

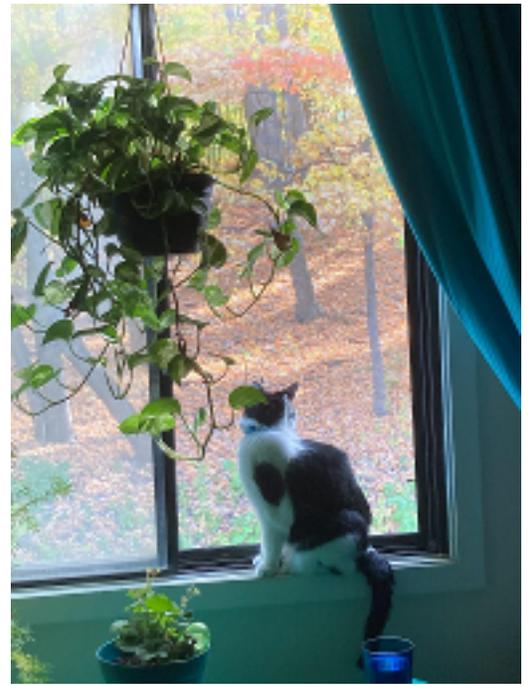
For a long time now, my staff has done very, very well. Not purr-fect, mind you. Sometimes, they say "In a minute, Hoshi!" when I've announced I want my night-time crunchies right now-wow-wow, and they have some very strange ideas about where the borders of my kingdom are, or they wouldn't keep the screen door shut on me. But, for the most part, they have known and abided by my routine.

Morning: I rise. I stretch. I meow. I get breakfast. Delicious. All is as it should be. Then, I pad my way back upstairs to where I find a nice warm place ready and waiting for my cat-nap. Again, as it should be. As the daylight changes and the sun goes around the corner of the house, I know it's time to wake up, I pad back downstairs. My staff is waiting on my next desire-supper. I acknowledge that they have been sitting there on the couch, poised and prepared for my appearance. The signal sounds. It is music. I am told "Okay, Hoshi, 'Jeopardy' is ending. Let's go get your supper." I supervise as a door opens. Cold air comes out, along with my food. I hear a can open, water runs and then the sound of a metal spoon on my metal bowl as hot water warms my food. After supper, my evenings are spent gazing out through the window from the penthouse of my condo. A little prowling upstairs, downstairs, all around my kingdom before my ten o'clock crunchies are served. Then I fall asleep, to wake up and start the routine all over again. As it should be.

But lately things are changing. Not how they should be. My staff has been less attentive to their duties. Yes, over the past year, I admit, they have been under-paw a bit more than I would have liked. I never seemed to have my kingdom to my self. But now? What is going on?

My dinner has been late! Sometimes, just a little. I'd come downstairs after my cat-nap and...where was

the staff? Not on the couch, waiting. Not in the kitchen stirring water into my supper. Nowhere! Then, in through the door they'd dash. "Oh, Hoshi, we're sorry! We'll get your dinner going right away." Where had they been?



Bad enough. But it gets worse. A few days ago, I came downstairs early because I smelled cat-food. Yum! There was already food in my bowl. "Lunch", I was told. "Because we are going to be gone later."

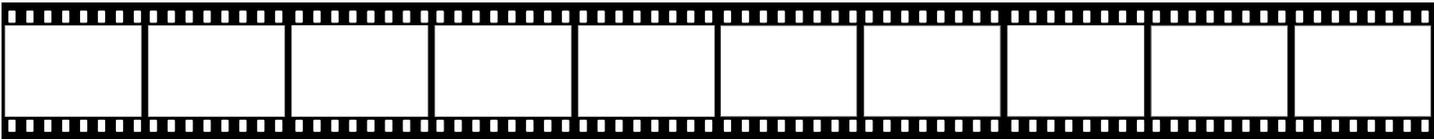
Gone? Gone? Even my Lab staff was gone! The whole house, the whole kingdom was empty. Every room, every level! The sun crept around the corner of the house and they weren't back. It got darker and darker. They weren't back. What is this? It's almost ten o'clock! It's almost crunchy time!

When they finally did come in, they weren't apologizing for being gone so long. They were laughing. Before they got around to the important business of getting my crunchies, they stood by the couch and talked, not to me but to each other. "Oh, wasn't it fun to finally be able to get out, to see our friends again!"

What's going on? My routine is changing. Why are they coming and going so much more lately? I'm a cat, a beautiful green-eyed cat. Something else I have known since kitten-hood. Cats... do not... like change!



Zoe is taking a well-deserved vacation this month!
Wag of the Week will return next month



Mike's Corner
Mike's Corner article will return next month - Stay tuned!



Mary and Mike planting the Welcome Box

Robin, Calynn, and Shari sprucing up the front



Calynn and Robin transplanting Gerry the Geranium

The **PATIO POSSE**, AKA the Hopkins Garden Club, met a couple times in the month of May to prep soil and plant plants, with the two-pronged goal of beautifying our outdoor space, and perhaps even more importantly, just being in the great outdoors and working alongside Mother Nature. We were fortunate to have two gorgeous days to play in the dirt. We plan on meeting again twice in June, at 1pm on the 10th and the 24th. Everyone is welcome to come – just register in advance! Now that the planting is done, we'll have to come up with ideas for what we want to do when we meet in June.....if you have some ideas, let Julie know!

Laura and Vickie pairing up to plant



Oh, Those Poor Neurotypicals and their Delusions

by Jeff H

[Note: A "neurotypical" is a person without a condition such as developmental issues (autism, etc.), cognitive issues, or what is typically called "mental health issues"—a so-called "normal" person. Neurodiverse people—people with conditions such as autism or schizophrenia—add valuable insights and thinking to human culture that derive specifically from their conditions.]

Oh, those poor neurotypicals and their delusions!

Thing is about neurotypicals, they don't *know* they're deluded. We schizophrenics often realize we are, and guard against it. For instance, neurotypicals typically think the sky can't fall simply because their culture tells them so. But it can. Chicken Little was right. Maybe Chicken Little was schizophrenic. At any rate, I say the sky can fall because sometimes the sky is clouds. Clouds fall as rain. Hence, the sky falls. What's more, in the 70s Skylab fell out of the sky. Some may say that there is a difference between something falling *from* the sky and the sky *itself* actually falling, but would you be splitting those hairs if Skylab fell on your noggin? The same is true with meteorites. I wouldn't want one of those to hit my noggin! So, it is a delusion to think the sky doesn't fall. Yet, neurotypicals insist on it. Just because they have been so told.

Oh, those poor neurotypicals and their delusions! They think time is some sort of absolute, but we schizophrenics sometimes have temporal delusions of a psychiatric nature, where the passage of time feels different from the way it conventionally does. But the conventional passage of time, if it is taken to be an absolute, is a delusion, too. A photon travels at the speed of light. At such high speeds, according to Einstein, time slows completely: there is no time. What's more real, a photon's sense of time or the conventional human one? There is no reason to assume human conventions reflect any absolute

reality. Time is made up, a construction, and those who think it is absolute are deluded. Most neurotypicals I know clearly believe it is an absolute. Therefore, they are deluded. They just don't know it, but we schizophrenics do.

Oh, those poor neurotypicals and their delusions. They often think they control their own selves and much of their fate. This is easily shown to be false. Google algorithms know all kinds of information about people and their motivations—of which the people are completely unaware. Neurotypicals are deluded about how much they control their own lives. We schizophrenics know psychiatric delusions or voices or hallucinations could, at any point, take over how we see the world. We don't fool ourselves into thinking our fate is even close to solely in our hands. We know, from experience, we have extremely limited control over our lives. Neurotypicals are more deluded than we are.

The difference between our delusions and those of neurotypicals is that neurotypical delusions are conventionally accepted and ours are not. That's the only difference. Neurotypicals believe a whole host of lies—but they are safe lies. And nobody challenges them, so they keep on lying to themselves.

New flash! Since neurotypicals are clearly deluded, often going about their lives and basing their behavior on clearly erroneous premises, perhaps we should give them a label. Hm. What would be a good one? Oh, I know. Let's call them *ill*.

Some neurotypicals are leery of us schizophrenics, thinking we're weird and have strange ideas and so on. I think neurotypicals have strange ideas about the sky not falling, time being absolute, how much control they exert over their own lives, and so on. And they're *crazy* to be so afraid of us as to not want to hang out. Who in their right mind wouldn't want to hang with such

floridly imaginative people? We're a kick.

Oh, those poor neurotypicals, they're so deluded. They actually think there's a hard line between life and death, that after death you are absolutely gone from this realm, although you may "live" in another realm such as heaven or hell. This is so clearly untrue. Some schizophrenics have psychiatric delusions that they are dead—simply a walking corpse. Their "delusion" is more accurate than the neurotypical belief, with their assumption of a hard and fast distinction between life and death. We *are* walking and talking corpses on some levels. The outer layers of skin are formed of dead cells. If they weren't, touch would be too raw. We also need dead cells to see and hear. We perceive in and through death.

What's more, to survive, we ingest death, in the form of food. Life can only exist because of the constant interplay and interpenetration with death.

The line between death and life is delusory in another way, too. Life/death is constant energy transformations. We grow up, and as we do, our bodies transform, shedding cells and adding others, just as our consciousnesses constantly reshuffle, rearrange, and completely reform memories according to the needs of the present moment. Nothing is still, and nothing remains long.

The same happens as we grow old. The same happens as we grow toward and through death. I say this because physicists tell us matter is mostly empty space composed of various forces acting on point particles. These forces vibrate and pulse. They seem vibrant to me. Indeed, they seem like another form of life.

When I hear and see matter, I sometimes sense this vibrancy. Obviously, I don't sense it at the microscopic level, but *something* tells me matter is vibrantly alive in its own way. If this is true, the transformation from life to death is just another energy exchange, not different in kind from other exchanges, such as growing up and growing old. As stated earlier, we just keep growing,

right through death and beyond. In this way, death, considered

absolutely, is delusion. We merely pass from form to form, as we have our entire life, as we leave behind biological cells and forms of consciousness in favor of new ones. Death is just one step along the way on an endless and, often, wonderful journey.

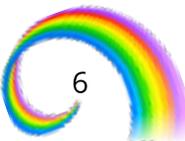
Of course, I mourn my loved ones when they die. I miss them terribly, and wish they could be with me. But this is based on my delusions about death. Yes, in spite of what I have said in this essay, I hold profound delusions about death. This is because *the intellectual exposure of a delusion does not make it go away*. It often remains on various emotional and existential levels. This is because intellection is extremely shallow, and people are very deep, with roots stretching way out into culture and the biosphere. I am emotionally and profoundly attached to my delusion about death, and this attachment is not going away any time soon.

But I take comfort to know that when I breathe, I take in vibrant particles that were once part of my loved ones, and that they, eventually, course through my blood. I take comfort in knowing that the soles of my feet, *the soles*, walk on floors and earth that contain matter once associated with them. I am, in this way, in contact with them. "Death" is a mere fragile line neurotypicals have drawn in the sand, and they pretend it conforms to some joint of nature. But over the sand, the wind blows.

"Death, thou shalt die." —John Donne

See more writing by Jeff at schizoa.blogspot.com, where he posts as "Jay Paul."

Jeff's article (cont.)



I love concerts. I feel so alive at them. My first concert was Van Halen in the summer of 1982, I was 17, it was at the St Paul Civic Center, now called the Excel Energy Center; at the Civic Center, the seats were not steep like they are now. The acoustics were fantastic. My favorite part of the concert was Eddy Van Halen's long guitar solo intro to their best song, "You Really Got Me."

Rick S's Mojo Music Corner



When they started the song the lead singer, David Lee Roth, jumped off the drum set with his legs spread eagle and someone told me David Lee Roth was roller skating at the arena in the afternoon. They all did a 10 minute solo, Alex Van Halen played drums; Michael Anthony played his bass; Eddie Van Halen did a great solo; David Lee Roth sang and David Lee Roth played a little guitar; (rhythm guitar was played by Samantha Sands of Vail Place 🤪).

They ran all over the stage the whole time and leaned into the crowd a lot. They were young and had a great stage show with lots of energy!

I had the time of my life at that concert and it only cost \$12!

Recommended song of the month: "Send Me an Angel" by Real Life.

Music Trivia: Guess the artist:

"Love you more than yesterday" from 1967

"Thunder in your heart" from the 1986 movie soundtrack, "Rad."

"The girl from Ipanema"

Rick's Restaurant Review

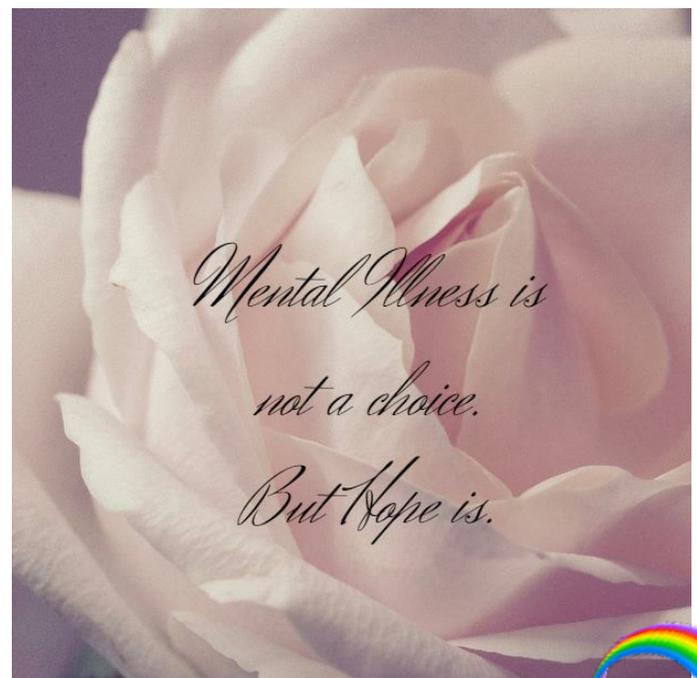
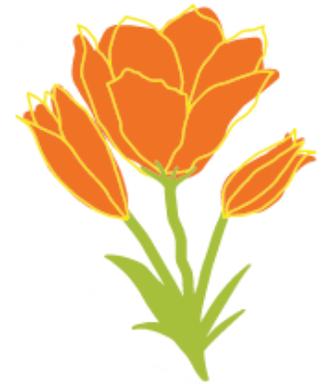


Recommended restaurant of the month is "The Best Steakhouse" in Minneapolis on Nicollet Ave S and Diamond Lake Road; it is cheap; they have the best hamburgers in the twin cities; a third of a pound burger and fries is \$4.50 and the half pound burger with fries is \$5.50; they have a steak burger for about 7 dollars with salad, toast, fries and they have steaks ranging from \$11 to \$20. If you like, tell me what you think about this place on facebook.



In the Eye of Fear by Don L.

Therefore; So we say...Love will always set itself its powerful abode. You really have no desire of failure and nothing to be afraid of. We are walking in the Love of our life & are living the most powerful kind of life there is. We again build our dreams on these devotional promises and all our hopes hold true always. We'll let the Lord do the exalting...Therefore find the passages that apply to you and develop your word skills. Think about them and eventually the rhythm of grace will be its own hope...For the light & patience are achieving for us an eternal glory that far outweighs them all. I do not look at the troubles around me... So we say, I claim my righteous reward in the Kingdom of revival, To cherish & believe. Enjoy.



JAMIE'S TRAVELS

Southeast Asia is one of my favorite places to travel. Thailand specifically hosts tremendous amounts of energy, adventure, sanctuary and of course hectic cities. The numerous times I have been to Thailand I'm always amazed by it. Every visit allowed me to learn more about the culture and discover new and exciting things to do. The country is so vast that it would take a lifetime to really see it in depth.

The capital of Thailand, Bangkok, is a city that moves at a lightning-fast pace. Bangkok is like an onion. There are lots of layers. They are so many side streets, nooks and little places you only find if you get in touch with a local or in my case get lost. In Bangkok, there is always some event being held; the food is incredible whether it's from a street vendor, market, or delicious restaurants. The locals are very friendly. I loved it the first time I stepped foot into the country despite the noise, crowds, heat, pollution, and seemingly endless number of people—a wonderful city it is!



Another area that I traveled was Phuket. I can't name all the delightful and adventurous things I did here or this would turn into a book opposed to an article, however one of the many cool things I did was enter the Naka market. This market is located right outside of Phuket Town. It is a vast assortment of local and secondhand goods, interesting things, and a huge variety of food.

Phuket has been known for some famous movies, which I know we have some movie buff's within our clubhouse. Maybe you will recognize some of these films and locations: James Bond Island in Phang Nga Bay, On On Hotel in Phuket Town in "The Beach" and Baan Chinpracha, was used in "Heaven and Earth."

Throughout my travels in Thailand between Bangkok and Phutek, along with island jumping, the main mode of transportation was using a Tuk Tuk. Since

there is no public transportation between the beaches, and because other transportation tends to stop early in the evening, tuk-tuk rides are the way to go and so fun!



Fun Fact: Every year there is a festival dedicated entirely to monkeys in Thailand! In the month of November there is an annual Lopburi Monkey Banquet that is hosted in front of Pra Prang Sam Yot temple in the province of Lopburi. The locals invite over 600 monkeys to feast on a buffet of over two tons of tasty food that has all been lovingly prepared by the locals. The monkeys' menu consists of rice, tropical fruits, salad, grilled sausages and even ice-cream. The festival is hosted out of the belief that good luck will follow from treating these creatures with respect.

Jamie Fann

Program Director

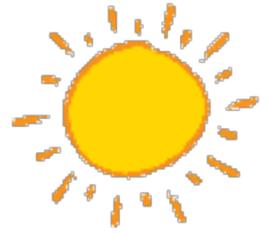




Waning of Spring - Waxing of Summer

By Marianne M.

Looking out the window, what did I see?
Bright rays of sun shining through the branches of a tree
I open the door to step outside
Four baby bunnies swiftly ran away to hide



Narrow pathways through the deep green grass tugged on bunnies' hair
Then I saw their hiding place underneath the stair

With the baby bunnies' bodies smaller than my fist
Imagine a tiny child holding one and giving it a kiss
It is just past springtime!

OH I know!

The bunnies nibbling on tulip blooms just past their prime placed in a
row



Yes! Signs of bright sun green grass
And baby bunnies this time of year
Shows us that spring has passed
And summertime is here



Reed and a family friend

Member Spotlight - Reed W

Favorite books/genre: I like reading history; 20th century.

Dog person or cat person or neither? I like dogs when I don't have to own them; I volunteer at the animal shelter. Been doing that since January 2/3 times per week. I like the boxer breed, the boxers I owned didn't do much, didn't have much energy, calm and inviting, slept a lot, ate.

Dogs under 30 pounds and the other shelter is a rescue center, 14 people that foster cats and dogs

Passion in life:

Ice Cream! Any flavors in particular: English toffee or coffee.

Any particular hobbies? Struggling with that. I don't have a lot of things I enjoy; I enjoy working where I am right now., playing with dogs for 45 to 90 minutes. Excited for my time at Vail; I'm missing social interactions; all my friends are college grads.

I never finished college;

I am at Vail to get some socializing.

Favorite food: chicken alfredo, we don't have to talk about if it's healthy or not, that's a different story;

I try to stay away from the vegetables. I don't want to ruin my image.



June is

PRIDE MONTH!

Pride month promotes the self-affirmation, dignity, and equality of folks who consider themselves part of the LGBTQ+ community (Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, + includes other self-identifications).

Pride, as opposed to

and demands that people who identify as LGBTQ be given equal treatment and respect in this country and beyond.

To date, numerous countries around the world celebrate pride in the month of June. The work continues, however. For example, since 1969, only 3 US Presidents have officially declared Pride month. And many members of



Love is love

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shame and social stigma, is the predominant message underlying the LGBTQ+ movement.

Our country, in the 1950s and 1960s, was an extremely repressive legal and social period for folks in this community.

In response to social and legal bullying of LGBTQ folks, an uprising at the Stonewall Inn in Greenwich Village, New York, on June 28th, 1969, was the spark that led to continued protests

this community continue to be bullied and disparaged.

Just as we, an organization that strives to eliminate the stigma associated with mental illness, we must also work to end the stigma and celebrate the PRIDE of everyone. After all, Love is Love.

Hopkins Clubhouse will be hosting a virtual Pride celebration on Monday, June 28th, at 2:00 pm.

Zoom in and join us!



Juneteenth, a combination of the words "June" and "Nineteenth," is a holiday celebrating the emancipation of those who had been enslaved in the United States. Juneteenth, also known as Freedom Day or Emancipation Day, commemorates the anniversary date of June 19th, 1865, when slaves were officially freed in Texas.

Even though President Lincoln's Emancipation Proclamation officially ended slavery two and a half years earlier, many states ignored this. Texas, being one of the more remote slave states, and thus having little to no Union soldiers there to enforce the proclamation, was one such state. Two other states, Delaware and Kentucky, continued enslaving people until later in 1865 when the Thirteenth Amendment to the Constitution, abolishing slavery nationwide, was ratified.

Juneteenth is currently not a designated federal holiday, though all but 3 states (North Dakota, South Dakota, and Hawaii) recognize it as a holiday. The city of Minneapolis recently designated Juneteenth as a paid Holiday for city employees. And I'm very pleased to note that Vail Place now recognizes this Holiday as one of its official Holidays!

So that means, Juneteenth which falls on a Saturday this year, will be recognized on Friday the 18th. For this reason, the clubhouse will observe holiday hours, 10-2 pm on the 18th.

The Minneapolis Park Board and the Juneteenth Community Board will be hosting a week's worth of both virtual and in-person activities this year, beginning June 13th. Check the city website for info!

In addition, the month of June brings our "Equity, Advocacy, Justice Group" on Thursday June 3, 5:30 pm on the Uptown Zoom as well as an on-going monthly Culture Committee group (June 14th, 2 pm) Join us!



Mental Health Awareness Month

May was Mental Health Awareness Month! A member shared this picture of an outdoor meditation group via Clubhouse and some quotes that symbolize how meditation is helpful to their mental health



"You are a cosmic flower. Om chanting is the process of opening the psychic petals of that flower." - Amit Ray

"I have lived with several Zen masters - all of them cats." - Eckhart Tolle

"Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor." - Thich Nhat Hanh

"Meditation is a way for nourishing and blossoming the divinity within you." - Amit Ray

Cooks Brooke and Nate in the kitchen



Richard presenting his famous cheese cakes



Billy keepin the dish room humming

Simmering Sauces



MAY MEAL OF THE MONTH

Tasty garlic toast



Many colleagues came together to make the May Meal and Parking Lot Picnic a success. From making garlic bread, to boiling spaghetti, to cooking meat balls, and making cheese cake, to doing dishes, to setting up tables and chairs.....it was a wonderful community effort. Stay tuned for signup for the June Meal....



Colleagues chattin' and chillin' in the parking lot

Refreshing beverages await



CHEF JOHN'S ITALIAN MEATBALLS

Ingredients

½ cup plain bread crumbs
½ cup milk
2 tablespoons olive oil
1 onion, diced
1 pound ground beef
1 pound ground pork
2 eggs
¼ bunch fresh parsley, chopped
3 cloves garlic, crushed
2 teaspoons salt
1 teaspoon ground black pepper
½ teaspoon red pepper flakes
1 teaspoon dried Italian herb seasoning
2 tablespoons grated Parmesan cheese

Prep: 20 mins

Cook: 35 mins

Additional: 1 hr 20 mins

Total: 2 hrs 15 mins

Servings: 30

Yield: 30 meatballs



Directions

Step 1

Cover a baking sheet with foil and spray lightly with cooking spray.

Step 2

Soak bread crumbs in milk in a small bowl for 20 minutes.

Step 3

Heat olive oil in a skillet over medium heat. Cook and stir onions in hot oil until translucent, about 20 minutes.

Step 4

Mix beef and pork together in a large bowl. Stir onions, bread crumb mixture, eggs, parsley, garlic, salt, black pepper, red pepper flakes, Italian herb seasoning, and Parmesan cheese into meat mixture with a rubber spatula until combined. Cover and refrigerate for about one hour.

Step 5

Preheat an oven to 425 degrees F (220 degrees C).

Step 6

Using wet hands, form meat mixture into balls about 1 1/2 inches in diameter. Arrange onto prepared baking sheet.

Step 7

Bake in the preheated oven until browned and cooked through, 15 to 20 minutes.

Cook's Notes:

Some recipes use equal portions of beef, veal, and pork, which is also nice, yet more expensive. These days you can find all sorts of lean-to-fat ratios for ground beef. Most stores sell 90% lean, 10% fat, but I prefer the 80% lean, 20% fat ratio for this recipe.

On Another Note....

Our
Sister

Clubhouse, Vail Uptown, is participating once again in the annual Ragnar Relay Race, this coming August, 20/21st. The Uptown team will have 12 runners, taking turns running over city streets, country roads, sidewalks, and bike paths for about 200 miles (from Saint Paul to Duluth). They'll be running day, and night, and day again to reach their destination in Duluth! Vail Uptown is raising money for Clubhouse, so if you'd like to contribute, google "gofundme vailplace ragnar."

Go Team Uptown!





ULTIMATE MOVIE WORD SEARCH

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| ALADDIN | HAPPY FEET | POCAHONTAS | TOY STORY |
| ALPHA AND OMEGA | HERCULES | PUSS IN BOOTS | TURBO |
| ASTRO BOY | ICE AGE | RIO | UP |
| BOLT | KNOMEO AND JULIET | ROBOTS | WALL-E |
| BRAVE | KUNG FU PANDA | SHREK | WRECK IT RALPH |
| CARS | MADAGASCAR | SLEEPING BEAUTY | |
| DESPICABLE ME | MEGAMIND | SNOW WHITE | |
| EPIC | MONSTER HOUSE | THE CROODS | |
| FINDING NEMO | MONSTERS INC | THE INCREDIBLES | |
| FLUSHED AWAY | PARANORMAN | THE LION KING | |

COLORING PAGE!





Celebrating a birthday this month:

Happy Birthday to you.....	
Anna B	Richard M
Earl B	Peggy M
Amber D	Vickie R
Kent F	Jason S
Richard H	Sarah V
Darnell L	Samantha W
Kelly M	

OUR STAFF



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

Need Assistance?

Staff are available M-F 8-4:30

Other mental health supports:

COPE: 612-596-1223

Wellness in the Woods Warmline

844-739-6369 Sat-Sun: 5pm-9am

Minnesota Warmline

651-288-0400 Mon-Sat: 5pm-10pm



May Newsletter Crew:

Beth, Julie

Contributors

Robin, Calynn, &
Hoshi H
Jamie F
Jeff H
Donnie L

Lilly H
Rick S
Beth B
Reed W
Marianne M

Nate O
Julie KR

(editor's note: Mike F. was also a contributor to last month's newsletter -sorry Mike!)

