

Hopkins  
Clubhouse  
Newsletter:  
September  
2021



On Thursday, August 26th, many colleagues spent the afternoon pondering the question: What do you want from your Clubhouse? After re-opening the Clubhouse doors that were closed due to the pandemic for 17 months, it seemed like a good idea to take some time as a community to reflect on our purpose as a Clubhouse. So, a retreat was scheduled and an agenda created. Following are some of the notes from this retreat. The questions or prompts, are noted in black and the responses are listed in red.

**•Why do you come to clubhouse?**

Opportunities to be creative; connection with others; acceptance, community, activity, stability; to meet new people.

**•What are the things you value most about Clubhouse? What does the term mean to you? What's a favorite memory?**

Sharing stories; safety and stability; opportunity; share ideas; writing, art, friends, staff advocates, Renovators at State Fair, drum circle, gardening (Patio Posse).

Connection; place to belong, no judgment; work opportunity; acceptance; being greeted/known; meet new friends; help me understand my disability and grow; assistance with housing and work; help me in recovery; safe to try things and fail and try again.

Memories: Being greeted; cooking in the kitchen; camping; doing things we never thought we could; climbing a tire pile at the corn maze.

**•What was working before the pandemic? What was not working?**

Not Working: not using a lot of technology; lack of social media/outsourcing; lack of younger membership; little motivation in work-ordered day; snack bar items; snack bar being run by only staff; lack of accountability; work boards; calling on

people/singling them out; social and outings planned that no one shows up to (re-focus on meaningful things)

Working: snack bar; healthy lunches; meals; hours of operation (evenings and Saturdays); staff helping people with tasks so they feel comfortable.

**•What are things you want to see change?**

More peer-inspired groups; more peer interaction vs going to staff; loys of complaining to staff - work things out between members first; member-led groups; member-designed menus; new activities (culture-related); more people engaged in work-ordered day.

**•What do you want to contribute?**

Recipes; bringing more people into the kitchen; cut-up veggies; cooking; more meal options for dietary needs; more outings (sporting events/ things in the city).

**•Miscellaneous Ideas:**

Member support (list of members who are available to help other members); what services can members offer to other members; work board re-vamp; reachout; member advocates/buddy system.

**Also, it was decided to have specific work-focused afternoon meetings on Tuesdays and Thursdays at 1:00.....such as working on processes for reachout, etc. And the idea was put forth to schedule work/responsibilities ahead of time so people can be prepared and plan ahead.**

So now that you've seen how others responded to these prompts, the question for you is:

**What do you want from your clubhouse?**

Retreat  
Recap:  
What do  
you want  
from your  
Clubhouse?



## DMM Topic: Snack Bar

by Julie K

**Decision  
Making  
Meeting  
AKA  
DMM**

Over the course of several Wednesdays in August, a topic of discussion at our Decision Making Meetings has been the snack bar. Nate posed the question, "what is the purpose of the snack bar?" There were a variety of responses to this question, from: "It's a place to gather", to "it's a place to get low-cost snacks" to, "it's a place where folks can work", etc....The proposal, as put forth by Nate and others is that the snack bar exists to provide work or to promote healthy eating choices. There has been vigorous debate about this proposal, and to date, nothing has been decided. The conversation will continue on Wednesday, September 22nd at our 1:00 DMM. Please join us for the conversation to make your voice heard and hear the voices of others.



## **Name that Book!**

**By Beth B.**

Use the clues below to guess the name of the book. Answers are on page 13.



1. A mother dies giving birth to a boy in an English workhouse, making him a poor orphan; the boy, many years later, learns he has wealthy relatives: Name that Book!

2. A white lawyer agrees to represent a black man accused of killing a white woman; the lawyer's daughter becomes involved in the case: Name that book!

3. A honey-loving bear lives in a woods and makes friends with a young boy: Name that book!

4. An inventor invites children to his "sweet" shop, upon receipt of a special ticket: Name that book!

5. A young rabbit wants to wish all of the things he sees, good wishes at bedtime: Name that book!

6. A young boy grows up in the jungle and makes friends with those around him: Name that book!

7. A curious young girl wants to know what her neighbors are up to so she becomes a secret agent: Name that book!

8. A book that has a lot of words but no characters and no plot: Name that book!

9. A man is accused of killing his wife and her lover and spends years in prison trying to find a way out; in the process he uncovers some shady dealings involving the prison warden: Name that book!

10. A girl discovers an alternate universe and within it encounters a host of most unusual characters: Name that book!



# Wag of the Week

by Zoe

September 2021 Report

**Hello there**, it's me again, Yellow Lab, Zoe of Channel K-9. Look, before we go any further, I've got to tell you something... in confidence, of course... and I hope it won't change your opinion of me, but...

**I haven't had a bath in...** Let me sniff this out. I was about to go have one right when people got shy and hid their faces behind masks, when I stopped guiding my Human to work at the Ballpark or much of anyplace else. So, that makes it, no bath in... how many Milkbones now? How many breakfasts and suppers? Let's sniff... in Human numbers, it's about two years! Two years, without a bath? That's- well, it's... aromatic!

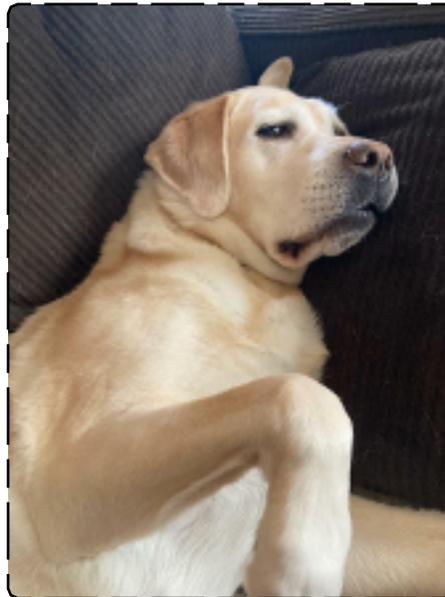
**Lately Dogs are out**, taking their Humans for walks again. It's great to see them go by. My aromatic scent tells them I'm here and says maybe they'd like to stop in and play. In case they don't notice, I bark as they walk past my house, my window, my gate, my patio. But my Human says "Zoe! Quiet! That's not proper Dog Guide behavior!"

**So, there's no** good reason to be aromatic. Or itchy either, stuck under all this leftover winter fur from this year and last. But things are about to change.

**Since my Human** has gotten less shy and sometimes shows her face to other Humans again, I have walked along many store aisles. It's part of my job, but dog-gone-it, there's not much to report when there's only the floor to catch a whiff of now and then.

**Until today!** I am here as a Reporter, not as a Guide, because my Human takes off my harness and I am free to sniff out the news. Now this is the kind of store I like! The air is filled with the fragrance of dog food! Lamb and Rice, Chicken, Liver, Beef! There are little whiffs of jerky, and Milkbones, too! My Human says I'm going to get a Pet-a-cure. But, I

am not a Pet! I am a Guide! I am a Reporter! Still, it's okay, because then I am met by another Human who gives me a really yummy treat and lifts me onto a table. She picks up my paws, one after another. Her hands nibble at my nails, then buzz, buzz, buzzes across them. It tickles. Then, I get another treat. When I get off the table, I can't hear my nails clicking on the linoleum any more.

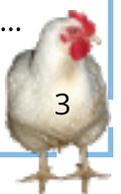


**"Now for your bath,"** says my Human. My leash guides me to step up into a long, low metal tub and a gate clunks shut behind me. Click! My collar is clipped to the tub. Water pours over my back, splashes up under my belly and... Wait, it's cold! Hey, where's that gate again? I think I'd like to be done with this! But...

**Ooh, the water** is getting warmer. My Human's hands are rubbing something fragrant, soft and foamy into the fur around my shoulders. My friend Calynn's hands rub my chest, and my friend Mary is rubbing my sides! It's an all-over body

massage! Nice! Don't stop now! More water streams over me while the hands rub, rub, rub. When it stops, a big long snake comes down off the wall and breathes warm air on me, blowing the water away until my coat stands out, soft and fluffy all around me. "Zoe, you're beautiful!" I'm told as my collar is unclipped and my leash guides me back to the floor and another treat pops into my mouth. "And you don't smell like a dog any more!" This brings me to a question. If I've had a Pet-a-cure when I'm not a Pet, and I don't smell like a dog when I've always been a dog, then, what am I? Oh, right! I'm a Guide! And an on-location Reporter with a story about my wonderful day at the dog-spa. Now that I'm out and about more, I'm looking forward to having many different kinds of reports to share. Until then...

**Keep wagging!**



# Did you Know...

That September is National Chicken Month and National Self-Care Awareness Month? Indeed it is! Here are some colleague reflections on how they practice self-care. We hope they may inspire you to continue or begin your own self-care practice. It's easy to not make time for ourselves. We get busy and prioritize other things over our own self-needs. But like the woman in this photograph from the State Fair Fine Arts Exhibit, even when life seems too hectic, and maybe there are fires burning in your backyard, self-care (in this case, a face mask and sliced cucumbers on the eyes) can help you cope! So, really, take care!



## How do you practice self-care?

Richard W: I walk everyday, usually about a mile. I try to eat fairly healthy foods and drink lots of water. I'm diabetic so I don't eat a lot of sugar.

Vickie: I attempt to exercise every other day, whether that be walking, swimming, or yoga, which I practiced this morning. I do eat out a lot because I don't cook, but I make sure that I get two meals out of every serving. And I have an attitude that I'm so grateful. I have such a good life.

Fatuma: I do walking and I also do meditation. Meditation is my favorite thing to do.

Teal: I tend to get really stressed when I'm making dinner and what I started to do is have my Ipad on with the news while I'm cooking and that relieves my stress for some reason. So, I pads.

Calynn: Acupuncture once a month; exercise, eat healthy; creative stuff like flute playing and writing.

Robin H: I exercise, which can be walking, swimming; I just got a stationery bike. And creative things to keep myself feeling healthy that way. I cook and I try to always get healthy recipes. Watching the Twins games are not always a healthy choice.

Kevin: I'm a little embarrassed to admit this but I use pharmaceuticals, prns, if it's really bad. Otherwise I listen to chill out music and do some deep breathing.

Shar: I like planting and drawing and singing. I like acting with my kids. I like going for walks. I like swimming, biking, and rollerblading.

Robin A: I like to read, mostly suspense novels. I find plenty at the thrift stores. Reading gets me away, takes me to a whole different place; sort of like a time-out from real life.

Julie KR: Gardening, digging in the dirt; bike-riding and knitting. But mostly, dancing.





## Mike's Corner

### Excursion Into Celluloid

Re: Bela Lugosi

Bela Lugosi was born in Hungary in 1882 in an area close to Transylvania (yes there is such a place). Before 1931, he had been a European actor on stage. Like Boris Karloff, he became popular in 1931 with a theatrical release of "Dracula" and was in a lot of pictures about vampires and the like. In 1932, he gave what I believe to be his greatest performance in the movie, "The White Zombie," and I consider White Zombie to be even more fabulous than Dracula itself.



Lugosi was at the highest peak of his legendary career most emphatically throughout the 1930's and early 1940's. However, with his addiction to heroin and declining health he went downhill fast and his performances lacked their usual luster. In the 1950's, he was doing pictures with director Ed Wood, and that's when his career took a direct hit. He had been in many fine films with the likes of Boris Karloff, Lon Chaney Jr, and many others in the 1940's. Now, his future seemed uncertain as well. As a potential studio rival to Karloff in the 1930's, now he was beyond reconnaissance.

In 1956, while the film, "Plan 9 from Outer Space" was under way, he met his death and as requested he was buried in his actual Dracula costume. Many years later his films were still being shown on television.

Lugosi was unique, nobody else could produce the same image in movies, in particular, his hawk-like profile and presence. And although he lacked the extreme diversity and versatility of Karloff, who knows what his career would have looked like had he not been a drug addict in the middle of his career and had been in more films.

I am proud to say I own 5 or 6 Lugosi films including "The White Zombie" trailer in 16mm and hope to obtain more. Bela will forever be associated with his roles in White Zombie and Dracula and his re-runs will probably always be shown on television and in movie theaters that show the classics (most notably the Trylon theater in southeast Minneapolis on Minnehaha). An astute goodbye to one of the all-time legends.

Signing off for now.

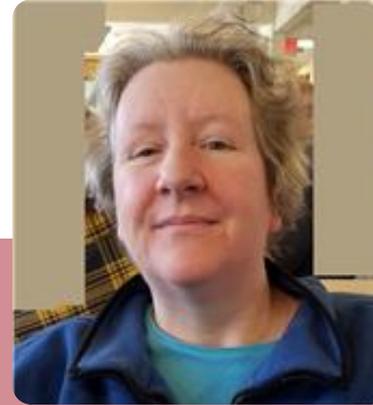
Sincerely yours,

Michael Fridgen



# Member Spotlight on Lisa S.

by Teal G.



TG: How long have you been coming to Vail Place?

LS: Thirty one years; I started coming when I was 20 years old

TG: What animals do you like?

LS: I love dogs; I've had a beagle, poodle, schnauzer, cockerspaniel -poodle mix; I also like cats; I had two cats, Carrie, who was cuddly, and Zeus, who was a troublemaker; they both liked to sleep in bed with me.

TG: What kind of music do you like?

LS: I like the Eagles

TG: What's a book you've enjoyed?

LS: I recently read, "Where the Crawdads Sing," and enjoyed that.

TG: Do you have a favorite restaurant?

LS: Mainstreet, They have a lot of choices

TG: How bout a favorite movie?

LS: "Rock of Ages"

TG: Are you working somewhere?

LS: Yes, I've worked with seniors for 17 years. I serve meals and do the dishes.

TG: What kinds of things do you like to do?

LS: I love to sing. I like to sing with the Renovators and I like to sing in the shower. I also like to play the piano.

TG: What are some of your favorite summertime activities?

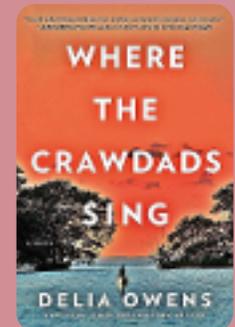
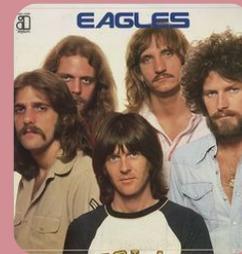
LS: I like to go walking and go camping. There's a creek next to my home and i like to sit there for a little solitude.

TG: How bout wintertime activities?

LS: I like to go tobogganing with friends.

TG: Any other things you'd like to share?

LS: I have many friends here at the clubhouse and I am a good friend to many members. Vail Place has been very helpful on my way to recovery from my illness.



Mental Health Day at the Fair Monday, August 30th, 2021

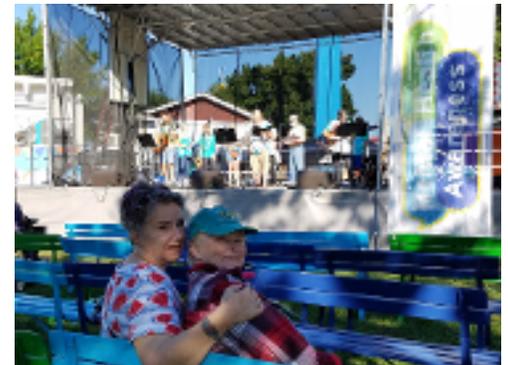
Vail Place had a healthy presence at this year's State Fair, with both a performance by our very own Renovators band AND member volunteers working Vail's information booth. Easels and art supplies were provided for folks to let their creative selves shine!



Richard W. helps fair-goers participate in the Vail Place Booth Art Activity: "How does mental health impact you?"



# Vail Place Rocks the State Fair!



Teal and Margaret enjoy the music!



## Mental Health Awareness

at the STATE FAIR  
2021 STAGE LINEUP

8:30 am	Four Directions Drum Group
9:15 am	Music by the Renovators
10:00 am	Dog Yoga with North Star Therapy Animals
11:00 am	Mental Health Trivia
11:45 am	Governor's Proclamation
12:15 pm	Agricultural Panel on Mental Health
3:00 pm	Music by Elska
3:00 pm	Dance Performance by SEWA-AIFW
4:15 pm	Panel Discussion and Musical Showcase by Jovetta Patton
5:30 pm	Red Tree Drum Group

Colleagues who performed this year:

Ren, Calynn, Robin, Samantha, Patty, Kevin, Allan, Earl, Tom, and Jonathan

Renovators who couldn't make it this year: Lisa, Kathy



## An unexpected and most pleasant encounter!

by Julie KR



I was lucky enough to be able to get away for a spell and visit the beautiful city of Amsterdam, the capitol of the Netherlands. What a treat! Amsterdam is a city built on pilings....at first these pilings were oak logs, but more recent pilings are made of concrete. A system of dams, dikes, and canals were put in place to keep the waters of the North Sea and Amstel river at bay. Much of the Netherlands (which means "lowlands") has been engineered this way. It is truly a remarkable place.

Well, as I was walking down the sidewalk in Amsterdam a few weeks ago, I came upon a building that had a plaque with the Clubhouse International symbol on it. Lo and behold, it was Amsterdam's Clubhouse, De Waterheuvell! My husband and I went inside and in true, friendly clubhouse fashion, we were offered a tour of the clubhouse. We spent some time talking with a few of the colleagues there.

De Waterheuvell (which means "water hill" in English) is a beautiful club, with a lot of windows and a bright, airy atmosphere. There were a few folks sitting around socializing, but it was after lunch and, like our clubhouse after lunch, a little on the quiet side.

Martijn, the staff member who showed us around, told us that their clubhouse had been closed for a time too, due to the pandemic, and that like us, they had to get creative in order to keep colleagues connected. They organized meetings on Zoom just as we did.....which makes me think.....wouldn't it be cool to connect with the folks at De Waterheuvell on Zoom? I know that recently one of the Uptown club colleagues organized a zoom social with a clubhouse in Russia and it was a big success!

When I returned to work after my vacation, I was again pleasantly surprised....this time to find out that Martijn had sent an email to our Vail Place email address:

**Hi,**

**I am Martijn Ritzema, staff member of clubhouse De Waterheuvell in Amsterdam, the Netherlands.**

**Last Friday, Julie Keyeski-Rank (staff member of Hopkins) visited us by surprise together with her husband, which was very nice!**

**I just wanted to say hello and pass on the greetings from all members and staff of De Waterheuvell!**

**Martijn**

So, I gathered a few folks in the club, took some photos and sent a reply email to Martijn and the folks at De Waterheuvell. How fun to connect! I also dropped a hint about a Zoom Social sometime. As you may surmise from his email, English is commonly spoken by many in the Netherlands. That being said, if we ever do organize a zoom social between our two clubs, it would be nice to know a little of their language.....anyone out there speak Dutch?



The Amstel River



The Herengracht Canal



**Breath in, Breath out**  
**Brought to you by my thoughts**

**Sharniece W.**

Breath in..... Breathout.....

There are some things I can live without

The pain in my chest is getting tighter

I can feel my heart beat quickening within me

My body is tense.

I can feel my sweat dripping and sliding down my back

This almost feels like a heart attack

Breath in, Breath out

My thoughts are racing.....

Wait now they have stopped.

I look around and see white spots

My lips are tingling and they're going numb

Deep Breath In, Deep Breath Out.

I'm frozen, No stuck.

There's something I need to hold on to and clutch.

Falling down to my knees

I'm trying so hard to just breath.

Shaky Breath In, Shaky Breath Out

I know I'm about to pass out

As everything goes black

My vision is hazy

Is this real? Or an act?

My throat is getting tight

Is this my body trying to fight?

I want to cry...

No Scream.

Oh this is just my anxiety.



# Colorful Creations from the Clubhouse Community: "Elephant"



Jackie P.



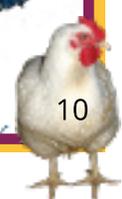
Deanna S.



Robin A.

Connie S.

Peggy M.



# Olympic Gymnast Simone Biles Champions Mental Well-Being

by Robin H

There was no shortage of stories at the Tokyo "2020" Olympic games, which were, in fact, held in 2021, due to the worldwide CoVid19 pandemic. Each dream achieved, each challenge met, each medal won has its tale. The United States earned a total of 113 medals, 39 gold, 41 silver and 33 bronze medals in either team, or individual events. Twelve were won by athletes with Minnesota ties, including Suni Lee, Gable Steveson and Regan Smith. But the story that generated the most widespread and timely conversations surrounded a gymnast from Texas, Simone Biles.

Her withdrawal from several gymnastic events put the issue of mental well-being front and center, shining a light on the struggles faced not only by high level athletes, but everyday people. According to Mental Health America, Biles' decision to "pull out of the competition and be honest about her mental health struggles, sets an example for others to prioritize their mental well-being."

"I am withdrawing from the team competition to focus on my mental well-being," Biles said. "We have to focus on ourselves because, at the end of the day... we're not just athletes or entertainment, we're human... We have emotions and feelings, and things that we're working through behind the scenes, that we don't tell you guys about. And so, I just think that it's something that people should be more aware of."

After her announcement, she was reached out to by



several other well known people, including Oprah Winfrey and

Olympic swimmer Michael Phelps. Tennis champion Naomi Osaka (who lit the torch at the Tokyo games, and who was initially criticized for her withdrawal from Wimbledon after a two year struggle with

depression) also rallied to her support.

"The outpouring of love and support I've received has made me realize I am more than my accomplishments and gymnastics, which I never truly believed before," said Biles about her time at the Olympics, after her return to competition where she captured a bronze medal for her performance on the balance beam. "It's not how I wanted to go, but I think we've opened bigger doors and bigger conversations... Put your mental health first, it doesn't matter if you're on the biggest stage, it's more important than any other medal you can win."



# Sports and Mental Health

By Connie Swingley

The Olympics, men and women competing at the top of their respective sports. Years of dedication and strength all going for their moment to shine. This summer this did happen, then suddenly the world focused on one. Suddenly mental health took the spotlight.

According to Axios.com, when top gymnast Simone Biles took a break from competition, searches for mental health sparked 2 million searches! Yes, 2 million searches for mental health. So what factors lead up to this moment?

Biles uses a term called "Twisties." The stress of the pandemic also played a factor. I think we all can say we experienced that to some degree. Not all of us are top athletes. This led me to wonder how common is mental health in sports, and why did "Twisties" play a factor?

"The scariest, most uncontrollable sensation." Is how one gymnast described the twisties. Imagine losing your place in the world and getting hurt, possibly seriously. The twisties are just that on a piece of equipment spinning and twisting with speed, with the pressure of being well known. Can any one truly blame the woman for taking a mental health day or week? Yes, at first I didn't understand. That was until I saw the reason behind her decision. A talk with my therapist made me further understand the mental health aspects. Next I asked myself how common is anxiety, stress or depression in sports in general.

As it turns out Simon Biles is not alone in her reasoning in stepping down from competition. Naomi Osaka (Tennis), Kevin Love (BasketBall), Michael Phelps (Swimming), Andrew Luck (Football), and Ronda Rousey (UFC) are all helping break down the stigma of mental health in sports. Stigma! Something we have all had to face in one form. The same reason everyday people may not actively seek out professional help applies to these athletes.

While data show that physical activity can lower mental health symptoms, athletes are still at risk for depression and anxiety. Turns out depression can be actually misdiagnosed as overtraining, leading to missed diagnosis.

According to The American Psychiatric Association, mental illness is the same in the

general population as in athletes. Mental illness is not a weakness and should be treated as a serious injury, and getting help will improve confidence and not lower it.

According to John Hopkins 1 in 4 Americans will experience mental health symptoms. There are around 12,000 professional athletes in America, meaning around 3,000 athletes are living with mental illness. Mental health is like physical health, it is part of being alive. The causes, while on a greater level, are relatable: stress, pressure to be the best, the pandemic, genetics, and trauma. So where does the stigma begin? College.

Thirty percent of the general college population have anxiety or depression. Forty eight percent of female gymnasts have an eating disorder. One third have a sleep disorder. Ten percent are at a hard living level of depression. A mental health crisis may present as depression, anxiety, eating disorder, and burnout. Mitchal Green, Sports Psychology, says these are epidemic levels. This is pre-pandemic levels.

What can be done? What we all have done at the clubhouse, reachout for help. Talking to a coach, teacher, trusted friend, even a crisis line can be helpful. The harder part, and a reason I love our mission, is breaking down the stigma. I have been told to list my mental health struggles in a certain order to be taken seriously. Now imaging being Simone, who should appear "normal", show no weakness. In weaknesses place she showed the world courage by taking care of her mental health. She, and others, have taken the very brave decision to publicly start a real conversation about mental health. Simone is a hero to be looked up to for that. Let's keep this important conversation going.



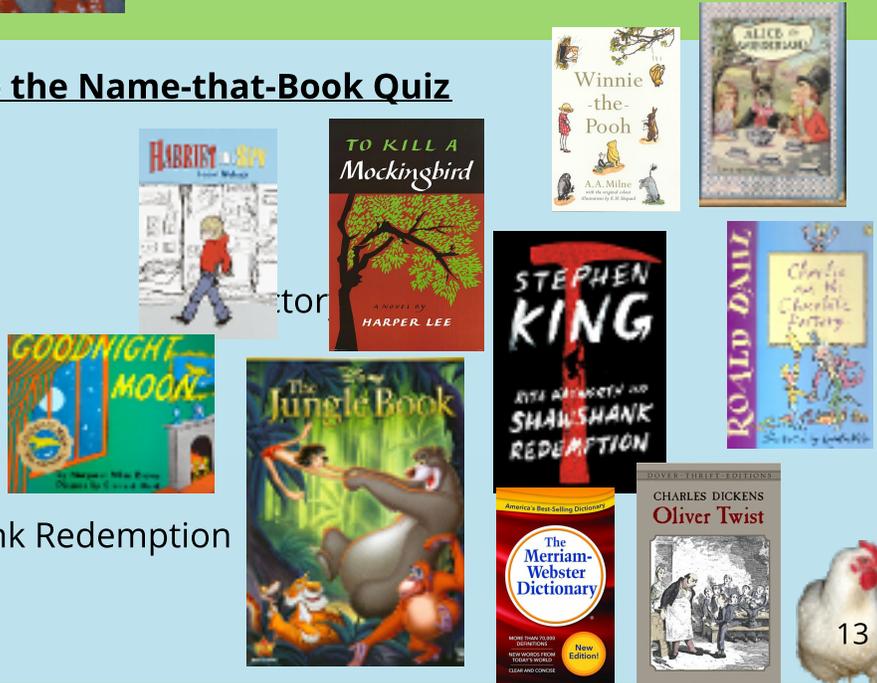
# RAGNAR RELAY RACE 2021

The Ragnar Relay is an intense challenge for teams to complete a run from Minneapolis all the way to Duluth. Vail Place participated as The Stigma Sluggers and we completed this 200+ mile run together over the course of 2 days and 1 overnight. Our runners did amazing, the volunteers were so helpful, and van drivers got us from start to finish in one piece. With the help of friends of Vail, we raised over \$12,000 for Vail Place! Thank you for your support, and thanks to everyone who worked hard to make this possible!



## Answers to the Name-that-Book Quiz

1. Oliver Twist
2. To Kill a Mockingbird
3. Winnie the Pooh
4. Charlie and the Chocolate
5. Goodnight Moon
6. The Jungle Book
7. Harriet the Spy
8. The Dictionary
9. (Rita Haworth) and the Shawshank Redemption
10. Alice in Wonderland



# CLUBHOUSE INTERNATIONAL CONFERENCE

Virtually connect with clubhouses  
around the world to build relationships  
and inspire each other!  
(Registration paid by Vail)



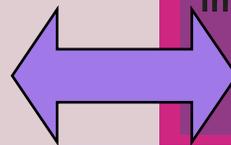
Takes place *October 4-8*  
at various times. Topics:  
Decision Making in  
Clubhouse  
Work-ordered Day  
Clubhouse Standards  
Engaging Members  
Post-Pandemic Clubhouse  
Education/Employment  
And Much More!

ASK STAFF HOW TO  
SIGN UP!

# COOL EVENTS



"We are pleased to announce special guest: Dr. Ingrid Daniels, President of the World Federation for Mental Health & CEO Cape Mental Health, Cape Town, South Africa. Don't miss it! Dr. Daniels will share her perspective on the changing global mental health landscape regarding needs, opportunities and concerns; and the Clubhouse Model as an important component of mental health service systems worldwide."



## NAMI Walks

This annual event brings many mental health service providers together to build connections and raise awareness and funding for mental health. NAMI has just announced that due to the rising number of Covid-19 cases, the decision has been made to pivot this year's NAMI-WALKS event to a fully on-line "Walk your Way" event on Saturday, September 25th at 11:00 a.m.

See the [namimn.org](http://namimn.org) website for more information and keep eyes and ears open at the Clubhouse for particular activities that Vail Place may be organizing!

Walk your Way!

## NAMI WALKS

Raises awareness about mental health

Offers a way for people to connect with services

Raises money for those services

And offers a great opportunity for connection and FUN!





**Chad Chat:**  
**Season of  
Change in our  
Changing Season**

It seems like it was only a moment ago we were talking about summer starting and all the possibilities that came with it: greater in-person gathering, more access to the supports of our community and the possible return to some "normal" activities in the Clubhouse...And in a blink, I join you today with news of a summer of success that is quickly moving into Fall - can you believe it? I want to thank all of you for the warm welcome, positive energy, and humor you've shared with me as I've joined the Hopkins Clubhouse this last month. It has been a wonderful and refreshing whirlwind of immersion these last few days of summer and as we prepare for the transition to Fall. I have been so impressed with the thoughtful, engaged and steady process of progress and gains that I've observed in my short time working more closely with all of you. Watching colleagues pitch in

and roll with new policies, processes, and people with such patience, persistence and grace has been truly inspiring! From the slow uptick in members returning to the Clubhouse to the evolving and increasing daily offerings and engagement of meaningful work of the club, to our community stepping up in the midst of all the things going on in the world around us, to making camping trips and Renovator performances possible again- Wow, what an amazing few months it has been!

As we head into a changing season (literally), we continue to assess what the next "season" of the Clubhouse will look like. I, like all of you, don't have the answers to what the next stage of the pandemic will hold, but will continue to look to our community to support each other in our needs as we navigate the safety and other responses needed to address the ever-changing landscape of COVID and the variants. I look forward to seeing you at our ongoing WAAG and WAAC conversations on Mondays and Fridays, as well as the topic-focused afternoon meeting this coming month, as we continue to work through the changes together this fall within our community. Thanks again for all that you do! I'm grateful to be part of a community filled with people who care for each other so well.

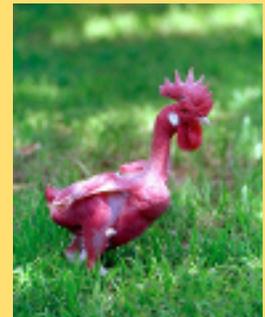
*How do chickens leave the building?  
The use the eggs-it.*



*Why did the chicken cross the  
playground?  
He wanted to get to the other slide.*



**Remember....September  
is National Chicken  
Month.....**



**Why did the chicken go to the  
seance?**

**To get to the other side.**





Celebrating a birthday this month:

Happy Birthday to you.....		
Tara A	Terry K	Joey M
Michael B	Pam L	Tim P
Anthony H	Renee L	John R
Allan H	Laura M	Jerry S
Beth H	Marcia M	Joelle T
Mike K		

# OUR STAFF



## Staff Numbers

- Chad- (952) 529-1403
- 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

## Contributors this Month

- |                 |           |           |
|-----------------|-----------|-----------|
| Robin and Zoe H | Deanna S. | Lisa S.   |
| Sharniece W.    | Connie S. | Teal G.   |
| Jackie P.       | Robin A.  | Chad B.   |
| Beth B.         | Peggy M.  | Lilly H.  |
|                 | Mike F.   | Julie KR. |

September Newsletter

Editors:

Beth, Julie

