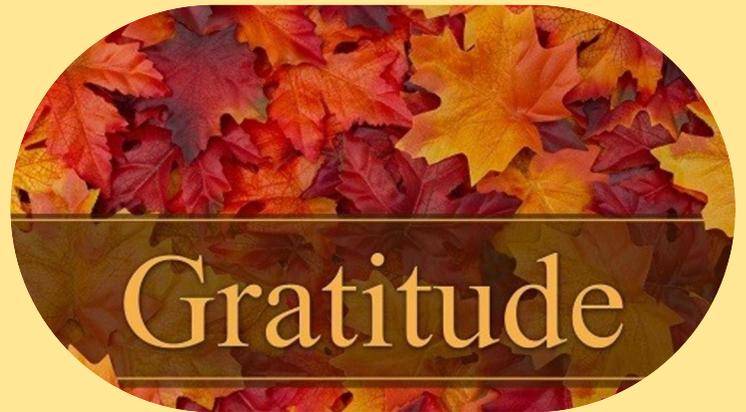


Hopkins
Clubhouse
Newsletter:
November
2021



This month, being November and all, many of us turn out thoughts and attention to one thing: FOOD! As the weather turns from the warmth of sun and summer, to the chillier, crisper weather of late autumn, and as we trade in our shorts and t-shirts for the cozy, snuggled up-feel of our sweaters and hats it feels only right to start making pies, and squash soup, and roasting vegetables....and maybe even a turkey or two, for those so inclined. But food is not the only thing that comes to mind in November. Specifically I am thinking about giving thanks. Not thanksgiving, but giving thanks, being grateful; gratitude. Throughout this newsletter you will encounter a few different articles on the topic of gratitude, from members being grateful for the reachout they've received from their clubhouse colleagues, to studies that link the practice of expressing gratitude to improved outcomes in mental, physical, spiritual, and emotional health. So read on, dear readers! I hope you feel inspired by something in this month's newsletter.....and if so, reach out to any of the contributors and express your gratitude. It'll do you and them, good!
~Julie KR



Clubhouse Colleagues reflect on what they're grateful for. How 'bout you? What are you grateful for?

Michael G: My sobriety, my health, and still being able to work part time.

Kathy L.: I'm thankful to be alive. After having a stroke and being on life support, I'm thankful to be alive.

Vickie R: Staff and members of the clubhouse.

Reed W.: I am grateful for Vail Place in Hopkins. I was a member a few years back and recently returned as a zoom attendee because I do live in California. Thank you for being part of such an amazing organization.

Connie S.: This may sound odd. DBT

Liz B.: Vail Place and helping me overcome my fear of being around others. My day program for giving me the opportunity to get more socializing in my days.

Mary S.: The seasons and everyone who has helped me in my recovery. Also my higher power!

Samantha M.: I am grateful for the people in my life that promote my well-being and support me.

Julie KR: My family, my friends, my clubhouse colleagues, and Mother Nature!



Reflections on My Journey at Vail

by Gail G.

First of all, I just want to comment on that woman who was facilitating the Clubhouse International video workshop that we watched in the club.....about how clubhouse was world wide. I did not know that and I thought that was incredible! One of the presenters, Richard, from our clubhouse, gave me hope and encouragement cause he has had hospitalizations and I have too. He was referred to come to this program. I don't recall how I found out about Vail Place, but when I did I was excited to know it was here and close to where I live.

Although I don't come on a regular basis, one thing I love is that Vail Place has never given up on me. I have, through the years, gotten phone calls from members, or Nate or Julie, saying "hey how ya doing"....these were not necessarily short phone calls but really asked me how I was doing. That gave me a good feeling, that someone was reaching out to me and that someone cared.



This week, we started our Reach out work group! We will be having these meetings every Tuesday at 10 a.m. and we will be talking about how to make our reach out process smoother, train our members to be confident in calling folks and to talk about what reach out we need to do each week.

Reach out is super important in making sure our members know what's happening in the Clubhouse and to check in on folks that we haven't seen in a while. We were able to boost our reach out efforts a lot more during the pandemic and members were so appreciative of us being able to check in with them.

We need members to help with making reach out calls where we tell them about different events going on at the Club and to check in with people and see how people are doing. We also need people to help with making cards for members.

We would love to have you join us if you'd like to learn how to make reach out calls or make reach out cards. Reach out is one of the most important jobs in the Clubhouse and we need members' help in being able to do it! If you'd like to join us, feel free to come to our **Reach Out Work Group meeting every Tuesday at 10 a.m. either in person at the Clubhouse or on Zoom!**

**Do you
want to
join the
Reach Out
Rockstars?**

**by
Samantha
S.**



Wag of the Week

by Zoe

November 2021 Report

Hello there, it's me again, Yellow Lab Zoe, here on the Newscouch, reporting today for Channel K-9. At last, there's something to talk about! Something really big!

I just celebrated my Birthday! I'm not going to tell you which birthday, though the number is really big. I just want to share things that happened that day.

After breakfast, we went to Starbucks', hooray! A great start to any day, right? And I got something called a "pup-cup". No, that's not one of the things I'm going to share. For one thing, it's already gone. For anybody who's never had one, it is a cup filled over the top with cool, fresh whipped cream. Lick, dollop, slurp! Fluffy and light on my reaching tongue! Ah, so tasty! A little on my nose. Dollop, slurp, lap, nudge. Luscious! It's getting lower in the cup, a bit more on my nose, a little on my chin. Nudge, wiggle, press! Delicious, but its getting hard to reach, even with my Human holding the cup for me! Some on my cheeks and whiskers! Press, press, press! Nothing? All gone? No! Wait! Lick, lick! Lick, lick, lick! Tail-wagging good to the last fluffy morsel, all over my face, down my chest, on my right and left front legs!

Then we went where I walked through aisles and aisles of dog food bags. Oh, the wonderful aroma! There were other dogs there too! Some of them barked. I didn't. Even though I wasn't working right then, I am a Guide Dog and I know better! But its really hard not to stop and say hello to the other dogs, or sniff an invitation to those bags of food. "Come over for dinner, won't you? My dinner that is!" We stopped by rows and rows of toys. Baseball



season and my well loved and well chewed stuffed cloth baseball toy ended at about the same time, so it made sense that I should branch out with something new. So, my Human got me exactly that, a stuffed cloth branch! Fun!

At home that night, I had a rather late birthday dinner, followed up with a nice big Milkbone desert.

Too bad the Milkbone came so long before bedtime, because, in the morning...? There was... no breakfast! How could my Human forget? I've had breakfast every day for... I'm not going to tell you how many years it's been.

But not that day! Out the door I went. Hey, Human, wait! Down the sidewalk. Hey, Human? Down the steps. There was my friend, Rosemary's car and...Hey...?

Where were we going? A ride? Okay, great! Where to? To see my friend, Dr. Chris the Vet! I love Dr. Chris! Wag, wag, wag! Chris has awesome treats, but...Um, say,

Chris? I was hoping for... for...But, I didn't care as much as a minute ago, because I was... was getting so, so sleepy...

When I woke up, my mouth was a little sore, but my teeth felt smooth and shiny. At last, my Human took me home for breakfast, but she called it supper! I must've slept all day! Funny, visiting Dr. Chris usually isn't that boring. Maybe I just celebrated a little too much on my birthday the day before! Maybe I better watch that next year!

Until then, or until my next report...

Keep wagging!



DR VAIL FUNDRAISER



Clearly, our supporters are unmatched in their generosity!

We are both humbled and excited to announce that **Vail Place not only met but exceeded the \$100,000 in donations needed to unlock the Wasie Foundation Challenge Grant!** Currently, we've received **\$191,790** in new donor gifts or increased gifts from current donors!

We can't begin to express our gratitude to all of you who have increased your giving, made a special gift, and joined our Vail Place family of donors – you helped us double your impact. We want to add a very special thank you to our long-time supporter, Richard Goldman. Richard made the incredible gift of \$100,000 shooting us past our goal. **Thank you, Richard!**

And thank you to the Wasie Foundation. We rely on community partners like The Wasie Foundation and ALL OF YOU to ensure that Vail Place has the capacity to reach the many people who need our services.

Thank you,

A handwritten signature in cursive that reads "Vicki".

GIVE TO THE MAX DAY THURSDAY NOVEMBER 18TH

Vail Place is excited to participate once again in this great Minnesota giving tradition!

Hosted by GiveMN.org, Give to the Max Day generates a wave of generosity! It's an important source of support for Vail Place as we approach the end of 2021 and seek to reach even more people in need.

Did you know...

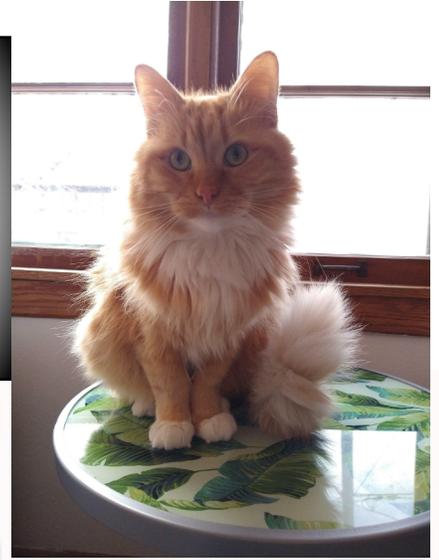
- **Every \$1 donated will be DOUBLED thanks to a \$10,000 match from a generous donor.**
- **Every \$1 donated to Vail Place produces \$14 worth of community impact**

Our goal for Give to the Max Day 2021 is to raise \$30,000. As of today, you can pre-schedule your gift here: www.givemn.org/organization/Vail-Place



Cat Chat

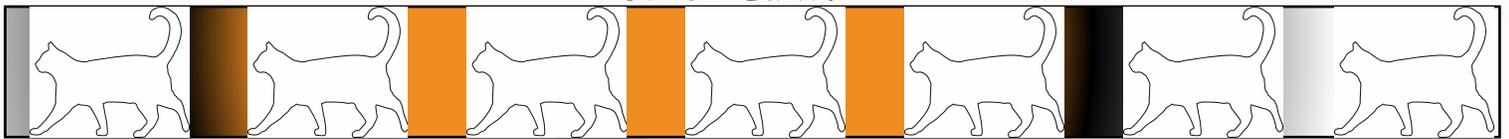
By Hoshi H, along with special guest, Sunny H



Dog-gone, what's so spectacular about a news-couch, anyway? About reports from Channel K-9? You've gotta be kitten me! Now, reports from out and about where autumn leaves flitter and wee critters skitter? That would be so purr-fect! I've been telling my staff to arrange that for me for more breakfasts, suppers and crunchie-times than I can count! But, now, with the leaves and the temperatures falling, the ground biting my paws and the wind tugging at my whiskers, my enthusiasm for that idea seems to have cooled.

So, I've come up with a new, paws-atively great idea! This will be a real Cat Chat, with another real, actual cat, even though it will be virtual, held over the news hot-line... that is to say, the news hot...fee-line!

Today, we're fur-tunate to chat with Sunny, a handsome orange and white, green-eyed fellow, who, like me, is a rescue cat, about seven years old. He now lives in a triplex, so... think big, century old house, renovated to three apartments. He has acquired a human staff called Lilly, as well as a dog staff called Luna.

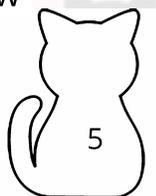


Hoshi: What's your favourite thing about having dog-staff?

Sunny: We cuddle and play together. Luna has a big dog bed. I like to curl up in it when my day's activities have me all tuckered out. Sometimes Luna will join me there!

Hoshi: Nothing like a dog bed for a cat-nap! It's a real treat. Speaking of which, knowing how much curiosity thrills the cat, I have an important question for you. What do you do to get treats?

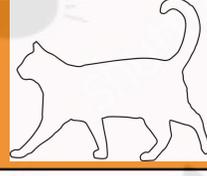
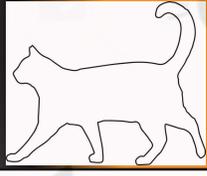
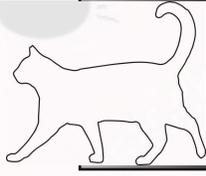
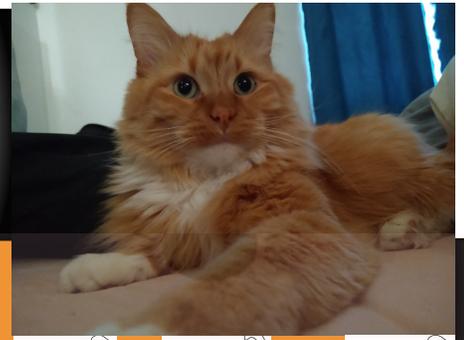
Sunny: I like to hide in a spare storage room, just out of my human staff's reach. I allow myself to be lured out with treats. It's all a big game, which, naturally, I win!





Cat Chat, Continued

By Hoshi H, along with
special guest, Sunny H



Hoshi: How do you feel about the out-of-doors? I can't seem to convince my staff that they don't really need to provide me with a complicated puzzle to solve before I arrive there. I would be purr-fectly content just dashing straight out.

Sunny: I like to try darting out the door, too, and running around the building. I like to chew on the grass and sniff around. For my outings, I do dress in style, wearing a harness and leash.

Hoshi: And what do you like when you're inside?

Sunny: When my staff opens the window, I come running, so I can sit on the sill and look at the birds.

Hoshi: Oh, don't you just *love* live entertainment?

Sunny: I like playing with anything that drags across the floor (hair-ties, ribbons, a foot...) or zooming around the house a few times a day, sliding across the hardwood floor, chasing after what my *human* staff thinks is... nothing in purr-ticular!

Hoshi: Oh, that's hiss-terical! Do you have any special places you like to hang out?

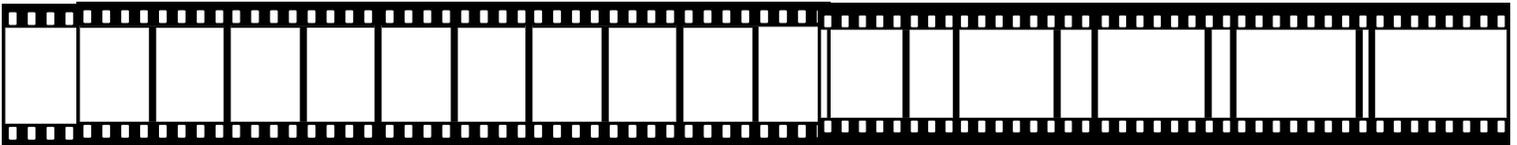
Sunny: Actually, in my many-leveled tower, I do just that, hang out, snuggled in my hanging basket, which I just barely fit into!

Hoshi: Oh, how claw-some is that?! I have a tower, too, three levels. No hanging basket, but I love my penthouse view where I can supervise my staff and my patio.

Sunny: I enjoy supervising all cooking activities (especially if fish is involved)

Hoshi: Holy mackerel, we share so many interests! Well, Sunny, thanks for joining me on the news hot *fee*-line. It's been a pleasure, but-Got to go check out some breaking news! Remember the critters that skitter? I think I hear one, but... not outside! It's down the hall! A mouse! A mouse! Goodbye for now, reporter! Hello, huntress!





Mike's Corner

Excursion Into Celluloid: The Master Clown, W.C. Fields

W.C. Fields was born in 1879. During his formative years his father took him to horse races and other fascinating venues. In 1915 at the age of 36 he starred in his first film, "The Pool Shark," but it wasn't until the eventual arrival of talking pictures that he made his impact in the cinema, or as they were known back then, the movie houses. He starred with Mae West in the film extravaganza of "My Little Chickadee" and was in several comedy shorts of the era. For example such comic masterpieces as "The Golf Specialist" in 1930 and "The Dentist" in 1932. Mister Fields had a knack for funny and innovative statements, for example: My wife drove me to drink and I will forever be in her debt for that.



In the 1930s and 1940s, he was invariably linked to the radio genre

and some of his funniest roles were with Edgar Bergen as he portrayed Charlie McCarthy and they had the most humorous spats to ever air on the radio. These were humorously funny and were a good diversion from what was happening in Europe, namely, the War.



Meanwhile another one of his humorous quips grabbed the international spotlight and tugged away at America's funny bone as well when he made the statement of "never give a sucker an even break," which was also synonymous with his movies and erupted

into the legendary film classic of the same name.

W.C. Fields may not have been the world's greatest golfer but his legendary portrayals on the screen secured his position as one of the funniest comedians to ever hit Hollywood in all of its splendor. He passed away in 1947 and America lost one of its all-time greats, depriving America and the world of his immense comedic genius in all of its brilliance. Today on his gravestone it reads, "considering all things, I'd much rather be in Philly." So spoke the comic genius in his final resting place, at peace with humanity. He will forever be associated and linked forever in his bond to the film master piece "My Little Chickadee" as Mae West smiles on in all her beauty.



This has been a tribute to the extraordinary talent and humor of W.C. Fields.

Bye now, cinematically yours, your film friend,

Michael Fridgen



A TRUE FRIEND

We seek opportunities for learning. We consider ourselves to be a creative force and have the ability to express and share our experiences in developmental processes, for the well being of the whole. We as well consider ourselves to have certain leadership skills and are always up for the challenge if the result would be beneficial to everyone...We are loyal and responsible and have a good attitude towards life. We love and enjoy studying and researching topics of interest which includes philosophy, ethics, photography, computers and have a passion for creative thinking. To enhance our experience in skills and adapting to a new environment of learning, offers us insight to achieve our goals as morally responsible and a true friend with our peers. To always be kind and warm when engaged in conversation to lend a helping hand and to be a good listener yet very insightful and caring about others not just ourselves. Therefore; I truly hope throughout the years of our friendship we have enjoyed the STRAYPOWER Legacy. It is friends like you that truly makes our message a worthwhile journey together. Your support and loyalty are a friend's greatest possession. And your support is greatly appreciated. Thanks for being a believer...I remain truly yours; Don. Larsen. Thank you.



The Music Box

*The first time I tasted
"Strange Fruit"*

by Michael D.



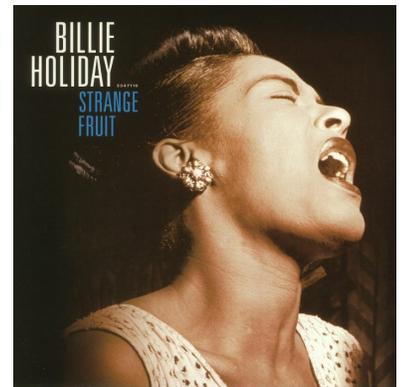
I was just minding my own business relaxing in the backseat of a friend's car as we made our way through the uptown area one sunny afternoon. My eyes were closed, the breeze and sun on my face, and the car radio was playing. Just a beautiful day.

As we were rolling along and chatting, an upbeat song that was playing ended on the radio. It was quiet for a moment and then the

song "Strange Fruit" by Billie Holiday came on. I had never heard the song before this day. The slow somber piano and music immediately grabbed my attention. It didn't fit the mood I was in at all that day. But it drew me in. I intently listened to the haunting voice coming into my brain as the story she sang unfolded. Nobody said a word during the song and I was just mesmerized and also gutted with what I was hearing. The weight of that voice and the uneasiness of the story she was telling put me somewhere else and in quite a different mood. The song was beautifully emotional, gut wrenching sad and it made me very angry, all in just the few short minutes the song was on.

That song has lingered in my head for a long time after that day. It still gives me the same feelings. It's a very old and rather short song, but the impact of it was profound. The tragic topic of this song unfortunately is still very relevant to this day.

I won't describe the song's theme specifically for you, but I encourage everyone to listen to this song, "Strange Fruit," by the amazing Billie Holiday on your own and let yourself feel it for yourselves. And maybe give your own reaction to this song or another song that has made you feel a certain way and you want to share!



Epilepsy Awareness Month

Epilepsy, sometimes called a seizure disorder, is a neurological condition of the brain characterized by someone having two or more unprovoked seizures. A seizure is an electrical surge in the brain. Epilepsy is not a mental illness, although Epilepsy can cause people to have depression. A lot of people think all seizures are the same; that would be false. There are many different types of seizures, some of which you wouldn't even notice were happening unless you were looking directly at the person. Seizures can affect people of all ages in many different ways.

Some common causes of epilepsy include brain tumor, stroke, head trauma, infections, and maternal injuries, but in 70% of cases, the cause of a person's epilepsy is unknown.



My personal experience with Epilepsy is, when I was younger, I had to go around to every classroom in Jr. High with the nurse and talk about my seizures. In the past, I had lost or not even been employed because the employer was afraid of my Epilepsy. Luckily, I found a job now that I love and they are not afraid of my Epilepsy. To this day, there's still problems with people understanding Epilepsy. One example is when I was at Target, I had a seizure and fell down in the aisle. When I came out of the seizure, I saw people laughing and pointing at me. Now, I'm actually more afraid of what other people will do when I have a seizure than of having the seizure.

Epilepsy is one of the most common and oldest conditions. The only news media it usually gets is if a famous person dies of Epilepsy, like Cameron Boyce, an actor, died of SUDEP (Sudden Unexpected Death in Epilepsy). More than 1 out of 1,000 people with epilepsy die from SUDEP each year, and that's just SUDEP! There are other causes of deaths related to Epilepsy that don't make it on the news. What most people who don't have a friend or relative with Epilepsy learn about Epilepsy is on TV shows, which is usually the wrong way to perform First Aid for a person with Epilepsy.

If you would like to learn more about Epilepsy, the Epilepsy Foundation of MN has a FREE training where someone would come out to Vail Place and talk about Epilepsy.



Member Spotlight

By Teal G. and Vickie R.

Teal and Vickie sat down to talk! Here is what Teal learned about Vickie:

TG: How old are you and when did you join Clubhouse?

VR: I'm 58 years old, I've been a member since May 2020

TG: What is your favorite movie and musician and why?

VR: My favorite movie is Horse Whisperer (Robert Redford) My favorite musician is Madonna I'm in awe of her and all she's done. She adopted two Malawi children.

TG: What's your favorite area of the Clubhouse?

VR: My favorite part of the Clubhouse is the hospitality area and the food is very good!

TG: What's your favorite Vail activity?

VR: My favorite Vail activity is putting out mailing, flyers, and calendars, with Teal! I was also very impressed with the outing to Nacho's restaurant.

TG: What do you like to do?

VR: I love to read and I'm currently reading Louise Erdich, the book is called Beet Queen. My favorite book is anything by Philippa Gregory; she writes historical fiction from the 1700's-1800's. Some good ones are the Red Queen and White Queen, each are about 1000 pages.

TG: Tell me about your schooling

VR: I have a degree in business administration with a minor in data processing. I received these from a school in Madison, South Dakota.

TG: What is your dream job?

VR: My dream job is a secretary for cruise line director, I love to cruise! (Teal and Vickie have this in common)

TG: Where did you grow up?

VR: I grew up on a farm in South Dakota, we had hay, horses, cats and a dog. My dog's name was Pardner, he was a sweet and gentle soul who lived in the barn, but was very friendly. My dad was a dentist and we had a 70 acre hobby farm.

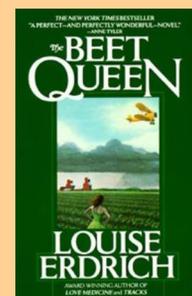
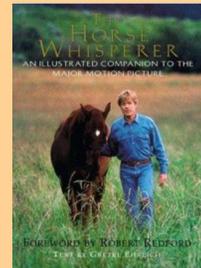
TG: What would a typical day look like for you?

VR: I would feed the horses before breakfast, go to school, Then in the afternoon I would feed the horses again and ride them.

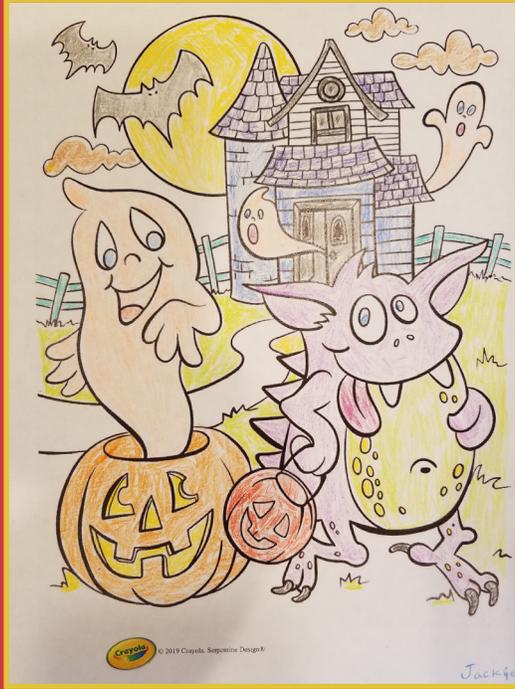
TG: What do you want people to know about you?

VR: I could throw a 60 lb hay bale onto a truck, I loved the farming lifestyle.

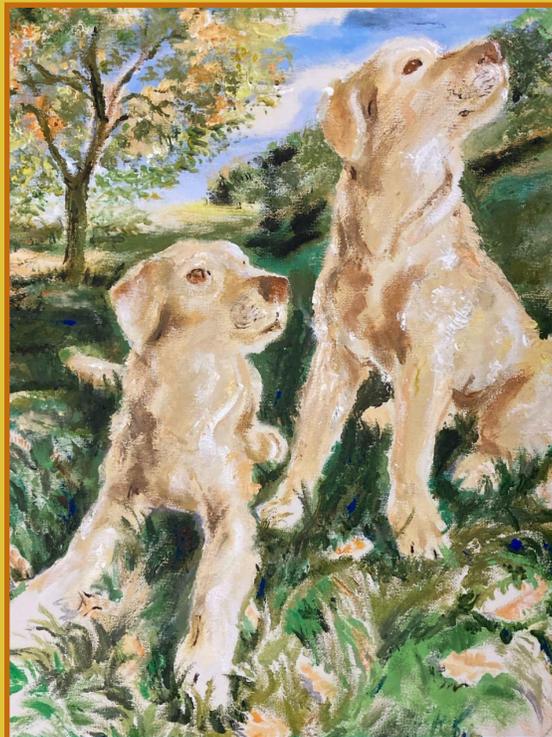
Vickie is a valued member of our community, be sure to say hello!



MEMBER ARTWORK

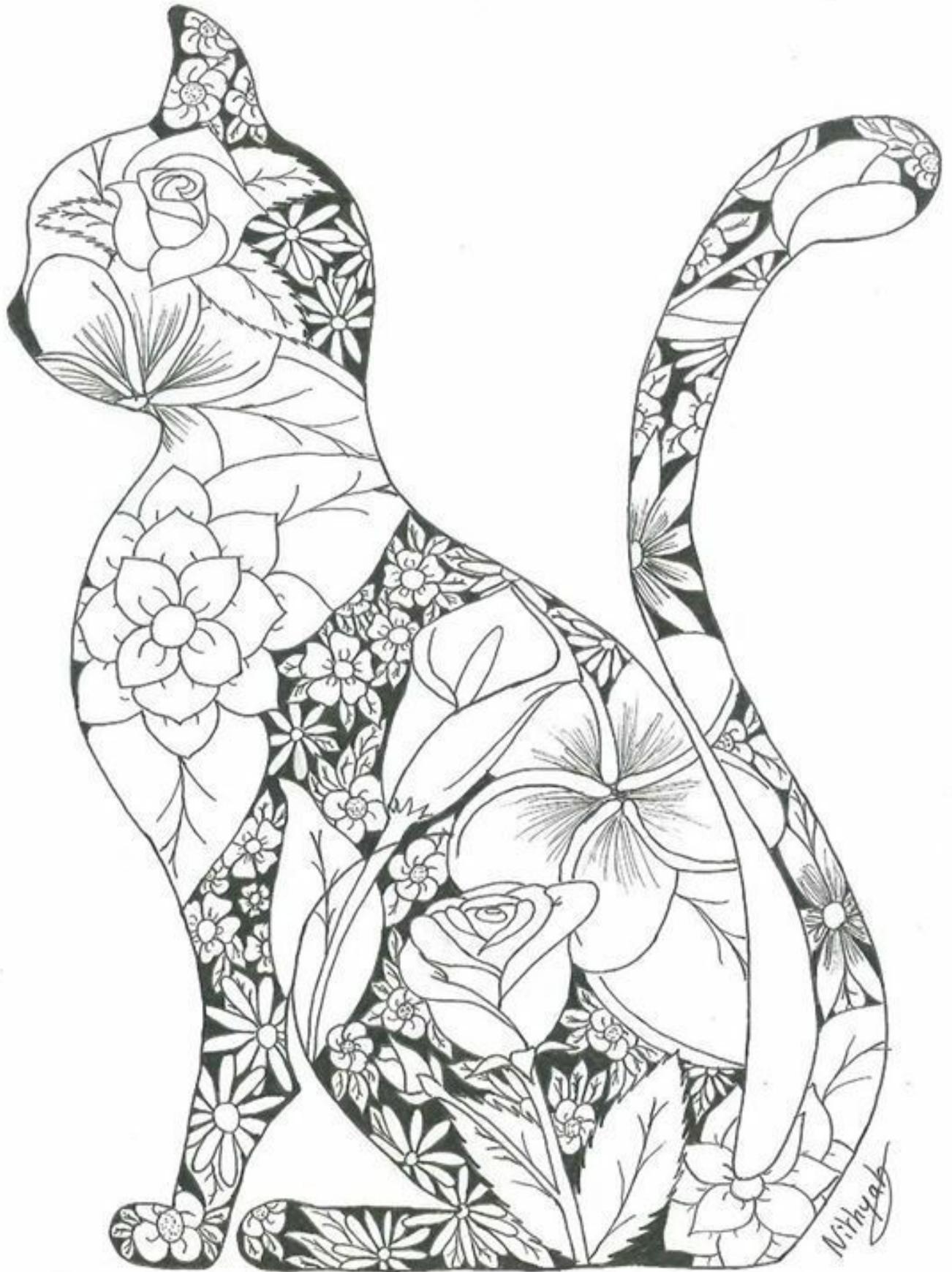


Coloring Creations
by Jackie P.



"Dogs in
Autumn"
by Robin
H.

Color me!



The Wizard of Oz: A Fall Family Tradition

by Connie S.

A fall family tradition growing up was watching "The Wizard of Oz" around Thanksgiving time. Typically, at my godparent's house in Starbuck, Mn. Yes, there is a town in Pope County, Mn called Starbuck. Back then I had no real understanding of the iconic film ties to Minnesota.

Growing up I recall going to the museum and a traveling Smithsonian exhibit, both had a pair of the ruby red slippers. As an adult I am dating a film buff, and got wondering about the history of Oz. Here is what I have learned.

The book, "The Wonderful Wizard of Oz," by L. Frank Baum, was the first in a series. It was first published in May of 1910 by the George M. Hill company. The first edition was a run of 10,000 copies. By 1956, the year the book entered public domain, 3 million copies were sold. Baum went on to write 13 additional books in the Oz series. The Library of Congress has this to say, it is "America's greatest and best loved American fairy tale".

1939, Technicolor, ruby slippers and, the iconic blue dress.....On August 25th, one of the most iconic films makes its big screen debut. I find it hard to believe it was flop! Only \$3,017,000 was earned: the budget was \$2,777,000. It was not until 1949 that the film made a profit. The film earned 2 Oscars and made Judy a star.

Born in Minnesota in the summer of 1922 a girl named Frances Ethel Gumm, she is better known as Judy Garland. Her family came from vaudeville and owned a theater in Grand Rapids.

By age 10 she was a singing sensation. Her singing career began at the young age of 2 1/2. So where did the stage name come from? Comedian George



Jessel suggested the last name "Garland." "Judy" came from the 1934 song by Hoagy Carmichael. In 1935 she was signed to MGM with no screen test.



The Ruby slippers were decided upon to show off the technicolor (in the book they are silver,) and were created by Gilbert Adrian to give a big contrast to the yellow brick road. Only four pairs remain today-

Smithsonian; the infamous stolen and found by the FBI pair (Judy Garland Museum); an early prototype saved by Debbie Reynolds; and, finally the pair purchased in part by Leonardo DiCaprio for the Academy of Motion Picture Arts and Sciences.

On song comes to mind when thinking about Oz or Judy; "Over the Rainbow." Did you know it almost did not make the cut! The reason the song was nearly left out- MGM executives thought it would slow the film down. The associate producer had to make a demand "The song stays- or I go," said Arthur Freed. Composed by Harold Arlen with lyrics by Yip Harburg, the song is a ballad for a girl in trouble. She had never seen anything colorful in her life but a rainbow. On October 7th, 1939, on an MGM sound stage Judy recorded the song. The song she recorded was not for the soundtrack and was released as a Decca single. The film version of the song was released by MGM in 1956- to go along with the film's television release. Thanks to Arthur's efforts "Over the Rainbow" was voted the greatest song of the 20th century.





Terry, a female cairn terrier, is most recognized as Toto. "The Wizard of Oz" is her only credited role. She was born during the great depression and was trained by Carl Spritz. Her first major role was as Rags in 1934 Shirley Temple film "Bright Eyes." Terry did her own stunts. During the filming of Oz she was stepped on and had a broken foot. Terry recovered for two weeks recovering at Judy's house. Judy became so attached she wanted to adopt the little dog. Spitz refused to let her. How much did Toto (Terry) earn a week \$125.00. That was more than most human actors or even Americans at the time. Due to the films success her name was legally changed to Toto in 1942. Sadly, she died in 1945 at age 11.

The Wicked Witch of the West was the character that probably scared the most people. She is only in the first book. In Baum's remaining books, the Nome King is the villain. The Wicked Witch is the evil ruler of Winkie Country, the castle is a fortress described as beautiful in the book. She was not related to the other witches-East, North, and South- but they were in a league to conquer Oz and divide the land among themselves. The actress, Margaret Hamilton, brought her to life. She has 125 film credits. The film made her character severely aqua-phobic and she did still care about the slippers. The flying monkeys were not in the book. Wolves, black bees, 40 crows and, an army of Winkies, were at her command in the book. The movie made her look like the "typical" witch of the time. While filming the exit-from-Munchkin Land-scene, she suffered 2nd and 3rd degree burns and spent weeks in the hospital. Once back on set she refused to work with fire.

There is so much more that can be said about this American Fairy-tale. I hope every member of both Clubhouses learned something new. I will be watching with my neighbors this year and I hope you can find the time to watch as well.

This month's theme of gratitude sparked a thought of our ongoing observation of Vail's 40-year anniversary this year. I was thinking back of all the moments of gratitude during this time as small drops of rain, imagining the sea that has been created through the efforts and support of our community during the last 40 years together. From the everyday moments created through the warm welcome shout of a colleague name or helpful offer of support to complete that impossible county form, to the thanks offered to the colleague who helped to make a favorite meal or helped to create just the right video or song to capture our shared moment and sentiment. Thinking back on all these moments gives me great joy and pride in the enormous opportunity for gratitude that we have created for one another, again and again.

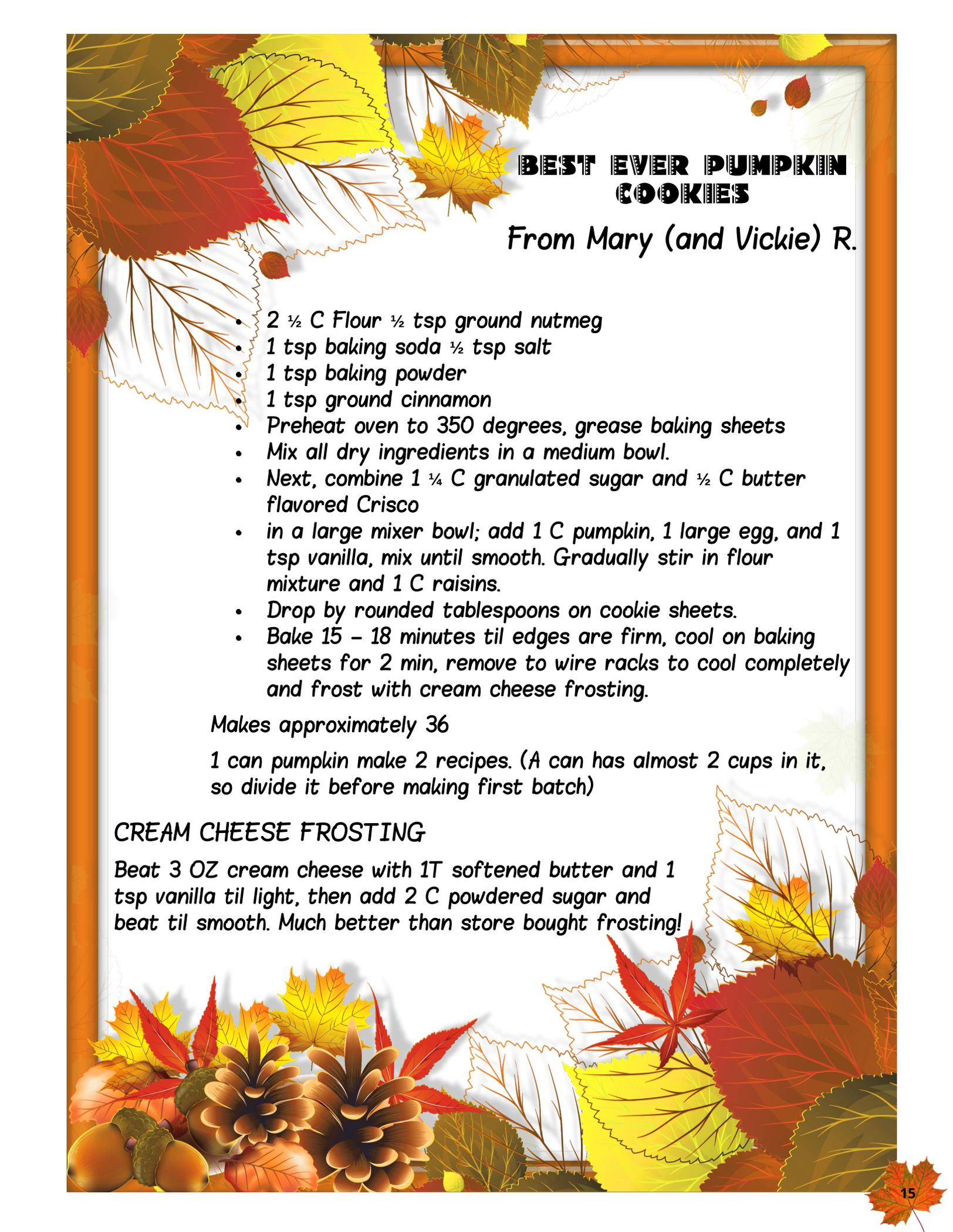
Chad Chat

40 Years of Gratitude



That said, I am also both grateful and excited for the new moments we continue to create together. Whether it be meeting a new Clubhouse at the International Seminar or individual Zoom connection, seeing the ever-growing creative gifts of our membership shared with one another through an unexpected moment of humor and a smile, or one of inspiring stories like those in the pages contained here, I am heartened daily, by how the rising waters of gratitude continue to elevate all of us on this ship together and curious about what new opportunities and adventures this sea of gratitude will offer us in the future.





BEST EVER PUMPKIN COOKIES

From Mary (and Vickie) R.

- 2 ½ C Flour ½ tsp ground nutmeg
- 1 tsp baking soda ½ tsp salt
- 1 tsp baking powder
- 1 tsp ground cinnamon
- Preheat oven to 350 degrees, grease baking sheets
- Mix all dry ingredients in a medium bowl.
- Next, combine 1 ¼ C granulated sugar and ½ C butter flavored Crisco
- in a large mixer bowl; add 1 C pumpkin, 1 large egg, and 1 tsp vanilla, mix until smooth. Gradually stir in flour mixture and 1 C raisins.
- Drop by rounded tablespoons on cookie sheets.
- Bake 15 – 18 minutes til edges are firm, cool on baking sheets for 2 min, remove to wire racks to cool completely and frost with cream cheese frosting.

Makes approximately 36

1 can pumpkin make 2 recipes. (A can has almost 2 cups in it, so divide it before making first batch)

CREAM CHEESE FROSTING

Beat 3 OZ cream cheese with 1T softened butter and 1 tsp vanilla til light, then add 2 C powdered sugar and beat til smooth. Much better than store bought frosting!

I ♥ Cookies

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



BISCOITTE
CHEWY
CHOCOLATE CHIP
CRISPY
GRUNGY

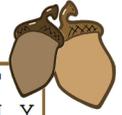
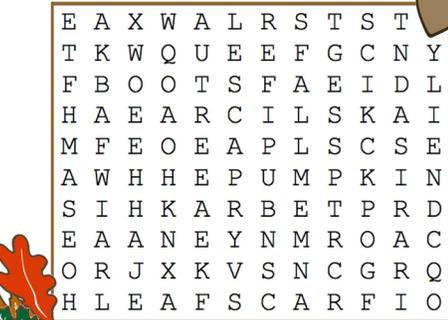
FROSTED
GINGERSNAP
GIRL SCOUT
LINZER
MACARON
MILK
OATMEAL
OREO

PEANUT BUTTER
RAISINS
ROUND
SHORTBREAD
SNICKERDOODLE
SPRITZ
SWEET
WARM

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Autumn

WORD SEARCH



SCARF APPLE BOOTS
TREE FALL RAKE
ACORN PUMPKIN PIE
HAY SWEATER LEAF

Healthy Foods Hard Word Search



ALMONDS
BEANS
BROWNRICE
CELERY
CORN
EGGS
OATMEAL
SALMON
TOMATOES
WATERMELON
ZUCCHINI

APPLES
BLUEBERRIES
CARROTS
CHEESE
CRANBERRIES
LEMONS
ORANGES
SPINACH
WALNUTS
WHOLEGRAINS

BANANAS
BROCCOLI
CASHEWS
CHICKEN
CUCUMBERS
LETTUCE
POTATOES
TOFU
WATER
YOGURT

Food-Loving Cats



Beef
Begging
Belly
Big Eyes
Can Opener
Chicken
Crying
Cuteness
Food
Liver
Manipulative
Milk
Purring
Stealing
The Paw
Treats
Tricks
Tuna
Whinnying



Thank you! Gracias! Mahadsanid! No matter how you say it, just say it! Being grateful and giving thanks, showing your appreciation for an act of kindness, these are not only proper social etiquette, they're also, according to Psychologist, Robert Emmons, who studies the science of gratitude, a pathway to improving your health.

Emmons says the research on gratitude is compelling. It shows that "being grateful can benefit so many different areas of our lives; it can boost your immune system, lower your blood pressure, make you feel more optimistic, decrease depression, improve relationships, and help us cope." Wow!

What is gratitude? According to Emmons, it's the "feeling inside we get, the warm feeling of appreciation when we receive a gift or a kindness from someone; We feel this tendency to want to give back the goodness we've received. It's just a form of thankfulness."

Emmons says that "acknowledging the good in life has a tendency to amplify positive emotions, such as joy and contentment, because it helps us slow down....we notice the positives more and that magnifies the pleasure you get from life. When we take time to appreciate a positive experience, that makes the experience even more powerful.....practicing gratitude can also make you better equipped to handle the difficulties of life."

That so many benefits, or ways of becoming happier, more fulfilled, and improving our overall health, can be attained by something so simple as

expressing our thanks, it's a wonder that we aren't shouting this from the roof tops. But like so many things that we don't do even though we know they're good for us, due to lack of time or energy or resources, it's easy to let the simple act of expressing thanks fall by the wayside, to take things for granted. Well, here are a few simple ways to easily fit gratitude into our lives:

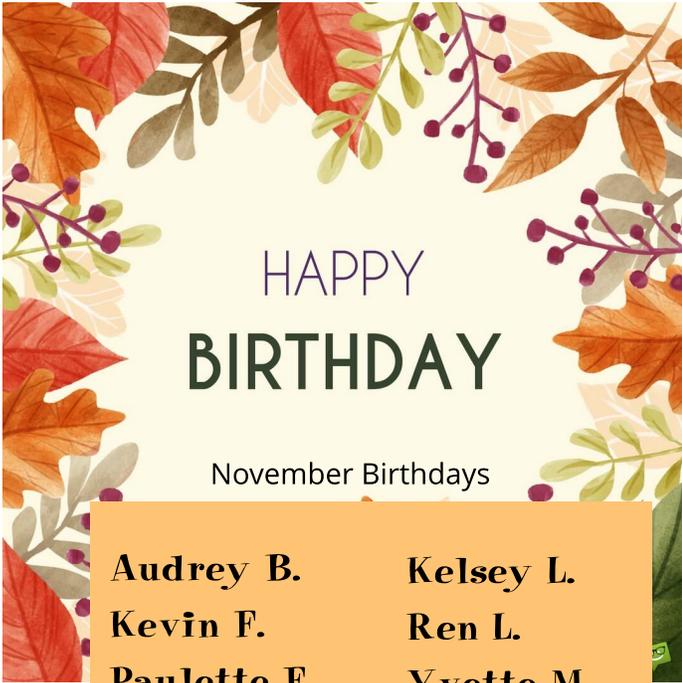
1. Every day, say aloud, 3 good things that happened.
2. Keep a gratitude journal; jot down the small things even, like enjoying your cup of coffee.
3. Say thanks to your partner, friend, or family.
4. Cool a hot temper by focusing your attention on what's good.
5. Thank yourself; acknowledge the good you're doing for you.
6. Send a thank you text or card to someone.
7. Savor the good moments; if you notice you're feeling happy, stop what you're doing and pay attention to that for a few moments.
8. Check for silver linings during difficult times.
9. Look outward sometimes, not inward; focus your attention on someone else for a while; develop your empathy.
10. Change your perspective by putting yourself in someone else's shoes for a while.



Try any of these for a few days, if even just for an experiment, and see how it makes you feel. Chances are you'll notice that not only does it make you feel better, it will likely make those around you feel better too!

Thanks for reading! ~Julie KR





HAPPY
BIRTHDAY

November Birthdays

- | | |
|---------------------|-------------------|
| Audrey B. | Kelsey L. |
| Kevin F. | Ren L. |
| Paulette F. | Yvette M. |
| Curtis H. | Steve W. |
| Christine J. | Brandon W. |

**Contributors to this
Month's Newsletter**

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| Jackie P. | Vickie R. | Lilly and
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| | | Julie KR. |

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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

November
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Julie, Lilly.