

UPTOWN UPDATES

2022:
November
Gratitude



Thanksgivings
Past!

The Meaning of Thanksgiving

by Keith W

What is the meaning of Thanksgiving?

Thanksgiving as a holiday is based on the colonial Pilgrims 1621 harvest meal. The holiday is a time for football but majorly for feasting and family. There are many myths about this holiday because it is an invented tradition that doesn't originate with any one event.

Thus it is better to leave all unnecessary details in history and celebrate this time with people you care about. It is also a time to have memories and have a spiritual steer for us to sacrifice for one another. Also knowing how different religions celebrate

Thanksgiving is a time for us to thank our higher power for allowing us to see and come together to show our love for him and family and friends. So as you count your blessings also count how many times you have said to someone, "Happy Thanksgiving."



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The Director's Corner

with Chad B.

The gift of gratitude

Thank you. It's amazing how those two little words can make such a difference in our experience of our community, relationships and the world around us. Thinking how often I hear these words, and other expressions of gratitude, echo daily throughout the clubhouse, and watch how it transforms those these words are directed to brighten, appear recognized, feel like they belong. It's no wonder our authors this month express how our Clubhouse community provides a welcoming foundation for their greater health and successful taking on of challenges, both new and old.

While I know this last month has been marked by conversations of new challenges and transitions facing our community, I am simultaneously grateful and inspired by how our community has not missed a beat - facing these challenges with resilience, shared strength, and even a few smiles and humor to help lighten the load. I look forward to walking these next steps to finding new, and likely better, solutions together in the days ahead and being able share many "Thank yous" with you all!



James & Tootsie



Gratitude Paper

By Shelley B

I'm first of all very grateful for the family I grew up in. I was a problem child and they never treated me like one. I'm grateful for the people in my life - friends - mentors - acquaintances. I'm grateful for staff and members at Vail Place. The country I live in - for music, nature and animals for shelter and for my belief in God.



Farewell Katie!



Hello friends! This is my last newsletter article as my last day at Vail Place is Wednesday, October 19th- Dr. Vail Hour Day! I've been the Intake/Enrollment Coordinator at both Clubs for 3 years and Uptown for 2.

It has been such a delight to work at the Clubhouse these past 5 years- watching people grow and learn and change into who they want to be- and having big laughs together! I have many wonderful memories of all of you - your creativity, strength, resilience, ideas, joy, vulnerability, kindness, generosity, and gratitude makes this place what it is- an incredibly supportive community. You are all in my heart- and don't forget to have fun!



Welcome to our new Executive Director, Karina!



Oh, I Wish I Was a Royal

by Tom N.

Oh, I wish I was a Royal. Not a KC Royal, or a Chief, sorry Eric. I wish I could fix the problems of the Royal family.



Harry and his American wife create the bridge of two nations, not that we really needed a bridge, but putting the US nearer to a European ally cannot be all that bad.

I couldn't watch Queen Elizabeth II's funeral but did want to watch the coronation, which I think is coming in the near future. I was happy to see that

people all over the world grieve in sort of the same somber solemnity.

I think of the 7 decades that The UK was ruled by the same Monarch and wonder why such stability did wonders for that Commonwealth. I will miss Queen Elizabeth's II candor, humor and pragmatism.

I look forward to King Charles II or III, I forget, but I look forward to his reign, the moment in history when he becomes King, and the family rallying around the world's problems in the spirit of Elizabeth III!

Exercise

Meditation

Eat Consciously

No addictive behavior

No negative thinking

No language of blame

No manipulating others

No living in the past

No speaking woundology

Quote found by Gail H



I'm Grateful

by Wendy E.

I'm grateful for a place to live, while others don't have a place to live.

I am grateful for the food I eat, while others don't have enough food to eat.

I am grateful that I have legs to walk, while other might not be able to walk.

I am grateful that I have eyes to see, while others might not be able to see.

When I'm feeling sorry for myself, I have to stop and think that there's people in this world that have a lot less than me. So, I am grateful for what I have.

The Most Important Thing

by Julia F.

I am making a home inside myself. A shelter of kindness where everything is forgiven, everything allowed --- a quiet patch of sunlight to stretch out without hurry, where all that has been banished and buried is welcomed, spoken, listened to -- released.

A fiercely friendly place I can claim as my very own.

I am throwing arms open to the whole of myself -- especially the fearful, fault-finding, falling apart, unfinished parts, knowing every seed and weed, every drop of rain, has made the soil richer.

I will light a candle, pour a hot cup of tea, gather around the warmth of my own blazing fire. I will howl if I want to, knowing this flame can burn through any perceived problem, any prescribed perfectionism, any lying limitation, every heavy thing. I am making a home inside myself where grace blooms in grand and glorious abundance, a shelter of kindness that grows all the truest things.

I whisper hallelujah to the friendly sky. Watch now as I burst into blossom.



Poetry

"Before I Leave the Stage"

by Alice Walker

Before I leave the stage
I will sing the only song
I was meant truly to sing.

It is the song
of I AM.

Yes: I am Me

&

You.

WE ARE.

I love Us with every drop
of our blood
every atom of our cells
our waving particles
-undaunted flags of our Being-
neither here not there.

Indigenous Peoples Day Celebration



"Finish each day and be
done with it. You have
done what you could.
Some blunders and
absurdities have crept in;
forget them as soon as
you can. Tomorrow is a
new day. You shall begin it
serenely and with too high
a spirit to be encumbered
with your old nonsense."
R. W. Emerson



An Autumn Poem

by Keith W

May the leaves turn the color of a warm heart.

With engaging thoughts of wonderful art.

As the spender of the seasons change with

gladness of care in the air. I hope this poem

brings warmth and delight to those who read.

And a special sense of thoughts to be.



NAMI Walk 9/23



Photo by Mark J.

Sometimes

By Ephrem A

I wake up early and look upwards to the vastness of the sky and try to decipher what the coming moments of the day have to offer, and then I say to myself Sometimes! I looked at the rare half moon before it gave way to the sun if there is some meaning, some sense of what is about to come. I fail miserably. I am not alone in this endeavor, I realize. Throughout time, man has searched endlessly and tirelessly trying to tell what is to come to no avail, yet I often catch myself fully engaged in this exercise. The sun is up and this exercise in futility ceases with recognition that I get to know what is in store for the time to come at the exact moment it happens. There is no other way. Abandon this incessant wrestling with the future, I tell myself not so gently — Abandon this! Abort the mission!

Sometimes I start a sentence and give up on it halfway through and proceed to complete it regardless while in conversation or even here — what is the point? Says a little voice echoing loudly from ear to ear. Sometimes I get easily bewildered by anything and everything.

Sometimes I think and think and think about everything, nothing and anything. Sometimes I cry; sometimes I laugh — at nothing.

Sometimes I am everybody; sometimes I am nobody. Sometimes I wear a mask; sometimes I resist. Sometimes I pick a fruit; sometimes I choose candy; sometimes nothing at all, completely vacillating between reward and no reward.

Sometimes I say whatever is on my mind; sometimes I refrain even when I have something to say. Sometimes I see; sometimes I merely look. Sometimes I hear; sometimes I choose to listen. Sometimes I touch; sometimes I feel. Sometimes I chew; Sometimes I taste.

Sometimes I run; sometimes I walk everywhere and to nowhere. Sometimes I am dusty; sometimes I am oily. Sometimes I choose to take a seat when I have to stand. Sometimes I stand when I have to sit.

Sometimes I am crowded with things, thoughts, events; sometimes I am empty, abandoned. Sometimes I jump so high and feel like I have touched the sky with my foot firmly planted on the ground. Sometimes I sense with the acuity of an eagle; sometimes there is no sense.

Sometimes I write; sometimes I sing; sometimes I jot. Sometimes I am dead to all; sometimes so alive. Who exactly am I?



Remember Halloween

by Carla Nitti

Spend from the middle of September and all of October trying to decide what to be. A super hero or ballerina. A princess or a ninja. It's now late October and you ask yourself to start getting your costume ready but other things get in the way like school, homework, practicing your musical instrument and playing with friends.

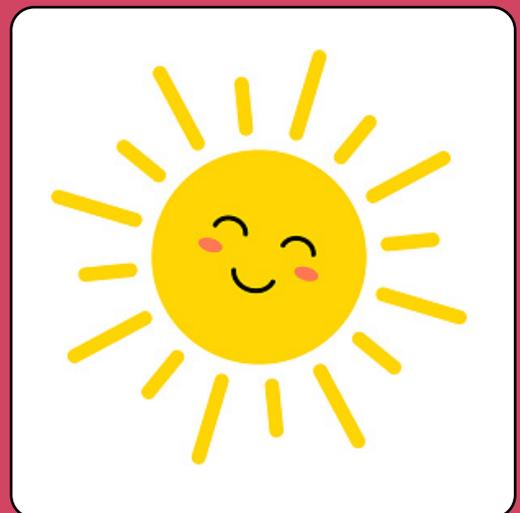
The Big Day arrives and you have nothing ready. Panic sets in. So your mother helps you decide to be the one costume that everyone who can't think of a good costume uses. A BUM. You raid your dad's closet. A ratty-plaid shirt your dad can't seem to get rid of. A pair of baggy pants with shiny knees and an old suit coat many sizes too big tied in the middle with a piece of rope to hold it on.

Cork burnt on the stove and cooled down colors your face for a passable unkempt look. Your mom messes up your hair and puts an old fedora on your head. You are ready but mom makes you eat a hot dog before going out.

While eating you remember to avoid the house that gives out toothbrushes and to go to the house that gives out king size candy bars not those fun size ones. Out you go up and down many blocks shouting trick or treat with your friends not wanting the night to end. Remember?

Wendy's Talk

In the summer I do okay with my depression, because the sun is out. But in the winter my depression gets worse, because the sun is not out as much. I have a light box that I sit in front of because it's just like the sun. I am glad I joined Vail Place, because my depression isn't as bad anymore in the winter.



Games I Like to Play

by Tony W.

As long as I can remember, I've always enjoyed playing games. When I was in college, my friends and I enjoyed playing board games like Monopoly, Clue, Yatzee, and Parcheesi. I also played a lot of card games like Crazy Eights, Gin Rummy, Hearts, and Poker.

Even though I didn't play any sports in grade school, junior high, high school or college, a college friend got me interested in running and jogging as an undergraduate. At that time – in the late sixties – Dr. Cooper wrote a best-selling book touting the benefits of aerobic exercise. While living in the dorm, I would often spend long evenings in the basement playing ping pong.

As I got older, I was drawn to different kinds of games. Now my two favorite ones are Cribbage and Scrabble. My friend Brad and I get together almost every week to play Cribbage. About twenty years ago, he taught me the basics, and I soon learned to master its intricacies. So, now we're pretty evenly matched since 50% of the game is strategy, and 50% luck. However, I must admit that I still often mess up in counting my points. But Brad is nice enough to correct me without taking off points. For example, I often miss counting one point for Nobs and two points for Zeels whenever a Jack turns up.

However, my all-time favorite game by far is Scrabble. I learned to play it in college, and I never get tired of it. Often when I can't find a partner, I play against the computer. I can usually score from between 300 to 350 points per game. I managed to get to the "advanced level" in computer ratings. Fortunately, I recently found the ideal Scrabble partner. She is a woman named Jennifer whom I know from church. We are pretty evenly matched, though I usually score somewhat higher. But it's a real joy to compete against her. We use a Scrabble dictionary to check on questionable words. We're not afraid to challenge each other if a word is suspect. And I've managed to memorize most of the two-letter words, which often works to my advantage. I intend to spend many more hours playing my favorite game, while expanding my vocabulary to boot.



Martha's Mindful Art

Last opportunity to try your hand at weaving a collaborative basket!

The sides are complete and now we will be finishing the baskets with a simple rim.

First time? No experience? No problem!

All are welcome

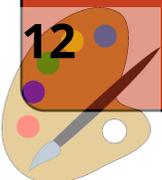
When: November 10 3 - 4:15 pm in the kitchen.

Participate the whole time and earn a free meal voucher.

Stay tuned...Basketry Exhibit and Reception on Thursday, December 8th at the Minneapolis Clubhouse to celebrate the completion of this year long project. Members who have participated in any of the Mindful Art sessions are invited to share their experience with the rest of us. Tell staff or Martha if you'd like to speak at this informal event in December.



A crocheted piece made by Member Kelsey T. mapping the stars!



Clubhouse is the prescription for mental health wellness

by Sebastian W.

Everyday, people go to the doctors office, and get prescribed meds for various reasons and disorders, but little to none stop to think about their mental health and what to and what not to "prescribe" themselves for a solution. I know a perfect solution, and its ever-changing :: Clubhouses. Clubhouses are the prescription for Mental Health and wellness. believe it or not, a clubhouse is the perfect solution, near and far, for any possible disorder, because of two key things: 1: a sense of belonging and 2: we carry out things as a community, for the community, and by the community.

I'll say it again: Clubhouses are the perfect prescription for Mental health and wellness. Clubhouses help people manage any possible mental health emergencies, and keep people from becoming an Inpatient at institutions like self hospitalizations, because of the fact that if people need someone to talk to, they can approach anyone in the clubhouse and be helped by working through any complications that are mental health related.

A memorable vacation

by Heather Z

I one day was told when I was in high school about 11th or 12th grade that my family and I were going to Florida and a Disney cruise. My Grandma and Grandpa Downing paid for 14 people to go on that cruise and they paid for a condo for my family to stay at. They did this because they were celebrating their 60th anniversary. I was scared to go because of what happened with the titanic. My dad assured me that we will live though it and that the water was warm so there were no icebergs in the ocean. We went on February 12th and was on the cruise for 3 days and we were in Florida for 6 days. We toured Disney world first and then we went on the cruise. We stopped at 3 different places and when we docked on land people would be able to get off and tour the area in the Bahamas for the day and they need people to load back on at a certain time. On the last docking area MY Grandma paid for my sister and I to get our hair braided. I got cornrows with Navy blue and silver which is my high school colors. There was a couple of Disney shows (plays) on the ship. There were 3 different restaurants for each supper time. After the trip was over for the cruise we went back to Minnesota to the freezing cold. It was an awesome and very memorable trip.



Interview with Jack H.

by Keith W.

This is my interview with Jack H.

Q. How long have you been a member at Vail Place?

A. I joined in January 2004. Almost 19 years.

Q. What are some of the things you like to do at Vail Place?

A. This summer I worked a fair amount in the backyard mowing and doing some yard work. I like to work outside. I used to help my neighbors do yard work when I was young. I live in a condo now, so I miss the fresh smell of freshly cut grass.

Q. What are some of your hobbies?

A. I like to stay active. Athletics are my interest. I have done tai chi, I play golf, and I have been an umpire for youth sports.

Q. What do you like about Vail Place?

A. One thing I like is it is always good to be yourself. To be different is to fit in. Everyone is so genuine and unique, and you are accepted the way you are.

Q. Is there any advice you would share with other members?

A. Don't be afraid to fail. Volunteer for things you haven't done before. Vail Place has given me confidence that I did not know I had. I will also embrace the community and participate in activities and work in the clubhouse. Your participation helps build opportunities for you to meet new people and also build long lasting relationships.



Rain Garden

By Rich G.

Given climate change, a mix of native and invasive species can be the fixings for one healthy rain garden which can be a win in an otherwise unused area of the common grounds between properties. Pictured: goldenrod, wormy yellow apples that even the local yellow-jacket hornets and European wasps don't like, but maybe some rusty patch bumblebees secretly do, who knows really kayaks, hostas, day lilies, and in the background, above the field of stars, a massive heirloom pear tree providing a home for bluebirds, nourishment for local yellow jackets, and chew toys for

the American Staffordshire Terrier, front center (woof and whine, she cries, little or no bulldog so technically you can't really call her that pittie, not very barkingly).



Fiona's Paco



Attitude is Gratitude

By Carla N.

What does gratitude mean to me? Gratitude doesn't mean you are always happy. It is not a competition. It is not divisive. Gratitude is not just something to practice when we feel that an experience of being "blessed". By definition Gratitude means to feel grateful, a quality of being, feeling or sharing, a practice of kindness, thankfulness. To be grateful is not just in our head, it is in our heart. To be able to notice a beautiful moment and then the



next and the next and the next. It helps us to see that everything is not terrible all the time. It is choosing to pay attention to what you can appreciate. Not to block out difficulty, but to approach it from a different perspective. In this season of Thanksgiving let's give thanks and gratitude for family, friends, the bounty of the season and especially for Vail Place. Maya Angelou said, "This is a Wonderful Day. I have not seen this one before."



Meeting with a potential new clubhouse



Wellness Group



Nourish to Flourish





PROVISION

COMMUNITY RESTAURANT

There is a PAY AS YOU CAN restaurant, PROVISION, at 2940 Harriet. They are open Wednesday - Saturday 10-2. There is coffee, tea, and pastries at 10 each day; then at 12 they begin serving a hot meal. Check it out!

Martha



Pumpkin by
Michelle K

November Birthdays!

Roger H	11/1
Clifton B	11/1
Mike S	11/2
Keith W	11/15
Jerry E	11/15
Mark M	11/17
Rebecca H	11/19
Marissa W	11/23
Kimberly S	11/28
Walter N	11/29
Carla N	11/30



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