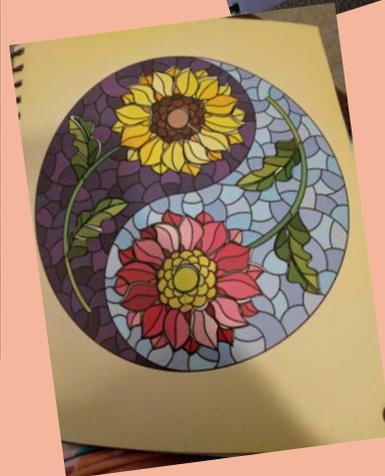
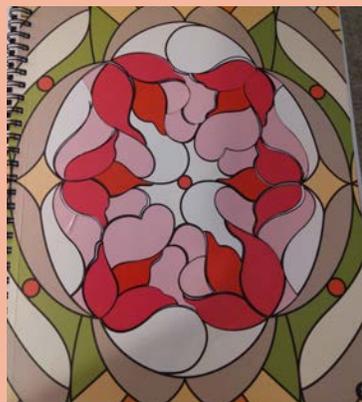


*Spring Into
New Life*



Sticker Art By: Heather Z.

Calendar Highlights

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 Move2Flourish Challenge all month long!

 4/17 Clubhouse closed for Staff Training.

 Saturdays: run/walk at Lakewood Cemetery

 Join Kevin F on Zoom 4/17 for gab a thon

 Meet our Vail Housing crew! 4/12 @ 11AM

 Nintendo Switch Social 4/20 @ 3PM

 Chair Yoga 4/13 @ 11AM

 Techie Tuesdays every week at 1pm

 Writing Group with Marya 4/14 @ 3pm

 Stories of India with CJ 4/27 @ 3PM

 MICD Group 4/14 & 4/28 @ 2PM

 Weekend Zoom Socials Sat. 2&5pm, Sun 1PM

Quotes found by Shelley:

"It is often the small steps, not the giant leaps, that bring about the most lasting change: ~ Queen Elizabeth II

"Education is the most powerful weapon which you can use to change the world" ~ Nelson Mandela

"There is always light. If only we're brave enough to see it. If only we're brave enough to be it." ~ Amanda Gorman

"If you want to lift yourself up, lift up someone else." ~ Booker T. Washington

"I have learned not to allow rejection to move me." ~ Cicely Tyson

"I scorched the earth with my talent and I let my light shine" ~ Andre Leon Tally

"You're braver than you believe, stronger than you seem, and smarter than you think." ~ AA Milne

"It took me quite a long time to develop a voice, and now that I have it I am not going to be silent." ~ Madeline Albright

**CHAD
CHAT**

THE DIRECTOR'S CORNER

with Chad B.

**CHAD
CHAT**



Moving and flourishing in so many ways

A year ago, we were revelling in our return – both to the warmer spring weather and to our in-person activity in the Clubhouses after another COVID driven break.

We were also celebrating our successful completion of our first ever Move to Flourish challenge goal – with over 140 Vail community members, Clubhouse coalition colleagues, friends of Vail and other supporters rallying together to achieve our 100,000 minutes of activity.

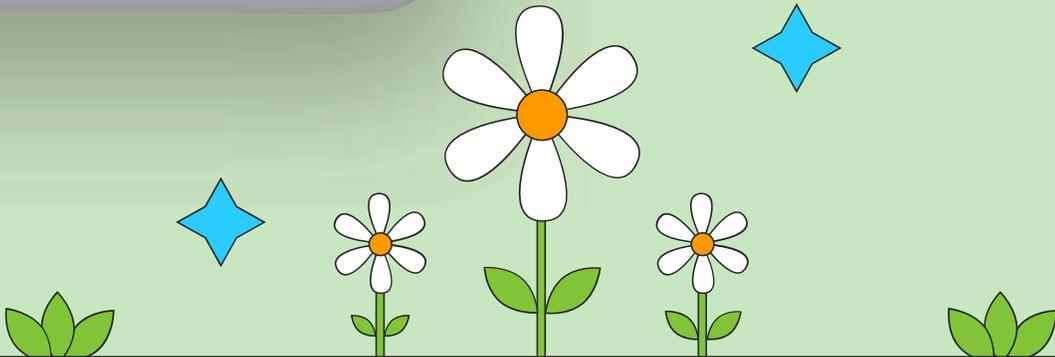
This year, as the snow begins to melt, our thoughts turn towards the outdoors, we consider how we can begin to move about more freely and explore how we can flourish together once again a fresh set of challenges arise. While the goal of movement and flourishing has returned for another year, the backdrop has changed considerably, as we continue our combined Clubhouse learning community experience, together. As this month's newsletter so strongly illustrates, our community hasn't waited for the movement challenge to begin flourishing. You can see it on display, daily, as the combined energy, enthusiasm, creativity, and developing relationships of our colleagues around us provide the fertile ground for our Clubhouse community to grow and flourish in myriad ways. In our brief learning and work together we have begun to discover and rediscover some of the aspects of our Clubhouse that were interrupted during the pandemic and started to build a new structure more able to support our Clubhouse community into the future. I'm confident and look forward to joining you all as we continue face these challenges together, both physical and otherwise, to move our community and each other forward through our shared activity together and meet our challenges of creating a stronger Clubhouse and membership one step, one process, and one relationship at a time.

About our gazebo

Keith W

Hello VailPlacers,

My name is Keith W. This article is about our Uptown gazebo. Just thinking how good it is to sit out in it during the warmer months makes me wish it could be now. Enjoying eating, talking or just visiting someone in the warm air makes being at VailPlace a better visit. I hope the warmer weather will soon arrive so we all can be out inside our gazebo.



Spring into spring, By: Carla Nitti

Spring is such a joyful time of the year. Something new emerges every day. It starts with a sliver of green next to a building, being freed from its icy tomb. Stating here when spring is here, flowers emerge. Brightly, they bring color back to us. The ice is gone out on our 10,000 + lakes freeing the water. Trees' buds turn into new leaves. There is new all around us. Animals have or are giving birth so the newborn will be ready for the next winter. Spring is also a time to look inward to find new in us. Vail Place can help find new us. We can use a computer to build a resume, we can find appropriate work for us, can help prepare a meal, serve it, and clean up afterward. Vail Place is a place to gather with friends, and laugh, play a game, drum in a circle or just talk with Vail Place staff's help. We can call those who have donated time and money in throughout the year, and make reach-out calls to members we're thinking of. We can talk with Vail Place's staff members about anything. Something new is always happening here at Vail Place. Every day, with its many programs, there is something for everyone at Vail Place. It's where you can Spring into a New You.

Dreams And Other Visions by Tony W.

I've always been fascinated by dreams. For many years, I've kept a dream diary. I still record my most vivid dreams in my personal journal. In the early 1980s, I saw a Jungian therapist named Sandra with whom I worked on my dreams. At every therapy session, I would bring in the dreams I had that week. We would explore their meanings. She was careful not to interpret them for me, but let me to come up with my own ideas. After seeing her for about three years, I collected all the dreams we'd worked on into a self-made book. A few years later, I facilitated a group at my church in which we all shared our dreams with one another.

Both Sigmund Freud and Carl Jung saw dreams as portals to the subconscious. While Freud primarily emphasized their sexual significance, Jung saw them as a part of the collective unconscious. A few years ago, I saw a fascinating movie that depicted the conflict between these two pioneering psychologists. I tend to lean more towards Jung's approach. He believed that women have a male aspect called an animus, while men have a female component called an anima. Jung also explored his patients' shadow side. I know I certainly have mine which was reflected in the dark and foreboding dreams I shared with Sandra. -

I remember one especially vivid nightmare in which I was stranded in a post-apocalyptic landscape. I was racing to escape a fallout cloud that was blowing my way. I finally came to an elevator in the middle of a barren field. When I climbed in, I pressed the down button to escape the approaching fallout. But nothing happened. The elevator just stayed on the ground floor. Then I stepped out just as the fallout reached me. That's when I woke up.

Another time, I heeded a dream to make a life-altering decision. At the time, I was attending an abusive, confrontational day-treatment program in West St. Paul. I was trying to decide whether to quit when I had this dream. I was tossing in bed early one morning unable to sleep when I turned on the radio next to my bedside. Suddenly, it began emitting electric sparks that sent out shock waves. When I tried turning it off, it started shaking and bouncing wildly up and down, sending out noisy static. But no matter how often I tried to turn it off, the radio just kept shaking and emitting sparks. When I woke up, I tried figuring out what this dream meant. It dawned on me that it was telling me that the messages I was receiving from that day-treatment program were hurtful, and that I should quit the program as soon as possible. I ended up leaving the very next day. That turned out to be one of the best decisions I ever made -- all because of a dream.

Fortunately, as time went on, and I worked through a lot of my issues, my dreams became more positive. I began to dream about flying or visiting my friends in Germany. Often my dad, who died some years before, appeared

in my dreams to comfort me or give some helpful tips. In many of my dreams, my creativity blossoms as I play the autoharp or sing my favorite songs at all kinds of new and exciting venues. Now I often look forward to falling asleep so I can find out where my subconscious will take me. Whenever a dream is especially powerful, I will wake myself up deliberately to write it down before it can slip away. Yes, dreams are a magical carpet ride to my subconscious.

Clubhouse Connections



Polar Plunge!

Thanks so much to everyone who came out to jump in a frozen lake or who came to support the VAIL PLUNGERS!

Sarah Elizabeth PHOTOGRAPHY

COOL



SARAH ANN BATTLES, The footnotes international jump rope team, San Antonio, Texas

I began professional rope skipping in the second grade in San Antonio, Texas. I had to try out in a gym with other kids, lined up in a gym, while being video recorded to the song Super Trooper by Abba. My favorite trick is double unders in the air. I love making up my own jump rope routine to my own music. I can double dutch, wheel (with 2 people, one jumps and the other person jumps, kris cross forward and backwards and other jump rope tricks. My favorite trick is double unders in the air. It has been my favorite trick since a little girl.

My passion since second grade has been jump roping and raising money for Jump Rope For Heart for the American heart association. Every year we got a new t shirt for jump rope for heart and that got me excited as a child to raise money for jump rope for heart. I have preformed at professional events including the San Antonio Spurs at halftime.

Footnotes jump rope practices were usually twice a week in the evening, sometimes we would meet more than twice a week if we had a competitive jump rope event with other teams in our state and in other states. We would all get together and compete. IRSO were our jump rope newsletter and our camps etc. Jump rope members would receive newsletters in the mail regarding jump rope workshops you could attend, things we needed to know and world record for example double unders most someone could do without any mistakes.

I would be happy to teach any vail place member, intern or staff at vail place how to jump rope. The jump ropes I use are thin ropes (clothes line rope best way to explain it). If the jump rope is to long best way to measure your jump rope is to stand on your rope with the jump rope behind you, measure up to your arms pits than you tie knots in both sides of the jump rope near the handle on both sides so the jump rope is not to long for your height. If you want to learn how to jump rope please buy your own jump rope and bring your jump rope to vail place. You can buy jump ropes at Walmart or target in sporting goods. The cost for jump ropes depends on color and how fancy you want it and the style.

My dream would to build my own jump rope gym for others to come learn how to jump rope. My jump rope gym would be called Sarah, Jeff, Matt Jump rope Inc. I would build a modern jump rope gym with a cemete floor (Good to jump on), drinking water stations, bathrooms, excellent sound system to hear the jump rope songs.

Dear Colleagues -

As I look forward to graduating from my Vail Place journey on April 7 and moving on to the next chapter in my career journey, I wanted to say a huge thank you to all of you for making this

Clubhouse such a wonderful place to work.

Since 2014, I have learned an incredible amount from this community and have been impacted in so many ways. As I reflect on highlights from these years, I think about learning to camp for the first time – frying fresh fish along the beach (thanks to the daily catch of our campers). I recall visiting the capitol and hearing my colleagues encourage our representatives to please help us move the dial on mental health care. Then there's countless amazing meals we collaborated on in the kitchen from all culinary corners of the globe. And History Theatre, Dr. Vail Hours, horseback riding, winter tubing, clubhouse conferences, Tour de Vails, restaurant outings, meditations, Empty Bowls fundraiser, Zoom karaoke, Polar Plunge, DIY haunted houses... And The Renovators!! By a wide margin I am a much better musician than I was 9 years ago, thanks to this group of people. And honestly, too, some of the best times I had just mopping the floor or cleaning the bathrooms with a colleague as we listen to Led Zeppelin or TLC, making hilarious WAAG videos that bordered on the nonsensical at times, joining together with a member at a TE position, and all the laughter that is had when you develop such fond camaraderie through shared work.

I wish I had a whole ten pages here to keep going on and on with more memories, but I'll share just one more. A couple months into working at Vail Place, I was in the kitchen with a dedicated crew of members preparing turkey and all the other fixings for Thanksgiving. The food was getting made right on schedule, but a pile of dishes was stacking up to the ceiling. I asked around to see who could please help, but folks were busy with their additional tasks, or taking a break. Just as a sense of desperation started to overtake me, one of our regular helpers walked through the front door and asked "do we have any dishes I could help with?" After I had exclaimed "yes! Please!" he said to me "you know, I had been at home earlier, taking the day off, and then I thought, I bet they could really use my help today, I should go in to check." I literally teared up in gratitude. That was the first time I can recall really feeling the impact of Clubhouse on all of us.

As a Clubhouse faculty member visiting from Michigan once said, "Clubhouse isn't just a mental health model, it's a way of life." Living the Clubhouse philosophy means encouraging connection and community wherever possible, growing in your own strengths and having the courage to ask others for help when you need it, recognizing and celebrating the accomplishments of others, being there for one another not just when it's convenient, but when it's needed, and to challenge yourself to be a little more inclusive every day. And there's so much more. I wish I could say that I practiced these perfectly during my years here, but that would be dishonest! Still, I have been transformed by this Clubhouse community and I will carry it with me for the rest of my life. I look forward to the next time I'm in a friend's living room or out to eat with some family and I have the opportunity to ask the group, "does anyone want to share an accomplishment or recognition?"

I will so sincerely miss this place and miss all of you, but know that I will truly carry this in my heart and in my spirit forever. Thanks again.

Jonathan



THE SOCIALIZATION OF COGNITION

By Donnie L

When contemplating social necessities as far as an understanding the status of a situation, young adults face an a particular environment, communicating our strategies with peers is very helpful. The research that is developed over a period of time can offer this understanding and the outcome of an event with developing patience, learning and success will always prevail.

When reflecting our mature adaptations and access to these resources will help to put into perspective of our goals of success are essential to our survival. To nurture speech in where the group finds belonging and needed for success of this outcome of our situation. These resources are core knowledge. Therefore; learn what is needed with a social approach. To know that we are valued in our community and yes supported. To define and restructure a goal which is accessible. Talking about these strategies is vital, useful & helpful to some problems and are achieved as future leaders of our work. An important goal of future research is to bring these processes together into some understanding of how social experience and cognitive development inform and define each other.

Participation in the social world organizes and provides meaning for individual action & development for the experience and capabilities to our desired direction of the outcome of our goals. Therefore; THE GLORY AWAITS...



Wag of the Week

By Senior Editor Zoe, with Roving Reporters Milan and Cruiser
Written on the First Full Day of Spring!



Zoe: Hello, everybody! This is Zoe, here on the NewsCouch at Chanel K-9, along with Roving Reporters, Milan and Cruiser. Now that spring is here, it's Baseball Season, and this year, Cruiser, you are going to be in charge of the ballpark beat.

Cruiser: Great! Do I get to go on the field? Can I catch the balls? Do I bring them back to the pitcher? I'd be good at it! I am a retriever, after all.

Milan: You're a Labrador retriever, not a baseball retriever!

Zoe: Cruiser, what you'll be retrieving is the behind the scenes news. Like what goes on navigating through the long halls, up and down the ramps, and in my office in the call center beneath Target Field. You can tell me how my three beds have fared after this long winter, check out the skyways... maybe even (sniff!) go to... Starbucks!

Cruiser: Good! Okay! Yeah! (Wag!) I'm up for that! I'll bring back a full report!

Zoe: Milan, you've already been taking on the culture beat. Tell us what you've been up to there so far, and what's on the horizon?

Milan: I've been taking my human to MacPhail Music Center. She is learning about playing with a long, silver stick.

Cruiser: Like a bone? I learned how to play with those when I was a puppy.

Milan: No, it's not like chewing a bone. She calls in a flute and she is learning how to blow into it and make pretty sounds come out of it. I will be guiding her there a lot because we got something called a scholarship!

Zoe: That sounds very impressive, Milan. Good job. I'm liking this diverse, on-location reporting from you two, covering both sports and culture. With Spring finally in the air outside, what else have you boys been doing?

Cruiser: I went to the store. I took the bus! There are a lot of big snow mountains, but now there are more and more puddles, too, and lots of brand new curbs!

Milan: The ground is very uneven. There are soggy spots, slippery spots and lots and lots of pot-holes to very carefully guide my human safely around. When we get home, my human wipes down my paws, tummy and chest with warm water to get rid of all the salt and sand and mud!

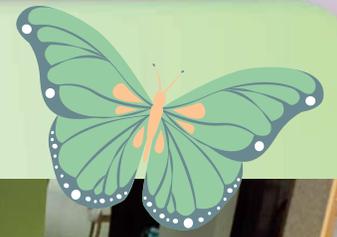
Cruiser: That warm water does feel good, but I wish the ground was warm too.

Zoe: It will come. I've lived here for ten years and seen the seasons come and go. The snow will go, the warm sidewalks beneath your paws will come, believe me! Music will fill the air, and baseballs will fly through the air. There'll be lots for you boys to report on. So, until next time-

Cruiser & Milan: Keep wagging!



Heidi V. Welcomes Her New Assistance Dog



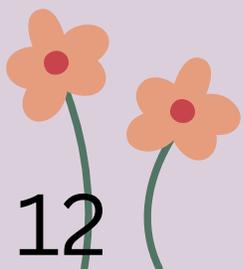
This is Kora. She is my new assistance dog. Kora is a Black Labrador Cross with Golden Retriever. She is 3 years old. Kora is considered a mobility assist dog. She is a real sweetheart and loves to snuggle, which works out great because that is one of the tasks she does for me when I am having an episode from my movement disorder. She also can push my lifeline button when I am unable to. She helps me with many smaller tasks at home in order to help increase my stamina for going out into the community. Kora and my cat, Kip Kitty, are getting along very well. We like to finish our daily training sessions with Kip Kitty being pulled by Kora in my laundry basket. Kip checks in on her every night before bed and anytime that Kora has a nightmare he goes over to her kennel to check on her and make sure she is okay. She likes to be silly which fits in perfect to our family motto: "This home's built on love and shenanigans."



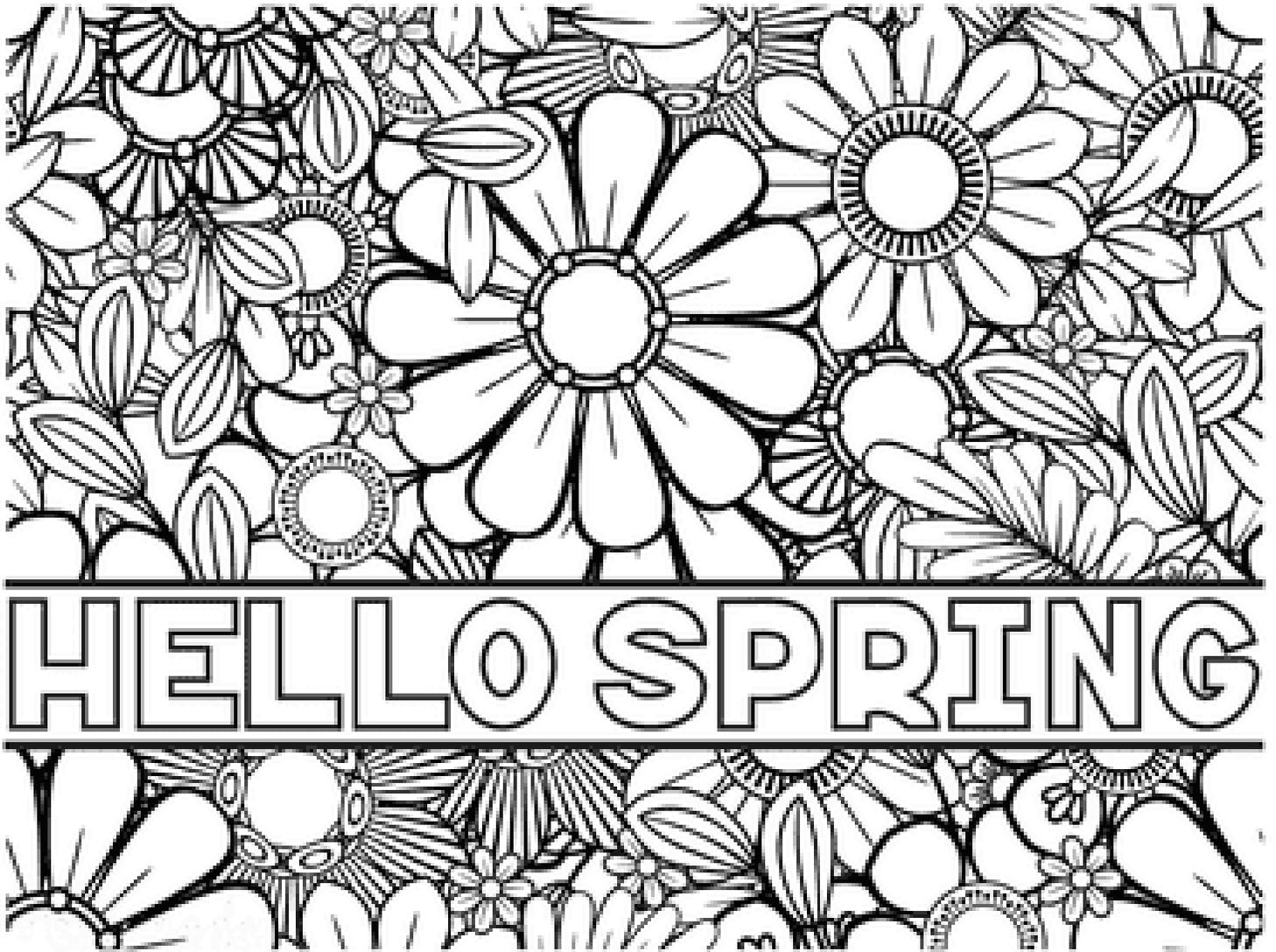
Restaurant Review by Kelsey Nelson & Kevin Fillips

Halwo Kismayo

We went to a Somali Restaurant owned by Anisa's family, Halwo Kismayo & Grill. We had a full van, Jonathan drove Some people drove separately. The service was good, really good. They have a seasonal menu. The food was good. I had a chicken wrap, it was spicy and a coke. I would definitely go back there. The place was not very full at that time of day. It was early, like 10:30.

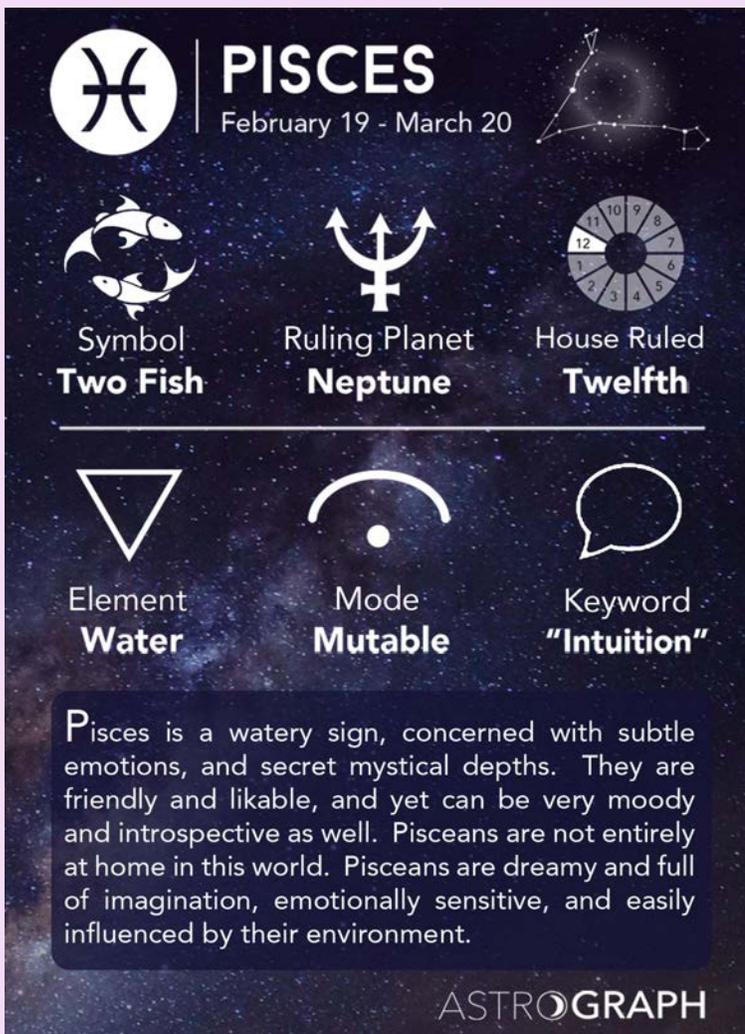


Color Me!



St. Patrick's Day Flute & Fiddle Duet
With Gwen R.S. starring Calynn H.

St. Paul Conservatory with Daithi, Rose,
Gwen, Meagan C., Mykea, & Tim E.



PISCES
February 19 - March 20

Symbol: **Two Fish**

Ruling Planet: **Neptune**

House Ruled: **Twelfth**

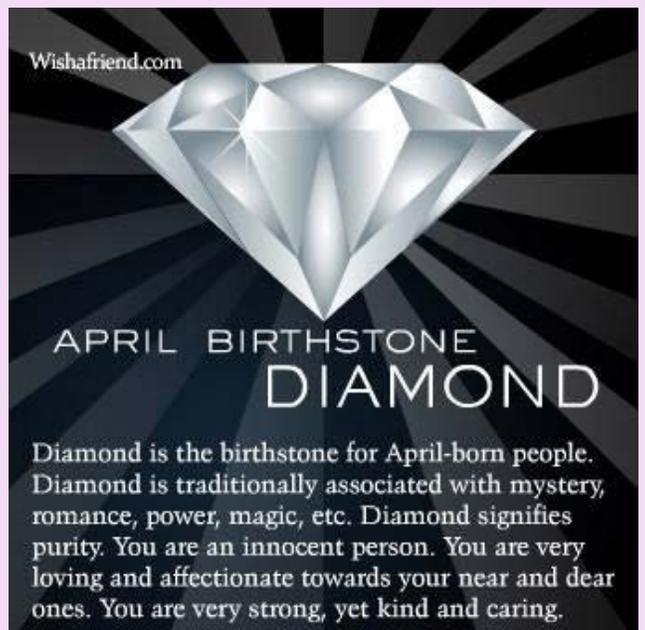
Element: **Water**

Mode: **Mutable**

Keyword: **"Intuition"**

Pisces is a watery sign, concerned with subtle emotions, and secret mystical depths. They are friendly and likable, and yet can be very moody and introspective as well. Pisceans are not entirely at home in this world. Pisceans are dreamy and full of imagination, emotionally sensitive, and easily influenced by their environment.

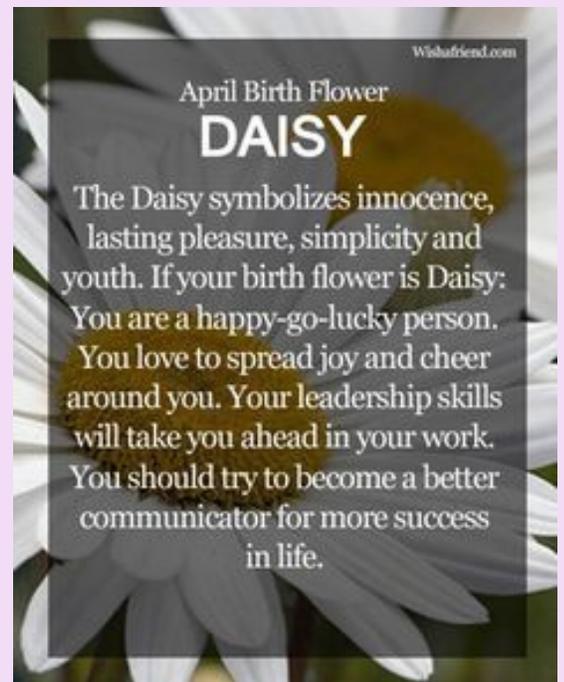
ASTROGRAPH



Wishafriend.com

**APRIL BIRTHSTONE
DIAMOND**

Diamond is the birthstone for April-born people. Diamond is traditionally associated with mystery, romance, power, magic, etc. Diamond signifies purity. You are an innocent person. You are very loving and affectionate towards your near and dear ones. You are very strong, yet kind and caring.



Wishafriend.com

April Birth Flower
DAISY

The Daisy symbolizes innocence, lasting pleasure, simplicity and youth. If your birth flower is Daisy: You are a happy-go-lucky person. You love to spread joy and cheer around you. Your leadership skills will take you ahead in your work. You should try to become a better communicator for more success in life.

~ Rana T



Standards Corner

Hello Vail members. Today we are going to talk about Standard number Ten which states, "Clubhouse staff have generalist roles. All staff share employment, housing, evening and weekend, holiday and unit responsibilities that conflict with the unique nature of member/staff relationships." Well now what does this mean?

Staff are hired to be generalists and not specialists. That means they do a little bit of everything not just one thing. Usually, staff is involved with TE's, kitchen, business department, hospitality and so much more. They are flexible. We've talked about TE's so that's sharing in employment but what about housing? Well, here at Vail we have a housing department. So, staff don't do that and right now and we aren't open evenings. But what they do is rotate holidays. Staff do a lot so show appreciation for your staff.

Jokes from Shelley:

What day is the
Jesters
Birthday?
April fools day!
-Sebastian

How does a
bee brush its
hair?
With a
honeycomb!

Why are
flowers so
friendly?
They always
have new buds

Which
superhero
like spring
the best?
Robin

Do monkeys fall
from the sky?
Yes! Ape-ri-
l showers

What beverage
does a tree
drink the
most?
Rootbeer

APRIL BIRTHDAYS

Al G.

Vince A.

Lisa P.

Sarah B.

Delma H.

Alida B.

Marcia A.

Patty E.

Rodney D.

Tom F.

Randall T.

Earl H.

Heid V.A.

Phil R.

Leah V.

Walter T.

Carla Nitti's Recipe for Fiddleheads.

Fiddleheads are a vegetable found in moist woodlands, river valleys, along roadsides ditches and ravines.

They are ferns. Before they become ferns, they need to be

harvested at the stalk when the head is still tightly curled. They are found in North America and into Canada. It is a very short harvesting

season. A 2 week window from mid April till early June. The

fiddlehead can cause food poisoning if not stored, prepared, and cooked properly. They

are high in potassium, iron, antioxidants and omega-3 fatty acids.

They taste like asparagus, broccoli, spinach or green beans.

It is best to boil then is salted water for 10 minutes before sautéing or they will taste bitter.

You can sauté them in butter with garlic or leek. Enjoy!



The Biggest Monolith structure in the world, Kailasa Temple Ellora Cave.
- CJ



Staff Numbers

Chad 952-529-1403

CJ 952-212-8027

Daithi 952-529-1100

Eric 952-529-0967

Meredith-952-945-4261

Jonathan 952-300-5378

Julie 612-790-8107

Lilly 952-529-1009

Nathan 952-529-1166

Samantha 952-406-9284

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