



# VAIL VOICES

*“You’ll never get bored when you try something new. There’s really no limit to what you can do.”*

*-Dr. Seuss*

# A YEAR IN REVIEW





# Nate's Notes

2023, A Year of Decisions

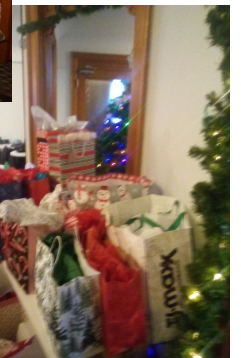
By Nathan Olund

- 2023 has been marked with many changes and challenges, but there have been things worth celebrating in 2023. Here is a quick recap of some of the decisions we have made at the Clubhouse and as a community.
- January- The decision of how we split the time of the clubhouses and start the learning community. We ended up alternating weeks of which clubhouse is open.
- February – The focus was on the learning community and absorbing as much as possible from foreign environments. No decisions have been made yet.
- March- DMM on DMMs! We wanted to start to align how we make decisions by coming to consensus on how we come to consensus. We adopted the same agenda and guidelines for both clubhouses. We also had the conversation on shedding masks and COVID protocols moving forward. Another topic was how we utilize money in lunch accounts in the same way. We decided that you could use the money in your lunch account to purchase snacks at the club.
- April- We revised the shuttle schedule and made the afternoon return trips optional and not for pick-ups. We also talked about the frequency of our newsletters and changed the bi-monthly schedule we currently have.
- May- We reorganized the work of the clubhouse into 9 departments and changed our schedule to match their use. We adopted a universal visitor policy for both clubhouses that defined who and how we welcome our various visitors.
- June- Snack Bar pricing took a few DMM's to iron out, but we came up with some universal pricing and philosophy about how to run the snack bar for a profit to support our low-cost lunches. We decided about where to hold our picnic event.
- July- The number of events that we had may have been plentiful, the decisions not so much. We talked about combining the banks and snack bar pricing.
- August- Digital Consolidation was a phrase that was defined and decided during August. We reduced the number of passwords and logins that we had to remember at the clubhouse. We also made some of our lunch documentation same-same at the two clubhouses.
- September- No record of decisions, they must not have happened. We started discussing how we would add evenings at the end of the month.
- October- We added 1 night per week to the November and December calendar with a plan to revisit in January.
- November- We started the discussion about “Conscious Uncoupling” and the steps we needed to take to end the learning community. This then moved into the presentation of the 3 goals from the training group that went to Massachusetts. The month closed out with the decision to split into 3 departments and amend our schedule in a few minor ways.
- December- We added regular Saturday outings to the calendar for 2024 and defined our Saturday offerings. We talked about nights and how to keep a rotation of nights that made the calendar easier to understand. We also defined our social rec times and how we'd incorporate them into our weekly schedule. Finally, we talked about the pet policy for the clubhouse and how we should welcome our 4 legged friends into our space.



HAPPY

*Holidays*





## Standard # 15 States:

“The work ordered day engages Members and staff together, Side by side, in the running of the clubhouse. the clubhouse focuses on strengths, talent, and abilities; therefore, the work ordered day must not include medication clinics, day treatment or therapy programs within the clubhouse.”

Here is an interpretation by fellow clubhouse member Keith:

What does it mean...

Being in a clubhouse that helps people manage their illness may it be mentally or physically is a good benefit for a person. That's why this standard is important. For members and staff personnel as well.

As a member you get to use your abilities to help out in the clubhouse and broaden your horizons in the task that you feel you are best at. Not only do you get to use your skills you also learn new ones. That's why this standard is so important. For the clubhouses and it also gives the staff a chance to work with the members so they can see how and when they can help the members become more better at what they do in their own life. Also members get a chance to work side by side with each other and develop relationships with each other. I think this is a good standard not only for the clubhouse but for members and staff as well.

## RECIPE

**Santa's treat or bringing in the New year with no bake peanut butter chocolate Cereal Bars.**

Spray 13-9 pan with no stick spray. In large Microwave bowl place 1 cup lite corn syrup and 1 cup sugar microwave uncovered for 2 -2:30 minutes stirring every 30 seconds till it boils. Stir in 1 cup creamy peanut butter and 1/4 teaspoons salt stir until blended. Then stir in 6 cups favorite cereal until coated pressing in the pan making sure top is flat. Melt one bag favorite kind chocolate chips with 1/4 cup peanut butter and 2 tbs butter on high for one minute till melted stir until smooth spread over bars. Decorate with m&ms or colored sugars refrigerate 30 minutes. Then cut into desired size pieces. Cereal you can choose include rice crispy, Chex cereals Cocoa Puffs or a mixture of your favorite kinds.

**BY CARLA NITTI**





# Farmers Market Basket event by martha bird



"This activity is made possible by the voters of Minnesota through a grant from the Metropolitan Regional Arts Council, thanks to a legislative appropriation from the arts and cultural heritage fund."



CONSERVATORY ->>  
& COMO ZOO ->>



HISTORY THEATRE  
POLAR PLUNGE



FUNDRAISING



TOUR DE VAIL (THE FINAL TOUR)





## Uptown Art Fair

## External Outreach



## KIWANIS EVENT



## mn Clubhouse Coalition trip



## Nami Walk



**MARCH 2ND, 2024**

**WE DASH, WE  
SPLASH, HECK,  
YOU CAN DO  
BOTH! JOIN  
VAIL PLACE IN  
OUR 3RD  
PLUNGE!**

**For more  
information,  
ASK MARK J or Sebastian  
ASK YOUR ADVOCATE  
GOTO THE WEBSITE**

**Also, register at  
<https://reg.plungemn.org/register>**





# CLUBHOUSE DEVELOPMENT

## WORCESTER M.A. CLUBHOUSE TRAINING



## DAY ON THE HILL



## MINI-RETREAT

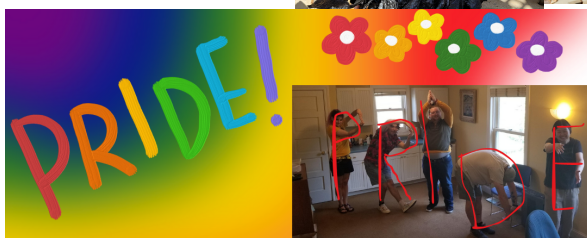
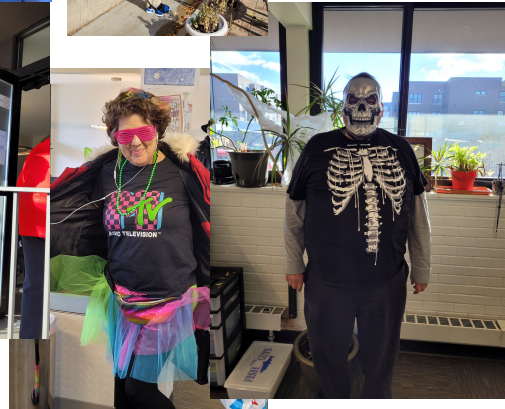
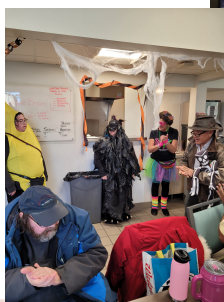


## JACK & JOEL FROM CLUBHOUSE INTERNATIONAL





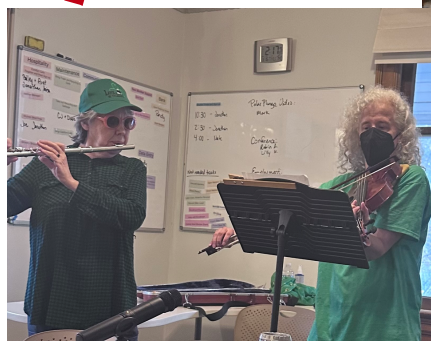
# HALLOWEEN



# TWINS GAME (WITH NAMI)



# PICNIC MEDICINE LAKE



# st patrick's day



# GETTING OUTSIDE



## WAUB-O-JEEG & MOOSE LAKE CAMPING TRIPS



## CLUBHOUSE PLANTERS



## <- RUSSIAN ART MUSEUM



# MEMBER HIGHLIGHT

## GRACE M.

MY NAME IS GRACE AND I HAVE BEEN A MEMBER OF VAIL PLACE SINCE APRIL 2023. I'VE BEEN DEALING WITH SEVERE MENTAL HEALTH ISSUES SINCE AT LEAST 2016. BEFORE COMING TO VAIL I HAVE HAD MULTIPLE HOSPITALIZATIONS AND WENT THROUGH CIVIL COMMITMENT. MY MENTAL HEALTH HAD BEEN SLOWLY IMPROVING WITH THERAPY AND CASE MANAGEMENT. LAST APRIL MY CASE MANAGER RECOMMENDED THAT I LOOK INTO VAIL PLACE. MY LIFE HAS DRAMATICALLY CHANGED SINCE I BECAME A MEMBER AT VAIL.

THERE ARE SO MANY WAYS VAIL IMPACTED MY LIFE. I HAVE MET AND MADE MANY NEW COLLEAGUES AND FRIENDS. A MAJOR DIFFERENCE AND SOMETHING MISSING IN MY LIFE WAS GETTING OUT OF MY HOUSE DAILY. BEFORE, I STAYED AT HOME ON MANY DAYS. AT VAIL I HAVE JUMPED INTO THE WORK ORDERED DAY AND HAVE BENEFITED, ESPECIALLY IN THE CULINARY UNIT. MY MENTAL HEALTH HAS DRAMATICALLY IMPROVED FOR THE BETTER WITH FEWER PSYCH EPISODES AND NO PSYCHIATRIC HOSPITALIZATIONS. I NOW HAVE A PURPOSE, I'M GETTING OUT AND BEING PRODUCTIVE. MY OUTLOOK ON LIFE IS MUCH MORE POSITIVE AND I AM OPTIMISTIC ABOUT THE FUTURE.

ONE OF THE BIG CHANGES FOR ME IS I GOT A NEW TE JOB THROUGH VAIL. IT HAS BEEN MY FIRST JOB SINCE 2017. I'M CONTRIBUTING AND MAKING A DIFFERENCE IN MY WORK. ALSO, I AM REGISTERED TO GO BACK TO SCHOOL WITH LOTS OF SUPPORT FROM THE STAFF AT VAIL. THIS IS A BIG MILESTONE JUST TO GET TO THIS POINT. ALSO, BEING ON THE ADVISORY COUNCIL IS A GREAT HONOR. THIS LETS ME PROVIDE LEADERSHIP IN THIS COMMUNITY. IT WAS AN HONOR TO BE CHOSEN TO ATTEND A CLUBHOUSE TRAINING. I LEARNED A LOT AND WAS ABLE TO BRING BACK NEW IDEAS WITH MY COLLEAGUES FOR OUR CLUBHOUSES. ALSO, IT WAS A BIG DEAL FOR ME TO LEAVE MY FAMILY FOR TWO WEEKS AND ACTUALLY SUCCEED ON MY OWN. BEFORE COMING TO VAIL I COULD NOT HAVE DONE THIS.

OVERALL, VAIL HAS CHANGED THE COURSE OF MY LIFE TOWARDS A HEALTHY AND SUCCESSFUL ONE. BEING PART OF THIS COMMUNITY HAS BEEN A GREAT OPPORTUNITY FOR ME TO LEARN, GROW AND GET HEALTHIER. I AM GRATEFUL TO HAVE FOUND VAIL AND TO HAVE BEEN INVOLVED IN THE COMMUNITY AS MUCH AS I HAVE BEEN IN SUCH A SHORT TIME.



## VOCATIONAL CELEBRATION DINNER

Come one, come all. Hear ye hear ye...Vail Place is now celebrating our peers and colleagues who work, study and labour and pass tests!! There will be a meal of lasagna with Italian bread at Hopkins on **January 24th, 2024 at 5:00- 7:00 pm**. It is super important to come and not just network but also celebrate that recovery is possible. Honor yourselves and your peers by coming to this warm event.



## SPECIAL EVENTS, AND HOLIDAYS TO LOOK FORWARD TO IN 2024

- Ramsey County Clubhouse Grand Opening - April
- Polar Plunge - March 2nd
- History Theatre - May TBD
- Donor Breakfast - May TBD
- Clubhouse Giving Day - June 1st
- NAMI Walk- Sept. TBD
- TCM 10 Mile- Oct TBD

**Happy  
Birthday!**

### *Dec Birthdays*

|               |            |
|---------------|------------|
| Abdi B        | Eric A     |
| Ralph C       | Holly A    |
| Thomas F      | Ephrem A   |
| Mike F        | David B    |
| Maxwell G     | Martha B   |
| Calynn H      | Susan G    |
| Tamara H      | Steve H    |
| Debra J       | Mark J     |
| Nathaniel J   | Cathleen K |
| Tony K        | Lindsey K  |
| Meghan M      | Rachel M   |
| Kari N        | Mish M     |
| Christopher R | Jude M     |
| Lisa S        | John O     |
| Connie S      | William P  |
| Lynn T        | Ryan P     |
|               | Edward S   |
|               | Seshmin T  |
|               | Thomas T   |

### *Jan Birthdays*

|            |             |
|------------|-------------|
| Fatuma A   | Mahamud A   |
| William B  | Abshir A    |
| Michelle C | Regina A    |
| Marjory D  | Michael B-A |
| Adriene E  | Benjamin E  |
| Janna J    | Aaron E     |
| Robert L   | Dimitrius F |
| Curtis M   | Tauno F     |
| John M     | Nathan F    |
| Jennifer M | Paul G      |
| Mike T     | Mary O      |
| Rana T     | Hailey R    |
|            | Richard S   |
|            | Willie T    |
|            | Loc T       |



# THE DIRECTOR'S CORNER

with Chad B.



*chad  
chat*



*chad  
chat*

As the year ends, and we reflect on how it began, it's impossible not to see this year as a story of amazing transformation in our community. We started the year in a time of massive uncertainty- we were masking, managing covid outbreaks, shepherding in a new Executive Director for the agency, facing massive budgetary cuts, and just generally very concerned and uncertain future of our community. This uncertainty, however, revealed the great strength of our community. Despite countless concerns and unknowables, we chose to combine our two communities to form our ongoing learning community, not simply to battle the uncertainty, but to set out with intention to improve and synthesize our communities to make them stronger and more accessible. This choice has proven to be a massive success, as we have managed to achieve the closest thing to a normal year we've been able to have since the covid pandemic, and beyond that, has led to so much expansion, exploration, and excitement around what our community can be. On top of that, we've been just as active in the community, if not more so, as we have been in previous years- from the polar plunge, to hosting legislators, to a flurry of summer fundraising, legislative, and community events- we have proven that we are more vital than ever and the community around us has noticed.

We've strengthened our ties with clubhouse international, secured new sources of funding from DHS, are developing future sources of funding through Medicaid, and will be expanding to open a new clubhouse in Ramsey County in 2024. I want to thank all of you so much for the work you've done to help accomplish these goals and to continue to make our community strong. The transformation, survival, and genuine success and growth of our community would not have been possible without you all.



# STAFF CONTACT PAGE

## STAFF NUMBERS

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Mindy 952-300-5378

Theo 952-945-4250

Lilly 952-529-1009

Nathan 952-529-1166

Samantha 952-406-9284

Hopkins Clubhouse

952-938-9622

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<https://linktr.ee/vailclubhouses>