

VAIL VOICES

Manager's Page

Feb. 2024 – vol.1



DIRECTOR'S CORNER

As the new year begins, our community remains steadfast in our focus on the goals of the previous year: solidifying and defining our community and the wider agency, with the goal of eventual expansion of clubhouse in Minnesota. We started the year strong with a clubhouse coalition meeting in Silver Bay to help their community open an accredited clubhouse soon. We have also been working hard to establish connections in Ramsey County with service providers and potential members alike, hoping to have a strong, established network of members and resources when we open a new clubhouse in Saint Paul this spring. Similar to how we have adapted to new circumstances, the wider agency has worked hard in collaboration with our community to redefine itself and create a new name and mission statement. As we advance, the new name for our clubhouses and the wider agency will be **Vail Communities**, and the mission statement will be **Vail creates pathways to recovery through relationships, purpose, and opportunity**. Thank you again to all who contributed to this process! As we gear up for yet another busy year ahead in which we hope to open a new clubhouse and grow the number of those we serve to be 2 to 3 times what we serve now, I want to highlight again the importance of all the work we do as a community, not just for each other, the community, and one's recovery, but for continuing to ensure that we will no longer be the best kept secret in the state. Thanks to all of you who have helped make this journey to clubhouse expansion possible and to impact the lives of others who don't even know clubhouse exists yet!

NATE'S NOTES

Three Vail Clubhouses is the reality we are working towards. How we go from 1 shared clubhouse to 3 will be a topic of discussion for many months in 2024. It means we face more changes, but these changes are building the foundations for something great for the state of Minnesota. Our clubhouses have been no stranger to changes since 2020, but many of those changes came from events and forces outside of the clubhouse. The changes we need to make now come from within and will be community driven. Therefore the community needs to be put in charge of shaping the future of our clubhouses. Systematically we will work toward 3 clubhouses with a series of community driven days. The combined **clubhouse will remove staff for an entire day** and allow the community to take charge of the work of the clubhouse. This process will occur throughout 2024 as a means of testing the readiness of our clubhouses with reduced staffing. When we divide in half there will no longer be 2 staff in each department. There may be no staff in a department on a given day. Can we still function as a clubhouse? The answer should be yes. Anything but yes means we aren't ready for conscious decoupling to occur. This is how we prove we are ready to move to the next stages. The process may be messy, it may be chaotic, but it is meant to slowly test the waters before diving into the deep end. Anything we learn from these days will be part of our action plan towards decoupling. **Mark your calendars for March 18th for our first attempt at a staffless day at the Hopkins Clubhouse.** (Nate will be present to help open and close the clubhouse.)



MEMBER DEVELOPMENT

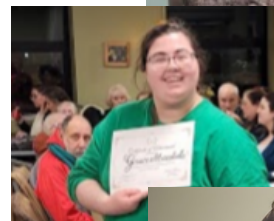
Community support for employment, education, and resources. Expanding the clubhouse through enrollment and external partnerships.



DEPARTMENT UPDATE

This month we have been working on employment tracking, supporting students and members interested in school, and helping people find resources. Our resource hours lately have been about food, legal aid, housing, and education! We host these every Tues. at 3pm. We have some cool opportunities for events coming up like Polar Plunge, Mental Health Day on the Hill, Ramsey County Clubhouse Convening and a booth to host at a conference!

We hosted a Vocational Celebration to honor folks who have worked or been in school in the last year! We had a great turn out and hope that people felt recognized for their efforts. Clubhouse's mission is to empower adults to find the resources they need to join the workforce while simultaneously learning a plethora of job skills through our work-ordered day. If you need help with employment or want to support others, visit the Member Development Department!



MEMBER DEVELOPMENT



EXTERNAL RELATIONS

Our trip to Silver Bay was a fun adventure. We left the Uptown Clubhouse at around 2:20 with six people in the van. Chad B., Mark J., Sophia S., Jane D., Tom N., and Richard W., all took the trip up north. Why did we go? To talk about Clubhouse to the people of Silver Bay. After two stops we arrived first at Lax lake resort where three of us would be staying. Pastor Dean met us there and showed us to our rooms. We dropped off our bags and Chad took the other three into Silver Bay to stay at the motel. Then Chad drove back to Lax Lake. Most of us slept well and after breakfast we followed Pastor Dean into Silver Bay picked up the rest of our crew and followed him to the future Clubhouse site.

The site was a church it had enough space and a kitchen and an extra room but not a lot of technology but still that will come. All in all it would be a good start. After the tour, we were treated to lunch by Pastor Dean. Then we headed to the meeting room across the parking lot. Hansa, a Vail member who lives in Silver Bay brought snacks. At first, it did not seem that many people would show up but when we started our presentation the room was full and there were people virtually.

Three of us sat up front. Pastor Dean addressed the crowd and then Chad started to talk about Clubhouse and Community. Members shared their stories and inserted comments as needed. Many questions were asked and I think we answered most of their questions. Pastor Dean ended the meeting with a question and the meeting was over. We stayed and answered more questions leaving around 3:00 P.M. The drive back was uneventful with one stop until we got back to the Uptown Clubhouse around 7:30 P.M. I think it was a successful trip.

Richard W.

Ramsey County Clubhouse Listening Sessions

WE ARE WORKING TOWARDS OPENING A NEW CLUBHOUSE IN RAMSEY COUNTY AND HAVE BEEN HOSTING ONGOING LISTENING SESSIONS TO BETTER UNDERSTAND THE NEEDS OF THE COMMUNITY OF RAMSEY COUNTY. THE NEXT ONE WILL BE HELD ON MARCH 14TH, PLEASE STAY TUNED FOR MORE DETAILS.



NEW MEMBERS HIGHLIGHT

Misha E. (he/him) is excited to join us at the Clubhouse. He would like to find a job sometime in the next year and he would want to come to the Clubhouse to help with the front desk, newsletter, av projects, social media, speakers bureau, and going on outings. He enjoys collecting stamps, video games, reading and is good at organizing, data entry, working with MS office and quickbooks.

Kruella B. (she/her) is looking for help with resources and might be interested in employment in the next year. She would like to help out in the kitchen, fundraising, speakers bureau, renovators and going on outings. She enjoys art and music and is good at doing makeup.

Eric Z. (he/him) is not sure where he would like to help out at the clubhouse. He enjoys video games, art and music.

Madison P. (she/her) is not sure where she would like to help out in the Clubhouse. She wants help going back to school for women and gender studies. She enjoys art, listening to music and reading.

Bryan C. (he/him) would like help finding a job in soldering and wants help with education. He is not sure how he wants to help out at the clubhouse. He enjoys movies, video games, internet, soldering and cooking.

James R. (he/him) is interested in helping with many areas around the Clubhouse. He enjoys going to the gym, music and cooking.

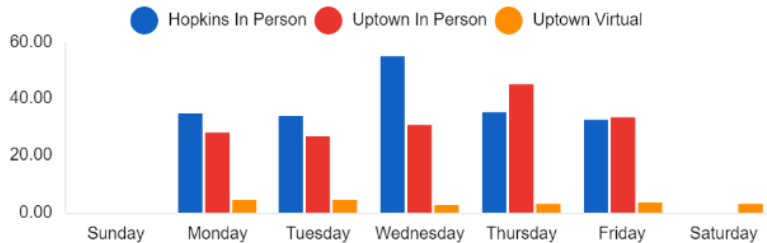


WELCOME

TRAC

THE TRAC DEPARTMENT IS DEDICATED TO CREATING A WELCOMING ATMOSPHERE WITHIN THE CLUBHOUSE. OUR PRIMARY GOAL IS TO COLLABORATE AND COORDINATE WITHIN THE CLUBHOUSE DEPARTMENTS TO NOT ONLY REVIEW, BUT TRACK THE BUSINESS, FINANCE, AND COMMUNICATION TASKS OF THE CLUBHOUSE COMMUNITY.

ADA by Day of Week 2024



Shuttle Use

Rides	454
Riders	73
To Uptown	354
Distinct To Uptown	42
To Hopkins	100
Distinct To Hopkins	35

Clubhouse Visitors

2024 Distinct Members Clubhouse Visits	180
2024 Distinct Member Visits Both	81
2024 Distinct Member Visits Hopkins	141
2024 Distinct Member Visits Uptown	120

Hopkins Total Meals 2024

Distinct Count Meals at Hopkins	95
Total Meals at Hopkins	231

Uptown Total Meals 2024

Distinct Count Meals at Uptown	108
Total Meals at Uptown	295

Totals 2024

Food Expenses Hopkins	\$1,311.55
Food Deposits Hopkins	\$882.50
Food Expenses Uptown	\$1,261.54
Food Deposits Uptown	\$424.00
<u>Difference</u>	
Deposits-Expenses Hopkins	-\$429.05
Deposits-Expenses Uptown	

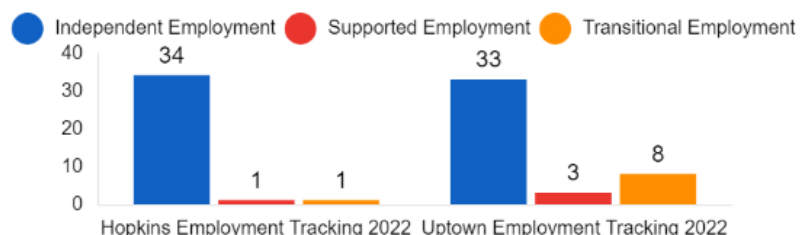
Hopkins

70
Hopkins
Enrollment

Uptown

62
Uptown
Enrollment

Clubhouse Employment



DEPARTMENT UPDATE

It has been a busy few weeks in the newly named TRAC (Technology, Reception, Administration, and Communication) Department, formerly the Business Department. We have been putting together new task boards at both of the Clubhouses, creating “how to guides” for all of the different tasks within the TRAC Department, along with making some changes to both the Calendar and The Newsletter. We’ve also continued to be the clubhouse’s hub for video and social media projects, as well as the department bottom-lining data entry and finances. We are also looking forward to exciting proposals from our department that will give greater outlet to the creative pursuits of members, so look out for more information and a potential upcoming DMM regarding that.

TRAC



CLUBHOUSE STANDARDS

STANDARD 16.

The work done in the Clubhouse is exclusively the work generated by the Clubhouse in the operation and enhancement of the Clubhouse community. No work for outside individuals or agencies, whether for pay or not, is acceptable work in the Clubhouse. Members are not paid for any Clubhouse work, nor are there any artificial reward systems.

THIS STANDARD IS STATED TO BENEFIT THE CLUBHOUSE MEMBER TO DO WORK IN THE CLUBHOUSE THAT HELPS THEM TO ACHIEVE GOALS THAT THEY SET FOR THEMSELVES. IT ALSO INTRODUCES HOW DIFFERENT SKILLS THAT THEY KNOW WILL HELP THEM IN THE CLUBHOUSE AS WELL AS IN THE COMMUNITY. IT IS NOT OBLIGATED TOWARD PAYMENT IN THE CLUBHOUSE BUT TO ESTABLISH PERSONAL SATISFACTION IN DOING THE WORK THAT IS NEEDED IN THE CLUBHOUSE. BASICALLY IT IS A HELPFUL TOOL FOR THE MEMBER TO LEARN NEW SKILLS THAT WILL HELP THEM FIND A TRADE OR EVEN EMPLOYMENT. WITH THE HELP OF STAFF THE CLUBHOUSE MEMBER GETS A CHANCE TO USE THEIR OWN PERSONAL SKILLS TO DO BETTER AND TO WORK A JOB THAT THEY REALLY LIKE. THE IMPORTANCE OF THIS STANDARD IS SATISFACTION NOT PRICE AND SELF VALUE.

KEITH WASHINGTON



CULINARY N' WELLNESS

Environmental care--inside and out-- to enrich the mind, body, and spirit of our community.

DEPARTMENT UPDATE

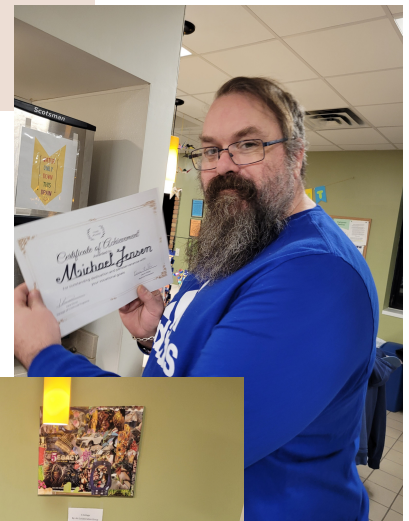
This month we officially decided on our department name of Culinary N' Wellness. As stated in the departments mission, our focus goes beyond making a \$2 lunch. We work together on planning a well-rounded calendar of nourishing meals, quality outings, weekly socials, and wellness talks. Every member has a chance to contribute ideas through our new calendar planning forms. We've got a variety of side-by-side work opportunities with data entry, meal photography, cooking, meal planning, recipe-finding, idea sharing, and maintenance. Please join our meetings and jump into the fun!



VOCATIONAL DINNER

ON JANUARY 24 BETWEEN 5:00 P.M. TO 7:00 P.M. VAIL PLACE HOSTED THE VOCATIONAL DINNER. FORTY- FIVE PEOPLE ATTENDED THE DINNER. THE DINNER WAS FOR PEOPLE IN EMPLOYMENT, EDUCATION, OR VOLUNTEERING THE MEAL WAS LASAGNA AND A SALAD. MERIDETH MADE VEGETABLE AND VEGAN LASAGNA, AND RICHARD AND MERIDETH MADE MEAT LASAGNA. THERE WAS ALSO DESSERT. A CAKE THAT LILLY AND CIARA MADE.

THERE WAS A BUZZ OF CONVERSATION AS PEOPLE ATE AND TALKED OVER DINNER. THEN KEVIN F. HANDED OUT CERTIFICATES SIGNED BY NATE AND KEVIN F. THE EVENING CONTINUED WITH LILLY HANDING OUT CAKE. AND ALL TO SOON IT WAS TIME TO LEAVE. I THINK OUR FIRST VOCATIONAL DINNER WAS A HUGE SUCCESS.



CULINARY N' WELLNESS

HISTORY THEATER

Before I started History Theatre, I was in a hard place. I didn't really know how to relate to people that well, and I had a lot of judgments about hearing other people's stories. Then, when I started attending, I began to hear other people's stories and see the human side of who they are. I made at least one friend or close acquaintance from that program. In addition, it gave me a new perspective on my writing. A big part of writing is exploring the things that make you who you are in your life. By writing about my life story, I have been able to write about my life more clearly and I can process the things that happen in my life better. Even though I don't attend every session, I come back a better person and enjoy myself when I am there.



WELLNESS WITH OCCUPATIONAL THERAPY

Hi! my name is Katie, and I am an Occupational Therapy (OT) intern from the University of Minnesota. I started at the clubhouse on January 2, 2024, and I will be around until March 22, 2024. Recently, I have been working on collecting surveys about the different activity and wellness talk interests of members and staff. Based on these surveys, during February I have planned and/or hosted wellness talks about nutrition and sleep, as well as social recreation activities for music & movie trivia and exploring different cultures and customs around the world. Through these surveys, the goal is to promote creativity and continue to plan a variety of activities that meet the needs and interests of the different members and staff attending. I have been collecting a second round of updated surveys to plan events for March. This has been a great experience for me, and I am excited to learn more about the interests of everyone at the clubhouse!



CLUBHOUSE CONNECTIONS

HAPPY BIRTHDAY

Sharon B	Graham W	Terrence C
Deanna S	Derek G	Gabe C
David F	Christian M	Daniel E
Greg G	Diane M	Lamone J
Jeff H	Wynne P	Alex H
Brian D	Frank DG	Patrick K
Cathy J	Mat K	Mike B
Jacob S	Rich G	Neal A
Steve M	Heather Z	Tamara S
Kate L	Joanna S	Sara S
Brian B		

SPECIAL EVENTS AT CLUBHOUSE FOR MARCH MENTAL HEALTH DAY ON THE HILL – MARCH 7TH

WE HAVE A GREAT NEED FOR YOU TO JOIN US AT THE CAPITOL TO SHOW SUPPORT FOR LEGISLATION RELATED TO FUNDING THE CLUBHOUSE! WE WILL BE TEAMING UP WITH OTHER MENTAL HEALTH AGENCIES AND MEETING WITH LEGISLATORS. FOLKS ARE ENCOURAGED TO WRITE LETTERS TO THEIR REPRESENTATIVES IF THEY CANNOT ATTEND IN PERSON. PLEASE FOLLOW THE LINK ABOVE TO SIGN UP AND GET MORE INFO, YOU CAN ALWAYS CALL THE FRONT DESK FOR HELP WITH SIGNING UP OR ANY QUESTIONS!

MENTAL HEALTH DAY ON THE HILL!

Come one and all to Mental Health Day on the Hill! Vail Place is organizing a HUGE outing to represent and support the bill currently being worked on to ensure future clubhouse funding through Medicaid.

March 7th

We will provide rides from the clubhouse, and we will be there ALL DAY. Scan the QR code below for more info and to sign up

SCAN HERE



STAFF CONTACT PAGE

STAFF NUMBERS

CHAD 952-529-1403

CJ 952-212-8027

DAITHI 952-529-1100

ERIC 952-529-0967

UPTOWN CLUBHOUSE

612-824-8061

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

VAIL PLACE LINK TREE QR CODE:



or, use this link:

<https://linktr.ee/vailclubhouses>

Follow us 



#vailplace

#clubhouseworks