

VAIL VOICES

Manager's Page

April 2024 - vol.3



DIRECTOR'S CORNER

IT'S HAPPENING! We're opening a new Clubhouse! Woohoo!!! The long-awaited Ramsey County Clubhouse grand opening is finally here! The lease is signed, the space is accessible, and the work to make it a Clubhouse is underway. In light of this, I want to thank and congratulate all of you in our community for all the hard work you have put into making this dream a reality - this Clubhouse expansion was only made possible through your creative response to the challenges we faced last year! It is difficult to believe it wasn't even two years ago that we first sat down with NAMI and Ramsey County stakeholders to discuss the potential of opening a new clubhouse. Now, not only are we opening a new Clubhouse and developing new partnerships with critical resources and stakeholders in Ramsey County, but we successfully authored a bill with the help of State Legislators Representatives Youakim and Senator Pappas to try to ensure sustainable funding for the Clubhouse into the future. This didn't simply happen by happenstance. This has been the product of all of your work in and outside the community to continually prove the need for more communities like ours, and I cannot thank you enough.

NATE'S NOTES

As we embark on the great adventure of opening a new clubhouse, we can reflect on the reasons why clubhouse works and what we can do to share our mission with a new community. "The fox knows many things, but the hedgehog knows one big thing." This Greek saying saying has been used on a wider scale since 1953 when an essay was written to examine its meaning. In a business sense, this philosophy guides an organization to be more like the hedgehog. Do your one thing and do it well. A hedgehog succeeds because it specializes in a singular focus very well. A fox is more prone to failure by trying many things and not doing any of them very well. While clubhouse can feel foxy in terms of the many options and offerings that fill our calendar, work-boards and day to day; the core principal that the standards point us toward is simple and effective. Build relationships. That is our hedgehog philosophy. It can be inserted into everything we are doing. Working the front desk? Greet people with a smile and ask them a genuine question about themselves. Working in the kitchen? Invite someone to taste your cooking. Working on the computer? Share your screen and talk aloud. People who have worked in clubhouse for decades always offer this simple piece of advice, "never work alone." It's impossible to build a relationship when you are by yourself. Stop during your day and reflect on what you are doing, does it build a relationship with another person in our club? If the answer is no, find a way to make it a yes.



MEMBER DEVELOPMENT

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

DEPARTMENT UPDATE

This month we visited Normandale Community College in Bloomington! We took a tour and saw classrooms, the biology lab, cafeteria and helpful resources for students. They also have a lot of clubs that students can lead and participate in!



I liked the tour guide! -Frank

"I liked the Japanese garden!" -Vince

We hosted various resource hours to help people with different things. Reach for Resources came to the clubhouse to present and learn about Vail. We also had a staff from Meals on Wheels come. If you have a resource to share or need help with something, attend Resource Hour on Tuesdays at 3pm!

resources



Employment & Education

Reach for Resources



Meals on Wheels



SCAN ME



are you a student?!

do you want to be?!

Join the **study group** Wednesdays 10-12!

Don reflects on his time spent working the TE position at Birch Counseling: "Being at work kickstarts my day and I've loved working this position it's been so great." Don did a wonderful job cleaning, the staff there are very appreciative and spoke highly of Don and Vail! Vince will take over at Birch starting in May!



MEMBER DEVELOPMENT

EXTERNAL RELATIONS



We hosted a booth at the MSSA (MN Social Services Association) conference this year. We spoke with lots of different providers about Vail!

We hosted a class from Augsburg who were interested in learning about the clubhouse!



We hosted a soft opening for the new Ramsey County Clubhouse!





RAMSEY COUNTY
CLUBHOUSE
*Grand
Opening*

MAY 21ST, 2024
3-5PM

285 DALE ST N
SAINT PAUL,
MN 55103



RSVP HERE

**JOIN OUR COMMUNITY IN CELEBRATING THE
YEARS-LONG EFFORT TO BRING MENTAL
HEALTH RECOVERY TO THE NEXT LEVEL, WITH
A CLUBHOUSE IN RAMSEY COUNTY!**



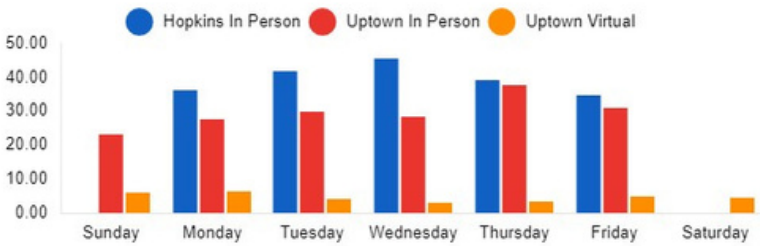
VailPlace
transforming the lives of people with mental illness
through community

**LIGHT
SNACKS
PROVIDED!**

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	527
Riders	77
To Uptown	419
Distinct To Uptown	45
To Hopkins	108
Distinct To Hopkins	37

Clubhouse Visitors

2024 Distinct Members Clubhouse Visits	244
2024 Distinct Member Visits Both	121
2024 Distinct Member Visits Hopkins	189
2024 Distinct Member Visits Uptown	176

Hopkins Total Meals 2024

Distinct Count Meals at Hopkins	140
Total Meals at Hopkins	703
% Members Participating in Meal	74.07%

Uptown Total Meals 2024

Distinct Count Meals at Uptown	137
Total Meals at Uptown	703
% Participating In Meals Uptown	77.84%

Totals 2024

Food Expenses Hopkins	\$3,576.54
Food Deposits Hopkins	\$1,637.00
Food Expenses Uptown	\$5,094.14
Food Deposits Uptown	\$2,432.00
Difference	
Total Expenses	\$8,670.68
Total Deposits	\$4,069.00
Deposits-Expenses	-\$4,601.68

Hopkins

70

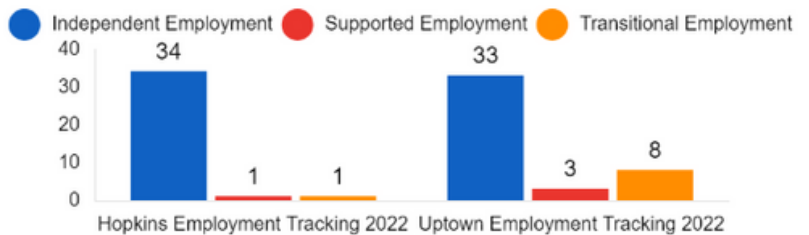
Hopkins Enrollment

Uptown

62

Uptown Enrollment

Clubhouse Employment

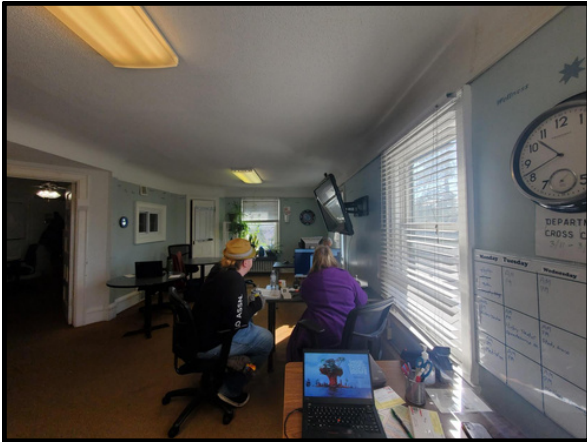


DEPARTMENT UPDATE

Big news from the TRAC department: We will be starting a biannual creative journal publication! We will be looking for folks in the coming weeks and months who are interested in sharing their writing or visual art and those who be interested in being on an editing committee being formed for the journal. Please talk to Theo or Eric for more info!

That being said, our normal TRAC tasks persist!! And if you are curious about how we track data and finances, work on communications task, accomplish admin tasks, or even how we put together this very newsletter, please come check out the TRAC department!

TRAC



CLUBHOUSE STANDARDS STANDARD 18

The Clubhouse is organized into one or more work units, each of which has sufficient staff, members and meaningful work to sustain a full and engaging work-ordered day. Unit meetings are held to foster relationships as well as to organize and plan the work of the day.

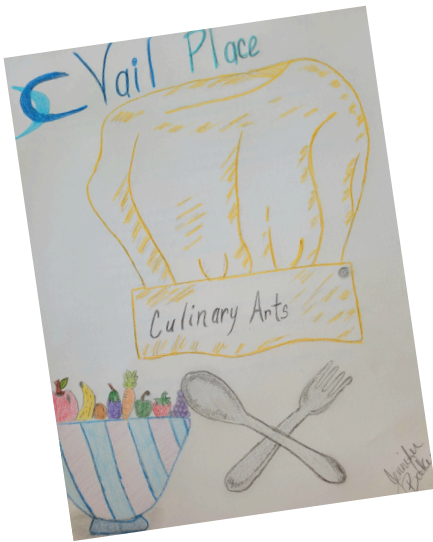
This standard expresses the concern of the work ordered meetings of the day. It lets you know how important it is to get together in the clubhouse to meet with staff and members at least twice a day to construct how members and staff can do what they can to have a good work ordered day and to do future planning for the clubhouse. Also members get a chance to meet other members that they have seen in the clubhouse and not seen in a while. Staff is able to adjust there schedules to how many staff personnel would be available to work in each unit of the clubhouse and members can participate in a unit that they understand what to do and can learn or get help from staff or other members who have experience in that specific unit. This is an important standard for the clubhouse to keep it organized and fully staffed. Also so members can do what they know how to do and learn new jobs in the clubhouse.

Keith Washington



CULINARY N' WELLNESS

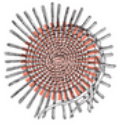
Environmental care--inside and out-- to enrich the mind, body, and spirit of our community.



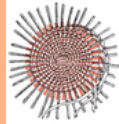
DEPARTMENT UPDATE

We brought a new meal planning proposal to one of the April Decision Making Meetings and, by golly, it passed! The community will be collaborating to create a meal binder filled with tasty, balanced, easy-to-follow recipes. A Facebook poll has helped us to gauge some favorite recipes for the binder. We'll need many hands on deck to tweak and modify recipes for large groups.

There will also be lots of gardening action in May. Starting with our Planting Planning Meeting on Tuesday, May 7th at 2pm in Uptown. Also, save the date for getting your hands dirty in the Uptown yard on Friday, May 24th.



Summer Weaving for Wellbeing basket classes will happen! Member Martha Bird was awarded a 2024 MRAC grant to teach basketweaving at Vail Place for a 3rd and final year.



Martha is pleased to invite you to a Basketry Project Planning meeting.

When: Wednesday May 8, 2024 at 3 pm.

Where: Uptown Vail

Why: Learn the details of the 2024 summer grant funded basketweaving classes.

Meeting Goals for May 8th:

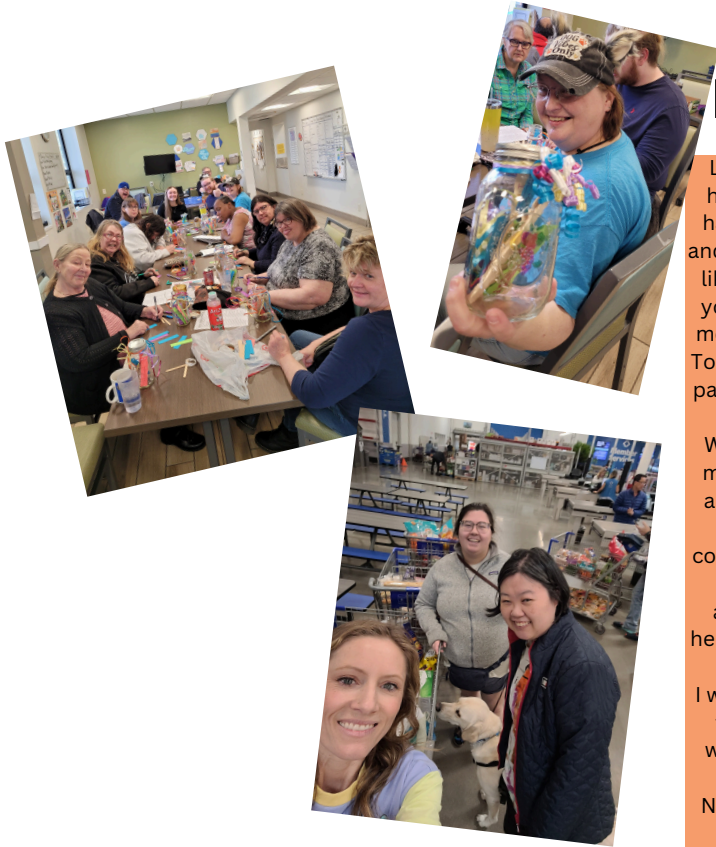
- 1) learn about the summer classes
- 2) Share your ideas for basketry projects that will benefit Vail place—to be completed in June, July, and August
- 3) sign up as “interested” for the classes* (Session 1 in June, Session 2 in July, Session 3 in August)

*Each session will consist of 3 people selected by lottery. Be sure to look for the front desk sign up to add your name and contact info so you can be notified if your name is selected.

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.



CULINARY N' WELLNESS



Positive Affirmation Jars

Let's start by saying a Positive Affirmation Jar is something that helps you become and keep on being a better you. Whenever you have a negative thought or attitude you can go to your positive jar and pull out a positive input about yourself that would make you feel like you are worth it in every way. For an example you are amazing, you are kind, or something like my negative thoughts don't control me. These are some examples that would go into your positive jars. To make the Positive Jars you would need: a mason jar, construction paper (plain or colored), popsicle sticks, and different color pen and pencil and markers of your choosing.

Why I chose to make positive affirmation jars is to let you see how much a positive saying can let you reflect on how you see and feel about yourself in a positive way. To be honest it really helps me in ways I couldn't even imagine. Reflecting on the positive when I constantly am feeling bad and not well because of my depression or my anxiety is bad where I feel like I can't handle it I go to my affirmation jar and I would read until I start feeling better it is so helpful I don't have to read many before I start to feel like the Mykea I know and want to be.

I will be doing this again and would love for more people to join. For the ones that already have done this activity you are more than welcome to join again **JUST BRING THE JARS YOU HAVE STARTED AND ADD TO THOSE JARS PLEASE.**

NEXT DAY TO DO POSITIVE AFFIRMATION JARS IS MAY 15 AT 4PM

Written by:
Mykea Smith

Japan Social

A couple of weeks ago, at the Uptown Clubhouse, CJ put on a Japan themed social event. There was a discussion about Japan, which involved CJ asking questions to gauge what people knew about Japan, and then watching videos. People were mostly curious about what daily life is like in Japan so there were a lot of videos about things like the famous bullet trains, life in the countryside (which was beautiful to see, even if it was on videos and not in person), and of course videos of Tokyo, such as the famous Shibuya Crossing, the busiest multi intersection crossing in the world,(according to CJ). There were also videos of more unique things like the famous deer in the town of Nara who are famous for their tame, docile nature, and even a video of a tourist spot where people could feed bears from a gloomy, formidable looking place that was called 'cage of humans', according to CJ (this was something he had never seen or heard of before!) and of course, there was food, in the form of Japanese snacks such as Pocky, fish flavored chips, rice cakes, and tea, among other things.

On May 22nd, here will be a South Indian themed social event much like this one, with food, music, interesting videos and some discussion about what makes South India so unique compared to other parts of India and the world, hosted by Nishanth (Nishi) Peters.



CLUBHOUSE CONNECTIONS

HAPPY BIRTHDAY

Andre G
Sarah B
Alida B
Patty E
David T
Leroy S

Heidi VA
Jacob B
Thomas F
Shane J
Marcia A
Barry T

Vince A
Michael D
Earl H
Christina B
Randall T
Rodney D

SPECIAL EVENTS AT CLUBHOUSE FOR COMING MONTHS

In May, The Ramsey Clubhouse will open. We will need members to help with putting the space together and inviting new members to join. If you're interested in helping out at the Ramsey county Clubhouse we will be having work groups heading over every Monday, Wednesday, and Friday from 12:30p-4p until the Clubhouse Opens.

Though it's not until June, please ****Save the Date**** for Tuesday, June 4th at 6:30pm for our annual performance at the History Theater!



Social Wellness

I had a fantastic time at the wild game, with my fellow compatriots. Before the game started, we went to a seminar and Chris Hawkey was there. I know who he is because I listen to his show on KFAN. He was a phenomenal speaker and really had some tear-jerking stuff he had to say about the military and depression. After the seminar we all filed into the arena for the game. We went up a bunch of escalators and when we got to the top we were near our seats. When we walked to our seats, we were so surprised because of the angle of how the seats were. It seemed as though if we took one false step, we would go tumbling down to the lower decks below us. The seats we got were what you would call nosebleeds, but I took comfort in the fact that if my nose was going to bleed at least it would bleed on the lower deck. The game was close though with the Wild scoring first, and then the Sharks answering back, but the Wild took the game over and won 3-1. I sincerely enjoyed the time I got to spend not only with members but staff as well and would do something like this in a heartbeat.

STAFF CONTACT PAGE

STAFF NUMBERS

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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>

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