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Clubhouse Guarantees

- ◆ A guaranteed right to a place to come.
- ◆ A guaranteed right to meaningful work.
- ◆ A guaranteed right to meaningful relationships.
- ◆ A guaranteed right to a place to return.



Let Us Give You A SHOUT OUT

Have you done something that you're proud of? Accomplished a goal? Let us give you a shout out!

Kathy A: I've stayed out of the hospital for 17 years, and have taken care of my cat for a year by myself.

Cathy J: I came to Vail for three days in a row. I've eaten lower than I do at home. Food is good. Have eaten more fruits and veggies!

Zara G: I stayed employed, I've read more, I played my uke and signed up for uke classes once a week.

Jan M: I'd like to give a Shout Out to Greg B, who laid out the July newsletter—his first time!

A SUPER Tour de Vail!

The annual Tour de Vail was held in Robbinsdale at Crystal Lake on July 8, a bright sunny Saturday morning. The event was well-attended with lots of volunteers and participants.

Tie dye T-shirts that Vail members made were worn by attendees, as well as superhero costumes. (See Katie L and friend, above). There were lots of bikers and walkers and skaters all helping to raise funds for Vail Place. There were lots of prizes from the raffle.

This year Tour de Vail helped raise over \$26,000 for our agency. A big THANK YOU to all who made this event so successful!

Breakfast on Fridays

Thursday breakfast will be moving to Fridays starting in August. Vail will then be serving breakfasts on Mondays and Fridays.

Please join us for good company and healthy, tasty food. Your options are: eggs, toast, cheese, bacon, juice and fruit. We also need help in preparing the meals and taking orders. See you there. Don't miss this scrumptious meal to get your day off to a good start.



EMPLOYMENT NEWS

Vocational Book – Are you looking for a job? Wondering what types of jobs are available in the community? There are two Vocational Books in the Clubhouse; one is located in the Employment space and the other is in the Community room on the first floor. These books have job leads listed in them for you to review. We work on these job leads in the Business Department, so come up and learn how to view these and add to our books.

Employment Assistance hours allow members to sign up for 1:1 time to work on tasks such as: employment searches, applying online for jobs, creating a resume and or cover letter or to discuss employment topics or concerns. You can sign up for assistance in the “green sign-up” binder located in the Employment Department. If Thursday afternoons do not work for you please contact me, Carrie Framsted, at 952-945-4269 to schedule your appointment.

Job Leads—We are adding a space on the first floor (yet to be determined) where job leads that anyone finds can be added.

Employment work in the Business Department Join in this work on Tuesday mornings, Thursday and Friday afternoons.

JOB / CAREER FAIR

Monday August 7th

9:00 to 2:00

Hennepin County Library –

Minneapolis Central

300 Nicollet Mall – 2nd Floor

Ready for Success helps women and men in our community by providing them with professional clothing and accessories for work, interviews, internships, job training, and educational programs. They can get clothes, shoes, seasonal outerwear, personal care items, and accessories. Clients also receive the assistance of a Volunteer Personal Shopper during their scheduled appointment that assists them in building a professional wardrobe.

See Carrie F if you'd like a referral

Transitional Employment:

Jerry E.— Sea Salt

Mike B.— Sea Salt

Supported Employment:

Burton C.— Kowalski's

Randall T.— Crosstown Covenant Church

Mike J. – Coastal Seafood

Thomas C. – Coastal Seafood

Thomas S.— Coastal Seafood

Matt S.— Sea Salt

Curlee J.— Sea Salt

Mitch S.— Sea Salt

Tommy W.— Sea Salt

Bo J and Don M recently helped out the Clubhouse by putting together “kits” for peanut butter and jelly sandwiches. The sandwiches are part of the “healthier living” portion of the snack bar offerings.



UPTOWN ART FAIR
Friday-Saturday-Sunday
August 4, 5, and 6
Visit the Vail Pop Booth on
Hennepin just south of
Lake Street!

CLUBHOUSE DECISIONS MADE
IN JUNE AND JULY

Decisions made during the month of June were: 1) The microwave from the conference room was brought down to the snack bar. 2) Clubhouse name change from Vail Place to suggested changes (Vail Uptown, Vail Uptown Clubhouse, Vail Clubhouse Uptown, Vail Ability, Vail Unity, Vail Up). The final decision is still pending.

The Perks of Membership

With all that goes on around Vail Place, it's always good to be reminded from time to time about some of the great things that members can take advantage of. Here are some August perks.

Holidays: Vail Place is open for a shorter time on all federal holidays, from 10:00 until 2:00, even if the holiday occurs on a Saturday or a Sunday. Staff prepare a free lunch and serve it at noon. Being open on actual holidays is standard at Clubhouses around the world. If you have no other plans, join your Vail Place community for a celebration. PS, don't miss Thanksgiving. It's the best!

Stop Smoking Group: Vail Place is currently collaborating with NAMI and offering support to members who are exploring or planning to give up smoking. It happens every Wednesday at 12:30 in the Community Hospitality Room. Whether you'd like to improve your health or put more money in your pocket, bring your curiosity and questions to the group. Will start again in September or October after a summer break.

Low-Cost Groceries: Vail Place often schedules trips to Fare for All or the Mobile Market. Check the monthly activities calendar, or speak to CJ M or Daithi F if you'd like to see an outing planned.

Standards: The Heart of Clubhouse

Join us as we explore the standards for Clubhouse on Monday, August 7th at 1:00.

We will review the section entitled "Space" and standards 12, 13 & 14. On Thursday August 24th at 11am we'll discuss standards of the "Work-ordered Day."

Awakening is not a process of building ourselves up but a process of letting go. It's a process of relaxing in the middle, the paradoxical, ambiguous middle, full of potential, full of new ways of thinking and seeing – with absolutely no guarantee of what happens next.

Celebration Dinner

Last month our clubhouse had a dinner for our members who have been working, volunteering and attending school in the past three months to celebrate their accomplishments. We have over 65 members participating with four new members who have started working in the past three months.

After dinner we met and listened to members share their stories of how they started, relate how long they have been involved with one of these areas in their life, and congratulate one another. We have members who are involved in two areas and one who is in all three. Tamara S. works, goes to school and volunteers as well. If you would like to explore work, school or volunteering, come talk to us and let's help you get started.

Tamara S is working AND volunteering AND going to school!



HAPPY BIRTHDAY!

Robert W.	8/4
Sara W.	8/4
Tom O .	8/4
James S .	8/4
John P.	8/6
Patricia B.	8/8
Skyler S.	8/8
Matthew S.	8/11
Jo E.	8/12
Ken R.	8/13
Ron C.	8/13
Marcie G.	8/14
Pam S.	8/15
Mitch S.	8/17
Peter H .	8/21
Dennis C.	8/25
Pippa C.	8/25
Michaela S.	8/27
Char C.	8/27
Lynda S.	8/28
Raven S.	8/31

Cheese!

You may have noticed staff asking to take your picture in the last few weeks. In an attempt to better support all of our members, we have been updating our member records to include pictures to help staff and new members recognize and get to know members in the Clubhouse as they join us. Like other information requests, your participation in this picture is optional, but allowing us to capture images is a great way to connect you to others in the club who can't remember the name of that super helpful member they met last week.

Chad B

Employment Development: "How to approach employers to start the partnership"

August 8th @ 2:30

Come join us as we meet to discuss best practice for growing our employment partnerships in the community. It can be challenging to "sell our program" for many reasons. Businesses have not heard about Clubhouse and the language describing Transitional Employment is hard to share and make sense to individuals for the first time. We have statistics that show how TE helps members return to work and stay employed and without these partnerships members would likely not gain employment.

Our Clubhouse needs to increase our TE numbers to seven positions. We currently have two that are seasonal and another two we hope to reopen this fall so we have work to do. Come learn about the process we have in place, look at material that we share with potential businesses and join up with your peers to help our community meet our goals.

HELP WELCOME NEW MEMBERS!



Welcome
Glad you're here!

If you have an interest in helping with Intakes we would like to hear from you! Intakes are the perfect opportunity to be a welcoming presence and guide to new members through the important information they need to know before they become a member of Vail Place. There are 3 ways to get involved. You can:

1. Write on the green posterboard an example of how someone can get involved in the work ordered day, like "meal sign-ups", "water the garden", "data entry on a spreadsheet"
2. Tuesdays at 9am: providing information about Clubhouse privacy practices and expectations- we have a script you can read!
3. Tuesdays anywhere from 10am-12pm- takes approximately 15 minutes: talking with a new member about how you participate in the work ordered day and explore how they want to get involved for their "Membership Plan. Staff will type the notes so you can be focused on the conversation!

If you're interested in helping with Intakes we would love to hear from you! Please talk with Katie L. or Miranda E. Thanks!!!

Proposal to Amend Standards

Earlier this year our club responded to a request from Clubhouse International to review the 37 standards and to submit any suggested changes. Every two years Clubhouse International reviews the standards with the over 300 clubs around the world. This is coordinated by the Standards Review Committee that is made up of members and staff from Accredited Clubhouses around the world.

We submitted recommendations for a change to **Standard # 24. It currently reads “Members who are working independently continue to have available all Clubhouse supports and opportunities including advocacy or entitlements, and assistance with housing, clinical, legal, financial and personal issues, as well as participation in evening and weekend programs.”** Our suggested change was to address the concern over the meaning of the word “entitlements”. We did not have a good understanding of what services this might mean and felt it would be easy to have misunderstandings. It turns out that Thunderbird Clubhouse from Norman Oklahoma had suggested changes to this standard as well so we collaborated on a central suggestion from both our clubs to remove the word “entitlements” altogether and to have the standard read: **“Members who are working independently continue to have available all Clubhouse supports and opportunities as well as participation in evening and weekend programs”**. Our clubs also mentioned that the list of services in the current standard are listed in standard #27 and that adding the word “resources” with entitlements would help to clarify meaning and intent.

The upcoming Clubhouse Conference will have meetings to review the suggestions presented this year for final decision by all clubhouses and their members who are in attendance. If you are interested in attending the conference and participating in these meetings please submit your application to Chad. It is this September and is being held in Detroit. Also, please share your experience with us on your return by talking to Chad about it!

BRAIN HEALTH, Part One

The book *Use It or Lose It!* by Allen Bragdon offers advice on how to keep your brain fit as it ages.

In one section he presents evidence that people who pursue a higher education also have healthier brains later in life. He then has this to say:

"All these studies point to an important conclusion. The human brain is not so much like the knees of a baseball catcher as like the heart of a runner. On the theory that every heart has a pre-set number of beats before it wears out, exercise that accelerates heart rate might be thought to accelerate death. But that is not the way it really works. Using the heart strengthens it, lengthens its life, and improves the overall quality of life of the body that houses it. All the current evidence from experimental studies is showing that this is the way that our brains work as well. We should make a constant effort to keep our brains active and challenged, in order to keep them as healthy as a runner keeps his or her heart."

So what kind of mental stimulation do you enjoy? Do you like crossword puzzles, games with friends, reading mystery novels? Maybe you like to buy cookbooks and try new recipes. Maybe you like to travel, or at least virtual travel through books and videos. How about going to a science museum or visiting a library?

May I suggest learning a foreign language? To me, a foreign language is a very fun and interesting way to have continuous learning in my life. Next month, I will offer suggestions on selecting the best foreign language for you.

Farewell, Fair Friends

It seems as though I just got here, and I'm already on my way out! My time with the Minneapolis Vail Place Clubhouse has been too short and too sweet but I could not have asked for a better work experience. The clubhouse members, staff, and volunteers have taught me and helped me grow so much, I can only hope that I've given even half of what I've received while working here.

So why am I leaving?! Well, I have an opportunity to go back into the volunteer work that I was doing before I came to Vail. Hopefully, I will be fundraising to go to Germany and work with the refugees and young German people there. And although Vail is an amazing place to work, I really feel as though this is an opportunity that won't come along again, and that this is the time in my life to pursue it. I am so excited to do so, but sad to leave what I know is one of the best places to work.

I will be volunteering with the clubhouse as much as I can before I leave, however, and will hopefully be playing at some places around the cities! Feel free to say hello to me as you wish if and when you see me around the community. I can honestly say, I've enjoyed every person I've got to meet through the club. Thank you all so much for the time you've spent with me. I hope our paths cross again soon!

Samantha Sorvaag

Scott A



PICTURES WORTH A THOUSAND WORDS: (Left and center) Eric F (in the circled area) was the only soul brave enough to go in the water on the first Square Lake trip, held on a chilly, windy day. The second Square Lake trip will be held on Thursday, August 17th. Look for better weather then! (Upper and middle right) The Vail Family gathered for 4th of July food & fun. (Lower left and right) Dania B and her hubby biked for Tour de Vail; More super-heroes crossing the finish line at TDV



Vail Place took its first camping trip of the summer July 19, 20 and 21. Three members and two staff set up their tents at Moose Lake State Park to enjoy the great outdoors. Bob W. and Daithi F. shared some of the highlights of the trip:

Daithi caught eight fish and fried them up into deliciousness for the campers.

They rowed on the lake in a rented row-boat.

There were lots of nice trails to hike.

They drummed and played guitar around the campfire.

CJ challenged all of them to search for agates on their hikes.

They had breakfast burritos both mornings, but the highlight of the meals was hobo stew, where each camper selects his/her own ingredients, wraps it in foil, and cooks it over the campfire. Bob reported that Daithi's packet that night looked less like a bowl and more like a boat.

Both Bob and Daithi agreed they'd do it again in a heartbeat! So, if the above sounds good to you, talk to Daithi or CJ about participating in the upcoming camping trip August 9-11.



PICNIC!!!

You're invited to the annual all-Vail Place Picnic! This year we're gathering at Minnehaha Park in Minneapolis for games, food, and fun. We'll be transporting folks from the Clubhouse as usual, but you can also use public transit to get there! Food, games, awards—the picnic has it all!

AUGUST 30 1:30pm 'Til 5:00pm

(Clubhouses will be closed that afternoon and evening.)