

# Friends of Friendship Place

Issue 13

Fall 2010

## NEW ADDITION TO FRIENDSHIP PLACE...



Hello. My name is Katelyn and I am the Mental Health Program Coordinator at Friendship Place as of September 2010. I am a recent graduate of the University of Wisconsin Oshkosh with degrees in Psychology and Sociology.

I have come to Friendship Place because of my passion to help others to promote awareness of mental health throughout the community. My background in mental health consists of working in a group home setting with severe and persistent mental and/or developmental disabilities, where I was able to assist my clients by encouraging them in learning how to become active and successful on their own.

Here at Friendship Place I will be organizing volunteer opportunities for our members, as well as developing new ways to inform our community of events and services offered at FP. I recently updated our promotional materials, including a new brochure. Please feel free to request free brochures.

I look forward to working with and meeting all of our members by assisting individuals with mental illnesses to become successful and active members of the community.

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FP is a proud agency partner of United Way Fox Cities.

## HOMESTEAD MEADOWS!

The farmer in the dell, the farmer in the dell, hi-ho, the derry-o, the farmer in the dell...

On Tuesday, the 19<sup>th</sup> of October, Friendship Place hosted a supper, bonfire, and hayride at Homestead Meadows in Appleton. This event was made possible by the 2010 FP Human Race team—Go team!

A meal was prepared by Julie and Candy. All members were gracious, and second helpings were had by all. The deserts included scrumptious pumpkin and apple bars and were almost completely gone by the end of the night. The meal was accompanied by hot chocolate and seasonally spiced hot cider. Some members also had fun dressing up, and excitement was filling the air.

Following the delicious meal, our group went on an evening hayride. Songs were sung and the perfect fall weather made the event worthwhile. The hayride took us through woods and we also got to see the swamp! Some of us were a little spooked, but we all made it back in one piece.

When we returned from the hayride, we enjoyed a bonfire. Smores were eaten and stories were shared with friends. The fire burned until we had to leave, and we all said thank you to Homestead Meadows as we were about to leave.

An excellent time was had by all.



## WHAT'S UP @ FRIENDSHIP PLACE?

(See the monthly calendar for details, pg. 4)

### MAKING MEMORIES!

The month of October has sparked an interest in bringing creativity to Friendship Place. One of our members, Jenn, graciously offered her time and talent and helped her peers create their own story/memory books.

As an example, Jenn created her own book and included things that bring her JOY! Her book has been used as a coping skill. Jenn stated, "Looking at the pictures when I am having a rough day often allows me to think back to happier times."

Jenn has been doing an awesome job of teaching each session. She is organized and well prepared with ideas and materials to match. She has encouraged and reminded all participants that "there is no such thing as a mistake, everything can be fixed. The most important rule to remember is to always have FUN!"

The class consisted of 3 facilitator-led class times. The first class included choosing our books, and sanding down each page separately (wow this was a lot of work, but it kept us all busy). The second and third class consisted of selecting materials to create and design our books, and completion of all final touches.

Look for crafting projects with Jenn in December. She has agreed to teach interested members how to make their own wrapping paper and also wrap presents. See the upcoming monthly calendar for details.

### IN MEMORIAM...



James Krueger

"Jimbo" James J. F. Krueger, 67, Neenah, formerly of Sheboygan, died on Thursday, November 4, 2010, after a courageous battle with Parkinson's disease at St. Agnes Hospital in Fond du Lac. He loved to impersonate Elvis with his stage name being "Jimbo" and was involved with Up with People. A memorial service was held on Monday, November 15, 2010 at Faith United Methodist Church in Neenah.

**BOBBIE FORD:** Sadly, a longtime supporter of our efforts here at FP and the mother of one of our members, Bobbie Ford, passed away on Sunday, November 7, 2010, after a short illness, with her family by her side. Bobbie will be remembered for her kind nature and her genuine care for Friendship Place. A memorial Mass was held on Thursday, November 11, 2010 at St. Patrick Catholic Church in Menasha. Our sincere condolences to the Ford and Youso families.

### THOUGHTS AND PRAYERS NEEDED...

Russ S., a member of FP for over 20 years, was hospitalized for pneumonia on the eve of November 8<sup>th</sup>. He remains in the hospital, in ICU. We received word on November 16<sup>th</sup> that his condition had gotten slightly more promising and that he may be taken off his sedation medicine and have the respirator removed. Please continue to keep Russ, our Crazy 8 card playing champion, in your thoughts and prayers. We look forward to seeing him soon!

### Annual Holiday Party

Annual Holiday Party with Friendship Place, NAMI, & ORC will be held on December 13<sup>th</sup> from 5-7pm at the First Congregational United Church of Christ in Appleton.

All are welcome (including family members) to join in the holiday festivities, which includes a free meal and a visit from Santa! Looking for a great volunteer opportunity? If so, contact Karen S. at 954-1550.

### Learn Sign Language with Tina

Tina, a member of Friendship Place has expressed interest in teaching others to sign. Friendship Place will be offering free sign language classes on December 8<sup>th</sup> & 22<sup>nd</sup> at 12:30p.m. Come and learn something new! We will have instructional handouts available.

### Volunteer Projects

Katelyn and members of FP have been busy planning for our upcoming volunteer projects with a continued goal of providing 4-6 hours of volunteer service throughout the community.

**NOVEMBER:** Several members were accompanied by Katelyn to the Building for Kids on November 9<sup>th</sup>, and they all had a great time. The group was asked to sanitize the toys and play areas. The size of the facility and the amount of fun to be had left the group in amazement. There are tons of different rooms to explore with a great time to be had in each.

Members look forward to their continuance in serving meals at the local churches through the Community Table. Each month Friendship Place helps to serve food to those in need, rotating between St. Thomas and St. Paul churches. Members agree that this is a great way to give back to the community.

**DECEMBER:** This will prove to be a busy "giving month!" Our members and staff will be ringing bells for Salvation Army two separate days at the Copps Food Center in Neenah, Dec. 3 and 7<sup>th</sup>. The group will be volunteering at the Neenah Animal Shelter on Dec. 1<sup>st</sup>. Lots of talent is needed for creating holiday greeting cards on Dec. 10 to be handed out to residents of Oakridge Gardens on Dec. 21. Carolers are needed on Dec. 21 as we will be singing holiday songs and handing out the homemade holiday greeting cards at Oakridge Gardens from 12:45-2:30pm. Please see the December calendar for details.

All are welcome to come and participate in these upcoming volunteer programs.





**HEALTHY CHOICES CREATIVE PLANNING AND COOKING CLASS @ FRIENDSHIP PLACE**

Healthy Choice Classes can be for all members, regardless of your cooking experience. We are offering a Healthy Choices planning and cooking class every month with 2 sessions, one for planning and the other for cooking. The best part is that you get to sample what you make!

We will be starting a class in January, with a focus on entrees. In order to participate in the cooking class (part 2), you do need to attend the planning class. Classes have had such topics as appetizers, soups, salads, entrees, desserts, and snacks. Each month a new course will be offered. Folders and handouts will be provided to each participant.

This class has a goal of educating members regarding healthy eating, how to plan for meals, how to shop for meals, portion control, and healthy cooking. Sign up is required.

**THANK YOU! THANK YOU! THANK YOU!**

We would like to publicly thank the following for their time, talents, and donations in *August-November 2010*. Without all of you, FP couldn't be the place it is!

Financial Support: Menasha Corporation, City of Neenah, Olde Country Style Almonds, Winnebago County Employee Wellness Association, Galloway Company, JJ Keller Foundation, Marne Keller-Krikava, Doug & Tina Dieterich, Hazel Kane, Berton Family, and United Way of the Fox Cities.

Contributions to the Clifford Family Memorial Fund: Teresa Lipus, Michael Clifford,

In-Kind Donations: Robin Pasholk, Barb and Mark K.

Time & Talent: Jenna, Ada Hall, Michael Barnes, Volunteer Project group, FP Board of Directors, Jeff Zdrade, FP staff members, FVTC Nursing Program students, NAMI-FV New Hope facilitators, Peg of League of Women Voters, Kieran Grogan, Bill McLaughlin, Langner Family, Leah Schwartz, Jenn S., and Ruth Laughlin of the Parish Nurse Association

*Our sincere apologies if we inadvertently left your name out.*

**BOARD OF DIRECTORS**

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**STAFF MEMBERS**

Executive Director: Lori L. Hill

Mental Health Program Coordinator: Katelyn

Outreach Specialists: Julie Grondahl & Candy Luedtke

Outreach Assistant: Dan Paynter

MSE Practicum Student: Jenna

# DECEMBER 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*= Sign up a must! <u>At least 2 days</u> in advance. \$ due at the time of sign up</p> <p>(BYOM): bring own money</p>		<p>1</p> <p>Sheepshead 12:30</p> <p><b>*Volunteer Project:</b> Neenah Animal Shelter, 12:45-2:30 (lv. FP at 12:30)</p>	<p>2</p> <p>New Hope Gr. 2:30PM</p>	<p>3</p> <p>*Salvation Army Bell Ringing @ Copps in Neenah, 9am-1pm (1 hour shifts available) ----- *Diner's Day: Member's Choice, 11:30am (BYOM)</p>	<p>4</p>
<p>6</p> <p>B'day of the Month 12:30pm</p> <p>"Getting In Touch" mtg. 1pm</p>	<p>7</p> <p>*Salvation Army Bell Ringing @ Copps in Neenah, 11am-1pm (1 hour shifts available) ----- Bingo w/prizes, 1:30-2:30PM</p>	<p>8</p> <p>Learn Sign Language w/Tina, 12:30pm ----- Sheepshead 12:30 ----- *Supper w/Mike &amp; Ada, 6pm</p>	<p>9</p> <p>Watercolor Painting, 12:30 ----- New Hope Gr. 2:30PM</p>	<p>10</p> <p>Help decorate holiday cards for Oakridge Gardens, 11-3</p>	<p>11</p>
<p>13</p> <p>Free Holiday Dinner @ 1<sup>st</sup> Congregational UCC in Appleton, 5-7pm (sponsored by NAMI, ORC, and FP)</p>	<p>14</p> <p>Monthly Mental Health Quiz: complete a quiz about MH and be eligible to win a prize @ 2pm Friday</p>	<p>15</p> <p>*Pizza Lunch, 12:30pm ~ \$1 (NR) ----- <u>Life Skills Series:</u> Parish Nurse Speaker &amp; Blood Pressure checks, 1pm ----- Sheepshead, 12:30pm</p>	<p>16</p> <p><u>Singing Lesson:</u> Tune up for caroling on 12/21 @ 1pm ----- New Hope Gr. 2:30PM</p>	<p>17</p> <p>*Holiday Luncheon, 12:30pm ~ \$2 (NR) ----- *White Elephant Gift Exchange, 1:30pm (bring a wrapped gift to share)</p>	<p>18</p>
<p>20</p> <p>*Gift Wrapping w/Jenn, (bring in your gifts to be wrapped in home-made gift wrap), 12:30-3pm</p>	<p>21</p> <p><b>*Volunteer Project:</b> Caroling and handing out holiday cards at Oakridge Gardens, 12:45-2pm (Lv. FP @ 12:30)</p>	<p>22</p> <p>Learn Sign Language w/Tina, 12:30pm ----- Sheepshead 12:30</p>	<p>23</p> <p>Holiday Movie w/free popcorn, 12:30pm  New Hope Gr. 2:30PM</p>	<p>24</p> <p style="text-align: center;"><b>CLOSED</b> <b>Happy Holidays!</b></p>	<p>25</p>
<p>27</p> <p style="text-align: center;"><b>CLOSED</b> <b>Happy Holidays!</b></p>	<p>28</p>	<p>29</p> <p>Sheepshead 12:30</p> <p>Bingo w/prizes, 1:30-2:30PM</p>	<p>30</p> <p><b>*Volunteer Project:</b> help serve @ St. Thomas Church, 11:15am to 12:30pm (FP will be closed from 11:15-12:30)</p> <p>New Hope Gr. 2:30PM</p>	<p>31</p> <p style="text-align: center;"><b>CLOSED</b> <b>Happy New Year!</b></p>	<p><b>HOURS</b> Mon. &amp; Thurs. , 10-4 Tues. 10-4 Wed. 10-4 (open until 8 every 2<sup>nd</sup> Wed. of the month) Fri. 10-3pm Sat. Closed Sun. Closed</p>

**YES! I want to help Friendship Place with a financial donation.**

Your donation allows us to do that much more for adults with mental illness at the center and in the community. We want to continue to offer our members as many programming options as possible in order to accommodate those that need our help.

We appreciate your support of our efforts here at Friendship Place. It's your caring attitude that makes this program a success!

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

Enclosed is my **tax-deductible** contribution of:

\$25.00  \$50.00  \$100.00  Other

Please make your tax-deductible checks payable to **Friendship Place**.

*Send to:* 220 N. Commercial St., Neenah, WI 54956.

Thank you!