



# Friends of Friendship Place

FALL 2013

## Meet Our New Staff



Hello! My name is Stephanie and as of May 2013 I am the Mental Health Program Coordinator at Friendship Place. I have a bachelor's degree from the University of Wisconsin – Green Bay in Human Biology and have been a CNA for over 5 years. I have worked with many different populations in various settings ranging from hospital and clinical settings to CBRF's, long term and at home care. While I have only been on staff for a short time, it doesn't take long for one to realize what an incredible resource Friendship Place is and just how many people's lives it touches and changes on a daily basis. I am very excited to be a part of a great team and organization that strives every day to make a difference and I personally look forward to helping our members achieve independence and become more active in the community.



Hi! My name is Leanne and I am the new Mental Health Program Assistant at Friendship Place. I recently graduated from Marian University with a bachelor's degree in social work and a minor in psychology. I have lots of experience in human services, ranging from providing respite care to children to teaching inmates at a correctional facility. So far everyone has made me feel very welcome at Friendship place and I look forward to helping make a difference in the lives of our members!

**INSIDE THIS ISSUE:**

New Staff	1
Eggroll Fundraiser	1
Drum Circle	2
Human Race Update	2
Cards for Sale	3
CHAPS	3
Donation/Information	4

They're back! Friendship Place will be hosting a **one-day eggroll sale on Friday September 13th from 12:00-2:00pm** at Friendship Place (220 N. Commercial St. Neenah). Come support a great cause by taking home some of our famous Hmong-style pork eggrolls for **\$10/dozen**. All proceeds will go back into funding our current programs as well as exploring new programs for our members!

**Eggroll  
Fundraiser**



*“Music expresses that which cannot be said and on which it is impossible to be silent.”  
- Victor Hugo*

## Drum Circle

Starting in May of 2013, Friendship Place has teamed up with Robin Cardell of the Oshkosh Rhythm Institute to offer the unique experience of a drum circle to our members. Robin has an incredible passion for music- he leads numerous community drum circles, is a member of the Oshkosh Rhythm Ensemble and has gone to several Health Rhythm trainings. Each month, Robin



brings his van full of drums and percussion instruments to Friendship Place and for one solid hour our members communicate through the beats and rhythms of the music they create. The group often begins with a unifying “heart

beat” rhythm, then going around the circle in turn, each member adds in their own unique cadence until an intricate song is created. Members are encouraged to close their eyes and play what they feel, making their drum circle

experience very personal and sometimes emotional; however, they are also reminded of what it’s like to be part of a whole and drum circle is an exercise of cooperation and collaboration as well. Robin has been instrumental in

emphasizing to our members that everyone has something to contribute to the circle, regardless of musical expertise, as well as getting them to reflect how they benefit from and what they enjoy most about drum circle. Drum circle also offers our members the opportunity to learn about different instruments, their history and how to properly use them. This month they were intrigued by the Balaton, a wooden xylophone

with gourd resonators from West Africa. Drum Circle has quickly become one of the favorite activities at Friendship Place- so much so that we have scheduled two drum circle sessions for the month of September!

## Human Race Update

The Human Race was a huge success and we steamrolled over our goal this year! After all the pennies were tallied and expenses accounted for, Friendship Place raised \$3030. We would like to thank all of our generous supporters as well as the member who collected the most money, Melissa Weiland! With this money our members decided to re-implement “Free Fun Things Day”. In 2012 Friendship Place received a generous grant from an anonymous donor within the JJ Keller Foundation with the premise that everybody needs and deserves a little “fun” in their lives. The day was to be completely

“free” to our members, including transportation, entertainment and lunch. Our members really enjoyed being able to experience things they otherwise would not have been able to, such as the Packer Hall of Fame and a Fin & Feather cruise. The money from that particular grant had run out, which prompted the use of this year’s Human Race fund for “Free Fun Things”. In July our members voted for a trip to the New Zoo in Green Bay. Friendship Place closed for the day, while staff and 18 of our members trekked north. It was a beautiful day and we couldn’t have asked for better weather to enjoy a picnic lunch in

the park followed by several hours of animal expedition! Some of our members even got to feed the giraffes! In August, our members chose to spend the day at Pollock Park, a community water park in Oshkosh. With temperatures in the 90’s, we had fun in the sun, for sure! Between applications of sunscreen, our members enjoyed 3 waterslides and a lazy river. Even our members who were skeptical about a day at the pool said they had an “amazing time” and were “so glad they went”. We cannot wait to see what Free Fun Things the rest of the year has in store for Friendship Place!

# Greeting Cards are still available!

Our beautiful watercolor card sets are still available for \$10/pack. They include 6 watercolor greeting cards packaged in a homemade envelope and make amazing gifts! With the holidays just around the corner, contact us today to purchase a set for yourself or someone you know!  
 friend2@tds.net (920) 729-9975



Watercolor done by Friendship Place member

## CHAPS

The effects of human/animal interactions have been studied for ages. Animals are known to relieve stress and anxiety and we all know how quickly pets become members of our families. The truth is animals contribute to “numerous psychological benefits and also provide outlets for spirituality, education, recreation and socialization”. In June of 2012, Friendship Place was presented with the opportunity to work with CHAPS of Shiocton. CHAPS is a not-for-profit organization whose mission is “to serve children and families dealing with emotional and or behavioral difficulties through the use of equine assisted mental health counseling”. They offer several different programs such as equine psychotherapy, youth suicide prevention & intervention and day treatment, as well as specialized programs for children and families dealing with Autism/Asperger’s syndrome/ADHD and group therapy for high risk students from several area school districts. While their program selection is vast, it was decided that a custom program would be most appropriate for our members’ needs. So, Friendship

Place’s members and executive director along with one of the CHAPS therapists created a program to focus on relationships and trust. Twice a month for 12 months our members who participated in the program went to CHAPS for one hour sessions during which time they learned about the horses and in turn, about themselves. Our members learned that their horses’ behaviors directly modeled their behaviors and that in order to change the horses’ behaviors; they needed to change their own behaviors. For example, in order to keep the horse calm, they needed to interact with the horse in a calm, controlled manner. Throughout the course of the year, our members were able to work on their confidence, trust and communication skills as well as see how their relationship with the horse mimicked their relationships with others. All of this culminated with a final activity in which our members painted on the horses all of the negative attributes they wanted to work on or get rid at the beginning of the year and then bathed the horses, metaphorically “washing” all of the negatives away.



*“A horse is the projection of peoples' dreams about themselves - strong, powerful, beautiful - and it has the capability of giving us escape from our mundane existence. “*

*- Pam Brown*

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

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

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

PHONE \_\_\_\_\_

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

\_\_\$5.00 \_\_\$10.00 \_\_\$25.00 \_\_\$50.00 \_\_\$100.00 \_\_Other

We appreciate your helping others gain their independence.

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



**Mission Statement:**

**To encourage adults with mental illness to live well by fostering an environment that provides members with peer support, advocacy, and education.**

Friendship Place

220 N. Commercial Neenah WI 54956

Phone: 920-729-9975

Fax: 920-886-1815

E-mail: friend1@tds.net (Lori Hill)

friend2@tds.net (Stephanie W.)

www.friendshipplaceinc.com

Find us on Facebook:

Friendshipplace Neenah



**BOARD OF DIRECTORS**

President, Jim Travis, Winnebago County Clinical Services

Treasurer, Terry Tessier, First Business Bank

Secretary, Tricia Klemp, Winnebago Cty. Clinical Services

Dave Bauman, Legacy Privacy Trust

Doug Dieterich, Galloway Foods

Malcolm Hjerstedt, Munroe Studios

Dr. Ada Hall, Affinity Medical Group

Connie Kafura, Lakeside Packaging Plus, Inc.

Howard Fuerst, Neenah Police Department

Chris Sievert, Neenah Police Department

Lynn Erickson, Valley Packaging Industries, Inc.

Jon Phillip, Winnebago County

Diane Turke, Roberts, Ritschke & Tyczkowski, Ltd.

Wendy Wiegman, Winnebago County

**STAFF MEMBERS**

Executive Director: Lori L. Hill

Mental Health Program Coordinator: Stephanie W.

Mental Health Program Assistant: Leanne C.