



# Friends of Friendship Place

SPRING 2013

## May is Mental Health Awareness Month

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Spring is finally here and with it comes flowers, birds, and melting snow. But one of the most influential things it brings is the month of May's advocacy for Mental Health. May is considered Mental Health Awareness Month both for children and adults. This year Friendship Place has partnered with NAMI and the N.E.W Mental Health Connection to promote Mental Health in our Community. Our slogan this year is "Stand up against stigma."

The definition of stigma is "a distinguishing mark of social disgrace." Stigmas are created for a variety of reasons and are based on opinion rather than fact. Our goal as a Mental Health facility is to "stand up" and make our voices heard that the stereotypes and stigmas associated with men-

tal illness are not true. We do this by educating the public on how important mental health awareness is. Friendship Place



has decided to give the community another look at mental illness by letting the public join us in an Art Show held at Friendship Place. The art show will take place Tuesday, May 21st, from 8:30-4 with a reception to follow. (More info regarding the art show continued on page 3)

Members are able to show off all of their art projects both done in and out of Friendship Place. Watercolors being at the center of the show, there will also be projects shown made by different mediums such as glass, photography, clay, pen and ink, etc.

During the art show members will have the option to sell their works, and there will also be an auction of a mosaic that members put together. The money that is raised will go directly to the art programs at Friendship Place.

Community events dealing with mental health will be held all throughout the Fox Valley. A community calendar has been put out detailing each event.

## Human Race 2013

The time has come again to brush the dust off our sneakers and hit the pavement, It's Human Race time! Human Race is a wonderful opportunity run by the Volunteer Center for non-profits like ourselves to raise money for our agencies. This



Human Race 2012 Team

year is Friendship Place's goal to raise \$2,000 dollars, a feat that we are prepared to conquer. Last year we were able to raise above and beyond our goal, we are hoping to do the same this year. The ultimate goal of Human Race is to raise awareness for non profit agencies. Through

## Mental Health Awareness



## Mental Health Awareness Continued...

(see N.E.W Mental Health Connection)

1 in 4 people are diagnosed with a mental illness so chances are we all know someone that is affected. Wear a green ribbon to raise public awareness to better the lives of individuals with mental illness, and to show our support for the individuals and their families. The color green signifies new life, new growth, and new beginnings.

SAMHSA ( The Substance Abuse and Mental Health Ser-

vices Administration) outlined a list of simple things we can do in our everyday lives that can help stomp out stigma.

- Don't label people with words like "crazy," "wacko," or "loony" or define them by their diagnosis. Instead of saying someone is "a schizophrenic," say he or she "has schizophrenia." Don't say "a schizophrenic person," say "a person with schizophrenia." This is called "people-first" language, and it's important to make a distinction between the person and the illness.

- Learn the facts about mental health and share them with others, especially if you hear something that isn't true.

- Treat people with mental illnesses with respect and dignity, just as you would anybody else.

- Respect the rights of people with mental illnesses and don't discriminate against them when it comes to housing, employment, or education. Like other people with disabilities, people with mental health problems are protected under federal and state laws.

*"Mental illness is nothing to be ashamed of, but stigma and bias shame us all."*

*-Bill Clinton*

## Human Race 2013 Continued...

pledging we are not only able to raise money for our programs, but more importantly we are able to show are community who we are and what kind of differences we can make.

Our members take a very active role in the Human Race each year, because they know the money goes right back into the programs they enjoy. This year the consensus is to put the money back into art projects. Friendship Place was able to partner with Wild Apple Glass studio last year to make wonderful

glass art projects. We funded the projects with the money we received from selling the 2012 Water Color calendars. The money has since run out and Friendship Place members are eager to bring that program back. The money raised from Human Race will also be used to buy new materials for the water color class, one of our most popular programs at Friendship Place. We are ecstatic to have seen an increase in participation which

means that more supplies are desperately needed.

If you would like to pledge on behalf of Friendship Place follow this link: [humanrace2013.volunteercenter.net/2013/friendshipplace/](http://humanrace2013.volunteercenter.net/2013/friendshipplace/) or make a check out to Volunteer Center Human Race and send it to Friendship Place. On behalf of the members and staff here at Friendship Place, we thank you for your support.

## Biggest Losers Come to Friendship Place

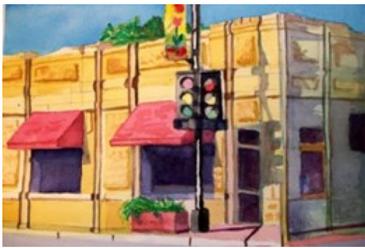
It started with a resolution, that turned into a competition, that resulted in a BIG success. Our Mental Health Program Coordinator, Cait created a 6 week friendly competition where members and staff would compete to see who could lose the most body mass percentage. The mission of the of the challenge was to pro-

mote a healthy lifestyle change. Beginning with the acknowledgement of poor lifestyle habits and the opportunity to change them. With 15 contestants the enthusiasm was high and everyone wanted to win the secret grand prize. The competition was set up in a discrete way where only the staff and the individual

weighing in would know their weight. At the end of the 6 weeks the body mass was calculated and we had a our Biggest Loser. She had lost 19.3lbs and 6.71% body fat. She received a backpack full of healthy goodies and gift cards that totaled to \$150 dollars. We consider all of us winners, as we collectively we lost 155.5lbs and 51.6% body fat.



# Art Show at Friendship Place



Mark your calendars because Friendship Place will be hosting an all day art show and open house for the community on Tuesday May 21st. We will be highlighting the beautiful watercolors our members

have created. There will also be other objects of art on display from our members. This is a chance for our members to show our community how truly talented they are and a chance for the community to see what Friendship Place is all about. We pride ourselves in the fact that we offer a multitude of programs and activities and our Watercolor program has been one of the most popular. Jeff Zdrale, our watercolor mentor, has been volunteering with Friendship Place for a number of years giving up his time twice a

month to teach us how to create beautiful works of art. Jeff is a marvelous volunteer and is very much cherished by our members and staff.

Members will have to option to sell their paintings as well their other works of art. We will also have a silent auction for a mosaic of Van Gough's Iris painting that members created. The money earned will go directly to future art programs. We will also be selling our cards that we had made from member's watercolor prints, This is a must have!

*“Happiness is a warm puppy.”*  
— Charles M. Schulz

## Therapy Dogs join our Volunteer Team

For most of us the joy of being near an animal warms our hearts in ways we could never describe. Pets in general are known to relieve stress, prolong life, and love us unconditionally. Friendship Place has always appreciated the power of pets and wanted to give others an opportunity to snuggle with a fuzzy friend even if they don't have one of their own. Starting in January 2013 Friendship Place wel-

comed Molly Johnson, a certified dog trainer and owner of three wonderful certified therapy dogs. She volunteers her time every month to visit with members and let her dogs do their magic. One member states that “[dog therapy] has given me the ability to trust myself. By being able to pet the dog and see her trust me, it makes me see that I can trust myself.” Staff

have seen moods change in a number of seconds when the dogs come in, One staff comments, “it's like a breath of fresh air.” Members look forward every month for the chance to see the dogs. Many state that it gives them a chance to socialize with an animal and understand an animal's needs, feelings, and wants. Not to mention a chance to snuggle with a sweet dog or two.

## Friendship Place Fundraiser: Project Greeting Card

In 2012 Friendship Place created a calendar comprised of Watercolors created by our members to sell to the public. We raised close to a thousand dollars that went right back into the art programs at Friendship Place. We were able to contract with Wild Apple Glass Art Studio to have a monthly glass art project. This was a huge hit for our members. We are now ready to

begin fundraising again for future art projects. We have created professional greeting cards with our members watercolor prints. We are selling packs of 6 for \$10 dollars. Each pack will have 6 different prints so no two packs are alike. We are so excited to introduce our cards into the community and hope for the same amount of support as last time. To obtain a card

pack, feel free to stop into Friendship Place during regular business hours and purchase a pack or several from staff. You may also buy a pack from a member directly. These packs are beautiful and one of a kind, just like the artists who created them.



**Watercolor done by Friendship Place member**

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**

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