

# FRIENDS of Friendship Place

May 2004

(920) 729-9975

220 N. Commercial St.  
Neenah, WI 54956

*Where Friends ARE Family*

## INTERNATIONAL DINING CLUB TO KICK OFF THIS MONTH

by Maggie Wentzel

This month we're starting something new at Friendship place and that is the International Dining Club. Each month there will be a different ethnic theme and we'll go to the restaurant of our choice. The idea for the International Dining Club was brought up at one of the Friendship Activities Committee meetings by members April and Denise and hopes to be a very enjoyable and educational experience.



*Friendship Place is a United Way Fox Cities agency, and is further supported in part by grants through the Community Foundation of the Fox Valley Region, Inc., the Bergstrom Fund of the First Presbyterian Church of Neenah, and individual contributors.*

## ANNUAL SPRING FLING DANCE

*A great time was had by all that attended the dance on May 20th. Lots of dancing and some great prizes were won. Our D. J. Kerry did a fabulous job. Our dances are one of the many activities that are well attended and fun.*

### **10 REASONS WE COME TO FRIENDSHIP PLACE by Leah Schwartz**

1. Few requirements.
2. Few restrictions.
3. No time limit, some come for years.
4. Occasional lunches, and plenty of snacks.
5. A friendly, caring, atmosphere.
6. Lots of activities to choose from.
7. A chance to relax and laugh.
8. A safe haven.
9. A learning center.
10. A place to belong.

### MISSION STATEMENT

The purpose of Friendship Place is to provide people with mental illness a safe, caring and stable environment for socialization, recreation, peer group support, education and fellowship.

## • OUR WISH LIST

- \$1-\$5 prizes
- Karaoke CD's
- postage stamps
- Regular size Styrofoam cups
- Solid-feather plastic tipped darts
- copier toner
- fresh fruits
- Digital camera



- hot dogs and buns
- sugar-free snacks
- sugar-free lollipops
- event sponsors
- transportation
- pinball machine
- volunteers
- decaf coffee
- Pool sticks
- Ice hockey
- New computers

Call 729-9975 and speak to

## INTRODUCTION TO CLUB 10

*Having a hard time managing money because of a poor budget? Getting into a frenzy at stores because you didn't bring enough money with you? Or maybe you don't even know how to bargain shop. If this sounds like you then Club 10 is just for you. Club 10 offers a lot of different qualities to its members.*

*The leader of Club 10 is Dennis Jansen. He can tell you a long story of how he wised up and started budgeting his money better. Dennis was once like a lot of people, (poor budgeting) but then one day he realized that he too, like a lot of people, spent his money freely. Dennis now plans a budget every two weeks and saves a lot of money. Now Dennis wants to share his wisdom with others. So where do I start explaining what Club 10 is all about?*

*Dennis gave Club 10 its name because of four things: 10% of your money goes to savings 10% savings on expenses.*

*10% of your time is given to help others Earn 10% interest on untouched savings.*

*Dennis hopes with this club to better people's budgets, so that in the long run they can save more money. Also it offers members the opportunity to gain 10% interest to their savings account every month. This way the person can save money for a future goal, he or she would to accomplish.*

*Club 10 also takes monthly shopping trips to show members how to shop for bargains. Staff of Friendship Place gets together with members every month and takes them shopping at some of the variety stores around the area. This teaches you how to shop for the best buy. So, if you're finding yourself in a bind let nothing stand in your way and join Club 10. by Denise V. Walber*

# SURVEY SAYS!

By April Blair

Dennis Jansen, Director of Friendship Place had people participate in a survey. The results were very positive.

**Group A** included people attending here for the last six months and at least twice a week. **Group B** included persons that have been coming for less than six months and less than two days a week.

Questions asked were: **Has Friendship Place helped your self-esteem, social skills, help develop new friendships and to cope better with day to day struggles?** Also asked; **Has Friendship Place helped you function more independently, to be more responsible and to feel hopeful about your future?**

Optional questions were:

**(1) What social skills, if any, have you improved upon because of your participation at Friendship Place?**

- Learning to be a better bowler,
- understanding my illness,
- being in a leadership position
- getting motivated
- learning to say no to people who are bad for me,
- to be more out-going
- self-esteem
- making new friends
- to accept myself better.

**(2) How, if at all, has Friendship Place helped you improve your self esteem?**

- Acceptance without pre-judgment
- feeling good about myself
- makes me look at myself much harder

- people to talk to
- the staff have all helped, especially Dennis, who helped me see good things in myself and to bring them out
- that people accept me and has helped me to open up to people more

**Without Friendship Place what would your life be like?** Comments were:

- would stay at home and be bored
- doing stupid stuff like cutting myself
- dull, isolated
- would think people didn't have time for me and don't care,
- more hospitalization or jail
- a safe place from an institution to a group home.

*In general Friendship Place is a very positive place to come to. It helps each and every one of us towards becoming better people.*



## *Upcoming Activities at Friendship*

There are many things happening at Friendship Place every week.

You may choose to participate, or you may choose to just sit back and relax.

We'll be going bowling and grocery shopping. We'll be having game nights on Mondays. We have Bingo, Nights at the Movies, and Discussion groups.

We'll have special meals too, and anyone who has ever been to Friendship Place for one of Julie and Candy's meals knows how great they are!

At Friendship, we also have cookouts, and picnics.

A special feature is the Arts classes facilitated by Artist Cindy Darling. As well, Karen Zettler's craft classes promise creative fun!

We have dances regularly, with either a DJ or even a live band!

The Friendship Activities Committee initiates activities, and they get their ideas from participants at Friendship Place.

Please join us if you have a diagnosis of mental illness.

Friends of Friendship Place

Friendship Place

220 N. Commercial Place

Neenah, WI 54956

**The  
Mailing  
Address  
Goes  
Here**

## Mission Statement

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*The purpose of Friendship Place is to provide people with mental illness a safe, caring and stable environment for socialization, recreation, friendship, peer support, education and fellowship.*

Yes, I would like to be a Friend of **Friendship Place.**

Enclosed is my tax deductible contribution of:

\_\_\_\_ \$5.00

\_\_\_\_ \$10.00

\_\_\_\_ \$25.00

\_\_\_\_ \$50.00

\_\_\_\_ \$100.00

We appreciate your helping others gain their independence.