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### THERE'S A NEW DIRECTOR IN TOWN!



Most of you are aware that Dennis Jansen has retired from Friendship Place after valiantly serving as Executive Director for several years. He is sorely missed, and is always welcomed.

As of late January, 2006, Lori Hill has joined Friendship Place, Inc. as the Executive Director. Before joining Friendship Place, Lori worked as the Employment/Life Skills Training Program Coordinator for Outagamie County & Goodwill Industries since 1997. She has a Master's degree in counseling and is a National Certified Counselor. Her interests include job training/retention, planning activities, reorganizing and increasing functionality of space, and enjoying life to its fullest.

She is excited to continue to assist in the mission of Friendship Place, help the drop-in center to grow to its fullest potential, and stomp out stereotypes about persons with mental illness.

### FRIENDSHIP PLACE, INC. ARTISANS RETAIL STORE

By Jimmy S.

A guy named Dennis brought the retail store to Friendship Place participants.

It is a store for the people who come down to the Friendship Place. There are some hidden talents here that Dennis thought would be good for the store. The retail store is to help put Friendship Place on the map, and to help participants become a part of the society that is known today.

We are making fishing flies, painted pots for plants, paintings, birdhouses, and miscellaneous writing and poetry—all works created by Friendship Place participants.

Wisconsin Resource Center (a minimum security prison) donated knitted hats, mittens, and scarves for the store. Our beautiful shelves were donated to us from Paul & Monica Rankens.

We would like to thank Dennis Jansen for believing in us and helping to bring out our talents. It takes an effort of everyone to make the store happen—we need everyone's support. Thanks Dennis for everything!

#### Special points of interest:

- New Director/Dennis Retired?
- What's Friendship Place up to this Spring/Summer?
- Friendship Place Goes Red & Purple For A Day
- Retail Store Grand Opening!
- Jeanne's Book Review
- Thank You & Recognition



**GRAND OPENING OF RETAIL STORE** will be AUGUST 15, 2006 from 11AM to 1PM. We invite you to come and see the store and grab some refreshments. We hope to see you there!



**A DAY WITH THE RED HATTERS** By Denise W.

What is the Red Hats Society all about? Easy, it is a group of women that dress up in reds hats and wear purple. Sharon, the Queen Mom of the Red Hats from Legend Lake, says it's a way for 50+-year-old women to have some fun in their life.

Sharon says the idea of the Red Hats originated in Texas and is also based on the poem, "When Old I Will Wear Purple and Wear a Red Hat." She also says it's a way for an older group of gals to play dress up and have some fun doing it.

Some of the Friendship Place people got to know these ladies personally. How, you may ask? Well, the Red Hats invited some of us out to lunch and a movie. And not just any old lunch and movie, but to Mark's Eastside and the Big Picture. The lunch was a

wonderful experience. All of us chatted around a big table as we enjoyed our lunch (popovers, chicken dumpling soup, crackers, sandwiches, dill pickle, and homemade potato chips.

The Big Picture private showing was of Grand Canyon. The theater consists of a 6-story high by 90 feet wide (length and width of the screen allows for things to be seen that people don't get to see) screen, and a sound system that mocks the human ear.

Also, like lunch, the Big Screen was a big fun. The Grand Canyon movie was an awesome experience. When going over the waters or cliffs (because the screen is built the way it was built) it gives you the feeling of flight.

It was a wonderful day for all of us and we were so fortunate to get to know these ladies. They are the nicest and funniest bunch of ladies we ever met.

We at Friendship Place say a big thank you to all of the Ladies of Shawano/Legend Lake Red Hats Society.



**JEANNE'S BOOK REVIEW**

By Jeanne S.

For me to cope with some of the daily stresses in life I have been reading at least one book a week. It relaxes me and takes me away from the everyday problems and stresses that occur. Therefore, I recently joined the Monday Morning Book Klatch at the Neenah Library. It gives me reading suggestions and one Monday morning a month we meet to discuss the book of the month. My review is of *72-Hour*

*Hold* by Bebe Moore Campbell. A divorced mother is trying to get her Bi-Polar daughter the help she needs. It explains to you about the different episodes her daughter goes through and the group support system that her mother uses. After her daughter turned 18 years old, the mother was left with no say in her daughter's treatment. However, with nothing left to do, the mother did the most unthinkable thing she could do to get her daughter the help she needed...

I will leave you to wonder... what did she do?

Although the book was fiction, it could very well be true. I would recommend this book to any one trying to understand a person with Bi-Polar or any other mental illness. It helps a person understand what the person with mental illness is going through and how the family also needs to cope.

**ACTIVITIES UPDATE**

VPI Outreach Center in Appleton and FSP join hands and space to host activities together. Bingo was held at the Outreach Center—4 FSP participants won 4 out of the 5 blackout prizes! FSP will be hosting a cookout with the Outreach Center in late May. This is a great opportunity to meet new people!

Club 10: Club 10, an official program of Refocus, Inc., meets 2 Wednesday mornings per month led by Dennis. The purpose is to help members manage money more effectively. Each member establishes a working plan of money management, which includes the envelope system, put and take

savings, long-term savings, and bill paying plan. Fun and educational!

Don't forget to check out our *calendar* that we included in the newsletter to learn about the 30+ activities going on.

### **THANKS TO ALL OF YOU THAT MAKE FRIENDSHIP A GREAT PLACE!**

We at Friendship Place can't thank all of you enough with your continued support. You all deserve a pat on the back!

Friendship Place Board Members, all of our volunteer "regulars"—you know who you are, Pick 'N Save Bakery, Presto Products, Harmony Café, Winnebago County Health and Human Services, Steve Morton/Morton Pharmacy, US Oil/Schmidt Family Foundation, Fox Cities Performing Arts Center Community Support Committee, Brownie Troup 296, Monica & Paul Rankens, Lee Schmalz, Frank & Florence Heckrodt, Doty Island Development Council, Bletzinger House, Phillip Scoville, Appleton Outreach Center, Oreck Floor Care Center, Red Hats Society, Cries of the Heart, NAMI-FV, Winnebago County Clinical Services, Cranky Pat's, Dairy Queen, St. Margaret Mary's Parish, Outagamie County Sheriff's Dept., Hoffmaster, Burger King, Dairy Queen of Neenah, BJ Clancy's, Fazoli's, Galloway Foundation, JJ Keller Foundation, Kathy Westover, Roosevelt School (Soupster), Ponderosa, Bork Family, Langner Family, and many more.



### **DENNIS' RETIREMENT PARTY**

By Denise W.

March 14<sup>th</sup>, 2006 will always be an impression in the minds of FSP people for it was a special day—we celebrated Dennis' retirement.

Hugs, smiles, and a lot of love were felt in everyone that attended the surprise retirement party.

The day was spent with Dennis unwrapping gifts opening cards and eating cake and ice cream.

Also, on the day's menu were ham sandwiches, 3-baked bean salad, jell-o salad, 2 different seven layer salads, olives and pickles, crab salad, crackers, and cheese and soda.

Even though he's retired, don't worry because I'm sure he'll pop in here and then for a visit.



### **FRIENDSHIP PLACE GETS GARDENING!**

By Lori H.

That's right, Friendship Place has acquired a donated garden plot behind the Fox Cities Workforce Development Center in Menasha, called The Friendship Garden. The garden was acquired through the Community Garden Project

The plot is 20' X 25', and includes soil, fertilizer, and water.

The season goes from May 20 until October 14. All kinds of plans are being drawn up as to what we'll be planting. Herbs have been started, plants purchased...now we sit anxiously waiting for May 20, the day the gardens officially open.

The garden is open to everyone! Our goal is to learn about planting of vegetables, fruits, and flowers. We wouldn't mind catching a little sun while we're at it. What could be better than fresh fruits and vegetables, sun, outdoors, and physical exercise? The company of Friendship Place participants is pretty cool.

Come check us out at the Neenah Farmer's Market on August 26<sup>th</sup>! We will be selling fresh herbs, cut flowers, and delicious vegetables.

### **"THE MYTH OF HOPELESSNESS"**

By Leah S.

Many of us are led to believe mental illness is a dead end in life. On the contrary, it is an illness, like others such as epilepsy and diabetes. We only need to recognize this.

Being biological in manner, it requires constant monitoring and medication. What we accept about it goes a long way in determining what we can do in life. It can be a tool for learning about oneself and what we want to do in life.

Illnesses can be great teachers. We are also given abilities that we can develop and use. We can learn coping skills from our doctors and counselors, and when ready, make our way in society.

Many famous people have had a mental illness. We are limited only by our attitudes and lack of acceptance. Once we do, the door opens for opportunities and we can now give of ourselves too.



### **FRIENDSHIP PLACE PARTICIPATES IN THE HUMAN RACE**

By Kerry B.

Friendship Place participated in the Human Race on May 6, a community fund-raiser that provided an opportunity for all non-profit organizations to raise money for their programs. Participating agencies receive 75% of the money collected. Friendship Place raised just under \$1000.

Participants collected pledges and donations, as well as participated in the race on May 6<sup>th</sup>.

Friendship Place offers mentally ill people a safe, caring, stable environment for peer support, socializing, recreation, and fellowship. Your support helps the whole community benefit. All donations are tax deductible.

Look for all of us next year. We have bigger plans for our participation in the Human Race.

### **STAFF SPOTLIGHT ON LEAH SCHWARTZ**

By Denise W.



Leah Schwartz has been working at Friendship Place since the first time it opened its doors.

If you're ever in Minneapolis, MN, you might find another Leah running around. But trust me, it's not. It's her twin sister, Linda. Leah also has another sister, Sue, and two brothers, Bill and Bob.

Although Leah is a staff person at the Friendship Place, she is also a consumer. Leah was diagnosed with a mental illness in 1978.

But before being diagnosed, she spent the summer backpacking across Western Europe in 1973. In 1974 she joined the army and was stationed in Bamberg, Germany.

There, she spent part of her time working as a drug and alcohol counselor.

When asked why she likes to work at Friendship Place, she responded by saying, "Because I like working in the mental health field, and I enjoy helping others at Friendship Place." She also states, "Although everyday is a new challenge, it brings a special time to my life."



### **GOOD-BYE TO DENNIS**

By Leah S.

I wish to thank our former director, Dennis Jansen, for his numerous contributions to the success of Friendship Place.

He succeeded in bringing Friendship Place to a higher level. His caring attitude is reflected in both the consumers and the activities he initiated. Dennis held the consumers accountable for their behavior while at Friendship Place. He initiated the Club 10 group, a financial planning group. He also started work on a store at Friendship Place that would showcase articles made by the consumers. It is a work in progress. He initiated many other activities as well.

One of the activities he enjoyed the most, was taking consumers out into the community to do random acts of kindness. It was his way of getting people to see others' needs besides their own. But Dennis wasn't all business. All of us at Friendship Place have fallen victim to his zany sense of humor.

He has made the community outside of Friendship Place aware of us with his many talks. He believed in us. We believed in him. Thanks, Dennis. Mission Accomplished.

**FRIENDSHIP PLACE  
GOES TO HIGH CLIFF  
STATE PARK**



What a gorgeous day was June 8<sup>th</sup>, 2006. Nine FP staff and participants braved the great outdoors at High Cliff State Park.

The day started with the hard work of outreach specialists, Julie and Candy, preparing our yummy bag lunches and stocking the coolers with lots of cool drinks.

Lunch was great



As soon as that was over, Dave L. got hiking, climbing, bird watching, etc.



All had a good time—a little lunch, hiking, and sunning by the beach. Now that's living!

**WHAT'S WITH THIS  
MONKEY BUSINESS AT  
FRIENDSHIP PLACE?**



It's a Luau! May 25, 2006 FP hosted its annual "Spring Fling." This year it was Luau style. And what fun—trees, canopies, lights, music, and monkeys! There was food, wild costumes (including grass skirts), and great music to jam and dance.



Motto of the night—let loose and dance!

**POETRY & SHORT STORY  
CORNER**

**"Growing up Getting  
Younger"** By Denise W.

Smiling, laughing, having fun  
Adults shout "Settle Down!"  
Why?  
Why shouldn't children play?  
When they laugh doesn't it mean  
they are happy  
Or...  
Should they be as some adults?  
Sad and lonely?  
Imaginations growing  
Smiles showing  
Twinkles in the eyes.  
They laugh and play if they  
can...  
All day.  
Why?  
Why can't children be children?  
Should they have to grow up  
fast?  
In a way we are all children.  
We learn new things everyday.  
As children, we are still learning  
by our mistakes,  
As children will learn.  
When we grow up, or grow old,  
Sometimes adults say,  
"Ah! To be young again."  
But if they would look closer  
They would see  
They already are...

Not a lot of hair,  
Eyes not as good.  
Whining, crabbiness  
Bones not as strong  
Not being able to  
Do the things you used to do.  
"Needing help"  
Well, if you think  
Why can't I be young again?  
Just step back and see...  
As we grow older  
We become like children  
So, when you get a little older,  
Just look at it this way...  
I guess I got my wish...  
"I'm a child all over again!"

## The White Bench In The Woods

By Jean Seager

I was getting frustrated not knowing what to do with myself. So I decided to go for a long walk.

It was dark out and the full moon lit the clear night sky. My walk took me down by a sandy beach. The sand had many different colors of brown in it. As I continued walking along the beach I saw a white bench in front of the biggest oak tree with billions of colorful leaves on it.

You could wander through the woods and loose yourself in thought there, just a few yards behind the bench and oak tree. But, I decided to sit on the bench and watch the waves roll in and bombard the rocks.

Soon I was thinking out loud to myself, wouldn't it be nice to be able to bombard my problems like the ocean waves bombard the rocks, breaking them down a little each time? All at once the wind picked up and the leaves started falling all around me, but not one touched the white bench or me. I then started to think, why couldn't life's problems and stresses fall away without touching or bother me?

So, deep down I imagined all my problems and stresses falling around me and not hurting me or complicating my life any more.

Then, all of a sudden, someone started talking to me from the woods. Although I wasn't able to see their face, they told me that I have now completed my life's journey

and that I should now go home and sleep in contentment from now on.

## "Your True Friend"

By Denise W.

Climb up a hill  
Look over  
Nothings there  
Climb up another hill  
Nothing there  
Climb up a hill  
Look over  
Something's there  
Walk down the hill  
Something's there still  
Walk on and on  
It's still there  
You walk on more and more  
You see in the distance  
There's something there still  
You start walking over  
To this figure  
And there you find  
Your something  
A friend  
You take this new person's hand  
And start walking again  
This person  
Even though new to you  
Is like an old friend  
He walks on over the hill  
With you  
Even though the travel is far  
He leads you on  
Once or twice you stumble  
But your friend  
Helps you to your feet  
And you carry on  
He talks low  
But his words you can hear  
And they bring you comfort  
And peace  
About a place so dear  
Finally as you near the end  
Of your long journey  
He opens his arms  
Far and wide  
With one gentle hug  
You know now  
"You're really home"

*Memo:* Jesus is the best friend you'll even know. Just

remember he's there wherever you are, and wherever you go, he'll go.

## Windy Days

By Jean Seager

Tarps flapping in the wind  
Like flags they wished they were

Snow blowing like it is falling  
All over again

Men on roofs walking around  
Without a care  
Like squirrels on a limb  
Of a tree

Leaves falling from a tree  
And landing blocks away

Wet clothes hanging on a line  
Whipping fresh air into them  
Drying in the bright sun light

Walking into the wind  
Being push back  
Three steps for every five taken  
Never reaching your destination

## WISH LIST

- Decaffeinated coffee (ground)
- Gift Certificates to Office Depot/Office Max
- Dinner certificates
- Diabetic friendly treats
- Hot dogs & buns
- Stamps
- Styrofoam cups
- Fresh fruit
- Art supplies (paints, paint brushes, paper)
- Volunteers
- Carpet cleaning services
- Movie passes

**FRIENDS OF FP** is a newsletter of Friendship Place, Inc., published twice per year in spring/summer, fall/winter.

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Kerry B., Lori H., Leah S., Jeanne S., Jimmy S., and Denise W.

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**MISSION STATEMENT:**

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

FRIENDS OF  
FRIENDSHIP PLACE  
NEWSLETTER

Friendship Place  
220 N. Commercial St.  
Neenah, WI 54956

*This issue is dedicated to Dennis Jansen*

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