



WHERE FRIENDS ARE FAMILY

FRIENDS OF FRIENDSHIP PLACE



FRIENDSHIP PLACE ARTISTS STORE OPEN!



August 15, 2006 was the grand opening of the retail store for Friendship Place participants. The sun was shining, faces smiling, and a profit was made. Store hours are *Tuesdays from 11 a.m. to 1 p.m. and Saturdays from 12-2 p.m.* We have birdhouses, planters, paintings, posters, knick-knacks, knitted scarves/mittens/hats/booties, fishing flies, etc. You have to come in to see it all!

A DAY AT THE LANGNER'S

Thirteen participants went to the Langner's home on August 12, 2006 for a day of food, sun, and lots of fun and relaxation. The Langner's have graciously given their time, talent, home, land, and food for any Friendship Place member interested in experiencing a little bit of country. Thank you Langners!

ACTIVITIES UPDATE

FP provides 35+ activities on a monthly basis. Come in for our latest calendar or check us out at www.friendshipplaceinc.com. Some of our ongoing events include Sheepshead with Dick K, Dual Group, New Hope Group, Bingo, Birthday of the Month, Getting in Touch Meeting, Movie Night, Bowling, and cooking with Kris S. You can find descriptions of our activities on our website.

SCARY, SCARY THINGS HAPPENING AT FP



Look, it's John Lennon! On October 30, 2006, FP hosted another successful Halloween Party! We saw everything from Disco Queens, to warriors, to football players, to pop stars—oh yeah, and scary people too! Two staff members, Julie and Candy, put on another awesome spread of food for the event. Yummy! There was dancing, eating, laughing, singing, and a good time was had by all.

CREATIVE PLANNING, SHOPPING, & COOKING



By Candy L. and Denise W.

Creative Planning, Shopping, and Cooking started 2 years ago as an aid to the Wellness Program. The class is two segments. The first is planning and picking a recipe, writing down the ingredients and shopping for the items as needed. The latter is a cooking experience, led by 2 staff members. The class is broken down into 5 categories—appetizer, salad, soup, main entrée, and dessert. Sometimes we make an item or dessert for one of our

Creative Planning cont...

activities/events. We are planning on making cookies for our Valentine's Day dance on February 14, 2007. We wish more would attend the class and we are flexible to accommodate anyone with any skill level. It does not have to be "healthy" eating—any suggestions you can give us that interest you are appreciated. We would love to have you participate in the Creative Planning, Shopping, and Cooking.

HISTORY OF FP ACCORDING TO HAZEL KANE

24 years! That's right, 24 years ago Hazel Kane started making Friendship Place what it is today. In Jan. 1984, while still employed by Winnebago County, Hazel worked at the Friendship Corner, then located in an old house across the street from its current 220 N. Commercial location. Due to lack of funding, Winnebago County closed the Friendship Corner in August 1986. Hazel was not to be discouraged and began her mission to start the Friendship Place.

In 1989, Hazel renamed Friendship Corner, Friendship Place (FP), which was located at Our Savior's Lutheran Church. Hazel soon realized a new facility was needed and in June 1989 Hazel arranged for FP to be located at St. Thomas Church.

Throughout this time, Hazel worked on grants and other funding sources, including the Community Foundation, in order to acquire enough money to hire paid staff. You see, Hazel was volunteering all of her time up until then and even using her own money to purchase supplies needed.

Hazel noticed that 220 N. Commercial appeared empty and contacted Pastor Ruge, then Lead Pastor of St. Paul's Lutheran Church. Pastor Ruge asked what rent was FP able to pay, and Hazel said, "\$100!" Hazel doesn't know where she came up with that number, but the deal was struck.

Also realize that Hazel did not know where she would get the money for month to month. This not stopping her, FP moved to 220 N. Commercial St. in October 1990, with no money in the bank.

Thanks to many gracious volunteers under the direction and drive of Hazel, FP was painted, new flooring installed, etc. After lots and lots of fundraising, FP purchased the building from the church in October 1991. The rest is history...

CHILI CONTEST



On November 10, 2006 FP hosted its first annual Chili Contest, organized by a member of FP, Dan R. There were 18 members who bravely tried 6 "secret" recipes of chili. Dan R. won first place for "Best Chili" and Kerry B. won second place. There was venison, beef, and turkey chili available. A regular volunteer, Kris Soper of UW-Ext Nutrition Program, created a dish of chili with a group of members, and submitted the dish in the contest.

INT'L COOKING WITH LORI



What's that smell? You guessed it, Int'l Cooking w/Lori. What is it? A group of members continuously smelled a strong scent coming from the employee kitchen's microwave each day. The source—Lori's leftovers from last night's dinner from home. What is it? What nationality is that? And there it started. Each month a group of interested members chooses a recipe from a nationality of their choice. FP supplies the ingredients and kitchen space to prepare the dish. So far the

group has experimented with Thai, Hmong, Mexican, African, French, and Jamaican recipes. Like food? Everyone is welcome.

EVERYONE'S WELCOME AT DISCUSSION GROUP

By Kara Patterson, FP volunteer & board member

Any Friendship Place participant is welcome to join an informal discussion group with volunteer Kara Patterson that meets about two times per month, typically from 7-8 p.m. on Tuesday nights.

On several occasions, the circle of conversationalists has filled every seat in the front room. At other times, the group has met with just a few people.

The group talks about everything from current events - what's on the news, or in magazines or newspapers - to what's going on in people's lives. It's not a counseling or support group, but it is a way to meet new people, to get to know others better, to share opinions and perspectives, and to learn new things.

It can also help people gain experience speaking in public, organizing and communicating their thoughts, and respectfully debating issues.

After Hurricane Katrina the group discussed the plight of those affected, especially those living with mental illness, and processed their emotions.

Other topics have included community news, the presidency, the U.S.'s involvement in Iraq, and how movies such as "A Beautiful Mind" portray those living with mental illness. The group also had fun going through "The Book of Questions," a best seller of hypothetical scenarios for icebreaker and discussion purposes.

Issues of Newsweek magazine, kept on the coffee table in the front room, are available for anyone to borrow. People also can bring in articles for discussion.

INTERNATIONAL DINING GETS A NEW NAME

An active member of FP noticed that the group of diner's was choosing not so internationally renowned restaurants. At a monthly Getting In Touch Meeting, a new name was created--Diner's Day. Each month the group collectively chooses where we will dine as a group. We have dined at such places as Pappa's, Mihm's, Golden Corral, Old Country Buffet, Sergios, Hong Kong Buffet, Hu Hot, and Roly Poly's (to name a few). Everyone is welcome to join the group. Friendship Place has limited transportation available. Diner's Day is BYOM—bring you're your money. Come dine with us. We would love to have you venture out with us!

“RELAX! WE ARE HERE TO HELP”

By Leah S.

We are the staff pf Friendship Place. We are not all professionals, but we do serve a needed purpose. We have worn out our ears and sometimes our patience is solely tested; but we are also compassionate. Often many of the participants are very anxious and worried. They are in need of a feeling of security and trust. They are often afraid of being alone and isolated with their illness. We offer reassurance and support, and provide a wide range of non-threatening activities from which they can choose. We are not here to tell them what activities to do. We offer them choices but making decisions is their department. We do not set limitations on the length of attendance at Friendship Place. Some have come for years. Friendship Place is a warm, friendly place away from the anxieties that come with this illness. We have a dedicated staff that is eager to be of help but respects the participants right of determination in their own affairs. We set up boundaries and respect peoples need for space. We ask they in turn give us our space; but we are always available. So we say, “Relax! We are here to help.”

OUR JOY OF THE SEASON

By Denise W.

A caroling we will go, a caroling we will go...a caroling we will go. That's exactly what a group of FP members did on Dec. 20, 2006. It was a joy for each and every one of us to do. We brought such joyful smiles and happy tears to the eyes of such clear, loving people at Valhaven. I think everyone that day had a light of love shining in his or her eyes. It was so heart warming to know we brought so much happiness to the residents of Valhaven. I think even FP members that day also went away with a smile in their hearts. The people we met touched our hearts, and hopefully next year we can bring more joy to all of you. Thank you, Valhaven, for welcoming us to sing for you.

ANNOUNCING OUR NEW GROUP—“REFLECTIONS”

By Rachel Kelbert

The *Reflections* group is a co-ed psycho-educational group where individuals can learn self-help techniques to improve aspects of different types of relationships. The group is held at Friendship Place from 1pm – 3pm on the last 3 Mondays of every month. This group will be facilitated by Rachel Kelbert, a University of Wisconsin Milwaukee social work graduate intern and is free of charge. Call (920) 729-9975 for more information.

CANDLELIGHT DINNER W/JULIE AND CANDY



Imagine—lights dimmed, soft music playing, warm food, bubbly grape juice, and smacking lips. Yep—it was our candlelight dinner held on

January 31, 2007. 12 participants and 3 staff dined at Chez Friendship Place for a wonderful meal by candlelight. To top it off, it was lightly snowing as all looked out the front window.

IT'S SHOWTIME!



The Fox Cities Performing Arts Center's Community Support Committee graciously donated tickets for 3 shows at the PAC. This is an opportunity that our members dream about. FP has been able to attend Pilobolus, Sandi Patty, and looks forward to seeing Momix in March 2007. Thank you, Fox Cities PAC, for your support!

THANK YOU ALL OF YOU!

Friendship Place would like to thank the following persons and organizations for their continued support. We wouldn't be here without your help! Friendship Place Board Members, all of our volunteer “regulars”—you know who you are, Neenah Public Library, Pick 'N Save Bakery, Winnebago County Health and Human Services, Steve Morton/Morton Pharmacy, Fox Cities Performing Arts Center Community Support Committee, Frank & Florence Heckrodt, Doty Island Development Council, Bletzinger House, Appleton Outreach Center, NAMI-FV, St. Margaret Mary's Parish, St. Thomas and St. Paul's Church, Galloway Foundation, JJ Keller Foundation, Kathy Westover, Roosevelt School (Soupster), Bork Family, Langner Family, Berton Family, Galloway Family, Wellness Association/ Winnebago County Economic Support, Tarr Family, Woerfel

Family, Presto Products Company, Jeweler's Mutual Insurance Company, Second Harvest of WI, Tom Widener, Roberta & Charles Capasso, Appleton Breakfast Rotary, Sexual Assault Crisis Center, Hazel Kane, First National Bank, Laemmrich Funeral Home, John N. Bergstrom Committee of First Presbyterian Church, Copps Food Center, Appleton Area Jaycees, Liz, St. Elizabeth Hospital Community Foundation, Bachman Family, Schwab Family, Paynter Family, Neenah Public library, Robert & Jean Swayne, and Capital Credit Union. If we inadvertently forgot your name on the list, you have our sincere apology. Friendship Place would not be the place we are without each and every one of you! Thank you so very much.

“MY OWN STYLE” SHOW

By Denise W.

We were “struttin’ our stuff” on Feb. 2, 2007. Some of the woman from FP showed what they had at FP’s first annual Fashion Show, “My Own Style.” 4 members and one staff member participated in the show, as well as the director as the M.C. for the event. The fashion show was an ideal way to show people even though they might be on a fixed budget, they can still get a variety of outfits at a low cost. The highlight of the day was a Liz Claiborne purse donated by staff member, Candy, to a lucky fashion show participant. Tammy D. was the lucky winner of the purse. After the fashion show, the participants shared snacks with observers to enjoy. Snacks included Doritos, chocolate chip cookie, cheesy garlic bread, and fruit punch. Yum! As the talk goes, the women want to host another fashion show in the spring or summer. So, maybe we will be able to find more woman and men interested in “struttin their stuff.”

WILL YOU BE MY VALENTINE?

By Julie Grondahl



Our Valentine dance on Feb. 14, 2007 from 6-9PM was a great hit—lots of swinging music, good food, drawings for great prizes, and good conversation. Our specialty was our Valentine Heart cookies made by our Creative Cooking group. What can be better than this? It is always nice when Bletzinger House joins us in our events.

STAFF SPOTLIGHT ON JULIE GRONDAHL AND CANDY LUEDTKE

By Denise W.



Candy and Julie were both friends of Hazel Kane, one of the visionaries and founders of the FP. Candy and Julie started working at FP in 1989. In the beginning, Julie and Candy started cooking at St. Thomas Church for the participants of FP. They also worked in a building across the street from the current FP facility, now

known as the Winnebago County Health & Human Service building. After moving the location of FP to its present location in 1991, the hours were expanded, and Candy and Julie became part-time staff. Hazel retired in 1996 and Julie and Candy became co-directors for 5 years. Also during this time, FP was owned and operated under the direction of Neenah-Menasha N.A.M.I. United Way suggested that FP become a 501 (c) 3 and hire an executive director. Julie and Candy’s formal title became outreach specialists. They continue to be an active part in the success of FP.

POETRY & SHORT STORY CORNER

See ya, so long, hi friends

By Denise W.

There are some people you meet some days passing on the street. Some you talk to for a while. Even in a crowded building if willing to give you a smile.

Some of the people that lend you an ear are ones that are so close and dear. But some you don’t even know. But a chat that starts out of the blue might be something you needed, something that’s new.

Some of these people go unnoticed in our daily lives. But the ones that don’t, you come to want to know more. If someday you meet one of these people and say, “I wonder if I will see this person again?” Don’t worry; this is what they call a “small world.”

So I am sure you will see your so long, hi, friend again.

Beauty of the Changing of the Seasons

By Denise W.

White frosty air...
While touches or iridescent water
Touches branches...
Of trees.
They sparkle in the morning and shimmer as the sky brings...
The night.
Delicate white...

Falls to the ground
 Until...
 The earth is covered...
 With the sparking cold gems.
 Roses...
 In the early morn'
 Looks so delicate and new.
 Kissed...
 Oh, how tenderly
 By tears of shining dew.
 Blades of Emerald...
 Color start to show as the
 White dissolves...
 Into the earth below.
 Nature comet o life
 And
 Can be heard all around.
 Everything brings...
 A sweet scent that's new.
 The air
 Is like...
 A blanket of heat.
 But, oh
 Sand...
 Between toes how it dissolves
 The fiery burn of the day away.
 Rest...listen...
 Water lapping onto the white...
 Grains of ground
 White overhead
 Winged creature let out a cry...
 The heavens never looked so blue...
 Sparkling water dance with color...
 As the ball in the heavens sink
 slowly...
 Out of sight.
 Golden crimson and emeralds
 Fall to the earth
 Tall trees look lonely and cold
 Their skins gray and dry.
 Air whirls the hues all around
 And the heavens
 To the eye look...
 As the trees
 Harvest of crops of gold
 Announce the...
 Gray days.
 Big pearl in the sky is near...
 And festive.
 Beauty of the times
 Are...
 Always in the
 Eye of the beholder.

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

Contributors:

Lori H., Leah S. Julie G., Candy L., Denise W. Rachel K., Kara P., and Hazel K.

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WISH LIST

- Coffee (ground)
- Gift Certificates to Office Depot/Office Max
- Certificates to local restaurants for Diner's Day and drawing prizes
- Diabetic friendly treats
- Hot dogs & buns
- Postage stamps
- Styrofoam cups
- Fresh apples
- Volunteers
- Art/Writing Instructors
- Carpet cleaning services
- Movie passes

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.

Friendship Place Annual Meeting

When: April 18, 2007

Where: Friendship Place

220 N. Commerical St,

*Friends of Friendship
Place Newsletter*

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

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.