

Friends of Friendship Place

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Welcome Our New MH Program Assistant

Hi! My name is Caitlin, and I am so happy to be a part of the Friendship Place family.

I will be serving as the new Mental Health Program Assistant as of September 1, 2011.

I am a graduate of University of Wisconsin Oshkosh with a degree in Psychology. Along with my degree, I bring a variety of experiences. I am currently an Autism Therapist with Fox Valley Autism. I have been a volunteer with Winnebago Mental Health Institute for the past five years.

I have an absolute love and passion for what I do. I hope to put my dedication and creativity to good use.



Challenge Grant

The JJ Keller Foundation has challenged Friendship Place to raise \$10,000 toward the purchase of a new vehicle, and the Foundation will then match up to \$10,000. The challenge must be completed by November 1, 2011. We have currently received \$4500 of the matching grant.

The van will be used to transport members to various outings, such as volunteer opportunities and special monthly events. The van will allow us to better assist members to get to and from medical, psychiatric, housing appointments, and community resources such as the food pantry, Clothes Closet, etc. We encourage our members to regularly use public transportation, but the bus is not always available to our members.

By helping Friendship Place to raise \$10,000 our members will be able to access more resources. Through participation in FP, individuals will lead a more normal, active life, develop interpersonal skills and greater self-esteem, and learn to be more productive, contributing members of our communities. With our help they report they experience less anxiety and are better able to attend their next appointment without our assistance. *Please consider donating toward our \$10,000 challenge by November 1.*

Please Vote for Friendship Place

The Community Foundation for the Fox Valley Region will continue their celebration of its 25th anniversary with a 25 for 25 Charity Challenge this fall.

The community will be invited to vote online on the Foundation's website **Oct. 16-25** to determine 25 nonprofit organizations helping people in the Fox Valley that will benefit from five \$25,000 endowment gifts and 25 grants of \$2,500.

Friendship Place needs your votes. Voting is October 16-25. Go to <http://www.cffoxvalley.org/> and click on the *25 for 25 Charity Challenge* icon. You may vote for Friendship Place on the ballot once per day during the voting period. Thank you for your vote!

New Wellness Program

Throughout the years, Friendship Place has seen first-hand how being healthy affects your overall well being. Research has shown by living in a healthful manner we are better able to overcome life's challenges. Friendship Place has become more active in promoting healthy life styles over the last few years, and we know there is much more that we can be doing to help our members achieve a positive overall health status.

Several members are currently participating in our Creative Cooking and Healthy Choices Cooking Class. Each month the members research and create a dish that is low in calories and fat (and filled with flavor, and easy on the budget). The courses include snacks to main entrees. We also offer opportunities for members to learn appropriate eating habits/portion control, walk for fitness, and life skills series. All of these programs are well attended each month.

With the help of the JJ Keller Foundation, Friendship Place plans to implement a new "Healthy Lifestyle" program beginning in November 2011. The program will benefit every single member of Friendship Place in a unique and exciting way. The program will include a weight-loss component, smoking cessation group, visits from area nutritionists, YMCA group workouts, walking club with pedometers, etc.

If you would like to be a part of this new and exciting program, either as a member or as a volunteer, please contact Katelyn at 729-9975 or friend2@tds.net for more details.

Volunteer Projects Continue

Each month members have been participating in several volunteer projects throughout the area to become more involved in their community. Most recently we have performed service hours at Heckrodt Nature Center (picked invasive plants), Advocap (cleaned an elderly couple's yard), St. Thomas Church (served Community Table lunch), and Children's Hospital (painted windows in the reception area).

Members are asked to give their input as to where they would like to volunteer their time. Most have mentioned wanting to help animals. We are looking into volunteering at a local horse ranch, and the orphan animal shelter in Neenah. They

also enjoy working with children and being outdoors. In December, FP will sponsor 9 Salvation Army bell ringing shifts. Everyone is welcome to sign up.

Our volunteer project group has a goal to provide up to 6 service hours per month in the Fox Cities. Please let us know if you have a project for us, as we would be happy to help! For volunteer projects, please contact Katelyn at 729-9975 or email friend2@tds.net.



Children's Hospital of WI-Fox Valley

Mid-Day Women's Alliance

Although it was a HOT week with temperatures in the upper 90's, July, 20, 2011 went great! We all had a wonderful time and the Mid-Day Women's Alliance charity golf outing raised over \$3,000 for Friendship Place.

Mid-Day Women's Alliance is a group of women that work to advance their personal and career goals, develop their potential through networking and mentoring, and further enhance their abilities through educational events.

Each year they give back to the community through several events, and this year they chose Friendship Place as the recipient of their benefit golf outing.

We would like to thank all members of Mid-day Women's Alliance for sponsoring Friendship Place and supporting our programs. What an awesome group of women!

Writing A Poem Cuz I Have to

Political prisoners of society.

Taking time to decide it.

Cash inebriates a wealthy man.

It has nothing to do with the band.

Obsessive actions regardless of options.

The elders proceed to the end.

It is right around the bend.

Budgets of the majority yield to themselves.

Have fun with it.

Sidewalk.

Don't spit!

Rigid proclamations of power.

Lead to things which are sour.

Writing this poem cuz I have to!

-Al B.

Thank You! Thank You! Thank You!

Financial Support: United Way of the Fox Cities, JJ Keller Foundation, First Presbyterian Church of Neenah (John N. Bergstrom Fund), Winnebago County Human Services Wellness Association, Capasso Family, Cummings Family, Ruth Sires, Lindsey Anger, Joan Baptist, Community Foundation from the Richard P. and Patricia W. Galloway Fund, Jeri Nelson, Robert Swayne, Doug Dieterich, Terry Tessier, City of Neenah Community Development Block Grant, Mid-Day Women's Alliance, Volunteer Center, Thrivent Financial for Lutherans, Pruden-

tial, Jeri Nelson, and the Langner Family.

In-Kind Donations: Solea's, BJ Clancy's, Saykly's, Dairy Queen on Commercial, Papa Murphy's, Fox Cities Performing Arts Center, Kevin and McKenzie Grondahl, Jeff and Becky Luedtke, Tricia Vanrooy, Butch Grondahl, First National Bank of Neenah, Niki Huebner, and the Langner Family.

Time & Talent: Julie Grondahl, Candy Lued-

tke, Ada Hall, Michael Barnes, Volunteer Project Group, FP Board of Directors, Jeff Zdrade, FP staff members, Leah Schwartz, FVTC Nursing Program students, NAMI-FV New Hope facilitators, NAMI-FV, ORC, Ruth from the Lutheran Homes.

We would like to publicly thank the following for their time, talents, and donations in the second and third quarter of 2011. Without all of you, FP couldn't be the place it is!

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.

FRIENDSHIP PLACE

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Mission Statement:

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

We're on the Web
www.friendshipplaceinc.com



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