

# FRIENDS OF FRIENDSHIP PLACE

Issue 18

Winter/Spring 2012

## 2012 HUMAN RACE!

Friendship Place is collecting donations for our participation in the Volunteer Center's Human Race. The event is scheduled for May 5th, 2012 at Thrivent Financial for Lutherans in Appleton.

Our goal this year is to raise \$3,000! This is a huge goal, and we know with your help and support we will be able to make this possible.

Participating members have an opportunity to earn incentive prizes for their fundraising efforts. Prizes and awards are available for those that raise \$50 to the highest raised! See our display board for details.

The Human Race is a community fundraiser, organized by the Volunteer Center, that provides an opportunity for affiliated non-profit organizations to raise money.

With your donation, Friendship Place is better able to continue to provide informal counseling and regular face-to-face contact with staff, and assist in problem solving activities. We will continue to reach out and make a difference in the lives of adults with severe and persistent mental illness, and to encourage them to be more active, contributing members of our community.

Please remember that your donations to Friendship Place are 100% tax deductible and can be made anonymously.

You may donate online by going to:

[humanrace2012.volunteercenter.net/2012/friendshipplace.com](http://humanrace2012.volunteercenter.net/2012/friendshipplace.com)

You may also send checks (by April 23rd) to Friendship Place at 220 N. Commercial St., Neenah WI, 54956.

Please make checks out to Volunteer Center, Human Race.

Does your company have a matching gift program? Thanks for checking.

Have questions about donating or participating as a team member? Contact Katelyn, MH Program Coordinator, at 729-9975.

Thank you in advance for your donation!

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## FREE FUN THING DAY

Thank you, thank you, thank you, to an anonymous donor within JJ Keller (you know who you are)! With your generosity, members will be able to take part in an all-expense paid trip to the Packer Hall of Fame and pizza lunch at Sammy's Pizza in Green Bay, WI.

Members completed an informal survey that asked: "If you had \$2,000 available to have "fun" with other members of Friendship Place, what would you do, where would you want to go?" The response rate was great! Many different answers came out of this one question and due to the amount of unique responses, FP decided to host a Free Fun Thing Day once per

month until the money runs out. Members are asked to decide for the following month's activity at the monthly Getting In Touch Meeting (1st Monday of the month at 1pm)

March 27th will be the first "free fun thing day" with a trip to the Packer Hall of Fame. Members will need to meet at Friendship Place by 9:30am. Kobussen buses Ltd. will take us to Green Bay. When the tour is completed, the bus will take us to Sammy's Pizza for a pizza buffet. After lunch, we will be transported back to Friendship Place by 2:45pm.

Members are looking forward to this wonderful experience to learn more about the Packers,

and to experience the city of Green Bay. It is something new to look forward to, and a unique experience for all.

GO PACK GO!

*(Participants will need to be a member of FP and sign up deadline is March 23).*



## FRIENDSHIP PLACE IS NOW ON FACEBOOK!

Friendship Place now has a Facebook page. We established our page so that we are better able to reach a broader group of people throughout the Fox Cities.

Friendship Place's Facebook page allows those who do not know about our services to learn more about our facility, staff, and services we provide. Each day the events and programs are listed on the Facebook page. Members have found it useful to be able to

quickly know what is going on for the day. Most check Facebook before coming into Friendship Place for the day.

Members are encouraged to tell their friends about Friendship Place's new page. Facebook allows our members to reach out to other possible members just by telling or showing them our page.

Coming into Friendship Place for the first time can be overwhelming, and by being able to first visit our website ([www.friendshipplaceinc.com](http://www.friendshipplaceinc.com)) or Facebook page, one will be able to experience a little bit of what it will be like to walk into our door.

Please send us a friend request!

Facebook: Friendshipplace Neenah

# HEALTHY LIFESTYLES PROGRAM

Research shows that a wide variety of lifestyle changes can impact mental health. Lifestyle doesn't just improve symptoms of mental illness, it can also improve overall well-being.

Through the Healthy Lifestyle Program, we seek to empower our members' self-management of their own health

Friendship Place has been actively participating in our Healthy Lifestyles Program as part of our regularly scheduled monthly events.

The Healthy Lifestyles Program was designed to offer a holistic approach to mental, physical, and financial health, specifically designed for individuals with mental illness. The program includes ongoing activities such as Art Therapy, YMCA days, self-defense classes, support groups (smoking cessation support group and procovery and healing mental illness group), financial fitness, and nutritional education, etc.

Friendship Place acquired a YMCA membership so that all members were able to use their facilities at least twice per week (accompanied by a staff member of Friendship Place). Several members have already joined a fitness and wellness program through the YMCA. Other members have enjoyed lifting weights, walking the indoor track, swimming, and using the cardio-equipment.

A licensed Art therapist from Fond Du Lac comes to Friendship Place once per month to provide professional art therapy to any interested member. She spends about an hour with members, and encourages them to explore their own uniqueness. Each monthly art therapy session provides an original and new experience.

"Life is not merely to be alive, but to be well." *Marcus Valerius Martial*

As of April, Friendship Place will collaborate with the UW-Extension office to provide nutrition education. Members will learn to use the foods they normally consume and learn how to make a healthier meal. Members will also learn more about appropriate portion size. We will also provide transportation to the local food pantries.

Allen, from FISC, led a session in February on financial responsibility and gave practical tips on how to manage and maintain a healthy budget for individuals living on a fixed income.

Friendship Place encourages all members to participate in the healthy lifestyle program in any way they feel comfortable.

If you have any questions or suggestions regarding programming for our Healthy Lifestyles Program, please contact Friendship Place staff.

## THANK YOU! THANK YOU! THANK YOU!

**Financial Support January 2012-March 2012:** United Way of the Fox Cities, Winnebago County Human Services, Frank and Florence Heckrodt, Dan and Mary Haller, and Bob and Carol Paynter., YMCA of N-M (membership scholarship)

**In-Kind Donations:** Pagoni's, Dairy Queen on Commercial, Goodwill Industries,

Manderfield's Bakery, Great Harvest Bread Co.

**Time & Talent:** Ada Hall, Michael Barnes, Volunteer Project Group, FP Board of Directors, Jeff Zdrale, FP staff members, Leah Schwartz, Kathleen Morgan, Allen of FISC, Neenah PD, N-M Fire Department, Larry S. for Procovery Group,

NAMI-FV New Hope facilitators,

*Our sincere apologies if we inadvertently left your name out.*

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

### Me Things

Peek to seek me things  
 Around me ring  
 I sing  
 Scratch the ground  
 Find me things  
 Jaw-dropping  
 Remnants of me things  
 Like walking on pine needles  
 Barefoot  
 I find me things  
 Next to your things  
 -Al B.



**FRIENDSHIP PLACE**

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***Mission Statement:***

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

**BOARD OF DIRECTORS**

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**STAFF MEMBERS**

Executive Director: Lori L. Hill  
Mental Health Program Coordinator: Katelyn K.  
Mental Health Program Assistant: Caitlin B.



We're on the web  
[www.friendshipplaceinc.com](http://www.friendshipplaceinc.com)

**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.