



Friends of Friendship Place

WINTER 2019

2019 By the Numbers

Our Members participated in

262

scheduled activities!



We've had over

3500

member visits so far this year!

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Friendship Place provided over

2,000 hours

of direct services this year!



Our Members gave

40

 hours

of their time back to the community through volunteer activities!

Friendship Place reached more than

1000

 people

through outreach, speaking about mental health in the community!



Community Engagement Program

New to Friendship Place in 2019 was our Community Engagement Program, funded by Oshkosh Area Community Foundation. Many of our members are interested in community events and experiences but there are a multitude of reasons that they do not engage in these activities. Some of these reasons include a lack of funds or transportation, stress of not knowing what to expect or simply not being comfortable going somewhere alone. The Community Engagement Program addresses each of these by providing unique experiences that our members are able to participate in as a group. The benefits of this program extend far beyond a fun afternoon, as research shows that being connected to one's community can have a positive effect on both physical and mental health. Also, engagement with the community and their peers helps to address one of Friendship Place's main outcomes for each of our members- to reduce isolation. By participating in the Community Engagement activities, we hope to increase the confidence of our members in their ability to seek out such experiences independently or with their peers. Some experiences our members have enjoyed this year have included The Packer Hall of Fame tour, Exotic Animal presentation by Kingdom Animalia Exotic Animal Rescue, baking cookies for and touring the Neenah Fire Station, playing mini golf at On the Fringe, and a day at Menominee Park.



Support Friendship Place

1. Wish list donation items on our website:
www.friendshipplaceinc.com
2. Donate financially: https://www.paypal.com/donate/?token=IIsNs1bhSKxZyXNYPVIDbjWrl8AkQvFNUixDalufm52k3M_y1BdCkc5abBs9ieRAY-vasG&country.x=US&locale.x=US
3. Consider volunteering
4. **Support our Endowment Fund** at the Community Foundation for the Fox Valley Region. Individuals can make contributions of any amount to the fund. If you are interested in making a contribution to the fund, submit a check to Friendship Place @ 220 N. Commercial St., Neenah, WI 54956. Please put "Endowment Fund" on the subject line. Or go directly to: <https://donor.cffoxvalley.org/Make-A-Gift> (choose OTHER for designation, then type in Friendship Place in other box).
5. Make purchases on Amazon! AmazonSmile is a simple and automatic way for you to support Friendship Place every time you shop by donating a portion of the purchase price to Friendship Place! Go to Smile.Amazon.com and choose Friendship Place, Inc.

Every bit counts! Thank you for your continued support!

Glenn Grothman

This August, Friendship Place had the pleasure of hosting U.S. Representative Glenn Grothman for an informal discussion about mental health and Wisconsin politics. Grothman has represented Wisconsin's 6th Congressional District since 2014 and serves on the House Education and Labor Committee as well as the Oversight and Reform Committee. The #1 concern our members discussed in length was part-time work and healthcare benefits. Many of our members would like to return to the workplace, in a part-time capacity; however, the fear of losing their healthcare benefits, which would directly impact their mental health, hinders them from doing so. Grothman shared a little of what his life is like as a U.S. representative and was very interested to hear about the programming our members are able to participate in at Friendship Place.

Women Living Well

In July, Friendship Place collaborated with the Neenah YMCA to launch a pilot program called Women Living Well. This program was built upon research that supports physical health and mental health being inextricably linked and the premise that "you can't have one without the other". It was designed to directly target the unique needs of our female members who struggle with working out and making good nutrition choices with the added complexity of mental health concerns. The first 12 weeks consisted of meeting with Friendship Place and YMCA staff for 3 hours each week to develop a general knowledge base about healthy lifestyle changes as well as to participate in group workouts. Our members had to dig deep to address their barriers to working out, understand what prompts unhealthy choices and figure out what motivates them. The second 12 weeks put each woman in the driver seat of her goals, during which time members learned how to create their own workout plan and focused on how to maintain a healthy lifestyle. In July, many of our members started by doing just 3 minutes on the cardio machines and now they are regularly doing 30 minutes, several times per week! We cannot wait to see what they accomplish in 2020!



This program was funded by United Way Fox Cities, the Mental Health Fund of the Community Foundation, US Venture, Bemis & Jeweler's Mutual.



Meet our New Staff Member

Hello! My name is Hope and I started working as the new Mental Health Program Coordinator II at Friendship Place in September 2019. I have a bachelor's degree from Marian University in Social Work. I also have 10 years of experience working with individuals with mental health and intellectual disabilities in a group home setting as a Program Manager. I have enjoyed getting to know all the members and feel honored to work in such a supportive and positive environment.

Holiday Wish List

- * Post-it Notes
- * Lg Security Envelopes
- * White Copier Paper
- * Elmer's Glue
- * Manilla Envelopes (6x9)
- * Masking Tape
- * Postage Stamps
- * Coffee (ground)
- * Dish Soap
- * Bleach Wipes
- * Glade Plug-ins
- * Air Freshener Spray
- * Sidewalk Salt
- * Soup Stock Pot
- * Hand Mixer
- * Cake Pans/Cookie Sheets
- * New Board/Card Games

THANK YOU! THANK YOU! THANK YOU!

Friendship Place would like to take the time to recognize those whose contributions have helped to make everything we do possible! We thank you for believing in our mission, our programming and the members we serve. You are directly impacting the lives of hundreds of individuals in your own community and without you, Friendship Place would not exist!

Galloway Company	Terry and Ruth Tessier	Secura Charitable Giving Fund
Tim Galloway	Mental Health Fund of the Community Foundation	United way Fox Cities
Doug and Tina Dieterich	ThedaCare Behavioral Health	Jeff Zdrale
US Venture/Schmidt Family Foundation, inc.	Oshkosh Area Community Foundation	Amy Schneider (and Josie the therapy dog)
Clare Clifford	Capital Credit Union Charitable Giving Fund	Fox Valley Technical College OTA Students
Kate Pfaendtner	Georgina Pfaendtner	Neenah Menasha YMCA (especially Katie Schalk!)
Ada Hall	Beth and Dennis Matlock	Fleet Feet Fox Valley
Jewelers Mutual Charitable Giving Fund	Kimberly Clark Foundation	Goodwill Industries
Community Foundation for the Fox Valley Region, Inc.	Winnebago County	
Winnebago County WAVE Group	Bemis Company	

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FriendshipPlace Neenah



United Way Fox Cities

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