

Friends of Friendship Place

Winter 2023



Happy Holidays!

The end of the year is always a great time to reflect on where we've gone, how much we've grown, and what we've learned throughout the year. We are truly grateful to our community for

allowing us the opportunities to live well with mental illness.

This year has offered so many experiences for our members! Friendship Place has been able to expand our Community Arts and Healthy Lifestyles Program due to our supportive community.

We are hopeful for an exciting 2024 filled with art, music, health (physical and mental), friendship, educational and recreational opportunities, and volunteerism throughout the year!

Thank you for the support!



Friendship Place Friends & Family

Highlights

- Community Arts Program
- Healthy Lifestyles Program
- Reflecting on 20 years



Kindness Rocks Project

“What mental health needs is more sunlight, more candor, and more unashamed conversation.”

~Glenn Close



Community Arts Program

Our Community Arts Program is designed to give our members an opportunity to attend and participate in community arts activities that might otherwise not be accessible to them.

This year our members have been able to attend multiple art classes at the Bergstrom Mahler Museum, and Neenah-Menasha YMCA, along with classes taught at Friendship Place by local artists Jeff Zdrale, Blessings & Friends, and Amy Johnson. We also toured the Paine Art Center!

Time after time, our members have expressed how art has had wonderful benefits on their mental health.

“I loved the art class(es). My problems became less important while I was creating my art project. Very therapeutic.” ~ Anonymous Member



These programs were made possible by grants from the Fox Cares Foundation, Fox Cities Morning Rotary Club, and Kimberly Clark Foundation.



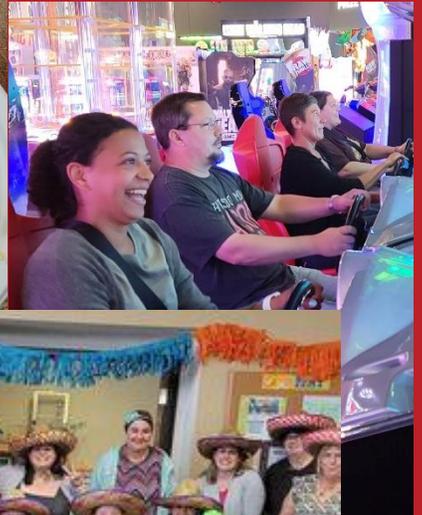
“I really liked the acrylic pour painting class. I saw it on TikTok but wouldn’t be able to try it without this class. I’ve been having a lot of anxiety and difficulty concentrating but this experience was very relaxing and centering from mixing the paints, to watching them mix on the canvas when we tilted it. Thank you so much for providing this amazing opportunity!”
Anonymous Member

Healthy Lifestyles Program (HLP)

Research shows that changes in lifestyle behaviors can have a significant impact on an individual’s overall mental and physical well-being. Our HLP is designed to address our members’ health holistically by encouraging and supporting them to take a more active role in their health.

The HLP includes education and instruction on active living/mobility, nutrition, nature, relationships, recreation, and enjoyable and appropriate activities supportive of maintaining a healthy lifestyle and mental well-being.

Throughout the year, our members had the opportunity to participate in weekly walks, monthly nutrition classes, monthly homemade luncheons at Friendship Place, nature hikes, summer park days, holiday parties, book club, free memberships to the YMCA, and much more!





Board of Directors

**President, James Travis
Treasurer, Diane Turke**

Wendy Behling, Doug Dieterich, Erik Douglas, Dr. Ada Hall, Kevin Kloehn, Kate Pfaendtner, Jon Phillip, Greg Steffes

THANK YOU, THANK YOU, THANK YOU to ALL of our supporters who have given their time, talents, and financial support throughout the year! We are truly blessed to have all of you in our world!

Please consider a donation today!



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20 Years of Reflection from the Executive Director

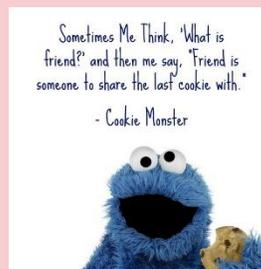
Almost 20 years as the Executive Director... What was happening 20 years ago? Here's a quick look back on major news events, popular culture, and history of 2005...

- Hurricane Katrina devastates New Orleans and the surrounding area in August 2005.
- YouTube was founded.
- Microsoft releases the Xbox 360 gaming console in North America.
- Oil prices rose sharply throughout the year caused by trouble in the Middle East, and later Hurricane Katrina. Average cost per gallon was \$3.18.
- Ellen Johnson Sirleaf is elected president of Liberia becoming the first woman president in an African Country.
- The highest grossing 2005 movies, in descending order: were "Star Wars: Episode III - Revenge of the Sith," "The Chronicles of Narnia: The Lion, the Witch and the Wardrobe," "Harry Potter and the Goblet of Fire," "Wedding Crashers," "Charlie and the Chocolate Factory," "Batman Begins," and "Mr. & Mrs. Smith."

A lot has happened over the last 20 years. We have redesigned our mission statement and logo, created new positions, hosted MANY Masters of Counseling, Occupational Therapy Assistant, and Bachelor of Human Services' students, provided countless hours of QPR (Question, Persuade, and Refer) and mental health training throughout the community, and remodeled the entire facility to best fit the needs of ever-changing and expanding services. Yet, there's so much more to come!

"Run forward when possible, walk ahead when you can, stagger onward when you must, but never cease your forward movement."

~ Vernon Howard



3 of my favs...COOKIES, arts & crafts, and having fun!