

The Ram



August

**Stepping Stones to Mental Health
with Marissa (mosaics class #2)
meets Thursdays from 1:30-3:30**

Upcoming Events:

August 4 - Evening tabling at Recovery Cafe for National Night out

August 12 & 25 - Neighborhood House Food Shelf

August 14 - All clubhouse Picnic

August 19 - Wellness Talk: Setting boundaries

August 26 - Exploring Rondo

August 27 - History Theater returns!!

August 28 - August Birthday Party

August 30 - Resource Hour with Nancy
from Canopy Mental Health

August 31 - State Fair

TBD on if we are
tabling, but we
will attend the
fair regardless!
More info to
come 😊



**Evenings and weekend
hours will be limited to
tabling events due to
staff shortages!**

check out part 1 below

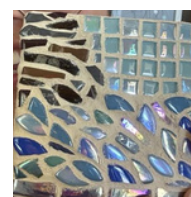
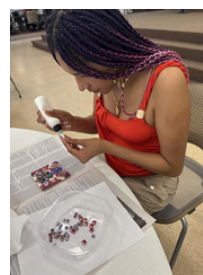
**step 1: choose glass
pieces for your design**



**step 2: glue
pieces down**



step 3: grout



Part 2

All Clubhouse Picnic Details:

August 14 from 1:30-3:30

Burns Park ([301 2nd St N, Hopkins, MN 55343](https://www.hopkinsmn.gov/3/Services/3012ndStN))

free lunch served at 2:30

Shuttle leaves RamCo at 11:00 and returns at the
end of the picnic. Club closed during picnic.

Hopkins will have a light lunch part 1



Work of the Club

We celebrated RamCo's 2 year birthday!!

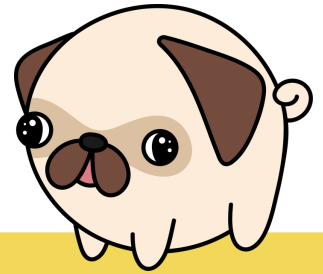
Thanks to everyone who helped us to pull off an AMAZING party, full of community, rock painting, yearbook signing, and good food!



Please fill out a membership update!

We use the data to show our funding sources how the club makes an impact on the community!

CAV meetings have moved to the RamCo zoom room!



MEALS AT THE CLUB



Buddha Bowls



Hawaiian Pineapple Bowl



Nachos



Charcuterie



Shout out to Jason and Jarell for adding their art to our hallway!



Club Development:

Bianca's Review of a community presentation:

Canopy Mental Health and Counseling

This week we connected with Nancy and Kylie at Canopy Mental Health and Counseling. They are a black owned, women-led organization that enjoys working with people of color, and/or those from marginalized communities.

They work to be aware of everyone's culture and individual needs to provide the best services. They offer counseling and medication management services in Richfield, Minneapolis, and remotely.

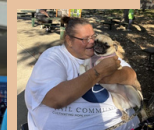
UPCOMING TABLING/EVENTS

AUGUST 25: State Fair

SEPTEMBER 23: NAMI Walk



State fair 2025



NAMI walk 2025



Clubhouse PHILOSOPHY



What is Clubhouse Philosophy?

This is a group and column where people can talk about our 37 Clubhouse Standards! If you're interested in why we do somethings and not others, this is the group for you!

Why do we have standards?

- **Standards are at the heart of the success** experienced by Clubhouses around the world helping people with mental illness stay out of hospitals while achieving social, financial, educational, and vocational goals
- **They serve as a "bill of rights" for members and a code of ethics** for Clubhouse staff, boards and administrators, and a reminder that Clubhouses must be places that offer respect and opportunities to members
- **Provide the basis for assessing Clubhouse quality through the Clubhouse International Accreditation™ process**

Every two years the worldwide Clubhouse community reviews these Standards and amends them as necessary.

-from Clubhouse International website

Ramblings from RamCo with Rachel



I forget my own name,
Call me anyway.
Call me morning and I'll rise again, washed in light,
Call me dew, and I'll kiss the ground, temporary.
Call me sun, and I'll call the dew home to me, droplet by droplet.

Call me hungry, and it would be true.
Call me cherry blossom, call me pink, call me spring.
Call me winter, and grace will whisper.

Call me the path my boots broke in the snow,
call me while i'm walking towards mercy.
Call me follow, I don't go alone.
Call me deep, call me sweetness, call me anyway.
I forget my own name,
Call me neighbor.



Staff Numbers

Chad: 952-529-1403
Eric: 952-529-0967
Cai: 763-406-6419
Belle: 612-434-3079
Alli: 612-434-3590

Zoom Info for AM/PM & Virtual Meetings*

Uptown Zoom (BOLD Red) - 878 196 3865
Ramco Zoom (regular red) - 485 388 0508
Hopkins Zoom - 453 031 2513

August 2026 RamCo Calendar



Ramsey Clubhouse
285 Dale St N
St Paul MN 55103
Phone: 952-297-8923

9:00a Morning Meeting
9:30a-12:00p-Department
Planning/Training
12:00p Lunch
12:30p Daily Wellness Break
1:00p Afternoon Meeting
1:30p-4:00p-Department
Planning/Training

LUNCH M, T, W, TH, & F AT NOON PLEASE CALL 952.297.8923 BY 11:30AM IF YOU WILL BE EATING LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
3 Blue Plate Special for Lunch Week at a Glance 1:00* Planning Meeting: Social Rec 2:00 Get IT done 3:00	4 Development Meeting* 10-11 Curry with Sebastian Midday Movement: Chair Yoga with Mel 2:30 Evening Tabling Event at Recovery Cafe 5-8	5 Clubhouse Coalition 9-10:30 Cabinet Clean Out Combined DMM 1:00 Cribbage and Games 2-4	6 Resource hour: Autism Resource Hour w Nishi 1:00 Strawberry Spinach Salad with Ben Mosaics with Marissa 1:30-3:30 LGBTQ/BIPOC group 3:30	7 TE Development 11:00 Sourdough Grilled Cheese Week at a Close* 1:00 Clubhouse Creatives: Suncatchers with Shanna and Steph 3:00	8 Saturday Walk/Run Club at Uptown 9am 9 Sunday Lunch Bunch w/ Jonathan 1:00*
10 Blue Plate Special for Lunch Week at a Glance 1:00* Planning Meeting: Meals 2:00 Get IT done 3:00	11 Development Meeting* 10-11 Summer Pasta Salad with Shanna Midday Movement: Badminton, Ball Toss, & Pickle Ball with Angela 2:30	12 Neighborhood House Food Pickup - Leaving at 9:30 CAV 10:00* Hoagies with Mel DMM: TBD 1:00 Book Club 3:00	13 Resource hour: DBT Skills w Ben and Steph 10:00 Gyros with Ben Mosaics with Marissa 1:30-3:30 LGBTQ/BIPOC group 3:30	14  Clubhouse Annual Picnic @ Burnes Park Hopkins Clubhouse 1:30-3:30 Shuttle to at 11:00, returns 3:30 *Regular club closes at 11:00	15 Saturday Walk/Run Club at Uptown 9am 16 Sunday Lunch Bunch w/ Jonathan 1:00*
17 Blue Plate Special for Lunch Week at a Glance 1:00* Planning Meeting: TBD 2:00 Get IT done 3:00	18 Development Meeting* 10-11 Chicken Caesar Salad with Tat Mindful Self-care: Vail-related Ted Talks with Ben 2:30	19 Clubhouse Philosophy 11:00 Curry with Nishi DMM: TBD 1:00 Wellness Talk: Boundaries with Ben & Shanna 2:00	20 Resource hour: Therapy 101 10:00 Pasta Salad with Angela Mosaics with Marissa 1:30-3:30 LGBTQ/BIPOC group 3:30	21 TE Development 11:00 Mediterranean Wraps Week at a Close* 1:00 Clubhouse Creatives: Coloring & energy balls 3:00 Finalize Newsletter	22 Saturday Walk/Run Club at Uptown 9am 23 Sunday Lunch Bunch w/ Jonathan 1:00*
24 Blue Plate Special for Lunch Week at a Glance 1:00* Planning Meeting: Card Project Check-in 2:00 Get IT done 3:00	25 Development Meeting* 10-11 Orange Chicken Neighborhood House Food Pickup - Leaving at 12:30 Midday Movement: Koo Koo Kangaroo Video 2:30	26 CAV 10:00* Rubens with Nishi DMM: House Data 1:00 Newsletter Mailing Day Exploring Rondo 2:30	27 Resource hour: ARC grant with Marissa 10:00 Grill out with Ben History Theatre returns!!! (1:30-3:00) LGBTQ/BIPOC group 3:30	28 TE Development 11:00 Blue Plate Week at a Close* 1:00 August Birthday Party 3:00	29 Saturday Walk/Run Club at Uptown 9am 30 Sunday Lunch Bunch w/ Jonathan 1:00*



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State Fair Day
Details coming, TBD if club is open



KEY:
*BOLD RED - combined zoom room
Regular Red - RamCo's specific zoom room