



# Behind the Veil



VAIL COMMUNITIES  
CULTIVATING HOPE FOR MENTAL HEALTH & WELLBEING

February 2026



## Happy Valentine's Day!

Vail Communities wishes you a happy Valentine's Day! Now more than ever, it's important to celebrate and spread the love. This month, we hope you get to spend time with friends, family, and loved ones. As always, thank you for being a part of our community and making it so special.

## 2026's First Podcast Episode

You won't want to miss this first episode of 2026! We're joined by a special guest -- Vail Communities' new Executive Director and President, Ashley Trepp! Listen to the episode below:

<https://drvailhour.podbean.com/e/dr-vail-hour-episode-15/>



## Immediate Need!

Help us stock our Clubhouse Resource Pantries to support our Members during these difficult winter months! Immediate needs include:

- Shelf-stable foods that do not require cooking or heating
- Fresh fruits and vegetables
- Gloves and mittens
- Metro bus passes (can be purchased at Cub Foods or any Metro Transit station)
- Cub gift cards for groceries

Drop-off at any of our Clubhouse locations! We also accept monetary donations to purchase pantry items and bus passes - please donate using the QR code below. Thank you for supporting our community!



## Updated Clubhouse Protocols

All Clubhouse entry doors will remain locked during business hours. Staff will monitor the doors to allow access for current Members and **scheduled** appointments. At this time, we are unable to accommodate walk-in visits. Thank you for your cooperation and helping keep staff and Members safe!

Save the Date!

## 12th Annual History Theatre

Thursday, April 23rd  
6:30pm - 8:30pm  
30 10<sup>th</sup> St. E.  
St. Paul, MN 55101



More information to come!

# Community Resources

During times like these, we wanted to provide a few community resources, specifically food shelves, in the local area for folks to utilize:

- ICA Food Shelf (Hopkins)
- Joyce Food Shelf (Uptown)
- Zion Community Commons (St. Paul)



More information can be found on their websites.

## Clubhouse Listening Sessions with Olmsted County

On Tuesday, January 27<sup>th</sup>, Vail Communities hosted its first listening session in partnership with Olmsted County and NAMI Southeast Minnesota, regarding Clubhouse coming to Olmsted County! The listening session included lunch, a presentation, breakout groups, and a Q&A portion.

This was the first of 5 in a series of listening sessions, and we're excited to continue the conversation!



# A Message on Community:

In the past weeks, our Twin Cities community has experienced profound loss and grief. Yet, at the same time, we have seen the community come together in incredibly inspiring ways to support and love our neighbors as Minnesotans always do. Despite the cold of winter, our hearts are warmed by the generosity, compassion, and hope that we give to one another in times of hardship.

Thank you for continuing to choose love over hate, light over darkness, and hope over hopelessness.



## Join Our Team!

Our Targeted Case Management team is hiring for a Mental Health Case Manager! For more information on our benefits package, working at Vail Communities, or to view the job description, visit our Careers page:

<https://vailcommunities.org/careers>

Follow us on social media!

