

Behind the Veil



VAIL COMMUNITIES
CULTIVATING HOPE FOR MENTAL HEALTH & WELLBEING

March 2026

Spring, is that you?

Here in Minnesota, we're no stranger to "false spring." But each year, the warm weather, sunshine, and return of green breathes life back into us! The first official day of spring is March 20th, and we have our fingers crossed that the spring warmth and sunshine will return! We have a lot of exciting things to look forward to in the months of March and April. As always, thank you for following along, cheering us on, and supporting our mission and community! These past few months have reminded us how incredible our community truly is, and the hope it brings to all of us. Wishing you a spring filled with warmth, rest, and renewal!

"You can cut all the flowers but you cannot keep Spring from coming." -Pablo Neruda

Olmsted Listening Sessions

In partnership with Olmsted County and NAMI Southeast Minnesota, Vail Communities is hosting another listening session about a Clubhouse coming to Olmsted County! Join us by registering using the QR code below:

Wed. Mar. 25th
12:30pm - 3:00pm
Rochester Public Library



Lunch provided! We look forward to hearing your input!

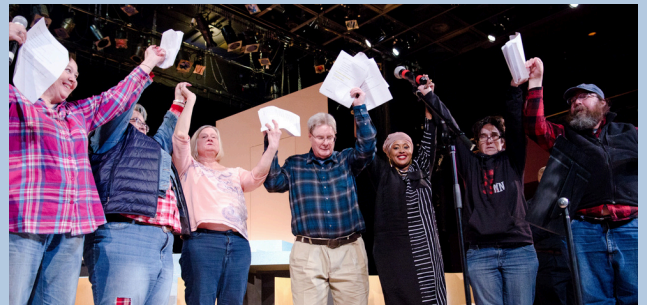
New Podcast Episode!

Episode 16 of the Dr. Vail Hour podcast just dropped! This episode, we're joined by Vail program directors as they discuss highlights of each program, the synergy they create, and how we meet needs in the community. To listen to the full episode, visit:



<https://drvailhour.podbean.com/e/dr-vail-hour-episode-16/>

12th Annual History Theatre Collaboration



A FREE night of performance, spoken-word, and storytelling about living with mental illness.

Thursday, April 23rd
6:30pm - 8:30pm
30 10th St. E.
St. Paul, MN 55101
RSVP here!



Or visit: <https://www.eventbrite.com/e/vail-communities-clubhouse-history-theatre-collaboration-tickets-1983637192240?aff=oddtcreator>

Mental Health Day on the Hill – Mar. 26th

On Mar. 26th, Vail Communities will join other mental health providers and organizations in St. Paul at the capitol building to advocate for mental health! This is an annual day to decrease the stigma around mental illness, advocate for increased funding, and make our voices heard!



TCM in Ramsey County

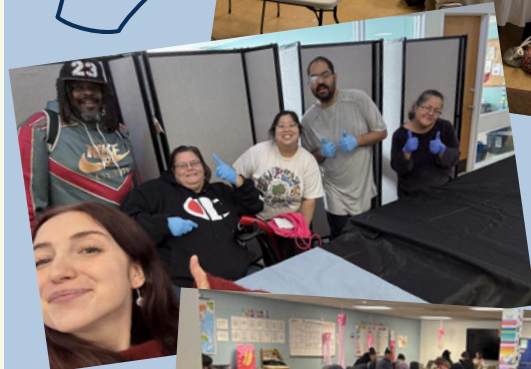
In October, Vail Communities was awarded a new case management contract with Ramsey County. We received our first referral at the end of December and are currently serving six individuals. We're excited about the growing partnership and opportunity to support more people, including more of our Ramsey County neighbors and Clubhouse Members!

ROSS Program's Tax Help

Vail Housing's ROSS Program is excited to partner once again with the Hopkins Activity Center to host an AARP Tax-Aide event at Dow Towers. This initiative provides Dow Towers residents with free tax filing services, ensuring that those with barriers such as lack of transportation or limited technology access can complete their returns on time. When asked about this event, one resident shared: "Filing taxes is hard when you don't have a computer and appointments for free help fill up so fast. I'm very happy I can have my taxes done without having to leave home!"

Clubhouse Celebration!

This past month, all three Clubhouses came together to spend time with one another and celebrate our accomplishments last year! There were speeches, dancing, laughter, and of course great food! Thank you to everyone who came and celebrated with us. Our community is truly special!



Follow us on social media!

