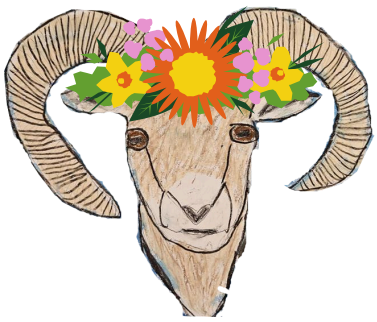


MAY

Vol. 1 Issue 21

The Ram

Upcoming Events:

May 1: CLUBHOUSE GIVING DAY

May 5 & 20: Trips to the food shelf - see calendar for more details

May 16 (Saturday): RamCo open 10-2

May 25: Open with Cai for Memorial Day 10-2

May 27: Housing Q&A with Tyler 1:00

Weekly Thursday writing workshop with Nishi 2:00

LGBTQ+/BiPOC group is moving to THURSDAYS this summer

EVENINGS are SO BACK!

IMPORTANT ANNOUNCEMENT

Our funding for RamCo and Uptown clubhouses is uncertain beyond June. Please join us at the Week at a Glance meetings for updates. WE NEED YOUR HELP to advocate to keep the clubs open/funded.

See “club development” section for how to help.

WORK OF THE CLUB

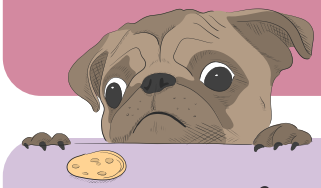
Club Connect:

- We are creating a designated TE drawer in the office!
- Are you good at condensing messages? We are always looking for people to help us make the email blast short & sweet!
- Shout out to Dianne who finished the ENTIRE reach out book in ONE day - a new RamCo record!

Club Care:

Check out our NEW meal rotation! Join us to trial home made gryos with Eric.

Reminder to please be mindful of any spills to keep our space critter-free!



Club Development:

Please help us get the word out about Clubhouse!

5 steps you can take:

1. **SHARE** about the clubhouse and Vail
2. **INVITE** people in to take tours
3. **MAKE A LIST** of people you feel like you can reach out to (anyone and everyone)
4. **BRING QUESTIONS** about the process of securing funding to our meetings
5. **CONTINUE** to join Week at a Glance meetings to be in the know

JOIN US AT THE CAPITOL TO ADVOCATE FOR VAIL!

We are in the news!!

KSTP · 7h

2 Minnesota mental health support hubs at risk of closure with state funding to end in June

Two Vail Communities Clubhouses may close after state funding ends, leaving members living with serious mental health ...

Ramsey County shelter, clubhouses for people with mental illnesses face uncertainties

BY FREDERICK MELO

April 19, 2026 at 3:57 p.m.

Catholic Charities, which has operated the Family Service Center on behalf of Ramsey County for...

Ralph Coleman gets a hug from fellow club members after becoming emotional while sharing how welcomed and happy he feels at the Vail Communities Clubhouse in St. Paul on Wednesday April 15, 2026. "It's a community where you can say that you can come in naked and leave fully clothed," said Coleman about the facility, where he's been a member for at least 15 years, "It gives you a sense of hope, a sense of community." (John Autey / Pioneer Press)

LOCAL NEWS

Twin Cities nonprofit that helps adults with serious mental illness facing funding shortfall

By Nick Lunemann

April 21, 2026 / 6:34 PM CDT / CBS Minnesota

2 Minnesota mental health support hubs at risk of closure with state funding to end in June

Ramée Cooper KSTP

April 16, 2026 · 11:28 PM

Pioneer Press, WCCO, and KSTP have visited RamCo this past month to help us get awareness out about the Clubhouse! Make sure to check out the videos and articles!

Clubhouse PHILOSOPHY

Standard #6 : Members have the right to immediate re-entry to the Clubhouse community after any length of absence, unless their return poses a significant and current threat to the clubhouse community

This is an important standard for a member to be able to take time away if needed and still be welcomed back in the clubhouse with open arms - Angela

12th Annual History Theater show!

The was our largest crowd yet!! We had 30 performers & 206 attendees

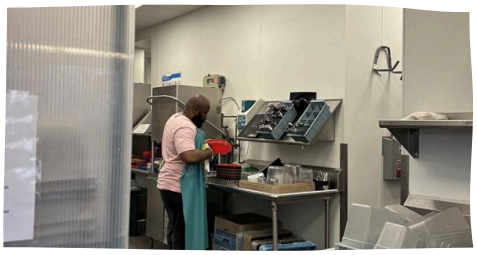
"But you don't know how far you can go unless you keep on going"

RAMBLINGS FROM RAMCO

I WANT SAY THANK TO VAIL COMMUNITIES FOR BEING A SUPPORTIVE ENVIORMENT AS MAY IS MENTAL HEALTH AWARENESS MONTH. PLEASE BE KIND AND RESPECTFUL TO THOSE WHO SUFFER FROM MENTAL HEALTH CODITIONS. AND ALSO WANT TO SAY THANKS TO ALL THAT HAVE GIVEN FOE CLUBHOUSE GIVING DAY. THE SUPPORT IS GREATLY APPRECIATED.
-SHANNA

WELCOME BACK, SEA SALT!

"Sea Salt has been great! I'm really starting to get the hang of it. Everyone's been super helpful"
- Drew



Transitional Employment is back!

Three new members joined the Sea Salt team this season!
Congratulations to EJ,
Lionel, and Drew on the new positions.

Shout out to our returning members, Steve, Joe, and Jacob for maintaining excellence!

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**

RamCo Meeting ID: 485 388 0508

Combined Zoom ID: 878 196 3865
(using free app)

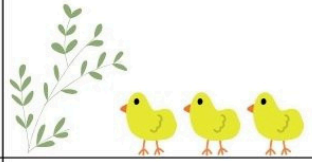
Call in only 888-788-0099, *then* 878 196 3865

May 2026 RamCo Calendar

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

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

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
KEY: ***BOLD RED - combined zoom room** Regular Red - RamCo's specific zoom room				**1** TE Development Meeting - 11 **Beef Stroganoff with Alli Z** **Week at a Close* 1:00** Clubhouse Creatives: Surprise Art with Shanna 2 **CLUBHOUSE GIVING DAY**	**2** Saturday **3** Sunday **Lunch Bunch w/ Jonathan 1:00***
4 **Blue Plate Special for Lunch** **Week at a Glance 1:00*** Planning Meeting: Meals 2:00 Get IT done 3:00	**5** **Development Meeting* 10-11** **BLT Sandwiches with Mel** **Neighborhood House Food Pickup - Leaving at 12:30** Midday Movement: Qi Gong 2:30	**6** Clubhouse Coalition 9:00-10:30 **Burrito Bowls with Ryland** **Combined DMM 1:00** Cribbage & Games: 2-4	**7** Resource hour: Reachout Calls Training 10:00 **Jerk Chicken Bowls with Shanna** Writing Group with Nishi 2:00 LGBTQ/BiPOC group 3:30 **Movie Social with Alli² 4-6:30pm**	**8** TE Development Meeting 11 **Lemon Orzo Pasta with Julianne** **Week at a Close* 1:00** Clubhouse Creatives: Pictionary 2:00	**9** Saturday Walk/Run Club at Uptown 9am **10** Sunday **Lunch Bunch w/ Jonathan 1:00***
11 **Blue Plate Special for Lunch** **Week at a Glance 1:00*** Planning Meeting: Event Prep 2:00 Get IT done 3:00	**12** **Development Meeting* 10-11** **Pancake Brunch with Mel** Mindful Self-Care: Coloring 2:30 Book Club 3:00	**13** **CAV 10:00*** **Chicken Caesar Salad with RJ** DMM: Food and Cleanliness 1 Tabling at the Loons soccer game in the Evening 5:30 (signup and more info coming soon!)	**14** Resource hour: How to Search for a Job 101 10:00 **Beef Stroganoff with Ly** Twins game 12:40 Writing Group with Nishi 2:00 LGBTQ/BiPOC group 3:30	**15** TE Development Meeting 11 **Gyros with Eric** **Week at a Close* 1:00** Dole Whip Social 2:30	**16** Saturday Walk/Run Club at Uptown 9am **17** Sunday **Lunch Bunch w/ Jonathan 1:00***
18 **Blue Plate Special for Lunch** **Week at a Glance 1:00*** Planning Meeting: Evenings 2:00 Get IT done 3:00	**19** **Development Meeting* 10-11** **Orzo Pasta** Midday Movement: Dance Break with Belle 2:30	**20** **Neighborhood House Food Pickup - Leaving at 9:30** Clubhouse Philosophy 10:00 **Turkey & Swiss Sandwiches with Chris K** **Clubhouse Retreats 1:00**	**21** Resource hour: Public Transportation 101 10:00 **Rice Bowl with Antoine** Writing Group with Nishi 2:00 LGBTQ/BiPOC group 3:30 **80s party with Mel and Eric 4-6:30pm**	**22** TE Development Meeting 11 **Fajitas with Ryland** **Week at a Close* 1:00** **Cleaning Party 3:00** Finalize Calendar/Newsletter	**23** Saturday Walk/Run Club at Uptown 9am **24** Sunday **Lunch Bunch w/ Jonathan 1:00***
25 **Memorial Day - Open with Cai from 10-2pm**	**26** **Development Meeting 10-11*** Exploring Rondo: TBD 11 **Blue Plate Special for Lunch** Mindful Self-Care: Guided Meditation with Alli Z 2:30 Calendar and Newsletter Mailing Day	**27** **CAV 10:00** **Buddha Bowls** Housing Q&A with Tyler 1:00 Reachout Cards 2:00	**28** Resource Hour: Summer Maxxing 10:00 **Bagel Sandwiches** Writing Group with Nishi 2:00 LGBTQ/BiPOC group 3:30 **DIVA NIGHT WITH BELLE & KETURAH 4:30-6:30**	**29** TE Development Meeting 11 **Strawberry Chicken Salad** **Week at a Close* 1:00** May Birthday Party & Movie Social 2:30	**30** Saturday Walk/Run Club at Uptown 9am Ramco open with Belle 10-2pm **31** Sunday **Lunch Bunch w/ Jonathan 1:00***