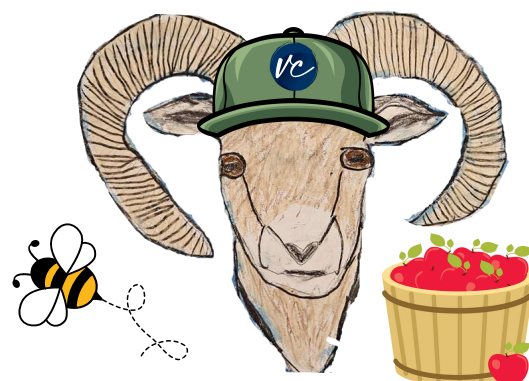




The Ram

Vol. 1 Issue 12



September Event Highlights:

9/1: Happy Labor Day! The Club will be open from 10:00-2:00pm with Belle.

9/3: Cribbage and Games!

9/8: Neighborhood House Food Shelf - shuttle leaves at 9:30

9/10: Youtube Karaoke with Ben

9/10-9/12: Camping Trip!

9/12: Improv Social with Nishi

9/13: Outing/tabling at Selby Jazz Fest

9/17: Book Club

9/22: Neighborhood House Food Shelf - shuttle leaves at 9:30

9/24: Rondo Library

9/25: Budgeting and Finance Tips

9/26: September Birthday Party

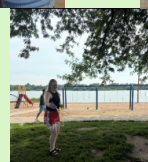
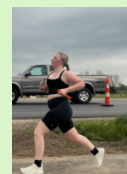
9/27: Outing for the NAMI walk!

9/29: CLOSED FOR STAFF DEVELOPMENT

9/30: Open until 6:30 for Taylor Swift Social!



So long, Raine! Thank you for all you've done for the Vail Community! We will miss you so much.



"This was my first time running a Ragnar Relay and was one of the most challenging, yet rewarding experiences I've had! So glad I was able to support clubhouses with this unforgettable experience!" -Raine



RAMCO HAS A NEW VOLUNTEER!

We are very excited to welcome Rita to RamCo. She will be starting on September 5th and will be volunteering on Friday mornings. Please make sure to say hi and show her around the clubhouse when you see her!

Work of the Club

SNACK BAR UPDATES!

We have finalized our snack menu items! Upcoming DMMS will be about pricing and training around how to run the snack bar.



Basketry celebration! Thank you, Martha, for all of your support and sharing your creativity with the Club! Shout out to all the members who tried their hand at creating something new!



All CLUBHOUSE BEACH DAY!!!! It was a lovely day full of yard games, a tasty grill out, bike rides, and so much fun. Thank you to everyone who came out to celebrate the end of a wonderful summer season!

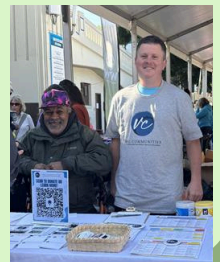
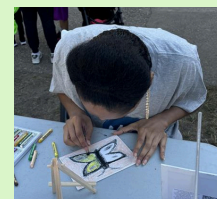
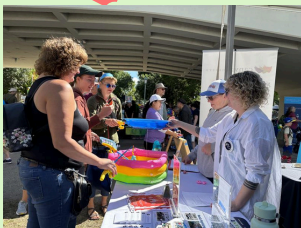


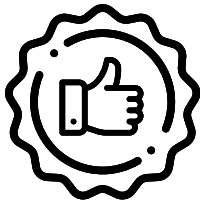
HISTORY THEATRE IS BACK! THE GROUP MEETS WEEKLY ON THURSDAYS FROM 1:30-3:00.



Thank you to everyone who volunteered at the booth and made the Mental Health Day at the state fair a success!

If you enjoyed tabling, join us for the Selby Jazz Festival!





Clubhouse PHILOSOPHY



28. The Clubhouse provides assistance designed to help members improve their physical health and wellness, in partnership with community-based resources and healthcare providers. If the Clubhouse also provides in-house wellness activities, they are scheduled to be consistent with a vibrant, side-by-side work-ordered day; and significantly utilize the teaching skills and expertise of members.

29. The Clubhouse is committed to securing a range of choices of safe, decent and affordable housing including independent living opportunities for all members. The Clubhouse has access to opportunities that meet these criteria, or if unavailable, the Clubhouse develops its own housing program. Clubhouse housing programs meet the following basic criteria.

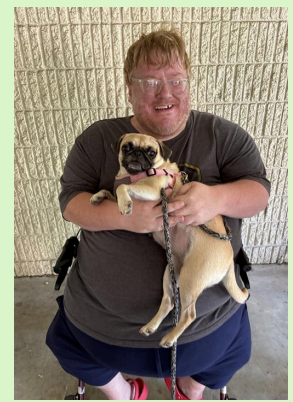
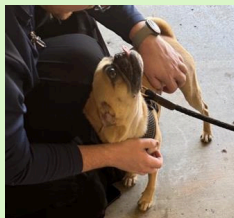
- a. Members and staff manage the program together.
- b. Members who live there do so by choice.
- c. Members choose the location of their housing and their roommates.
- d. Policies and procedures are developed in a manner consistent with the rest of the Clubhouse culture.
- e. The level of support increases or decreases in response to the changing needs of the member.
- f. Members and staff actively reach out to help members keep their housing, especially during periods of hospitalization.

Staff from Nexa Home Connect came to talk with RamCo members in August!

"My experience with Nexa was really helpful, Nexa met me where I was at and answered all my questions!" –
Seabass

Pug social highlights!

Belle brought in the pug puppies to meet RamCo.
Meet Gerald and Lua!



Check out our color-coded
calendar on the last page!
Here's the legend:

Black letters = lunch
Red bold letters = Shared zoom room
Red normal letters = RamCo zoom room
Purple letters = In-person wellness events

Blue letters = History
Theater
Orange letters = Socials
Green Letters = Outings

Staff Numbers

Chad: 952-529-1403
Eric: 952-529-0967 Samantha:
952-406-9284
Sarah: 612-434-3601
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











SEPTEMBER 2025 RAMSEY CO. 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
1  LABOR DAY Clubhouse is open 10-2pm with Belle!	2 Development Meeting* 10:00-11:00 Cajun Chicken Sloppy Joos with Shanna  Midday Movement 2:00 Middle Adult Group 2:30 TE Development meeting* 3:30	3 CAV Meeting* 10:00 Brunch with Ben Combined DMM 1:00pm* Cribbage and Games 2-4	4 Tech Support Drop-In 10-12 Swedish Meatballs with Ben & Alli Z  History Theatre 1:30-3pm LGBTQ/BiPOC support group 3:15-4	5 BLTs with Antoine Week at a Close Meeting* 1:00  Clubhouse Creatives: Improv Social with Nishi 2pm	6 Saturday Hopkins outing TBD
8 Neighborhood House Food Pickup - Leaving at 9:30 <i>(Sign-up by previous Friday)</i> BLUE PLATE SPECIAL FOR LUNCH Week at a Glance Meeting* 1:00 Planning Meeting 2:00	9 Development Meeting* 10:00-11:00 Quesadillas with RJ Mindful Self-care: Ted Talk Tuesday with Ben 2:00 TE Development meeting* 3:30	10 Clubhouse Philosophy 10:00 Mediterranean Chicken Bowls with Antoine and Cai RamCo DMM 1:00pm* YouTube Karaoke Social with Ben 3:00	11 Education Support 10-12 Grill out with Ben  History Theatre 1:30-3pm LGBTQ/BiPOC support group 3:15-4	12 Pad Thai with Shanna Week at a Close Meeting* 1:00  Clubhouse Creatives with Stephanie at 2pm	13 Saturday RamCo outing/trabing at Selby Jazz Fest - details TBD
15 BLUE PLATE SPECIAL FOR LUNCH Week at a Glance Meeting* 1:00 Planning Meeting 2:00	16 Development Meeting* 10:00-11:00 Cupboard Cleanout with Alli Midday Movement 2:00 Middle Adult Group 2:30  TE Development meeting* 3:30	17 CAV Meeting* 10:00 Inter-Club Connection 11:00 Korean BBQ Bowls with Antoine RamCo DMM 1:00pm* Book Club 2:00	18 Employment support: Resume workshop 10-12 Fufu with Star  History Theatre 1:30-3pm LGBTQ/BiPOC support group 3:15-4	19 Chicken Wild Rice Soup with Chris J Week at a Close Meeting* 1:00 Cribbage and Games 2-4	20 Saturday 10:30 Uptown Outing TBD
22 Neighborhood House Food Pickup - Leaving at 9:30 <i>(Sign-up by previous Friday)</i> BLUE PLATE SPECIAL FOR LUNCH Week at a Glance Meeting* 1:00 Planning Meeting 2:00 Finalize Calendar/Newsletter format	23 Development Meeting* 10:00-11:00 Vegan Creation with Seabass Mindful Self-care: Yogic Breathing with Nishi 2:00 TE Development meeting* 3:30	24 Clubhouse Philosophy 10:00 Chili with Cleo RamCo DMM 1:00pm* Young Adult Group 2-3 Rondo Library 2-4	25 Budgeting and Finance Tips with Ben 10-12 Jerk Chicken with Antoine and Alli  History Theatre 1:30-3pm LGBTQ/BiPOC support group 3:15-4	26 Community Bowls with Belle Week at a Close Meeting* 1:00 Calendar and Newsletter: Mailing Day  Clubhouse Creatives: Collaging with Rachel at 2pm September Birthday Party at 3:00	21 Sunday 1:00 Lunch Bunch w/ Randy (zoom)
29 Clubhouse closed for staff development day	30 Development Meeting* 10:00-11:00 Spaghetti with Cleo Midday Movement 2:00 Middle Adult Group 2:30 TE Development meeting* 3:30 Open until 6:30pm for a Taylor Swift social with Belle				27 Saturday RamCo Outing to NAMI Walk- details TBD
					28 Sunday 1:00 Lunch Bunch w/ Randy (zoom)

***BOLD RED - combined**
zoom room
Regular Red - RamCo
specific zoom room