

InSight

Volume 2, Issue 1, Winter 2010



More than just an Address... Thinking about "Home"

How would you define home? Perhaps you would say "the place where I live" or "where all my stuff is" or maybe "the address my bills get mailed to." You might define home as "where I feel safe" or "the place where I can relax and be myself" or maybe "the town where I grew up" or "where my family is."

Robert Frost offers two perspectives on the meaning of home in his poem "The Death of the Hired Man." In the poem, Warren and his wife Mary are discussing the return of Silas, a hired hand who has worked on their farm in the past. Mary tells Warren that Silas has come home, and they have a brief exchange about what that might mean. Warren believes: "home is the place where, when you have to go there, they have to take you in". Mary counters: "I should have called it something you somehow haven't to deserve".



Community Involvement Programs has always provided places for people to live. In the 1970s, the Apartment Training Program offered adults a chance to learn about maintaining their own apartments. Some of those individuals had come home to Minneapolis from state institutions, places "where, when you have to go there, they have to take you in".

Today, our adult foster homes and shared housing programs offer a sense of stability and security to men and women living with mental illness or intellectual disabilities. However, we want the places we provide for people to live to be more than just "housing". Housing provides shelter and safety; a home should welcome and comfort whoever crosses the threshold. Our goal is to provide not only housing, but the support and opportunity for individuals with disabilities to feel genuinely "at home".

Jane Lawrence, Director of Family Services &
Administrative Resources

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Insight is published quarterly by Community Involvement Programs. Your contact information is considered confidential and will not be shared. For further information please call David Wheeler at 612.362.4412 or email dwheeler@cipmn.org.



New and Improved Website Launched!

Our website, which can be found at www.cipmn.org, has been given an "Extreme Makeover (Internet Edition)."



We've updated the look, added more photos, and made it easier to find information about our programs and services. You can find copies of our newsletters and annual reports, as well as current job postings. We will continue to add features over time, so if you have suggestions or ideas, contact David Wheeler at dwheeler@cipmn.org.



Molly Darsow speaks to the Edina Rotary about supported employment

Speaker's Bureau Available

Would you like to hear more about the work of Community Involvement Programs from people "in the know?" We are always excited to tell our story, and the recently established Speaker's Bureau is another way of getting the word out to members of the community. The staff of our Employment Programs are seasoned veterans at presenting to groups, as pictured on the left. Other employees and volunteers are ready to attend your gathering, make a short presentation, and answer questions about our services. If your church, community group, service club or other organization is looking for an informative and thought-provoking program, please contact David Wheeler at (612) 730-6112 or dwheeler@cipmn.org to schedule your presentation.

"Made in the Shade" 2009 was a Grand Event!

Over 800 people representing seven local non-profit organizations came together for the 16th Annual Made in the Shade event last September 26th. Community Involvement Programs raised over \$14,000. All of the

proceeds directly benefit our programs and the people we support. Thank you one and all!



Thank you 2009 Builder Circle Members

To become a member of the Builder Circle you must contribute at least \$1,000 annually. Our 2009 members include:

- Eric Adams
- Bernard & Cindy Aldrich
- Jim & Carmen Campbell
- John Everett & Kim Keprios
- Julie Faulhaber
- Ken & Jean Klinck
- Winona Lakin

2010  Mark Your Calendars - Sat. September 25th

made in the shade
Benefiting People with Disabilities **Walk, Run & Roll**

Turning a House into a Home - Hubbard House

The house on Hubbard Street in Robbinsdale looks like most of the other houses in the neighborhood. But for the women that live there, it's not just another address in the suburbs. Paula and Michelle have stories of resiliency and hope, and the house on Hubbard is one important stop along the road to their recovery.



Michelle, Paula, and Karri in their living room

Paula and Michelle moved into the house in March of 2008, ready to begin a new life. Both women had been through treatment for chemical dependency and were living in an institutional setting. A different living situation was essential to the process of rebuilding their lives. As one of them said, "I used to have my own house. Because of my drinking I got divorced, and lost my job. I've been through treatment more than once." She continued, "Life is still kind of a battle, but I'm doing better and this home really helps."

Both Paula and Michelle enjoy the sense of belonging that comes from being part of a neighborhood. "We just love the house and the neighborhood. Our next

door neighbor Tom is so helpful. He's like a guardian angel who watches over us." They baked cookies for Tom and brought them over at Christmas. Vicki lives next door on the other side and is also very neighborly. A strong sense of community and caring

"Life is still kind of a battle, but I'm doing better and this home really helps."

that the neighbors all share for each other helps makes the house on Hubbard a home.

Just this past month, Karri became the third member of the household; her previous place to stay was a homeless shelter in Brooklyn Center. The transition to living with Paula

and Michelle was smooth and Karri quickly felt at home. Karri thinks that Hubbard is a "handsome house," in part due to the hard work of the maintenance staff of Community Involvement Programs. "I like it here – in fact, I love it." A friend who recently paid a visit to the home said, "I want what you have."

Paula, Michelle, and Karri share chores to keep the house clean and maintain the household. They enjoy doing things together, such as shopping at Target, or an occasional meal out at a nearby restaurant. Michelle is proud of her two major accomplishments: getting her driver's license back and getting her car repaired. She is now able to provide transportation to her housemates. All three women respect each other's

boundaries, but also work together well as a team. Living at Hubbard house offers the women a real sense of security: "We have good support, reassurance, and safety – it just feels good."

Paula, Michelle, and Karri are also fond of their backyard patio area. They have plans to buy a grill and barbecue next summer – a wonderful thought in the middle of winter. As a part of their recovery journey, each woman identifies personal goals; some of them include quitting smoking, losing weight, and getting more exercise. They also have dreams for the future: getting a hobby farm with lots of animals, teaching children with special needs, and coaching sports.

Paula, Michelle and Karri live with mental illness. Each woman has struggled with challenges—major depression, anxiety disorder, or bipolar disorder. But living in a regular house in a typical neighborhood with the right kind of support makes some of those challenges easier to overcome—and the stability of supportive housing can be the cornerstone of a person's recovery. As one of the residents remarked, "You can lead a more normal life."

Community Involvement Programs has 30 homes for people living with mental illness. For further housing information please contact Emily Self at 612.362.4417 or eself@cipmn.org

Sen. Tony Lourey visits our Northern Programs

Spending time with elected officials is an excellent way to tell our story. Earlier this month, John Everett, Executive Director and Tom Ruff, Director of Residential Services met with State Senator Tony Lourey at our programs in Sandstone. They spent time at two

houses, including one that provides services to individuals with significant physical needs. The next stop was Darin's house where the men had coffee and "talked fishing." Darin and his family were one of the first to make consumer-owned housing a reality in Minnesota.



Darin, Sam, and Senator Lourey discuss the finer points of fishing at Lake of the Woods and the upcoming Monster Truck event in Duluth.

After his visit Senator Lourey commented: "It was good to connect with Community Involvement Programs. I truly value these experiences as they help me understand better the effects of decisions made down in St Paul."

County Awards Housing Renovation Grant

Last fall, Hennepin County awarded a \$277,000 grant to Community Involvement Programs to renovate four houses and an 8-unit apartment building. The renovation of kitchens and bathrooms will make the houses more comfortable and functional .

Cermak Rhoades, an architectural firm in St. Paul, is helping with the plans for major renovations to the apartment building in Crystal as well as a single family home in St. Louis Park. Cermak Rhoades designed the buildings at Clear Spring Road Residences in Minnetonka.

Current tenants will be temporarily relocated during the renovation process. Jeff Bogut, Maintenance Manager, expects the project to take 6-7 months to finish once the work begins.

HISTORY - Over its 39 years, CIP has been involved in providing housing, and

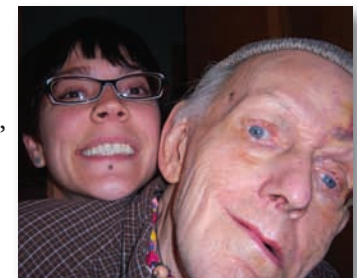
was an early leader in the development of housing for persons living with mental illness. The supportive housing program started in 1992 in response to the needs of individuals leaving residential treatment programs.

Many of the first houses were part of a program by HUD to rent foreclosed houses to non-profit organizations for a dollar a year. Staff and volunteers raised the money to fix up the houses and the supportive housing program was launched. The goal of the program was to give individuals a safe and affordable place to live and receive the supports they needed to participate in the community.

Today, Community Involvement Programs supports 122 people in 33 homes. We also provide residential services to 58 people with a developmental disability in 12 homes.

Passings

Richard Sivertsen, aged 76 passed on January 5, 2010, and was remembered at a gathering at his favorite coffee shop Caffetos on 22nd and Lyndale Ave. Coffee, chocolate cake, his collection of bracelets, and a large jar of beloved trinkets, and stories about Richard made for great memories.



House manager Tina Eld & Richard Sivertsen

One person shared, "Richard was really loved by a lot of people." Staff and freinds remarked on how much they enjoyed HIM: his personality, his humor, his "Richardness"!

Richard lived in a state institution before going to the Portland Residence. In recent years, he lived at the 18th Avenue home. Richard once stated that he was a "shape-shifter" that could turn into other things. He had now made that final shape-shift. Richard's playful personality will be long remembered and celebrated.

Tom Klabo passed away on December 16, 2009 at the age of 61. Tom was supported by the MARI (Music, Art, Recreation and Inclusion) program located in Bloomington. Tom was a delightful man who enjoyed people, sports, and music. He loved Coca Cola – the RED can only. Not only did Tom love to go bowling, but he was an awesome bowler. Tom will be missed by all of us at MARI.



Tom Klabo

The "Partners in Hope" Gala was a Great Success

The inaugural "Partners in Hope Gala" was held on Thursday, October 22nd at the Zuhrah Shrine Center in Minneapolis. Almost 150 people came together for an evening of great food, silent and live auctions, and positive energy. It was a fund-raising event with lots of fun.

The event was organized by the Mental Health staff as their contribution to the development efforts of Community Involvement Programs. They did a magnificent job of planning and organizing the event, which included beautiful displays, fine music, and all the little details that made the evening special.

Over 50 businesses and individuals donated items for the silent and live

production. When completed, the video will include reflections of participants, staff, founders, and volunteers, woven together to tell the story of Community Involvement Programs. Board member Kathy O'Brian, who also receives support from Community Involvement Programs, briefly shared her experiences: both the challenges she has faced and the hope she has for her future. Hearing from someone living with mental illness provided quiet inspiration for everyone who listened.



Bryon thanks staff

Plans are underway for the Second Annual Partners in Hope Gala, tentatively scheduled for October 2010. Watch for details and please plan on joining us for another wonderful evening.

A Special Thank you to the team that made this all possible.....

- Marsha Claiborne
- Shayla Eubanks
- Grace Lopez
- Michele McGee
- Amy Norsten
- Deb Procknow
- Emily Self
- Byron Smith-Molinare
- Michelle Wachholz
- Cindy Wetzel
- Kevin Wright

Thank you to our Sponsors

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- Handi Medical Supply
- Lacina Siding & Windows, Inc.
- Kay King
- Winona Lakin
- Jane Lawrence
- David Wheeler

Platinum \$1000+

- Genoa Healthcare

Thanks: the **Edina Art Center** for lending us 20 easels for our artist's display, **Renaissance Floral** for providing plants for our tables, and **Starbucks** for our gift basket door prize.



Ken Klinck is a happy live auction bidder.

auctions. Nine people that we support in our Mental Health programs displayed and sold their artwork, which was admired throughout the evening. Generous contributions from sponsors and guests made the evening a financial success; over \$9000 was raised to support the work of the organization.

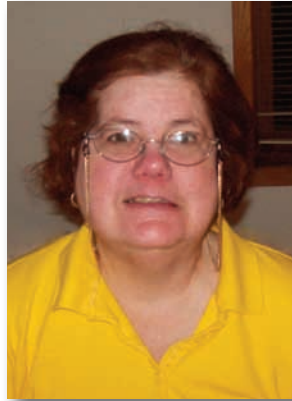
The evening also included a "sneak preview" of a video currently in



Lee Harness thanks Kathy O'Brian

EMPLOYMENT UPDATES ❖ Featured Job Seeker: Bonny Kurth

Bonny Kurth is a friendly, funny and determined person who is looking for a new employment opportunity, in an office setting. She will need a progressive company that offers a physical environment that meets ADA-accessibility requirements, as she uses a wheelchair to get around.



Bonny seeks a job

Bonny has a lot to offer an employer: She has over ten years of experience in customer service, most recently working in a Human Resources capacity. She enjoys phone work, scheduling appointments and other clerical tasks. Bonny describes herself as a person with good ideas, and she is looking forward to utilizing her creativity and resourcefulness in her next job.

As a result of a stroke, Bonny has had to overcome obstacles, including learning to live her life with limited use of her

left side and some minor visual impairment in her left eye. Although she deals with minor cognitive delays at times, she has developed solutions to help her compensate for these issues, a true testament to her problem-solving skills. In her free time, Bonny loves to travel; her friends describe her as “the planner”. She has an eye for color and design and enjoys sewing, crafts, and antiques.

If you would like to explore an opportunity for Bonny Kurth at your place of business, please contact Molly Darsow at 612.290.5560 or mdarsow@cipmn.org.

Thank you to our newest employment partners. Please support and thank them for their partnership.

- Green Institute-ReUse Center (Mpls)
- Java Jacks (Mpls)
- Noodles and Company (Edina)
- Turtle Bread Company (Edina)
- University of Minnesota (Mpls)
- Willow Creek Theatre (Plymouth)

Standing with and Supporting People with Disabilities

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