

August 2017



# Chinook Wind Times

## Chinook's Summer Sizzles!!!

Happy August, Chinooksters!

There's a lot going on in the month of August, as you'll see from this edition of *Chinook Wind Times*. I hope you can join us! Here are a few updates for you:

Much to talk about regarding Chinook Cooks! Starting this month, Chinook Café will be providing hot lunches to **Warner House** residents five days a week. We are looking forward to serving nourishing food to that wonderful, healing community. In addition, as we welcome our new Chef Erin Boyle to the Ryan Wellness Center, we've revamped the structure of the Food Service Training Program. We want to provide as many opportunities to participate as possible. If you want to receive the full culinary training with Chef Erin – “The Whole Enchilada” - that would be wonderful. But if folks want to pursue a shorter term goal of food service basics, we are offering an **8-Week Safety and Sanitation Training** that provides crucial and helpful knowledge needed to work in many different kitchens. Employers are quick to hire job candidates that have this kind of comprehensive training – and we're offering a certificate upon completion. Also, any of our food service trainings can be done at your own pace. If you want to come twice a week to complete the training, or if you only can stand for a few hours at a time, that's okay. We can accommodate you! Erin is also actively working with the MHP Employment Team and networking with local employers who are needing to hire people with specific food service skills. In addition, helping at the Chinook Snack Bar is always encouraged for those of you who'd like to gain customer service/cashiering skills and experience. (We are currently working on a certificate for this that trainees can present with their resume when applying for jobs.)

In other news, on August 21st, we are hosting “**Eclipse in the Park**” for those of you who are eager to see the solar eclipse. And the month is filled with other great Social Events, including trips to Gold Hill, Imax, and the Vikings exhibit at the Denver Museum of Nature and Science. Finally, we are excited to welcome Corrine C. as our new Office Assistant intern, working in our Education & Resource Lab. She brings many talents to our Lab and we are happy to have her on the team.

Thanks, and I hope your summer sizzles! - Sera Anderson, Training and Education Manager



# August Social Events

## Out to the Movies

Tuesday, August 1st  
Leaving RWC at 3:30 PM



**Cost \$4.00**

Sign up sheet goes up July 26th  
Chinook Membership Required

## Lunch at the Gold Hill General Store

Saturday, August 5th  
Leaving RWC at 11 AM



**Bring at least \$12**

Sign-up sheet goes up  
Wednesday, July 26th

Chinook Membership Required



## Vikings

at the Denver Museum  
of Nature and Science

Tuesday August 8th  
Leaving RWC at 1:15 pm

\$1 to reserve your spot

Sign up sheet goes up August 2nd  
Chinook Membership Required

## Eclipse in the Park

Monday, August 21st  
10:45 am

Meet at RWC and walk over to  
North Boulder Park to  
experience the solar eclipse!

Sack lunch available  
for \$3.00



## IMAX

at the Denver  
Museum of Nature  
and Science



Saturday August 26th  
Leaving RWC parking lot at 1:00 pm

Sign up sheet goes up August 16th

Chinook Membership Required \$1 to reserve your spot

## BOWLING in Longmont

Tuesday August 29th

Leaving RWC  
at 3:00 pm

Leaving WEC  
at 3:45 pm



**Cost**  
**\$1 first game**  
**\$2 Each add. game**

Sign up sheet goes up August 23rd  
Chinook Membership Required

## Creative Corner

### *For Those Who Suffer . . .*

Trouble came too close to home,  
 And I found myself all alone,  
 But I'm sure I'll find the open door,  
 Did you warn me of this once before?  
 Because I can't determine the cause anymore,  
 The unearthly treasures that come to life in the  
 minds eye,  
 When no one is there to hear your cry,  
 Don't you worry, life is doled out in good measure,  
 The toil, the toil, and the pleasure,  
 Alone with my thoughts I pray,  
 I will share the love I've found one day,  
 The mystery in the riddle is so soft spoken,  
 We'll put it back together after it's all been broken,  
 I know it does no good to lay blame,  
 All that is lost shall be regained,  
 My soul is cleansed with a blistering flame,  
 The essence of our purpose remains the same,

Oh, forgotten one who has lost it all,  
 The Holy One has heard your call,  
 Hold my hand together we'll get through,  
 All that has been stolen shall be renewed,  
 Oh, precious ones that have drifted away,  
 We'll be together again someday,  
 Oh, the tears of the suffering,  
 The brutal silence of those in need,  
 My heart is with you, all alone,  
 Struggling with fear that remains untold,  
 Left to fend for yourself again,  
 And the well wishers that do little more than pretend,  
 We'll rewrite it all and start over again,  
 This time you won't be without a friend,  
 Blessed are those who know no love,  
 Other than the Heavenly Father above

*Words by Elizabeth B.*

*Photo by Richard L.*



### **Nature Notes by Katie F.**

All altruistic adult 'Labours of Love' shall see thee ensign.... Follow yr. Head & Heart ....& heed  
 Thee need of Goodly Gifts Given with Wonders ie "Go with the flow" .... 'ebbs & tides !!  
 Turns to New Age Tourist Seasons 'n takin' the time for Labor Day scenes sum seek spirituality as well as sunlight ...!!  
 Make the most meaning – while taking more moments to savour the 'flowers 'n fauna plus Beauteous Bird Life.  
 Hopefully, here 'bout Boulder we 'shall see' the Waterfowl Watch out at Walden pond as well as  
 a reservoir or two!! Again, people' Bring - your - Cameras  
 Other optional Tourist trade specials: Chatauqua events; Banjo Billy's Bus Tours; 'Bands on the Bricks;  
 'NoonTunes' on Wednesdays (where some souls can munch lunch nearby) ; River Rafting,  
 Plus Leaning Tree cards; & Celestial Seasonings Tea, etc. Tours. Maybe we 'bike the bikepaths &  
 Stay cool & KEEPIN" THE FAITH...! Perennially, the PROMISE KEEPERS....shall show signs of  
 Smiles Across the Miles! ....PS ...August 12 is International Youth DAY....!!!! - Katie



# Chinook Happenings

## Safe Harbor



Spirituality Group  
Monday August 7th at 1:15pm

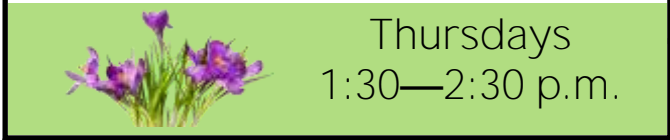
## September Social Event Planning

Help us choose the Social Events for September!

1:00 pm  
Weds. August 9th  
In Chinook Lab

## GARDEN GROUP

Join us for the *Garden Group* - CHINOOK CAFÉ GARDEN at RWC! Help us grow a wonderful array of herbs, veggies, and flowers for everyone to enjoy!



Thursdays  
1:30—2:30 p.m.



## Morning Club



Join us for games, fellowship, fun, and free coffee refills!  
Weekdays 9-10 am.  
RWC Community Room

## Computer Tutoring

at Chinook Office Services



**Drop In Times:**  
Mondays 9-10:30 am  
Tuesdays 1-3 pm  
Wednesdays 9:30-11:30 am  
Fridays 9:30-11:30 am

**OR BY APPOINTMENT**  
303-545-0834

**Tutors Needed!**



## Job Club

Mondays @ 10:00 am  
Wednesdays @ 2:00 pm

## First Wednesday Breakfast

The first Wednesday of every month, the Chinook Café serves breakfast. Join us for a nutritious, tasty meal at a rock bottom price!



**Wednesday, August 2nd - 8 to 10 a.m.**

## Voices In Recovery



Wednesdays 10:00 am to 11:00 am in Classroom 3 at RWC

Contact Kari G with questions 720-822-1396

## Chinook Quarterly Forum

*Time and opportunity to give feedback on RWC and it's programs*



*We will celebrate birthdays for this quarter - pizza, salad and birthday cake!*

RWC Classroom #2

Wednesday August 16th

11am-12:30pm

# Training & Jobs

SUPPORTED  
EDUCATION &  
TRAINING



## WE OFFER INDIVIDUALIZED TRAINING IN THE FOLLOWING COMPETENCIES:

- Email
- Microsoft Windows Basics
- Microsoft Publisher - Beginning & Intermediate
- Microsoft Excel -Beginning
- Copier Skills
- Typing
- Point of Sale
- Data Entry
- Microsoft Word – up to Intermediate
- Microsoft Outlook -Beginning
- Internet Search Basics
- Receptionist / Phone Skills
- Customer Service
- Cash Handling /Counting

*More info: Contact Bruce or Cameron in the Education and Resource Lab - (303) 545-0834*

## Employment Update

Looking for a job? The employment team can help! If you are interested in finding employment of any kind, or assistance with maintaining your job, speak to a member of the employment team to find out the next steps. To learn more, please give us a call (720-224-6100) or come in for Job Club to speak with an Employment Specialist.



**Job Club** – drop in support for resume writing, help with applying for jobs, interview preparation, or career exploration. **Mondays from 10-11am** and **Wednesdays from 2:00-3:00** in the Summit Focus Room at Ryan Wellness Center.

“This is the real secret of life -- to be completely engaged with what you are doing in the here and now. And instead of calling it work, realize it is play.” — Alan W. Watts

# Chinook Café



# August 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Lunch Served Noon—1:30 pm Menu subject to change		1 Shredded Chicken	2 Breakfast All Day	3 Sausage and Peppers	4 Salmon Burgers	5
6	7 Roast Beef	8 Chicken Korma	9 Flatbread	10 Chicken Parmesan	11 Turkey Burgers	12
13	14 Roasted Chicken	15 Empanadas	16 Chicken Cordon Bleu	17 Lasagna	18 Hog Dogs	19
20	21 Sandwiches	22 Thai Curry	23 Pizza	24 Tuna Nicoise	25 Beef Burgers	26
27	28 Roasted Pork Loin	29 Tandori Wings	30 Stir Fry	31 Chicken Cacciatore	Vegetarian Options Available	

## Financial Wellness at Mental Health Partners

The Chinook program is full of valuable services and exciting opportunities.

Did you know that some of these classes, individualized trainings, and groups are billable services? This means you may have an out-of-pocket cost for them.

Your financial wellness is important to us.

To help you understand your Medicare or commercial insurance coverage at Mental Health Partners, we offer financial counseling services.

Please ask the front desk for support with your financial wellness if you...

- have questions about your insurance coverage
  - get a bill you don't understand
  - wonder if your services are being covered
- help out in the computer lab or office as part of a vocational rehab service
  - need help applying for our Financial Assistance Program

### Chinook Staff Contacts

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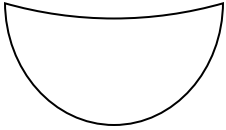
Erin Boyle  
Executive Chef  
Chinook Cooks Café & Training Program  
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Michael Engle  
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Chinook Cooks Café & Training Program  
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Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1 Lab Open 8:30-4 Video Production 11:00 Comp Tutoring 1:00 Out to the Movies 3:30 	2 Breakfast 8-10am Lab Open 8:30-4 Comp Tutoring 9:30 Voices in Recovery 10 Job Club 2:00	3 Lab Opens 8:30 Lab closed for CET 1:30-2:30 Garden Group 1:30 Lab Closes 4:00	4 Lab Open 8:30-4 Comp Tutoring 9:30 Video Production 11:00	5 Gold Hill 11:00 
6	7 Lab Open 8:30-4 Computer Tutoring 9:00 Job Club 10:00 Safe Harbor 1:15 	8 Lab Open 8:30-4 Video Production 11:00 Comp Tutoring 1:00 Vikings DMNS 1:15 	9 Lab Open 8:30-4 Comp Tutoring 9:30 Voices in Recovery 10:00 Social Event Planning 1:00 Job Club 2:00	10 Lab Opens 8:30 Lab closed for CET 1:30-2:30 Garden Group 1:30 Lab Closes 4:00	11 Lab Open 8:30-4 Comp Tutoring 9:30 Video Production 11:00	12
13	14 Lab Open 8:30-4 Computer Tutoring 9:00 Job Club 10:00	15 Lab Open 8:30-4 Video Production 11:00 Comp Tutoring 1:00	16 Lab Open 8:30-4 Comp Tutoring 9:30 Voices in Recovery 10:00 Forum 11:00 Job Club 2:00	17 Lab Opens 8:30 Lab closed for CET 1:30-2:30 Garden Group 1:30 Lab Closes 4:00	18 Lab Open 8:30-4 Comp Tutoring 9:30 Video Production 11:00	19
20	21 Lab Open 8:30-4 Computer Tutoring 9:00 Job Club 10:00 Eclipse in the Park 10:45	22 Lab Open 8:30-4 Video Production 11:00 Comp Tutoring 1:00	23 Lab Open 8:30-4 Comp Tutoring 9:30 Voices in Recovery 10:00 Job Club 2:00	24 Lab Opens 8:30 Lab closed for CET 1:30-2:30 Garden Group 1:30 Lab Closes 4:00	25 Lab Open 8-4:15 Comp Tutoring 9:30 Video Production 11:00	26 Imax DMNS 1:00 
27	28 Lab Open 8:30-4 Computer Tutoring 9:00 Job Club 10:00	29 Lab Open 8:30-4 Video Production 11:00 Comp Tutoring 1:00 Bowling 3:00 	30 Lab Open 8:30-4 Comp Tutoring 9:30 Voices in Recovery 10:00 Job Club 2:00	31 Lab Opens 8:30 Lab closed for CET 1:30-2:30 Garden Group 1:30 Lab Closes 4:00		
<p><b>Morning Club - Monday thru Friday - 9:00 - 10:00 a.m.</b>  <b>In the RWC Community Area</b></p>						

Sign up sheets go up as follows: Out to the Movies (7/26), Lunch at Gold Hill (7/26), Vikings (8/2), Imax (8/26), Bowling (8/23)

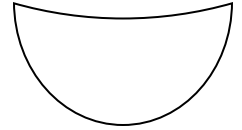
Missed an issue? Check out our Newsletter tab on our website at [www.chinooktogether.org](http://www.chinooktogether.org)



A Program of Mental Health Partners

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**MISSION STATEMENT:**  
To provide a warm, inclusive community with the goal of encouraging adults with mental illness to proceed at their own pace toward recovery and independence, using their unique strengths, talents and abilities. Through a partnership among staff, Chinook members, and volunteers, we create opportunities for volunteering, paid employment, education, and social and wellness activities.