On July 30 Painting Pathways held its Third Annual Golf Outing at Autumn Ridge in Valders. Members of the Clubhouse volunteered to run games to help raise money. They also sold raffle tickets and sell cards for the 50/50 raffle. It was a great turnout. Members enjoyed themselves and are excited for next year.—Dan

A special “Thank You” to Chad and his Autumn Ridge crew. With this being Painting Pathways 3rd year golfing this course, it just keeps getting better and better. The weather was once again perfect for the event. Along with a full crew of golfers, we also enjoyed the company of those who came out late afternoon for the evening activities and delicious dinner. (The laughs and conversation were so appreciated for me at this time.)

We look forward to seeing you all next year!
Linda K. and all of Painting Pathways-
Golf Outing Prize Winners

**ORAL AUCTION**
Green Bay Packer Print Package- Kelly Zahn
2 Night Door County Stay with Golf- Bill Lorrigan
Autumn Ridge Golf Package- Bill Lorrigan

**BOOZE TABLE RAFFLE**
Chad Harrington

**GOLF CLUBS**
Men’s Clubs- Tom Katers

**Course Game Winners**
Dice Game- Teddy Schmitz
Unicorn Chip- Jeff Zimmerter
Closest to toilet- Jordan Hayes
Longest Putt- Matt Gloshen
Longest Drive M- Kevin Sturm
Longest Drive F- Terri Johnson
Best Team Score- Finance of America / Team Lori Wotruba

**50/50 Raffle**
Bill Lorrigan
Al Mischo

**RAFFLE BASKETS**
Garden Basket 1- Tessa Randolph
Garden Basket 2- Nancy Randolph
What can we say “Manitowoc”- Jill Pope
Summer Road Trip- Julie Stuckmann
Weekend at the Races- Caryn Gates
Wellness- Jason Rhein
Golf a Round- Jordan Thaye
Sara Beaupre Private Session- Linda Kerscher
Door County Getaway- Robert Bubolz
Did Someone Say Milwaukee…- Nancy Randolph
Guys Garage Survival Kit- Eric Rappe
Holiday Preview- Linda Kerscher
Tattoo You- Leanne Swartz

**Door Prizes**
Jim Sheedlo
Terri Johnson
Leanne Swartz
Martha Rasmus
Jeff Kantzer
Brett Miller
Jill Pope
Jim Rasmus
Jim Landowski
Tim Williams
Jim Austin
Aaron Widmer
Nancy Randolph
Painting Pathways Clubhouse
Capital Campaign

We are proud to be raising funds for the renovation and expansion of our current location.
Please contact us for more information: 920-652-9952

Thank you for all the generous donations we have received thus far. Individual donors will be recognized in separate mailing at a later date.

We are building new paths for mental health

• Because of the success and good things that happen here, PPC is bursting at the seams!!

• Through a generous donation from the Ruth West Foundation, PPC will purchase, renovate and expand its current space.

• With the West Foundation and your help we are growing our physical space to better serve our community.

• Please join us improve mental health care.

• More to come as we plan, raise funds and build out our new space.
On June 4, Painting Pathways had a fry out with the members and went to the AMC to see the movie Rocketman. While most enjoyed the movie, some struggled with the story line. We always enjoy gathering for social outings, especially while the weather is nice. A showing of 19 people gathered together to enjoy the movie and dinner – a great way to kick off summer. Painting Pathways plans on doing more of this in the future as the book and a movie will be starting in September at the Lakeshore Cinema. These are free to the public. — Dan

My name is Kathy R. My mom died December 28. My whole world changed. I have major depression and anxiety issues. Painting Pathways has helped me grow as a person. My friends at Painting Pathways are my family now. I love my PPC family and they love me. I moved into my own apartment and had an apartment warming party with my PPC family. PPC even got me into my hobby of adult coloring; it’s fun and relaxing. I enjoy participating and helping others at PPC.

MENTAL HEALTH PRESS CONFERENCE

Brain and Jennifer were invited to Madison by Rep. Paul Tittl on Tuesday, August 13 to attend his press conference announcing mental health legislation. One of the proposed bills is for matching grants up to $50,000 for accredited Clubhouses. Both Brian and Jennifer had the opportunity to speak briefly in support of this bill and share why Clubhouse programming is so important.

ROCKETMAN AND FRYOUT

On June 4, Painting Pathways had a fry out with the members and went to the AMC to see the movie Rocketman. While most enjoyed the movie, some struggled with the story line. We always enjoy gathering for social outings, especially while the weather is nice. A showing of 19 people gathered together to enjoy the movie and dinner – a great way to kick off summer. Painting Pathways plans on doing more of this in the future as the book and a movie will be starting in September at the Lakeshore Cinema. These are free to the public. — Dan

MEET OUR MEMBER KATHY

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Some of our WELLNESS activities in the summertime

Thursday night Pass card game

Enjoying our beautiful green space

Classes fill up quickly, so contact:

CALL KATHY AT 920 684 3998
To register

Must be 18 or older to participate.

Classes begin: TUESDAY
September 3, 2019

Classes from 6 to 8:30 PM
Lakeshore United Methodist Church
411 Reed Avenue
Manitowoc, WI

NAMI Family-to-Family
National Alliance on Mental Illness

www.nami.org/familytofamily
After my dad took his life from mental health issues related to his bipolar disorder, I was propelled into my ultimate goal of going into the field of mental health to help individuals dealing with mental health issues improve their quality of life. I’m currently studying psychology and working on a minor in Human Services. My goal ultimately is to work in the Human Services field as a Social Worker. Through my college experience I was introduced to Painting Pathways Clubhouse. I am so excited to be here and get to know you all. It is such a fulfilling experience to be around so many wonderful people. Firstly my experience in Painting Pathways is that of such a welcoming environment. I have really enjoyed how warmly welcomed I was by both staff and members. Clubhouse is such a special and truly unique community of people of both members and staff. I so far have had a lot of fun being able to participate in wellness walks and helping in the kitchen of the Culinary Unit alongside you all. The overall perseverance and positive nature of the clubhouse motivates me to make improvements within myself. Mental illness is devastating, and still has a lot of social stigma surrounding it. Painting Pathways is where people are able to come and be with people that understand and have gone through the same things. Where there is no judgement or labels truly adds to the community as a whole. Through my responsibilities in clubhouse I have learned so much about the community along with how inclusive this model is and the benefits that it has to the population that it serves. Painting Pathways is really a unique experience you really have to experience for yourself to understand the beauty of it and the people who make it so amazing. To tell you a little about myself, my hobbies include going fishing, being outdoors, reading, drawing, traveling, and just overall being with my family and friends.

--Alisha
Together, Painting Pathways Clubhouse and FoodWIse submitted and won a $2500 Growing Together, WI grant to cover the cost of creating 4 mobile salad gardens. As a result, PPC is able to offer fresh salad as part of their daily meal and in their on-site food pantry and encourage gardening for fun and exercise.

FoodWIse has offered both nutrition education and physical activity on site for Painting Pathways Clubhouse (PPC) members for several years. PPC is a recovery-based program serving adults with diagnosed mental illness, a 501c3 organization affiliated with Clubhouse International. Classes are well attended, as all aspects of wellness including spiritual, mental, and physical have long been the premise of the PPC organization. PPC members cook and eat together every day M-F as a way to socialize, to increase consumption of healthy produce, and to improve culinary skills. In light of a 2019 building project that will eliminate the current in-ground gardens at PPC, members re-evaluated their garden situation. They decided to focus on greater access for members with dexterity and mobility issues and the building project plans hadn’t been finalized, so the idea of mobile salad tables emerged.

To generate more interest in gardening, Master Gardeners President Annette Paul and FoodWIse Coordinator Laura Apfelbeck taught a series of seminars on-site at PPC on such topics as designing a garden, companion planting, & controlling pests. 4-H Teen Ambassadors assisted Halvor Halvorsen, who volunteered to design and build the first two mobile salad gardens which were delivered in late June. Fleet Farm of Manitowoc donated seedlings.

PPC members report the prototypes are easy to move and too high for bunnies. After initial trial, PPC suggested that the next 2 beds be somewhat deeper to better accommodate root vegetables. Members already harvested about ½ lb of salad and herbs. To increase public awareness, the salad tables will be exhibited at the Manitowoc County Fair both as a woodworking project and as a scrapbooking project. PPC Members are weighing produce they harvest, and that data will be included in the state Growing Together, WI website and database. This is a successful project that could easily be replicated at food pantries, ADRC meal sites, and other facilities where in-ground gardens are not suitable due to soil conditions, gardeners’ mobility concerns, or land use restrictions.

--Laura Apfelbeck
On May 23 my husband and I were fortunate enough to volunteer for Painting Pathways’ 2nd Annual Brat Fry and Plant Sale. We assisted for approximately three hours and knew the moment we walked in that members, employees and volunteers had been preparing for a long time, probably since their last sale! It was heart warming to watch the personal touch of those who had donated plants, making sure they were healthy, beautiful, organized and were there to answer all questions on planting and care. The pride of members who had created stone artwork was also very evident. The Brat Fry was an added bonus! No need to wait in line if you were on your lunch break from work; just order ahead! The team was well organized, and the smell reminded us all that summer was on the way. The sale was a great success, with all purchases by donation only. All proceeds went to Painting Pathways Clubhouse. This was not only a fundraising effort, but connected with community members, some old, some new. Thanks to all for your support! We can’t wait until next year’s sale!!—Cindy & Scott Hardow

My name is Emily, and I have spent two days a week volunteering at Painting Pathways during the summer. I am going to be a Sophomore at the University of Wisconsin - Green Bay this fall, and my plan is to major in Social Work. I don’t know anyone in the Social Work field, and I knew I needed to get some volunteer hours under my belt, so I thought Painting Pathways would provide me the perfect opportunity to learn a little bit about the field. My very first day of volunteering was the brat fry, and I left that day not knowing what I had gotten myself into. As the summer went by, I learned how unpredictable each day in this field can be; but everyday when I walked in, I felt so welcomed by the members and staff. Anyone who works in this field should really be a go with the flow type of person. Besides helping out with the brat fry and golf outing, I never knew what I was going to walk into the Clubhouse to help with each day. Volunteering at Painting Pathways Clubhouse has not only taught me that I want to go into the Social Work field, but I also want to work with those who are suffering from mental illnesses. I will forever be grateful to Painting Pathways members and staff who helped me to be certain this is what I want to do with my life.
HIRAETH

A happy, distant feeling
Is not all it seems
When you reflect on it.
What used to be embraced
With a golden aura,
Open to anything,
And close to the heart,
Is now no longer magical.
The happiness once believed
Is now a mirage of the past,
Created to protect us
From the harshness of reality.
The people once there,
The ones who perhaps helped
Create these memories,
No longer impact our lives
Like they once did.
They are now a mirage of the past.
Yearning for what was once magical
Still clings to the heart,
To go back to ignorance,
Instead of this empty reality.
Yet life is what we make of it.
That idea of having people
Nurture, support and love us
Is what every living being desires.
Perhaps we’re not truly losing
The warmth, innocence and magic
That everyone looks for.
We learn from what we deem important to stay alive
Instead of what touches our hearts.
It is through the connections
We forge through life
That makes that faraway dream
Into a beautiful reality.
The insecurities of unworthiness
Can be healed
If everyone opens up and learns
That we all have this in common.
That magical, faraway dream,
Filled with warmth and light,
Will become a reality
We all share together
—Ailidh Grania
2019 Quarterly WISCONSIN COALITION Meeting

Painting Pathways hosted the quarterly meeting for the Wisconsin Coalition group. Clubhouses in attendance were Milwaukee’s Grand Avenue Clubhouse, Racine’s Friendship Clubhouse, Waukesha’s Spring City Clubhouse, Madison’s Yahara House and, of course, Painting Pathways. We hosted around 33 guests and had the daytime meetings at Jenn’s Java. Painting Pathways served lunch.

**Grand Avenue:** Is preparing to open a high end boutique to sell clothing, books and small furniture. They also received a sizable grant for employment development and are hiring an Administrative Assistant to coordinate fundraising.

**Yahara House:** Hired a new staff person. Their director and several colleagues are traveling to Norway to attend Clubhouse International World Seminar.

**Spring City:** Attended clubhouse training this year. Working on getting their name out in the community. Hiring two new people.

**Friendship House:** Hired a new Program Director. They maintain a garden, have held brat fries, hosted National Night Out.

**Painting Pathways:** Recently held our annual golf outing, a brat fry and plant sale and were awarded a grant for the garden. Kicked off our capital campaign to expand our space. State Rep. Paul Tittl visited and has introduced three mental health bills to the Assembly.

**Camp Wawbeek Retreat:** Taking place August 22-23. There is a desire to do some strategic planning as a Coalition at this event.
EMPLOYMENT BRIEFS

Congratulations to Val for accepting her new position at Forefront Dermatology

Congratulations to Dan, Rick and Jessie for pursuing outdoor jobs this summer

Congratulations to Dave for his position at the Book Nook

Congratulations to Heather for her new CNA position at Atrium Senior Living at Northern Lodge

WISH LIST

Gas Gift Cards
Grocery Gift Cards
Printer Paper
Bus Tokens
Garbage Stickers
Kitchen Food Gloves
Fragrance Free Supplies

Please check out our website at paintingpathways.org to see additional ways that you can support Painting Pathways Clubhouse. You can donate through our Pay Pal link if you so choose. We also encourage honorary, memorial and matching gifts. Finally, we have a designated Clubhouse account at Edward Jones for planned giving options.

Board Members

President:  Colleen Wisnicky
Vice President:  Barb Herrmann
Secretary:  Tricia Zimmerman
Treasurer:  Lori Wotruba
          Susan Lind
          Nancy Randolph
          Martha Rasmus
          Andrew Harrigan
          Becky Rice
          Robert Bubolz
          Vickie Seehafer
          Heather Behnke
          Callie Schroeder
          Dan P
Save the date

Don’t let go

Painting Pathways Clubhouse Annual Breakfast SUICIDE PREVENTION

You’re Invited

Date: 10/10/2019

Location: Lighthouse Inn
1515 Memorial Dr
Two Rivers, WI

Registration: 7am

Breakfast Program: 7:30 - 8:30

Please RSVP by: October 4

652-9952
## HAPPY BIRTHDAY TO OUR MEMBERS!

8/1 Mary Mc  
8/4 Karen K  
8/11 Justin L  
8/16 Alice B  
8/26 Mandi  
8/27 Cherity  
8/29 Terry A  
8/29 Justice  
8/30 Steven K  
8/31 Dan D  
9/24 Elaine  
9/26 Valerie  
9/28 Mark  
10/4 Laura W  
10/6 Patrick  
10/7 Isaac K  
10/8 Mary S  
10/9 Zach S  
10/11 Dan  
10/19 Christa  
10/21 Jorge  
10/22 Alice M  
10/25 Jacob

### STATISTICS

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IN MEMORIAM: GAGE KERSCHER

Gage enjoying life in typical style. Linda accepts a memorial gift from the Clubhouse.

We mourn with our colleague, Staff Person Linda Kerscher, at the sudden death of her son. Gage was born on June 29, 1993 in Manitowoc to Robert and Linda Kerscher. He graduated from Roncalli High School with the class of 2011. Gage continued his education at UW Manitowoc and transferred to UW Oshkosh, from where he received his Bachelor’s degree in Biochemistry. He had touched many lives and made many friends while working various jobs during his school years. Gage was currently employed as a scientist in the Small Molecule Department at Pharmaceutical Products Development, LLC in Madison. He was well known for his love of music, downhill skiing, travelling, cruising in his convertibles, debating, and being a connoisseur of the finer things in life. Above all, Gage enjoyed spending time with his family and friends.

Survivors include Gage’s fiancée and love of his life, Kayla Kasten, Madison; parents, Robert and Linda Kerscher, Manitowoc; brother, Charles Kerscher, Manitowoc; maternal grandparents, Daniel and Janice Siewert, Manitowoc; three aunts, Lori Jemison, Oconomowoc; Lisa Olson, Moline, IL; and Lona Werner, Sheboygan; uncle, Vincent (Barbara) Kerscher, Cincinnati, OH; also other relatives, friends, and Poppy. Gage was preceded in death by his paternal grandparents, Vincent Sr. and Dorothy Kerscher; and aunt, Karen (Kerscher) Moon.
A special Thank You to the following recent donors:

A&W
Access Investment Advisors
Allstates Rigging
Judith Arnold
Aspire Real Estate Group
Aurora Health Care Foundation
Pat Ausin
Autumn Ridge Golf Course
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Sara Beaupre
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Benevity Community Impact Fund
Beth Benz
Kathy & Joseph Bernhart
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Liz Foster
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Girl Scouts of Manitou Council
Grace Congregational UCC Church
Green Bay Packers
Scott & Cindy Hardow
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Connie Hendries
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Milwaukee Public Museum
Milwaukee Wave
Moore's Irish Pub
Maj-Britt Nelson
Newton Meats
Novak's Service Center
Lisa Olson
Steven Olson
Terry & Joy Orth
Panera Bread
Tod & Taybee Pauly
Terese & Todd Pautz
PDQ Car Wash
Carrie Penovich
Emily Phillips
Pick n Save
Pine River Dairy
Judi Pomeroy

We greatly appreciate every one of our donors, without whom we would not exist. We have made every effort to remember everyone, and we apologize for anyone we may have omitted from this list.

Building Community, Supporting Recovery, and Changing Lives
For Adults with Mental Illness
A special Thank You to the following recent donors:

Donald & Bernetta Pritchard
Nancy Randolph
Anita Rappe
James & Martha Rasmus
RB Unlimited, LLC
Jan Ross
Mary & Michael Salutz
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Shear Madness
Shedd Aquarium
Shipbuilder’s Credit Union
Jan Siewert
Leon Sigman
Jan Sinor
Nancy Slattery
Eugene & Mary Stangel
Nancy Steffens
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Stone Harbor Resort & Conference Center
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Lynn & Bernice Stueber
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The Alpine, Inc.
The Book Nook
The Kerscher Foundation
The Sacred Dagger
The Wharf
Scott Thompson
Tom & Jerry’s Mini Golf
Two Men and a Toolbox
United Ministries
Roseanne Vandeurzen
Nan Vollrath
John & Mary Wallace
Wander Springs
Wave Point Marina & Resort
Guy Webster
Wisco-Tech Bar & Grill
Wood and Welds
Lori Wotruba
Patricia & Howard Zimmerman

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