Being a part of this was a tremendous asset in my struggle and a new experience. Knowing individuals who have endured circumstances similar to me was eye opening. What I learned is no matter what you’re diagnosed with, you will make a difference and doors of uncertainty will open. Never let the regrets of yesterday destroy the hope of tomorrow. If you don’t think life is worth living, then you will not generally find what you are looking for. Life is the best of both worlds, Don’t take it for granted.

-Jessie G.

Painting Pathways was honored to receive a Wellness grant from the Green Bay Packers Foundation on December 4, 2019. There were over 190 recipients at this year’s event.

#packersgiveback
#mentalwellness
2020 Capital Campaign Update

With the help of a generous matching grant from the West Foundation and many donors like you, Painting Pathways Clubhouse met its Phase One Building New Paths for Mental Health Campaign goal, raising more than $800,000 through donations and pledges. The excitement is growing as we move into Year 2 of the campaign. We are finalizing a building plan, selecting a contractor, and planning on breaking ground this summer. The new building will double the current space, which will better accommodate a growing daily attendance, give designated space for young adult programs, provide retail and culinary work readiness training areas, and enlarge the business skill unit.

However, we’re not there yet. The Campaign Team plans on raising an additional $400,000 with the help of current and new funding partners. If you gave to the campaign in 2019, please consider giving a similar amount again. If you have not given, now is the time. Help PPC finish this project and build a new facility that will serve persons with mental illness into the next decade. Become part of the solution as PPC changes lives by empowering adults with mental illness, builds community and supports recovery. Go to www.paintingpathways.org for information about online donations.

IT’S HAPPENING!

Watch for exciting changes coming our way soon-

Learn how you can be a part of our future!
Member Survey

1. What is something you are grateful for in 2019?

That I am still living on my own with no financial struggles
That I answer the phones at PPC
Family
That I am here and have wonderful friends and family, and that I am a member of Painting Pathways
For the weight I lost
That I am alive
For my health
For support from family
For my health and well being, I can drive my car, go shopping as well as go out to eat.
Painting Pathways Clubhouse
For the times I could spend with my family
For the gift of being here on Earth, It was a challenge that I am facing every day

2. What do you hope to achieve in 2020?

I hope to resume my routine of coming more often to the Clubhouse
Read the board
I hope to have good health
I hope to achieve my weight loss goal
Forget crime and settle down
Acquire stable income
Stay healthy, I hope to plant tomatoes and flowers
Good health
I hope to become more focused
I hope to have more happiness and my health

3. Is there an event you are looking forward to in 2020?

Unsure
Show people around Painting Pathways Clubhouse
Brat Fry
My new lifestyle and surgery
I hope to enjoy the concert by the river
Going on a cruise
Going to an anime convention
I want to have a big sale on many items including tools. I cannot say what I have. I would like to go in with PPC
Whatever comes my way
Nope
Over 11 years working with Walmart and working hard to be successful was fine in life to feel like a somebody, but I didn’t feel connected with people in general. I had things like my vacations or other things in general, as I thought, but I was missing something.

One day I was on a vacation and stumbled across a Clubhouse for those with mental health challenges. I heard of what a Clubhouse is from 60 Minutes, a news program, as they featured Fountain House.

Our clubhouse happens to be in Manitowoc, Wisconsin. It is known as Painting Pathways Clubhouse, so I joined Painting Pathways. There I found I could connect with like minded people and give back to the community for recovery. There I felt more complete, having a place that is there to support recovery and connection with others in the same situation. I felt accepted for who I am.

Thanks—Mike M.
Hello,

While working at Game Stop on Black Friday, I had an experience that I would like to share because I thought it was a great example of customer service and how we have to accept all customers and find a way to solve any issues. I was working at the cash register, and a gentleman approached the register wanting to buy 4 games. Game Stop was running a deal “buy 2 get 2 pre-owned for free.” However, he brought up one new game. He seemed confused and was tapping his hand wanting to get a piece of paper. At first I was trying to figure out what was going on. and then I realized he was pointing at the screen and then showed me his ear and starting using sign language. I immediately grabbed some paper and a pen, and he wrote down and questioned why he didn’t get the deal of buy 2 get 2 pre-owned free. I explained to the customer that it has to be pre-owned; we went to get the correct games. I was able to correct the error, and we signed together and he left happily with his 4 games.

I have had jobs ever since I was 15 years old; sometimes I had two jobs at once. When I began collecting social security, it became very hard to find employment. I tried 8 different sites in 2018 and only found one job at Game Stop, which was a seasonal position. In 2019 Game Stop hired me back for the season again. However, I was needing more work. Now because of Painting Pathways, they have put out their efforts by helping me find a job in 2020 to achieve my goals of continued employment. I now work at Wisconsin Maritime Museum as a custodian. I enjoy the job, and my favorite part would be making sure the whole community can enjoy the museum with me. So far my biggest achievement is having a part time job that I look forward to going to. My long term goal would be working at the museum independently and to try my hardest everyday. Everyday that I go to work I am inspired because of meeting the new people and seeing how much the employees appreciate my hard work. If I had to pick one thing I would want to learn, it would be using the large buffer for the floors.

Thanks for letting me share my employment success.
Justin K.
Painting Pathways Clubhouse has been an inspiration to me from the moment I walked in there, always showing kindness and respect. It is a place I can go when everything around me is going bad and I can feel safe. This is very important to me because the world can be very hard out there: but when I walk through those doors, I feel comfortable. They have helped me look for work and showed me how to use the computer. Amber at Painting Pathways has pushed me to achieve things I never knew I can do. Also, when I think that everything in my life is going wrong, she is always there to talk. Painting Pathways has given me the ability to believe in myself again!! They have done things for me that nobody else would. To me they are like a family, a place where you’re not going to be turned away; it’s a place where you do not have to worry about being different. Mike K.

Congratulations Mike,

on your new position at Pozorski’s.
You are an inspiration to your fellow colleagues!

Salvation Army Bell Ringing

Painting Pathways participated in bell ringing at Pick-N-Save for the Salvation Army again this season. The members enjoyed the interaction with the customers who donated to the red kettle. The members plan on volunteering more in the future. The Salvation Army planned to collect $100,000 but they ended up collecting $130,000.

Dan
My experience while here at Painting Pathways Clubhouse has been amazing to be a part of such a friendly environment of people, both staff and members alike. The overall impact Painting Pathways Clubhouse has shown me is the need that this organization fills for the larger community as a whole. Even more is the impact that it makes in the lives of the members they serve. The growth and the achievement of goals on an individual level by members have been amazing to be part of as well as seeing the friendships that have developed within the time I have been here at Clubhouse. I have had the great privilege to work along side both members and staff alike. 

I have enjoyed my time working with members on fundraising events such as the brat fry, plant sale, golf outing, and breakfast; working in the Business Unit on my project to code and create a better system to look at the goals of the members; in the Culinary Unit alongside members and staff in prepping meals and helping cater different events associated with the Clubhouse. 

It was important gaining more overall knowledge of an organization and how it works within the larger community, in terms of its many sponsors and how the community works with a nonprofit. This gave me more of an insight into my own community and a greater appreciation for the support that this community shows for places like Painting Pathways and other such organizations.

—Alisha R.
Don’t miss the Inaugural Art Show: **Empowering to Paint a New Pathway**, organized by a group participating in the Chamber of Manitowoc County’s Leadership Manitowoc County Program. At the event you will be able to enjoy pieces of work created by area artists from the Lakeshore Artists’ Guild and Water’s Edge Artists, as well as artwork created by Clubhouse colleagues. The evening will consist of art demonstrations, inspiring stories, bucket raffles, a live auction, tasty hors d’oeuvres from Smiling Moose Catering and much more! Come support Painting Pathways Clubhouse & build awareness of the mental illness journey. Together we can Empower to Paint a New Pathway!

Pictured below are examples by featured artists from **“Water’s Edge Artists.”**

To purchase tickets to the art show, you can visit Painting Pathways Clubhouse or click here to purchase online: [http://manitowoc.chambermaster.com/events/details/inaugural-art-show-empowering-to-paint-a-new-pathway-14937](http://manitowoc.chambermaster.com/events/details/inaugural-art-show-empowering-to-paint-a-new-pathway-14937)
Painting Pathways Clubhouse
Annual Brat Fry/Plant Sale
May 21!

920-652-9952
Find us at Painting Pathways Clubhouse

Thursday, May 21, 2020
11:00 to 5:00
(Pre-order for pick up)

Perennials, Herbs and new this year-
Hand Crafted Garden Stepping Stones
all available by donation

Please come out and support us!
Painting Pathways Clubhouse empowers adults with diagnosed mental illness by building community, supporting recovery and changing lives.

*If you have plans to thin out your perennials, this year we would be happy to take them off of your hands.
For more information 652-9952
Who’s ready for summer...we are!

Painting Pathways Clubhouse is among the many nonprofits volunteering for this great event. The marathon is entering its 10th year and is a Boston Qualifier. This year they are expecting 600 + people to participate. We hope you can join in cheering them on to the finish line. Don’t forget to bring your cowbell!

For more information follow the link:
www.maritimemarathon.org

4th Annual
Painting Pathways Clubhouse
Golf Outing

SAVE THE DATE
Tuesday, July 28, 2020

Call now to reserve your spot for our 4th annual golf outing.

For more information call Painting Pathways at 652-9952
Stop in for a brochure or we can mail one to you
1226 Washington Street, Manitowoc

We have hole sponsorship and other sponsor opportunities available now.

AUTUMN RIDGE
GOLF COURSE

1 1 Straight Dr
Valders, WI 54245
Heather Lafond Wellness

On Wednesday, January 22, Heather La Fond from Soar Wellness gave a presentation on healthy eating, multiple suggestions about healthy lifestyles, and mental aspects of life as well. It was a very informative session for all the members of PPC. We look forward to more sessions in the future.

STATE OF GRACE

Painting Pathways has been enjoying visits by Theresa Falvey, owner of State of Grace. Her inhouse visits allow members to practice and learn new ways to deal with anxiety and the stresses life brings. By teaching us meditative options when situations come up, one can lessen the effects of a possible anxiety or panic attack.

The best “wellness walks” are the ones Mother Nature participates in.
Emergency Preparedness for Painting Pathways

by Travis Waack of Manitowoc County Emergency Services

On Tuesday, January 14, Travis Waack came to Painting Pathways to inform us about emergency planning. He covered many different situations and was very informative.

The Top 10 natural hazard risks in Manitowoc County are: tornadoes and strong winds, hail, winter storms, flooding, extreme cold, extreme heat, lightning, drought, dense fog, and wildland fires.

The Top 10 man-made hazard risks in Manitowoc Country are: home fires, disruptions of lifelines, transportation incidents, hazardous materials incidents, acts of violence, food or agricultural emergencies, infectious diseases or pandemics, cyber incidents, radiological incidents, and acts of war.

Personal preparedness is the key to emergency management. 1) Build a Kit, 2) Make a Plan, 3) Be Informed.

— Build a Kit for your home
- Water (minimum of 3 gallons/person)
- Food (minimum 3 day supply/person)
- Battery-powered radio
- Battery-powered flashlight
- First aid kit
- Whistle
- Dust mask
- Garbage bags, ties and bucket for sanitation
- Plastic sheeting and duct tape
- Wrench for utilities
- Manual can opener
- Cell phone charger or power bank

— Build a Kit for your vehicle
- Blankets, jacket, hats and gloves, boots
- Granola bars and bottled water
- Safety vest, flares or reflective triangle
- Jumper cables
- Tool kit and hose repair/duct tape
- Tow rope
- Tire inflator
- Fire extinguisher
- First aid kit
- Flashlight with lithium batteries
- Car cell phone charger
- Sand or kitty litter
- Small snow shovel

— Make a Plan
- How will I receive warnings?
- Where will I take shelter?
- Emergency meeting locations?
- Outside the house
- Outside the neighborhood
- Outside the city
- What is my evacuation route?
- How will I communicate?
- Out of town contact
- Where are my important documents?
- Be Informed
- Take a first aid and CPR class
- Learn to shut off utilities
- Learn more about hazards
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- 10:30 Exercise with Barb
- Building Committee Meeting, 4pm
- Blood Pressure
- Job Works—10:30
- Humane Society visit, 1-3pm
- Member social activity—Neville Public Museum, 10:30
- Golf Outing meeting, 8:30
- Mindfulness w/ Theresa 1:30
- Upcoming Events:
  - April 2 to 10th—Colleague Board Member Election
  - April 23—Art Show
  - PPC closing at 12:30
  - May 21—Brat Fry/Plant Sale
  - May—Mental Health Awareness Month!
  - June 14—HFM Maritime Marathon
  - July 28—4th Annual Golf Outing, Autumn Ridge
Painting Pathways Wish List

For our daily clubhouse operations:

- Zip lock bags (all sizes)
- Foil, plastic wrap
- Kitchen garbage bags (50 Gallon and kitchen sizes)
- Paper products – toilet paper, napkins, tissues, paper towels
- Kitchen food gloves
- Dishwashing liquid and dishwasher tablets
- Liquid hand soap (fragrance free if available)
- Printer paper
- Grocery gift cards
- Gas gift cards
- Postage stamps
- Bus Tokens
- Floor cleaner (fragrance free if available)
- K-cups (variety)

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: Sherry Paszkiewicz
Treasurer: Lori Wotruba

- Susan Lind
- Nancy Randolph
- Martha Rasmus
- Andrew Harrigan
- Becky Rice
- Robert Bubolz
- Heather Behnke
- Callie Schroeder
- Brittany Shimek
- Cheryl Reinke
A special Thank You to the following recent donors:

Alewives
Anonymous
Ant Hill Mob
Aurora Health Care
Aviators Wrestling
Baileigh Industrial Holdings
Bank First
Bauman, Pat & Dave
Baumgarten, Alex
Benevity Community Impact Fund
Bleser, Helen
Brunscheen, Jill
Carpenter, E. Sears & Shawn
Censky, Bill & Nancy
Community First Credit Union
County of Manitowoc Human Services
Crossroads Community Church
Delon, Kathy
Dopirak, Mary
Farmer, Jen & Jerance
Feeding America
Fidelity Charitable Foundation
Firman, Donna
Gift Wrap Fundraiser
Goodchild, Judy
Green Bay Packers Foundation
Hardow, Scott & Cindy
Harold C. Kallies Charitable Trust
Harrigan Parkside Funeral Home
Henning, Rev. Kim & Fay
Herrmann, Barbara
HFM Culinary Kitchens
Holy Family Convent
Holy Family Memorial
Hope Community Church
Hornung/Schuette, Dan & Anne
Hunner, Sally
Iverson, Jill & James
Johnston, Carol & Paul
Kerscher, Linda
Kohlhaas, Marcia
La De Da Books
Lakeshore Community Foundation
Lakeshore Unitarian Universalist Fellowship
Larson, Todd & Denise
Lasco, Stephani & Michael
Leon & Judith Sigman Revocable Trust
Lewellens, Don & Ellen
Lind, Susan
Mad Hatter
Manitowoc Coffee
Manitowoc County Bar Association
Manitowoc Home Care
Manitowoc Jaycees
Manitowoc Yacht Club
Maritime Area Running Society
Maritime Metro Transit System
McDermott, Robert
Mountford, Teresa
Network for Good
Ng, Joshua
North Eastern WI Fitness Equipment
P.E.O. Sisterhood Chapter J
Phillips, Jim & Emily
Poirier, Dr. Caroline
Pritchard, Bernetta
Rasmus, Martha
Reinhard, Carrie
Richardson, Shelley
Rogers, Tracey
Rotary Club of Manitowoc
Salvation Army
Sinor, Janice
Slattery, Nancy
Soars, Lee
St. James Episcopal Church
St. Vincent de Paul Society
Stangel, June
Steffens, Nancy
Steuer, James & Kay
Stockinger, Karen
Tienor, Dennis
Tom & Mary Chermak Charitable Fund
United Ministries
Van Horn, Tom
Wallace, John
Wallace, John
Walmart
Wander Springs Golf Course
West Foundation
Windigo Society
Wisnicky, Colleen
Yankloski, Anthony
Ziegelbauer, Bob

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
HAPPY BIRTHDAY TO OUR MEMBERS!

2/16 Nancy R  
2/16 Michael F  
2/19 Minoka V  
2/22 Cheyenne  
2/28 Kathy R

3/7 Caitlyn  
3/10 Carrie  
3/12 George  
3/15 Susanne  
3/21 Denise  
3/24 Kyle  
3/24 Randy  
3/26 Justin  
3/27 Bruce  
3/31 Robert M  
3/31 Jeff P

4/3 Steven M  
4/7 Chloe  
4/7 Melissa  
4/8 Andrea  
4/15 Ryan  
4/23 Annie  
4/24 Michael M

5/1 Zach L  
5/4 Scott S  
5/10 Carla L  
5/20 David F  
5/21 Ricky B  
5/21 Blake H  
5/23 Michael M  
5/23 Mary B  
5/23 Margaret H  
5/24 John K  
5/29 Edwin G

STATISTICS

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I’ve faced many adversities  
And tribulations  

I did not let them hold me back  
I just waited till they retreated  

Sometimes they left me worn and torn  
But I would yawn and continue on  

One has to build up their fortitude  
And face evil  
That’s how one will get by  

Don’t let the darkness of shadows  
Overcome the light that will show  
You the way out  

Just trudge along  
And it won’t be long  

Before you escape  

By Robert M