



Prosper Place Pioneer

Issue 52, May 2019

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Together with open conversations and greater understanding, we can ensure that attitudes for mental health change and people receive the support they deserve.

~ Kate Middleton

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Created and published by members and staff of
Prosper Place.

Prosper Place is a peer-run environment for people living
with the effects of mental illness.

“Come Meet with Us”

Meetings are a very important part of Prosper Place. Meetings are open to members and staff. Come join us for the opportunity to contribute to the team!

DAILY MEETINGS

Unit Meetings

Daily at **9:30** am and **1:00** pm
Each unit holds a meeting for members and staff to sign up and decide which tasks or projects need to be worked on.

Announcements

Daily at **10:30** am
One free coffee, tea, or juice is available.
Announcements let everyone know what is happening at Prosper Place.

Come enjoy a coffee break with your colleagues!

TEAM MEETINGS

- Fundraising Team
- Employment Team / Workshop Team
- Social Rec. / Special Events Team
- Newsletter Team
- Menu Planning Team

See events calendar for dates and times of all our Team meetings.

DAILY SOCIAL RECREATION

Every day (except Friday) 2:30 pm to 3:15 pm
Drop in and visit with your friends while enjoying some daily games or activities.

NEW MEMBERS

Mary S	Alison I	Michael M
Timothy C	Tammy W	

MAY BIRTHDAYS

Kyla F	Janet W	Andrew S
Doug P	Mirolslav M	Melanie R
Chris H	Eva G	Darcy F
Darrell N	Scott S	Tammy M
Leslie C	Ben P	Jerry M
Curtis C		

DOOR PRIZE WINNER

Dani O.

Disclaimer

The opinions expressed in the Prosper Place Pioneer are those of the authors, not necessarily those of Prosper Place. Please feel free to contact Prosper Place at 780.426.7861 with any questions or concerns.

Message from our Executive Director



In the April newsletter I wrote about the positive difference **YOU** are making each day – even if you don't realize it. You are a **PEER!**

How does one describe a PEER? A peer is a role model and a mentor.

What does a PEER do? A peer uses their positive attitude and knowledge to help others to transition into experiencing or learning something new. A peer listens, earns trust and provides encouragement.

What might a successful PEER do? A successful peer empowers others by asking open-ended questions that seek more than a one-word answer. A successful peer is there for support but allow others to become their own problem-solver.

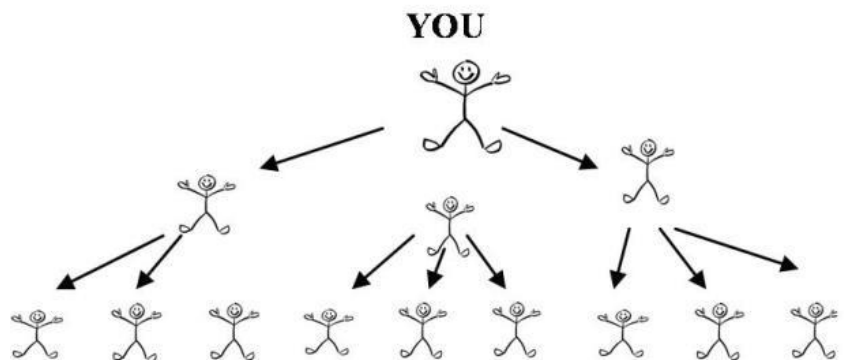
What is a PEER leader? A peer leader is honest, kind-hearted and curious to build relationships with other peers.

What are the benefits in being a PEER leader? A peer leader will build their self-confidence; they will become a better communicator by learning active listening skills; they will improve their problem-solving skills; they will meet new people; they will gain fulfilling experiences that are transferrable to other areas of their lives and most importantly, they will **PAY IT FORWARD** by helping someone along their recovery journey.

Would you like to be a PEER leader on the newly formed Prosper Place Peer Board of Directors? To learn more, please call or come visit Lori at Prosper Place!

Submitted by:

**Lori Pratt
Executive Director**



Member Spotlight: Adel

Brent: What is your name?

Adel: My name is Adel, named after my mom's name Leda, backwards.

Brent: Where were you born?

Adel: I was born in the Phillipines.

Brent: Where did you hear about Prosper Place?

Adel: I learned about Prosper Place from the House Next Door group home staff.

Brent: When did you become a member of Prosper Place?

Adel: I became a member last December.

Brent: How has Prosper Place impacted your mental health since December?

Adel: I feel more outgoing and my social skills have improved.

Brent: Do you have a favorite song?

Adel: My favorite song is "This is Me" from the movie "The Greatest Showman." It was also my graduation song.

Brent: Who would you like to see in concert?

Adel: I would like to see Taylor Swift or Shawn Mendes.

Brent: For my final question, which celebrity would you most like to have a full day meet and greet with?

Adel: I would like to meet Catriona Gray. She was crowned Miss Universe in 2018. She also comes from the Phillipines just like me.



Submitted by: Brent W.



Guaranteed to make you smile & laugh!

Magic Carpet Ride Workshop

Host: **Mike Chalut** (Prosper Place Board Member)

Monday, **May 13th** at 11:00 am

Sign up deadline: Wednesday, May 8th !!

Raspberry Tiramisu

<http://www.foodnetwork.ca/>

Ingredients

1 cup seedless raspberry jam
 6 Tbsp orange juice or marmalade
 1 lb(s) mascarpone cheese, at room temperature
 1 cup whipping cream
 ¼ cup sugar
 1 tsp pure vanilla extract
 28 soft ladyfingers
 3 ¾ cups fresh raspberries
 Icing sugar, for serving



Directions

1. Stir the jam and 4 tbsp marmalade in a small bowl to blend.
2. Combine the mascarpone and remaining 2 tablespoons of orange liqueur in a large bowl to blend. Using an electric mixer, beat the cream, sugar, and vanilla in another large bowl until soft peaks form. Using a large rubber spatula, stir 1/4 of the whipped cream into the mascarpone mixture to lighten. Fold the remaining whipped cream into the mascarpone mixture.
3. Line the bottom of a 13 by 9 by 2-inch glass baking dish or other decorative serving dish with half of the ladyfingers. Spread half of the jam mixture over the ladyfingers. Spread half of the mascarpone mixture over the jam mixture, then cover with half of the fresh raspberries. Repeat layering with the remaining ladyfingers, jam mixture, mascarpone mixture and raspberries. Cover and refrigerate at least 3 hours or overnight.
4. Dust with the icing sugar and serve.

MOVIE REVIEW

Hellboy

This movie stars (David Harbour) Hellboy; (Milla Jovovich) Nimue / The Blood Queen; (Sasha Lane) Alice Monaghan; (Daniel Dae Kim) Ben Daimio, and is rated **18A**. There are lots of cool special effects but this movie is extremely gory with brutal violence. I would **NOT** recommend watching this movie...I certainly will never watch it again!!

Submitted by: Jason

Community Events

I AM FROM HERE

This new exhibit features stories from the descendants of Alberta's first black pioneers. Including a narrator jukebox and diner booths.

WHEN: **MAY 1ST**-

WHERE: **ROYAL ALBERTA MUSEUM**

METRO LINE EXTENSION INFORMATION SESSION

Come join Mariam Ibrahim, communications advisor, as the city continues to gather and formulate plans for the future of LRT & ETS.

WHEN: **MAY 8th, 4:30-7:30PM**

WHERE: **11410 KINGSWAY (AVIATION MUSEUM)**

BARK IN THE PARK

Tree planting, weeding, plant education, and best of all: **PUPPIES**

WHEN: **MAY 15TH, 4 – 7 PM**

WHERE: **10 RABBIT HILL RD (TERWILLIGER PARK)**

Furry friends are **HIGHLY** encouraged.



Our Haven

Everybody needs a place where they can feel safe and have that opportunity to be one's true self without fear or qualms of discrimination or rejection. A place where one can meet friends of similar circumstances who are travelling life's journey in solidarity with us. We are fortunate to have Prosper Place in our lives – **a haven** for all of us! Through Prosper Place we have a venue by which we are able to practice our social skills, life survival abilities and partake in enriching and satisfying activities that give our lives meaning and relevance. Through the help of dedicated and friendly staff and volunteers, we are able to harness resources that help develop ourselves or otherwise allow us to discover our potentials as individuals. Anyway, each of us know this, feel this, and experience this every time we are at **our haven**. We are grateful to Canadian values and heritage that has conceptualized a venue such as Prosper Place. Other countries and cultures may not be sympathetic to who we are as a sector of society. Although there is still a stigma in general, Prosper Place is surely a boon in our lives. As the old adage goes, let us learn to count our blessings rather than focus on the challenges each and every one of us have to contend with every day. Thank you so much Prosper Place!

Submitted by: Michael

Spring Fling – Friends & Family Fundraising Dinner

Thursday April 4, 2019

The meal and speeches were very good! MC Chris delivered what Prosper Place is and where it's heading in the future. April's speech showcased longtime member Monique C. and how her leadership and peer support has been outstanding and very much appreciated! Pauleen told her history about dealing with mental health. Sharing stories like Pauleen did will inspire others to talk and will help to continue the reduction of the stigma surrounding mental illness.

The meal was turkey, mashed potatoes, mix vegetables, stuffing, buns, cranberry sauce and gravy. Orange and cranberry crystal drink was offered. Dessert was lemon squares. Much thanks to Lynnette and her mother for prepping the meal the day before. A thank you as well the members who set up the tables for this meal where we hosted over 40 guests. Well done **TEAM PROSPER!**



Submitted by: Monique C. & Lori

Boutique Sale!

Come check out some great new **spring** arrivals.

Fill a bag for \$ 5.00



May 2019 – Monthly Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Lunch: Burgers and Fries	2 Lunch: Chicken Caesar Salad Supper: Pork Chops & Beans	3 Lunch: Leftovers	4 Clubhouse Coffee Club 1:00PM to 2:00PM Tim Horton's on Jasper Avenue & 107 Street
6 Lunch: Soup & Sandwich	7 Lunch: BLT Supper: Fish & chips	8 Lunch: Burgers and Fries	9 Lunch: Personal Pizza Supper: Chicken Thighs & Gravy	10 Lunch: Leftovers	11 Clubhouse Coffee Club 1:00PM to 2:00PM Tim Horton's on Jasper Avenue & 107 Street
13 Lunch: Soup & Sandwich	14 Lunch Chili Cheese Dogs Supper Lasagna & Garlic Toast	15 Lunch: Burgers and Fries	16 Lunch: Pancakes & Sausage Supper: Spaghetti & Meatballs	17 Lunch: Leftovers	18 Clubhouse Coffee Club 1:00PM to 2:00PM Tim Horton's on Jasper Avenue & 107 Street
20 CLOSED Victoria Day	21 Lunch Beef Tacos Supper Chicken Sandwich	22 Lunch: Burgers and Fries	23 Lunch: Personal Pizza Supper: Roast Beef	24 Lunch: Leftovers	25 Clubhouse Coffee Club 1:00PM to 2:00PM Tim Horton's on Jasper Avenue & 107 Street
27 Lunch: Soup & Sandwich	28 Lunch Ham & Cheddar Pasta Salad Supper Beef fried Rice	29 Lunch: Burgers and Fries	30 Lunch: Potato Skins & Wings Supper: Fish Bake w/ Rice	31 Lunch: Leftovers	

Lunches are \$4 or less. Regular Suppers are \$5 or less. Holiday Suppers are \$6 or less. Soup \$1.00

May 2019 - Events Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Social Rec: Pop Can Tower Building 1:30 pm	2 Yoga: 2:00 pm	3	4 Clubhouse Coffee Club 1:00PM to 2:00PM Tim Horton's on Jasper Avenue & 107 Street
6 Menu Planning: 10:00 am Pet Therapy: 11:00 am & 1:30 pm Newsletter Team Mtg: 1:30 pm	7	8 Social Rec: Giant Word Search 1:30 pm	9 Yoga: 2:00 pm	10	11 Clubhouse Coffee Club 1:00PM to 2:00PM Tim Horton's on Jasper Avenue & 107 Street
13 Magic Carpet Ride with Mike Chalut 11:00 am Newsletter Team Mtg: 1:30 pm	14 Member Mtg with Organizational Updates: 2:30 pm	15 Social Rec/Special Events Team Mtg: 11:00 pm Social Rec: Giant Snakes & Ladders 1:30 pm	16 Employment/Workshop Team Mtg: 11:00 am Movie Day: 1:30 pm Yoga: 2:00 pm	17	18 Clubhouse Coffee Club 1:00PM to 2:00PM Tim Horton's on Jasper Avenue & 107 Street
20 CLOSED Victoria Day	21	22 Social Rec: BBQ 12 Noon	23 Fundraising Team Mtg: 11:00 am Yoga: 2:00 pm	24	25 Clubhouse Coffee Club 1:00PM to 2:00PM Tim Horton's on Jasper Avenue & 107 Street
27 Newsletter Team Mtg: 1:30 pm	28	29 Social Rec: Tea Party 1:30 pm	30 Yoga: 2:00 pm	31	