

# Heartland Express Member Newsletter

WWW.HEARTLANDMENTALHEALTH.ORG

Fall 2022 Edition



## The Newsletter Has a New Name & Look

We hope you enjoyed the last issue of the member newsletter, which was previously called the Rainbow Express. However, after much consideration and input from members, we are excited to announce that the newsletter has a new name!

Instead of the Rainbow Express, your quarterly member newsletter will now be called the Heartland Express!

Additionally, you will notice that the newsletter has an entirely new look. We have a new logo at the top thanks to Barbara Quarton, a new column from Rebecca Jennings, called "Rebecca's Perch," which will highlight community resources, and so much more!

Do you have ideas for articles, artwork, or new columns to put in the next issue of the Heartland Express?

Contact Shannan at 303-830-8805 to submit your artwork, articles, and ideas. We would love to hear from you.

## Heartland Welcomes New Executive Director

Heartland is proud to welcome David Barnes to the role of Executive Director.

David has over seven years of experience as an Executive Director and 15 years as a director of community programs. Throughout his career he has been involved in many collaborations intended to provide people an opportunity to succeed.

David will be replacing our interim Executive Director, Jim Goebelbecker, who is moving on to his next endeavors. We are sincerely grateful for all that Jim has done to support the Heartland community and progress the organization's goals.

Join us in welcoming David to the role of Executive Director and sending Jim into his next role with our best wishes.



# Join Us for Our "Friends @ Heartland" Breakfast Event

## 2022 Friends @ Heartland Breakfast

Wednesday, Oct. 26, 7:30-8:30am

Carla Madison Rooftop  
2401 E. Colfax Ave, Denver, CO



This event is FREE and open to all members of the public.

We request an RSVP by calling 303-830-8805, but you are still welcome to attend without an RSVP—just plan to arrive a little early to make sure you have time to check in.

There's a parking lot at the Carla Madison Rec Center, and the bus stops out front.

## Rebecca's Perch

by Rebecca Jennings

"The Gathering Place" at 1535 High St., Denver, CO

Parents could be described as "warriors" when it comes to navigating spaces that provide resources to support their family. Their journey can at times seem confusing, frustrating, and overwhelming. Some days make it challenging to even go to the supermarket or make a meal. It is difficult to summon that strength on rough days. That's where The Gathering Place steps in for families. Bagels, coffee, cereal, and a hot, yummy lunch might be just what you need to get that much needed rest and break.

The Gathering Place's mission is to provide a safe, welcoming community of hope, and to offer essential resources to set your family up for whatever success looks like for you.

You will find grocery bags stuffed with healthy options, clothing banks, and even an in-house employment center where you can find case management ready to assist with another level of support service if and when needed. If this might seem like a lot, maybe your first step at The Gathering Place is simply enjoying a hot cup-of-joe and then heading up to the rooftop area, which is open all day for guests.

So take a deep breath. Then maybe consider taking a walk, bike ride, or bus ride over to The Gathering Place.

## Creativity Corner

Colorado Classic  
Love and Favonian Forever

Once the happiest person in town  
Employment refused  
Receiving inauguration tickets profound  
A blessing with no time to snooze  
If brought back with modesty  
And not regarded as ominous  
And incorporated as an annual festivity  
And not an enervated feafance  
With all things favonian

Compiled by  
Rodney McClimans

## Scenes from the End of Summer Barbecue





# Fall/Winter Events



## Heartland Clinic

709 E. 12th Ave, Denver, CO  
Hours: Mon-Fri, 9am - 5pm

### ACCEPTING NEW CLIENTS!

If interested or know someone who may be, call Laura at 303-830-8805.



## Drop-In Center

920 Emerson St, Denver, CO

### Hours:

Monday, Wednesday, Friday:

10am - 5pm

Tuesday & Thursday:

12 - 5pm

Saturday:

10am - 2pm

## Tom's Foolery by Tom Edilla

Question: How do you write with your feet?

Answer: footprint

### Weekly

**Gardening Group (Margie)** (Until end of October) Mondays 9:00 – 10:00am, at the clinic  
**Writing Group (Angela)** every other Monday starting Oct. 10th, 2:00-3:00 pm, at the clinic  
**Lunch - \$1.00 (Margie)**—Tuesdays, 12:00-1:00 pm, at the drop-in  
**Adventures Group (Margie & Jennifer)**—Tuesdays, 1:00-2:00 pm at the drop-in  
**Member Board Meetings**—Tuesdays, 2:00-3:00pm at the drop-in  
**Karaoke (Ty)**—Tuesdays, 3:00-4:00pm at the drop-in  
**Music Group - Learn to Play the Recorder (Margie)**—Wednesdays, 2:00 pm at the drop-in  
**Lunch - \$1.00 (Carolyn & Madi)**—Thursdays, 12:00-1:00pm at the drop-in  
**Bingo (Tom)**—Thursdays, 1:00-2:00 pm at the drop-in  
**Cooking Group (Margie)** - Fridays 10:00 am – 12:00 noon at the clinic, \$1.50 fee  
**In This Together Group (Carolyn)**— Fridays, 2:30-3:30pm at the drop-in

### October

**Fall Harvest Themed Lunch** - Tuesday, October 25<sup>th</sup>, at the drop-in  
**Clothing Give-away (Carolyn)** - Friday, October 28<sup>th</sup>, 12:00 – 2:00 pm, at the drop-in

### November

**Women's Lunch Group** - Thursday, November 10<sup>th</sup>, leaving from the clinic  
**Veterans Day Holiday - Friday, November 11<sup>th</sup> - Heartland M.H. closed in observance**  
**Work Support Group** - Tuesday, November 15<sup>th</sup> Canceled due to Holiday Meal  
**Holiday Turkey Dinner** - Tuesday, November 15<sup>th</sup>, 12:00 noon, meet at the drop-in  
**Thanksgiving Holiday - Heartland M.H. closed Thursday, November 24<sup>th</sup> & Friday Nov. 25<sup>th</sup>**

### December

**SERTOMA Holiday Party** - Saturday, December 3<sup>rd</sup>, 12:00 noon, meet at the drop-in  
**Women's Lunch Group** - Thursday, December 8<sup>th</sup>, 11:00 am, leaving from the clinic  
**Work Support Group** - Thursday, December 15<sup>th</sup>, 11:00 am, at the clinic  
**Christmas Holiday - Heartland M.H. Closed on Friday, December 23<sup>rd</sup>**

## Celebrity Gossip by Mike McEachern

### Birthdays:

John Williams (composer) turned 90, Tom Cruise turned 60, and Harrison Ford turned 80

Deaths: Olivia Newton-John passed away from cancer

Weddings: Jennifer Lopez married Ben Affleck

New Movies: Jurassic World Dominion, Hocus Pocus 2, Tom Gun Maverick

## Remembering

**Queen Elizabeth II**  
1926 - 2022



## Member Board Spotlight - Interviews conducted by Carl Peacock



**Karen Aakeberg**

Karen is a Colorado native. She went to Arapahoe Community College and University of Denver. She likes knitting and beginning yoga. She also loves the mountains, hiking and gardening. She started coming to Heartland in 2012. She is currently our Member Board secretary. She likes taking minutes for the Member Board and getting informed about its activities. Heartland is a new concept, but it brings new ideas and experiences. She came up with our new logo.



**Michael McEachern**

Mike is a Colorado native. He likes watching movies, collecting clothes and watching plays. He started with Heartland (formerly known as CHARG) at the beginning of its conception. He has been on the Member Board for five or six years. He likes being on the Board of Directors because he gets to know more about his peers. In the future he would like to see more LGBTQ people at Heartland.



**Heartland  
Mental Health**

A Thriving Peer Support Community

709 E 12th Avenue, Denver, CO 80203



CHARG Resource Center  
has a new name! We're now  
Heartland Mental Health.