

HANDBOOK

CAMP HILL VILLAGE
MINNESOTA



15136 Celtic Drive
Sauk Centre, MN 56378

320-732-6365 or
320-732-1954

FAX: 320-732-3204

e-mail: cvmn@rea-alp.com
www.camphillvillage-minnesota.org

INTRODUCTION

This handbook is a guide to those who are considering Camphill Village Minnesota as an option for their son, daughter or relative. It gives an overall picture of life at Camphill for someone with special needs and, along with a visit, will perhaps help in the decision-making process. This little booklet also serves as a guide for those who already have a loved-one living at Camphill. It answers some frequently asked questions and indicates where one might look for answers to others questions.

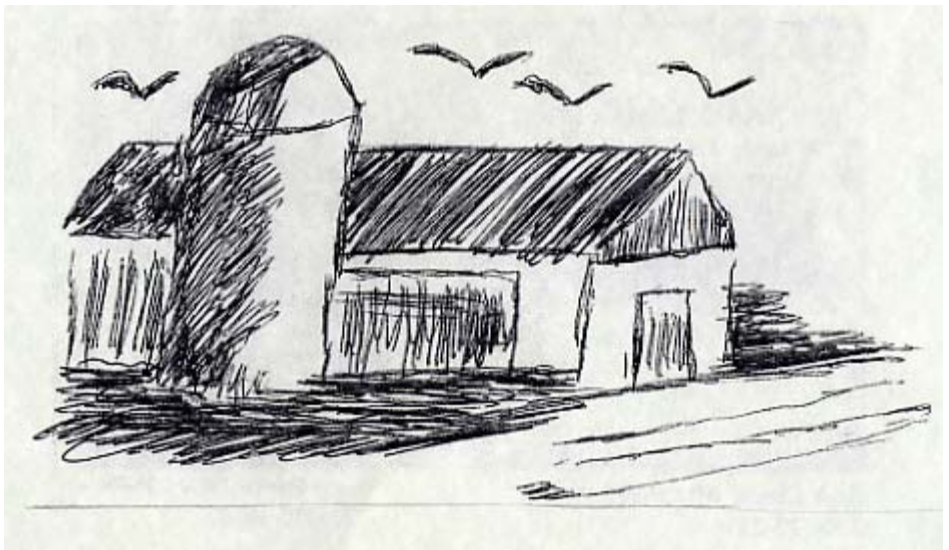
Whatever your relation to Camphill, we encourage you to seek out the support you need. We will be happy to help you in any way we can.

HISTORY

The Camphill way of life has developed out of the belief that each person, with or without handicaps, is a unique spiritual being entitled to lead a full and purposeful life in freedom and dignity. Our task is to create and sustain a community where people with and without disabilities live, work and care for each other to foster social, cultural and agricultural renewal. We wish to create the special conditions in which people with handicaps can learn to live with their limitations rather than suffer from them, and to discover, develop and realize their abilities to the fullest extent.

Camphill Village Minnesota is one of eight Camphill communities in North America, and one of 100 worldwide. In its work with developmentally disabled adults, Camphill takes its guiding principles from anthroposophy, developed by Dr. Rudolf Steiner (1861 - 1925), Austrian educator and philosopher. (If you would like to know more about anthroposophy, you can obtain a descriptive brochure from the office.) Viennese pediatrician Dr. Karl Koenig, inspired by this philosophy, started the first Camphill Community in Scotland in 1939 with a small group of young medical students and artists. The first American Camphill was established in New York in 1961. In 1980, Camphill Minnesota was founded.

Camphill Minnesota is located on a 450 acre farm in central Minnesota. Beef cattle, goats and chickens are raised and there is a substantial vegetable garden which provides many of the vegetables for the community. Other work opportunities include the weavery, the bakery and the wood shop.



SPIRITUAL LIFE

Fostering a mood of reverence and gratitude is an essential part of Camphill life. This is done through attention to details in the homes, the gathering around the dinner table and through the rhythm of daily life. We celebrate the seasonal and Christian festivals of the year with songs, stories, plays and other activities that are prepared together in the community. On Sundays, there are special non-denominational gatherings or services in the main hall. People may attend a church of their choice in the vicinity.

ORGANIZATION

In each house there is a family or team of co-workers who have made a long-term commitment to Camphill and who share the major responsibilities for the house. (For lack of a better term, we call them "houseparents".) In addition to these long-term co-workers, there are often one or two younger, short-term co-workers in the house. The houses are run family-style with everyone sharing in the daily chores and responsibilities according to their abilities.

Each of the houses has a name and an address.

FARM HOUSE

22277 Cedar Lake Road
Sauk Centre, MN 56378
320-732-2980

NICHOLAS COLEMAN HOUSE

22278 Cedar Lake Road
Sauk Centre, MN 56378
320-732-3925

ST. CHRISTOPHER

15084 Celtic Drive
Sauk Centre, MN 56378
320-732-3875

OAKWOOD

15096 Celtic Drive
Sauk Centre, MN 56378
320-732-2336

AURORA

15196 Celtic Drive
Sauk Centre, MN 56378
320-732-3309

PRAIRIE WIND

15548 Century Road
Long Prairie, MN 56347
320-732-4364

BROME

15618 Century Road
Long Prairie, MN 56347
329-732-6846

MARLSPRING

15633 Century Road
Long Prairie, MN 56347
320-732-1068

Besides the homes, there are several other buildings in the community. They are:

KAETE MEINECKE BUILDING (KMB)
(houses the offices, library, and a meeting hall)
15136 Celtic Drive
Sauk Centre, MN 56378
320-732-6365

ST. MARTIN'S HALL
(houses the community kitchen and dining room, bakery, lounge/recreational space, and main hall)
15178 Celtic Drive
Sauk Centre, MN 56378
320-732-3208

THE WOODSHOP
15580 Century Road
Long Prairie, MN 56347
320-732-4377

THE WEAVERY,
(with an apartment on the first floor)
15133 Celtic Drive
Sauk Centre, MN 56378
320-732-4124



DAILY SCHEDULE

Although there are variations from house to house, the general schedule for week days is as follows:

Rise: 6:30 - 7:00
Breakfast - 7:30 or 7:45
Morning circle
(scripture reading, short verse or song)
Work: 9:00 - 11:45
Dinner: noon
Rest: 1:00 - 2:00
Work 2:00 - 4:30
(supper preparations, meetings, house chores)
Supper: 6:00 or 6:30
Evening activities
(free time, outings, meetings, talks, visiting, activities in
St. Martin's Hall, etc.)

ACTIVITIES AND THERAPIES

There are many opportunities at Camphill for learning and having fun. We have folk-dancing, educational talks and slide shows; we put on plays, talent shows and have poetry readings. In summer there are picnics, swimming and fishing at nearby lakes. Project Together is a weekly educational and social program for special needs adults which people from CVM attend. In the nearby towns there are concerts, county fairs, horse shows and craft shows. Many people regularly visit the local libraries and everyone enjoys Special Olympics and the dances, parties and outings of the local ARC chapter.



Eurythmy (movement) and painting therapy are also part of life at CVM, and therapeutic massage is available.



TELEVISION

It is felt that TV and computer games are generally not positive influences for children or adults. For this reason, there are no TVs in Camphill houses and we discourage playing computer games. There is, however, a VCR available for watching movies and once a week there is a community-wide video open to all. People are encouraged to find other forms of entertainment: visiting, board games, reading, music, sports, hobbies of various

sorts, art etc.

HEALTH CARE

There is no doctor or nurse on staff at Camphill Village. Regular medical and dental care is taken care of in the clinics in the neighboring towns. In addition to regular medical treatment, people at Camphill are sometimes seen by a doctor who has been trained in homeopathic and anthroposophical as well as traditional medicine. If you have objections to this, let the houseparents know.

The staff administers any prescribed medications. With a doctor's approval, a person with special needs may be allowed to self-medicate.



WORK

Camphill is founded on the principle that everyone contributes towards life in the Village according to their abilities. A special needs person has a regular work schedule that can include work in one of the workshops (weavery, bakery, kitchen, wood shop); outdoor work (on the estate, the farm or in the garden); or housework (preparing meals, doing laundry and cleaning). When placing a person in a work situation, we take into account a person's abilities and wishes, which then must also mesh

with the needs of the community.

VISITS AND VACATIONS

Parents and family are invited to visit CVM any time and to join in festivals and various events. Also, there are often opportunities to join in work projects.



We feel that we all -- special needs people and co-workers alike -- need a break from Camphill at least once a year. Some residents take vacations with their families, others go to specialized camps, some do a combination. We feel a break of three weeks is good, done either in one go, or in smaller increments. Visits home for holidays, weekends or for special events can easily be arranged with the houseparents.

WHO TO ASK

Camphill is a non-profit organization and is governed by a Board of Directors. Internal governance is by consensus and we strive to include people with special needs in decision-making as much as possible. Although there is no "director" of Camphill as such, Bill Briggs is the administrator and can be called upon to answer many questions. Other responsibilities are divided among many people.

Admissions (special needs): Trudy Pax

Admissions (co-workers): Laura Briggs

Care Group: Jan Zuzalek

Painting and eurythmy (movement) therapy: Marianne Schneider

Newsletter: Trudy Pax

Gardening: Lori Harms

Bakery: Jan Zuzalek

Weavery: Lois Smith

Farming: Grant Ault

Woodshop: Lori Harms & Chrystal Johnson

Administration: Bill Briggs

Development Office: Mary Gruber

Office Staff: Margie Rodahl & Sheryl March

If you have any questions about the care of your son or daughter, or about any other aspect of Camphill, a good place to start is with the houseparents. If they are unable to answer your questions, they can direct you to someone who can. If, for whatever reason, you feel uncomfortable approaching the houseparents, you can talk to Bill Briggs (320-732-6365) or to the convenor of the Care Group (which oversees the well-being of the villagers), Jan Zuzalek (320-732-2980).

MAKING A DECISION

How does one come to live at Camphill? After an initial visit and tour of the village, a stay of a night or two can be arranged. If both parties find this experience to be positive, a longer visit, usually a month, is begun. After this, there is often a period of time for both the person in question and Camphill to evaluate the experience and decide if the Village is the right placement. Often the visitor leaves Camphill during this time, but in some circumstances, he/she is able to stay at CVM with no break. Each case is looked at individually.



When an individual makes the decision to make Camphill their home, an intake meeting takes place at which the person in question, their parents or guardian, their case manager, the admissions person, CVM's program director and a representative of the host county (Todd) are present. At this time the living arrangements are discussed, as well as work schedules, and all the necessary forms are filled out and signed. It is a time when further questions and concerns can be addressed. Thereafter, there is an annual meeting with the person and their parents/

guardian and case manager at which time all aspects of the person's life are looked at and plans are made for goals and activities for the coming year. This is a time to address any changes that might seem called for, such as new work experiences, changes in house placement, etc.

CHANGES

Once your son, daughter or relative is settled in Camphill and has a work schedule, it does not mean there will be no more changes. Work changes regularly two times a year, spring and fall, when we make the transition between summer and winter work. Furthermore, there may be changes in house placement for a variety of reasons. Sometimes it becomes obvious that a person needs a change – they seem to be in a rut or have become listless and “bored”. There may be frictions between people that can best be resolved by a change in the living situation. New people arriving may mean that some shifts are necessary. And often, the individuals themselves request a change.

Sometimes the person who comes to CVM settles in the house where they did their trial visit, but this is not always the case.

WHAT IF THINGS DON'T WORK OUT?

Conflict and difficulties are a part of life. It would be unusual if your loved one didn't experience something in this area. If difficulties arise, it does not necessarily mean that the placement is not working. It means we need to look at the source of the difficulties and see how we can improve the situation. Sometimes it might mean a change in living arrangements, or perhaps a new work challenge. When such a situation arises it is important that all the people involved – the individual, parents, guardians, social workers, staff, houseparents – work together to discover the solution.

But even with our best efforts, sometimes things simply cannot be worked out. It can happen that a person, by his or her behavior, is indicating that they would like a bigger change in their life, that perhaps they feel it is time to move on to some other life. If this is the case, hopefully we can together discern the best path to follow.

There can also be situations where it becomes evident that Camphill – although it was an excellent placement to begin with -- can no longer serve the needs of an individual. This sometimes happens because of a change in the person's attitude, or because of illness or aging. In these cases, the developing situation is discussed with family and social services, and at least a 30-day notice is given to all concerned.

Under certain extreme circumstances, dismissal may occur without the 30 day notice. An example of such circumstances would be behavior that is threatening to the safety of others.

WHAT TO BRING

Almost all the rooms at Camphill are singles. An individual is free to furnish and decorate the room as he or she pleases. There is some furniture and bedding available if someone chooses not to bring their own.

Camphill is in a rural setting and we encourage active, outdoor life and work, so clothing should be sturdy and appropriate for active wear. For winter, it's important to have warm clothing: parka, warm boots, wool socks, mittens, head covering, scarf, long underwear. Rain gear is also important. Clothing should be washable and marked with name. Storage space is limited, so it is best not to overstock on clothing and other items.



COST

The cost of living at Camphill Village Minnesota is approximately \$1,845.36 per month. This includes room and board and day program fees.

These fees are paid through several sources. Most people with special needs are eligible for Social Security benefits, either SSI or regular Social Security, depending on their status, and this pays for a portion of the room and board fee. For Minnesota residents, the remaining amount is paid through Group Residential Housing. Each person needs to apply for this program through the county of responsibility.

The day program fee is paid by the county of responsibility and is governed by the host county (Todd).

For those coming from out of state, arrangements for private pay can be made by talking to Sheryl March in the office. She can also assist you with other information on financial questions.

For overnight visits, the per diem rate is \$61.51. Most counties of financial responsibility assist in paying this fee. If not, other arrangements should be made.

SUPPORT OF FAMILY MEMBERS, FRIENDS, AND BUSINESSES

As a licensed adult foster care center, Camphill Village Minnesota receives about 90% of its operating costs from federal, state and county entities. However, all funding for the land, buildings and equipment needs to be raised privately. We would not be in existence today except for the generous support of family members, friends, businesses, service clubs and foundations over the last 23 years. We are grateful for this outpouring of interest and support for our community. Each contributor is vital to our financial well-being and we hope you, too, will become a supporter if you are able.

CONTACTS

If you have further questions, or would like to arrange for a visit, call Trudy Pax at 320-732-3309. If you would like to talk to a person who has a son or daughter at CVM, you may call Marcia or Mark Munson at 612-721-8658 or Jack or Theresa Cotter at 763-571-6173.