

# THE GRAPEVINE NEWSLETTER

JANUARY 2024



*Helping others help themselves.*

**Vikingland Community Support Program Douglas County Socialization/Drop -In Center**

**1106 Broadway  
Alexandria, MN 56308  
320-763-6261**

**Staff Extensions:**

|                                    |                                   |
|------------------------------------|-----------------------------------|
| <b>Cheryl Vanroekel - ext. 201</b> | <b>Sarah Peterson – ext. 203</b>  |
| <b>Sandy Bogenrief – ext. 204</b>  | <b>Carmen Hudson – ext. 205</b>   |
| <b>Becky Schmitz – ext. 206</b>    | <b>Karen Hamilton – ext. 207</b>  |
| <b>Chris Fritz – ext. 212</b>      | <b>Trista Berglund – ext. 213</b> |
| <b>Kelsey Bender – ext. 214</b>    | <b>Jenny Steidl – ext. 215</b>    |

**The Drop-In Center's Hours**

*Monday & Wednesday 1:00 pm-5:00 pm*

*Tuesday, Thursday, and Friday 1:00 pm-8:00 pm*

*Saturday & Sunday 12:00 pm - 4:00 pm*

**Website: [www.vikinglandcsp.azurewebsites.net](http://www.vikinglandcsp.azurewebsites.net)**

**Facebook: Like us at- Vikingland Community Support Program**

Vikingland Community Support Program has email addresses for all staff members. Each staff's email is their name: example- [beckyschmitz@vikinglandcsp.com](mailto:beckyschmitz@vikinglandcsp.com)

**Wednesday January 3<sup>rd</sup>: Drop-In Center Advisory Council at 2:00 pm.**

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## Vikingland CSP/ Douglas County Socialization Activity

Friday, January 19<sup>th</sup> @ ~~1:00~~ 2:00 - 4:00 pm: Chili cookoff! We will have several pots of chili to sample & judge, PLUS door prizes and great socialization. Come join us for a fun time!

Wednesday January 17<sup>th</sup>: Kat's Kraft's 2pm at the Center. Come join us!

3<sup>rd</sup> Monday of the month, January 15<sup>th</sup> from 2-4: BINGO! Cash for prizes! No cost for you!

**BINGO FOR CASH PRIZES:** Sunday January 14<sup>th</sup>: 1:00 pm AND Friday, 26<sup>th</sup> @ 6:00 pm

Thursday January 18<sup>th</sup> @ 2:30 pm: Local Advisory Council. Meets at Douglas County Social Services.

**\*NEW\* Penny Drop Game:** Every 3<sup>rd</sup> Thursday @ 6:00 pm (18<sup>th</sup>)

**Name That Tune:** Every 3<sup>rd</sup> Friday @ 6:00 pm (19<sup>th</sup>)

### NAMI Peer Connection Group

Monday January 15<sup>th</sup>: 11:00 am to 1:00 pm

Notice the group name change! Come join us to eat lunch (Bring your own brown bag lunch), talk about mental health issues, and discuss future recovery topics. All peers are welcome to join us!

**THIS WILL BE A MONTHLY PEER OPERATED GROUP ~ 3<sup>rd</sup> MONDAY OF THE MONTH**



1-10 Kelly E.

1-11 Lily H.

1-11 Jon M.

1-12 Julie Ann R.

1-13 Jeremiah J.

1-15 Julie T.

1-19 Wayne K.



### Director's Report ~

Happy New Years to you all! It's hard to believe it's the year 2024, when I was a kid, this seemed so far away. As we embark on a New Year this is our opportunity to reinvent ourselves, set new goals, and thrive to be the best we can be. Our vision this year will be "Wellness and Worth." We are going to focus on our Wellness Wheel, keeping balance and motivation, along with understanding our value and recognizing our importance in the world every day. We are a gift and our life matters. It's time to embrace that, spread your talents, shine bright like a diamond and kick some of those stubborn symptoms to the curb. I will be hosting groups once a month to promote our vision for the year. They will be held the 3<sup>rd</sup> Tuesday of each month from 2:00-3:00pm. January is a little different since I am not going to count the first week back from the holidays, so will be held January 23<sup>rd</sup>. I hope that you will stay tuned each month for a new topic, join us and start learning how we can find joy and balance in our lives.

~ Becky Schmitz, Executive Director

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## John's Recovery Quotes of the month:

*"Self-Care is how you take your power back". ~ Lalah Delia*

*"The hardest part about Recovery is when you're not so sure you want to recover. ~ HealthyPlace*

*"Recovery – It's works. It's a Process. It's worth it. It's possible."  
~ Cheryl O'Neil*

## THE HEN'S NEST

### "POSITIVE THOUGHTS"

1. "I don't get offended!"
2. "I am very patient!"
3. "I never, never, never give up!"
4. "I wait willingly!"
5. "I do what I really want to do!"

## Tournament Winners

- **Friday Bingo:** 1. Brit S. 2. Brit S. 3. Suzette S. 4. Jen L. 5. Marlea/Roberto 6. Mary S. 7. Suzette S. 8. Shannon 9. Mary/Shannon 10. Tabby B/O. Mary S.
- **Pool tournament:** 1. Mick S. 2. Emily R. 3. Jen T.
- **Switch Bowling:** 1. Roberto H. 2. Bill T. 3. Tabby R.
- **Sunday Bing:** 1. Roberto H. 2. Roberto H. 3. Andy S. 4. Suzette S. 5. Amy K. 6. Amy K. 7. Britt S. 8. Suzette S. 9. Mick S. 10. Mick S. B/O: Bill T.
- **Monday Bingo 11-20:** 1. Kirsten W. 2. Brittney 3. Jane/Roberto 4. Brittney 5. Shannon 6. Jane 7. Kelsey 8. Kirsten 9. Kelsey 10. Kayla B/O: Kayla
- **\*\*NEW!\*\* Penny Game:** 1. Brit S. 2. Mary S. 3. James S.

**\*\*\*REMEMBER! THERE ARE CASH PRIZES FOR EACH TOURNAMENT\*\*\***

**EVERY DAY IS MENTAL HEALTH DAY!**

**"IN A WORLD WHERE YOU CAN BE ANYTHING, BE KIND!"**

T H O U S A N D I E B T I D N X F C I  
 A C L U O E C C U P I U R G E G T T A  
 S Q H E R S W F A R O O Y K M T E M V  
 M T R G N F J D B A E H P M D Q Z A Z  
 R R C I R F T V J A D N C P O S N C M  
 L D B L N C Y P T T F D I K I P E N D  
 K P R S C T K I C F C T C O N L V L D  
 S E W E R Z Y V H N G G T R P E O R Z  
 A E K A I U Y O W A U L D S S C E L J  
 H N P D A S N O W R E T N I W K I R A  
 D H B C E D N S F D E W E E I R V R N  
 R J L S A L B E B O B O T O R S G U U  
 I A N L G S M Y E D B A H R E P L R A  
 K F O N T Y N K K T R C N G F E A L R  
 K H A M D L O N T B N S E D H E F I Y  
 P G K H B G B G E G V E L Q Y I E I O  
 N N P M L M O L N S K D V W H S N O S  
 A E B F R P E D D A R P E E A F Y A T  
 Z B A B Y C L I C E L N S F S U S G O

## HAPPY NEW YEAR

By Bill

|           |           |
|-----------|-----------|
| AULD      | NEW YEAR  |
| BABY      | PARTY     |
| CELEBRATE | SEVENTEEN |
| COLD      | SNOW      |
| ICE       | SYNE      |
| JANUARY   | THOUSAND  |
| LANG      | TWO       |
|           | WINTER    |