

# THE GRAPEVINE NEWSLETTER

NOVEMBER 2023



*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 November 1<sup>st</sup>: Drop-In Center Advisory Council at 2:00 pm.**

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## Vikingland CSP/ Douglas County Socialization Activity

**"Grateful Get-Together"** 5 County Get-together, Tuesday, November 21<sup>st</sup>, 3:30 pm – 7:30 pm: We will be joining Peers from the other counties for our 1<sup>st</sup> Annual **"Grateful Get-Together Party"** at the *Hoffman Community Hall* on Tuesday, November 21<sup>st</sup>, 2023. There will be food, games, door prizes, and fellowship. Sign up at the Douglas County Drop-In-Center by Monday, November 13<sup>th</sup>, 2023. Rides from the Center in Alexandria will be provided if needed. **\*\*\*There is a limit of 20 peers for this activity\*\*\***

**Thanksgiving Potluck Dinner:** Thursday November 23<sup>rd</sup>, 2023, from 1:00 pm to 4:00 pm. Sign up at the Douglas County Drop-In Center for the dinner. Food, Door prizes & great fellowship!

**Wednesday November 15th:** Kat's Kraft's 2pm at the Center. Come join us!

**NEW! 3<sup>rd</sup> Monday of the month, November 20<sup>th</sup> from 2-4:** BINGO! Cash for prizes! No cost for you!

**BINGO FOR CASH PRIZES:** Sunday November 12<sup>th</sup>: 1:00 pm AND Friday, 24<sup>th</sup> @ 6:30 pm

**Thursday November 16<sup>th</sup> @ 2:30 pm:** Local Advisory Council. Meets at Douglas County Social Services.

### **Brown bag Peer Recovery Group**

**Monday November 20<sup>th</sup> 11:00 am to 1:00 pm**

Come join us to eat lunch (Bring your own brown bag lunch), talk about recovery issues, and discuss future recovery topics.

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



11-04 Jackie K.

11-05 Bobbie W.

11-12 Clinton W.

11-13 Carolyn J.

11-14 Brandon C.

11-22 Deb G.

11-26 Kierra N-H

11-29 Cheryl Z.



### Director's Report ~

There is so much to be thankful for as we enter the final months of the year. When I reflect on 2023, I am grateful for all the consumers and staff here at Vikingland CSP and the Drop-in Center. I truly feel we are the best team around. I hope that every one of you can find some things you enjoy and embrace this upcoming Holiday season. I challenge all of you to write something down each day you are grateful for and share that with a peer. The more joy we can spread the happier this Holiday season will be for everyone. Thank you for continuing to enjoy the center, making memories, and making a difference in the peers' lives around you. Happy Thanksgiving!

~ Becky Schmitz, Executive Director

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## John's Recovery Quotes of the month:

*"Hope is the only thing stronger than fear"*

*~The Hunger games*

*"You don't have to control your thoughts, you just have to stop them from controlling you".*

*~ The Anxious Empath*

*"Be proud of every step you take towards stability, no matter how big or small"*

*~ Jessica Ann Hardy*

## The Hen's Nest

If someone makes you feel "less than", they're likely patronizing you.

Focus on your wisdom, insight, and strengths if a person is being unkind or "high handed".

Hold onto your worth by reminding yourself that you have value. "Even if they don't see me, I see me".

## Tournament Winners

- **Name That Tune 9-15:** 1. Shannon 2. Dani 3. Suzette
- **Friday Bingo 9-22:** 1. Christi J. 2. Bill T. 3. Mary S. 4. Mary S./Jennifer 5. Mick S. 6. Christi J. 7. Suzette S./Jennifer T. 8. Maude S. 9. Bill T. 10. Jennifer T. **B/O** Mick S. ~ 7 Players~
- **Pool tournament 10-1:** 1. Mick S. 2. Brian R. 3. Christi J.
- **Bowling tournament 10-1:** 1. Brit S. 2. Christi J. 3. Tabby S.
- **Sunday Bingo 10-8:** 1. Patti K. 2. Roberto H. 3. Patti K. 4. Eric J. 5. Eric J. 6. Roberto H. 7. Bill T. 8. Dawn W. 9. Shannon S. 10. Shannon S./Bill T. **B/O:** Eric J.
- **\*NEW\* Monday Bingo:** 1. Roberto H. 2. Roberto H. 3. Quinton B. 4. Suzette S. 5. Cameron 6. Carmen 7. Kelsey 8. Brit 9. Kelsey 10. Carmen **B/O:** Tabby S.
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## **HALLOWEEN PARTY WINNERS**

**COSTUME:** 1<sup>st</sup> place: Lara 2<sup>nd</sup> place: Ashley 3<sup>rd</sup> place: Tabby

**TRIVIA:** 1<sup>st</sup>: Ashley 2<sup>nd</sup>: Lara 3<sup>rd</sup>: Joe

**DOOR PRIZES:** Kirsten, Jane, Tiffany, Roberto

**EVERY DAY IS MENTAL HEALTH DAY!**

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

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

TURKEY DAY

By Bill

- CRANBERRIES
- FAMILY
- FOOTBALL
- GRAVY
- HAM
- MAYFLOWER
- NATIVES
- NOVEMBER
- PILGRIMS
- PLYMOUTH
- POTATOES
- PUMPKINPIE
- TURKEY
- YAMS