

# THE GRAPEVINE NEWSLETTER

SEPTEMBER 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 September 6<sup>th</sup>: Drop-In Center Advisory Council at 2:00 pm.**

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## Vikingland CSP/ Douglas County Socialization Activity

**Tuesday, September 19<sup>th</sup>:** "Cornhole contest" beginning at 1:00 pm. Sign-up sheet is up in Drop-In Center. Two-person teams. There will be prizes! Come enjoy fun fellowship and food with your peers! Vikingland staff will be providing a BBQ lunch after the contest! You MUST sign up, so we know the amount for food! Deadline for signing up is Friday September 15<sup>th</sup>.

**Wednesday, September 20<sup>th</sup>:** Kat's Kraft's 2pm at the Center. Come join us!

**3rd Monday of every month (18<sup>th</sup>) @ 3:00 pm:** "Yahtzee or Board Games" Come challenge your peers and socialize with us!

**BINGO FOR CASH PRIZES:** Sunday September 10<sup>th</sup>: 1:00 pm AND Friday, 22<sup>nd</sup> @ 6:30 pm

**Thursday September 21<sup>st</sup> @ 2:30 pm:** Local Advisory Council. Meets at Douglas County Social Services.

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

**Monday September 18<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**



9-02 Dionne J.

9-05 Jennifer Z.

9-10 Victoria V.

9-14 Kayla S.

9-19 Deanna R.

9-21 Rose B.

9-26 Dustin B.

9-26 Melissa S.

9-26 Sharon S.



### Director's Report ~

Fall leaves and pumpkin smells are in full bloom. Back to school! I have no clue where summer went but thank you to everyone for another great summer and lots of participation in activities. I say this all the time, but now is the time to really start monitoring your SAD symptoms. Reach out to your support team if you start to notice more depressed symptoms. Educate yourself and others on SAD, there could be someone out there that experiences it and doesn't even know. I hope everyone keeps taking advantage of the drop-in center and brings a friend whenever they can. We are starting to work on the Halloween parade, and you won't want to miss it, as the drop-in center does a float as well. As we keep working through the year, please stay mindful of your goals and the steps you need to take to accomplish them this year. If you need support, don't hesitate to ask.

~ Becky Schmitz, Executive Director

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"IN A WORLD WHERE YOU CAN BE ANYTHING...BE KIND"



## John's Recovery Quotes of the month:

*"Every day begins with an act of Courage and Hope: Getting out of bed". ~ Mason Cooley*

*"Your present circumstances don't determine where you can go; They merely determine where you start". ~ Nido Qubein*

*"What we achieve inwardly will change outer reality".  
~ Plutarah*

## The Hen's Nest

### RANDOM INFORMATION

- A baby whale gains 200 pounds a day!!!
- If you cut a starfish in pieces, each piece will grow into a whole starfish.
- Some monarch butterflies travel more than 2,000 miles to the South for the winter!

- **Tournament standings:**
- **Pool tournament 8/4:** 1. Mick S. 2. Tim S.
- **Bowling tournament 8/11:** 1. Brit S. 2. Bill T. 3. Aaron R.
- **Name that Tune Drawing 8/21:** 1: Bill T. 2: Maude S. 3. Kirsten
- **Friday Bingo 7/28:** 1. Jennifer T. 2. Amy K. & Aaron 3. Aaron 4. Mick S. 5. Mick S. 6. Suzette S. 7. Christi J. & Kirsten W. 8. Christi J. 9. Jennifer T. 10. Bill T. **B/O:** Kirsten W.
- **Sunday Bingo 8/13:** 1. Christi J. 2. Christi J. 3. Dawn W. 4. Dawn W. 5. Melissa W. 6. Melissa W. **B/O:** Christi J.

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

**EVERY DAY IS MENTAL HEALTH DAY!**

**"HELP STOMP OUT STIGMA!"**

FALL FUN

By Bill

AUTUMN	ORANGE
BROWN	PUMPKIN
COOL	SCHOOL
FISHING	SERIES
FOOTBALL	SPICE
LABOR DAY	WORLD
LEAVES	YELLOW

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