

# THE GRAPEVINE NEWSLETTER

February 2019

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

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

**Website:**

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

**Facebook: Like us at-**

**Vikingland Community  
Support Program**

**Staff Extensions:**

Cheryl Vanroekel - ext. 201  
Sarah Peterson – ext. 203  
Carmen Hudson – ext. 205  
Karen Maher – ext. 207  
Chris Kubat – ext. 209  
Kelly Burnham – ext. 213  
Jenny Steidl – ext. 215

Janis Enberg – ext. 202  
Sandy Bogenrief – ext. 204  
Becky Schmitz – ext. 206  
Christine Bradley – ext. 208  
Chris Fritz – ext. 212  
Brittany Bjerketvedt – ext. 214  
Morgan Drussell – ext. 210

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)

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

Monday & Wednesday 1:00pm-5:00pm  
Tuesday, Thursday and Friday 1:00pm-8:00pm  
Saturday & Sunday 12:00pm (Noon)-4:00pm

**Vikingland CSP activity**

The CSP activity for February will be a visit to "Simply Ceramics" in Alexandria. The cost of the class is covered but you will need to purchase your own piece. Prices start around \$5.00 each. Date & Time to be determined. Please communicate with your ARMHS/CSP worker for details & transportation.

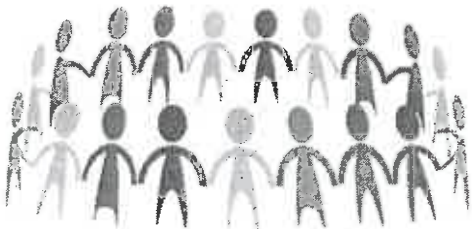
**Socialization activities**

The February Douglas County Socialization activities will be: A Super Bowl party on Sunday, February 3<sup>rd</sup>, from 12:00 pm ~ 8:00 pm. Snacks & Beverages will be provided. Come down and cheer on your favorite team (or just come and socialize with us)! We will also be having a Chili Feed on Monday, Feb. 18<sup>th</sup> from 1 ~ 4 pm.

Chili, toppings, chips, a beverage & good socialization will be provided. \*\*Sign up at the Drop-In-Center if you plan to attend.

**HOPE TO SEE EVERYONE THERE!!!**

**\*\*At the Holiday Dinner in December we had an attendance of 80 peers. It was a great turnout!!!\*\***



*Helping others help themselves.*



### Birthday's for February:

2-02 Katie W.

2-11 Dijon B.

2-14 Marlys J.

2-20 Dan S.

2-20 Lisa F.

2-24 Christine F.



### Director Report

BRRRRR!!!! I hope you're all staying warm and well as we embark on the last few months of winter. Please dress warmly; hats, mittens, coats and scarves etc., if needed to prevent from frostbite or other weather-related concerns. If you need any winter gear, please let your ARMHS worker know or contact the United Way foundation as they always hand out these items to those in need throughout the year. Have any of you set new goals for the new year? If so, good for you and good luck as you work to improve yourself and increase positive things in your life. I hope to see you all continue to utilize the Drop-In-Center, I enjoy seeing all your faces down here each week. Happy February!

-Becky

### "Think Outside the Box"

Ahhhhh February ... Valentines, everywhere it's red, red, red. I say you're never too old to celebrate!!! This month in Women's group we are making Gratitude Valentines. I am making 2. One for my mail person and one for the person who drives the ladies' home every Wednesday night. It's just a way to say "Thank You" for your service. It's an expression of "THANKS"!!! Sometimes in this crazy world we live in we forget a simple "Thank You"! My challenge to you this month is to use this February 14th as a reason just to say "THANK YOU" to someone you perhaps have over looked or just plain forgotten about. Start a new tradition! Think outside the box!

~ Kelly B., Peer Support Recovery Specialist

The Hen's Nest: By Gale P.

Growing Relationships

1. Say "Thank you" daily
2. Plan fun in your future
3. Confide in each other
4. Share each other's interests
5. Be a Secret Santa monthly
6. Write Thank You notes
7. Bake/Cook their favorites
8. Buy supplies for their hobbies.

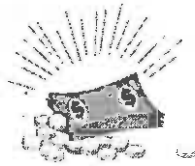


John's Quotes of the month:

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

*"I think you have to try and fail, because failure gets you closer to what you're good at." ~ Louis C.K.*

*"My worst days in recovery are better than the best days in relapse". ~ Katie LePage*



**Join us every Friday night for pool or Wii tournaments!**

**Friday Bingo, Dec. 28<sup>th</sup>:** 1. Amy K. 2. Annette B. 3. Amy K. 4. Jason Ro. 5. Bill T. & Sheila 6. Jason Ro. 7. Annette B. 8. Chris R. 9. Jon M. Blackout: Maude S. "8 players"

**Sunday Bingo, January 13<sup>th</sup>:** 1. Jessica 2. Jessica 3. Bill T. 4. Bill T. 5. Amy K. 6. Christi J. 7. Amy K. 8. Jennifer 9. Patti K. 10. Christi J. Blackout: Patti K. "12 players"

**December Wii Bowling scores:** 1<sup>st</sup> John Ko. (418) 2<sup>nd</sup> Jason R. (405) "5 Players"

**January Pool Winners:** 1<sup>st</sup> Jason Ra. 2<sup>nd</sup> Sheila W. "4 Players"

**There are cash prizes for the Friday tournaments!**

**Peer Recovery Support Meeting**

**Peer Recovery Group Purpose:** Mental Health Peers operate our group. We offer each other opportunities for **support, education and socialization**. A Peer group facilitator leads our group. By learning with each other, we can successfully deal with life's challenges and improve the quality of our lives. We seek to draw upon the strength, talents and insights of each other to bring about positive change in ourselves. Come check it out! John K.

PEER Recovery Support Group is held on the 1<sup>st</sup> & 3<sup>rd</sup> Monday of every month!!! *Open to all Adults with a Mental Health Diagnosis and interested in our own recovery!* **Snack & Refreshment provided**

**Monday, February 4<sup>th</sup> and February 18<sup>th</sup>, 2019 from 5:30pm to 7:30pm**

1106 Broadway St.  
Alexandria, MN 56308

For more Information about the support group contact: Becky Schmitz @ 320-763-6261 Ex. 206  
or John Kiehn @ 320-766-4500

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

By Bill

|            |          |
|------------|----------|
| ECHINACEA  | OLEANDER |
| EGGPLANT   | OLIVE    |
| EUCALYPTUS | ORANGE   |
| EUPHORBIA  | ORCHID   |
| LAVENDER   | VERBENA  |
| LILAC      | VINE     |
| LILY       | VIOLA    |
| LOGANBERRY | VIOLET   |