

THE GRAPEVINE NEWSLETTER

March 2019

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

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

Website:

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
Morgan Drussell – ext. 210

Janis Enberg – ext. 202
Sandy Bogenrief – ext. 204
Becky Schmitz – ext. 206
Christine Bradley – ext. 208
Chris Fritz – ext. 212
Jenny Steidl – ext. 215

Vikingland Community Support Program has email addresses for all staff members. Each staff's email is their name: example- 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

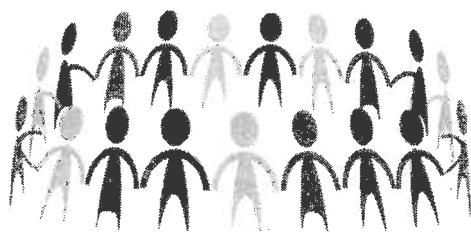
Vikingland CSP activity

The CSP activity for March will be a tour of the Runestone Museum on Friday, March 22nd at 1:00 pm. There is a new exhibit of the 19th Century Alexandria which should be very interesting. There is no cost for this activity. Please communicate with your ARMHS/CSP worker for details & transportation.

Socialization activities

The March Douglas County Socialization activities will be posted on the Bulletin Board after March 1st. Please check there or with your worker after the 1st.

Sunday Bingo on March 10th from 1:00 pm ~ 3:00 pm



Helping others help themselves.



Birthday's for February:

3-04 Dave H.

3-07 Spencer S.

3-09 Jane N.

3-12 Kirsten N.

3-18 Marlys W.

3-22 Deborah C.

3-23 Michelle T.

3-25 Heather S.

3-28 Karen A.

3-28 Pat T.

3-28 Kirk A.

3-29 Marlys D.



Director Report

I can see the light at the end of the tunnel! I feel spring is right around the corner, give yourselves a pat on the back- WE MADE IT!!! It has been a tough couple of months, old man winter has tested our patience, but we survived. I appreciate your understanding as we had to close the Drop-In-Center many times due to cold and snow. As we move closer to warmer days I hope that you can get out and get some fresh air, maybe go for a walk and enjoy your peers. Please keep an eye on all the upcoming events, we encourage all of you to participate in as many activities as possible. Happy St. Patty's Day and THINK SPRING!!!!

-Becky

"Think Outside the Box"

This month in Women's Group we will be discussing a variety of ways we as people cope with boundaries and the loss of control. How we choose to handle each situation determines how the rest of our day, week or even year may go. If you are struggling with boundaries and how to handle losing control of situations, talk with your worker, or if you can, come to group to learn more. (Talk to your worker about our groups!)

On the bright side...Spring is almost here!!!

~ Kelly B., Peer Support Recovery Specialist

The Hen's Nest: By Gale P.

"Goals, Really?"

In early 2018 I had an exercise goal of daily putting in 45 minutes in five minutes at a time. By October I had worked into that by: 1. Have a system---count each 5-minute session. 2. Be specific---either jump on my mini trampoline or dancing. 3. Get support---check your weight as often as your health care provider says. *A friend can cheer your efforts and you can cheer them too!*



John's Recovery Quotes of the month:

"You, yourself, as much as anybody in the entire universe deserves your love and affection". The Buddha

"Stress, anxiety & depression are caused when we are living to please others". Paul Coelho

"Today I refuse to stress myself out over things I can't control and/or change". HealthyPlace.com

Join us every Friday night for pool or WII tournaments!

Friday Bingo, Dec. 28th: 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"

Jan. 25th Bingo: 1. Jessica 2. Jessica 3. Bill T. 4. Bill T. 5. Amy K. 6. Christi J. 7. Amy K. 8. Jennifer 9. Patti 10. Christi J. Blackout: Patti "12 players"

Sunday Bingo, February 10th: 1. Mike D. 2. Chris R. 3. Mike D. 4. Christi J. 5. Christi J. 6. Amy & June 7. Chris R. 8. Bill T. 9. Jennifer 10. Terri Blackout: Jon M. "10 players"

February WII Bowling scores: No tournament this month

February Pool Winners: 1st: Don S. 2nd: John Ko. 3: Chris S. "4 Players"

There are cash prizes for the Friday tournaments!

Peer Recovery Support Meeting

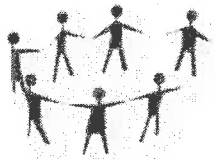
Peer Recovery Group Purpose: Mental Health Peers operate our group. We offer each other opportunities for **support, education and socialization**. A Peer group facilitator leads our group. By learning with each other, we can successfully deal with life's challenges and improve the quality of our lives. 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 1st & 3rd Monday of every month!!! *Open to all Adults with a Mental Health Diagnosis and interested in our own recovery!* **Snack & Refreshment provided**

Monday, **March 4th** and **March 18th**, 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



Vikingland Community Support Program

MARCH 2019 ANNOUNCEMENTS

Monday ARMHS groups (11:00 am ~ 1:00 pm)

Wednesday night Woman's group (5:00 pm ~ 7:00 pm)

Thursday ARMHS group (2:00 pm ~ 3:00 pm)

Friday March Health challenge (1:00 pm ~ 2:00 pm)

Peer Recovery Support Group is held the 1st & 3rd Monday of each month from 5:30 pm – 7:30 pm at the Friendship Center. (Monday, March 4th & 18th)

Vikingland CSP activity: Going to The Runestone Museum on Friday, March 22nd at 1:00 pm.

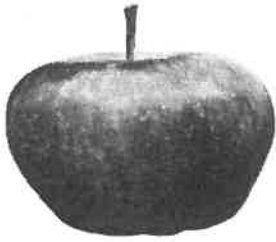
Douglas County Socialization Activities: Sunday Bingo on March 10th @ 1:00 pm.

Vikingland CSP Advisory Council is held on the 2nd Wednesday of each month at 2:30 pm. and is held at the Vikingland CSP Friendship Center, 1106 Broadway St. Alexandria, MN. 56308. We provide a snack while addressing the functioning of the Drop-In-Center. Come join us! We need and appreciate your input! (Wednesday, March 13th)

Douglas County Local Advisory Council (LAC) is held on the 3rd Thursday of each month from 2:30 pm – 3:30 pm. @ Douglas County Social Services 809 Elm Street, Alexandria, MN. 56308 (March 21st)

“Region 4 South Adult Mental Health hosts an advisory committee meeting where stakeholders made up of providers, consumers and family members gather to discuss and work on improving the local mental health service needs. The purpose of the CONVERSATIONS initiative is to implement systemic change in the delivery of community-based mental health services for adults who have a serious and persistent mental illness. Region 4 South AMHC welcomes individuals to our CONVERSATIONS meetings; for more information please call Kesha Anderson at 320-335-5100.”

The next scheduled **Region IV South Conversations** meeting is Tuesday, April 9th, 2019, from 9:30 am – 11:30 am. Conversations is held at the Hoffman Community Center, 127 Main Ave., Hoffman, MN. 56339



Rezeatas de Carmen

SUMMER IS A COMING!!!

JOIN VIKINGLAND CSP STAFF IN MARCH FOR...

“CLEAN UP YOUR HEALTH CHALLENGE”

“HEALTHY SPRING CLEANING”

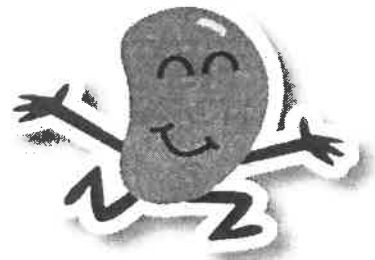
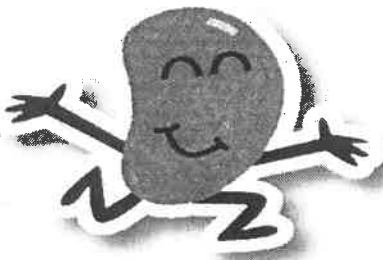
“CUT OUT THE JUNK”

“EAT FOOD TO HELP YOUR MOOD”

LET'S GET HEALTHY TOGETHER

CHECK WITH THE CENTER BULLETIN BOARD FOR MORE INFORMATION

CHECK WITH YOUR ARMHS WORKER FOR MORE INFORMATION



D L G V D N D K M T K J F C P G R G T
 K N W L Z R B T K J B P R H K T K C Q
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MEAN GREEN

By Bill

CASHEW	IBOGA
DAPHNE	JUNIPER
ERGOT	NIGHTSHADE
FOXGLOVE	POISON IVY
FOXTAIL	RAGWEED
HABANERO	RHUBARB
HEMLOCK	TULIP
HENBANE	WOLFSBANE
	YEW