

THE GRAPEVINE NEWSLETTER

July 2020

**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
Sandy Bogenrief -- ext. 204	Carmen Hudson -- ext. 205
Becky Schmitz -- ext. 206	Karen Maher -- ext. 207
Christine Bradley -- ext. 208	Morgan Drussell -- ext. 210
Chris Fritz -- ext. 212	Ken Vick -- ext. 214
Jenny Steidl -- ext. 215	Trista Berglund -- ext 213

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 1:00 pm-5:00 pm

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

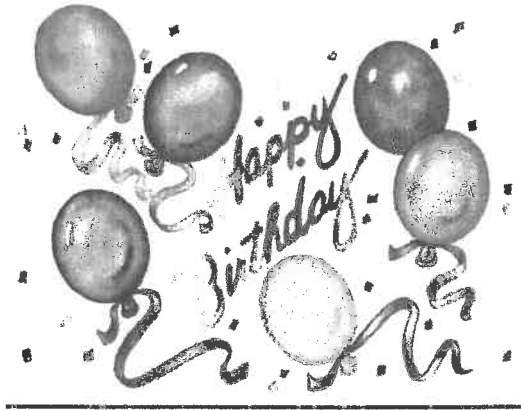
Saturday & Sunday 12:00 pm - 4:00 pm

Vikingland CSP/ Douglas County Socialization Activity

***WATCH FACEBOOK FOR ACTIVITY UPDATES. ***



Helping others help themselves.



Birthday's for July

7-06 Renee' G. 7-06 Bobbie S. 7-06 Tim S. 7-07 Sonja T. 7-12 Caitrin M.
7-14 Beth H. 7-15 Lisa R. 7-16 Shaakira W. 7-18 Brian R.
7-20 Nancy G. 7-26 Mary F. 7-26 Nicole M. 7-26 Sandy T.
7-27 Luann G.



Directors Report-

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Happy 4th of July! Hard to believe it's already July! This year has been a whirlwind full of change and scary times; but here we are in the heart of summer and I hope that you are all able to get out and enjoy the great outdoors. This is the time to start walking more daily, drinking lots of water, start new hobbies, reach out to an old friend, or work on organizing your home. Please continue to reach out to your ARMHS worker or the Crisis Team if you are in need of support. We are thankful that the center is open and are enjoying seeing all of you again. Stay cool!!!

~ Becky Schmitz, Executive Director

Monday group CANCELLED UNTIL FURTHER NOTICE
Men's group: CANCELLED UNTIL FURTHER NOTICE

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

The Hen's Nest

"Growing in goals"

By reading 15 minutes daily on any subject, you will become an expert in 5 years.

We are able to go anywhere and at any time in human history by reading a book.

Enjoy reading in the brightest area in your home. The brighter the light the less stress on your eyes.

Read on!

~ Your friend, Gale Peterson



John's Recovery Quotes of the month:

"Rock bottom became the solid foundation on which I built my life" ~ J.K. Rowling

"Understanding is the first step to acceptance; and only with acceptance can there be recovery". ~ J.K. Rowling

"We stumble upon our strength by making it through the struggle" ~ RealLifeRecoveryDelray.com

June Pool tournament: 1. Joe M. 2. Bill T. 3. Jenny K. **4 Players**

June Wii Bowling tournament: 1. Jason Ro. 375 2. Bill T. 355 3. Sheila W. 349 **4 players**

There are cash prizes for the Friday tournaments & Bingo!

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.**

CANCELLED UNTIL FURTHER NOTICE

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

MORTAL KOMBAT

By Bill

BARAKA	NOOB SAIBOT
CYRAX	QUAN CHI
ERMAC	RAIDEN
FUJIN	RAIN
GORO	REIKO
JADE	REPTILE
JAX	SCORPION
JOHNNY CAGE	SEKTOR
KABAL	SHANG TSUNG
KANO	SHAO KAHN
KINTARO	SHEEVA
KITANA	SHINNOK
KUNG LAO	SINDEL
LIU KANG	SMOKE
MILEENA	SONYA
MOTARO	STRYKER
NIGHTWOLF	SUB ZERO
	TANYA

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