

THE GRAPEVINE NEWSLETTER

January 2021

**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

Check notice at Drop-In-Center after January 2nd and/or talk to your ARMHS worker.

January 6th: Center Advisory Council Meets at 2:00 pm -- We are discussing upcoming activities. Join us and give us your input!

January 2:00 PM – 3:00 PM

Please sign up (Drop-In-Center or speak with your ARMHS/CSP worker) early as there is limited seating. Hope to see you there!!!

**1106 Broadway St.
Alexandria, MN. 56308**

Helping others help themselves.





Birthdays for January

1-08 Chad T. 1-11 Jon M. 1-12 JulieAnn R. 1-13 Jeremiah J.
1-14 Kelly K. 1-15 Julie T. 1-18 James O.
1-19 Wayne K. 1-27 Scott A. 1-29 Ty B. 1-29 Abigail D.



Directors Report-

2021- HAPPY NEW YEARS!!!! It's incredible that we have gotten to this point, CONGRATULATIONS to all of you and your hard work. Keep working on your mental health, improving your physical health, and reaching out to your supports when you are in need. I encourage all of you to pick a goal to start working on for this year. Write it down, choose steps you need to take and how you will get there; what kind of supports and resources do you need. Please continue to visit the Drop-in-Center, reach out to your peers, and check in with them, take care of yourself and find things that bring you joy. I look forward to a new year and new challenges.

~ Becky Schmitz, Executive Director

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

The Hen's Nest

~ In honor of my twin Dale~

FYI about twins ~

We are fraternal twins, being different sexes.

My Scottish pen pal is also a fraternal twin – they don't look alike but they are the same sex.

Identical twins are both female or male.

Its fun being twins, even being so close that we finish each other's sentences.

We had our own twin language.

Twins often have their own "Land". Ours was "Toyland". Others have "Musicland" "Bookland" etc.

~ Your friend, Gale Peterson ~



John's Recovery Quotes of the month:

"Sometimes in the wave of change we find our true direction". ~Unknown

"There are far better things ahead than any we leave behind".

H.O.P.E.: Hold On, Pain Ends.

Pool tournament: 1st: Ty B. 2nd: Jason Ra. 3rd: Don S.

WII Bowling tournament: None

Bingo: None

There are cash prizes for the Friday tournaments!

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

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

WICKED PLANTS

ACKEE	KUZZU
ACONITE	LILY
BELLADONNA	MANDRAKE
CASHEW	NANDINA
DAPHNE	OLEANDER
ERGOT	POISON IVY
FOXGLOVE	RATTAN
FOXTAIL	STRYCHNINE
GORSE	TULIP
HENBANE	UPAS TREE
IBOGA	VENUS FLYTRAP
JIMSON WEED	WITCH HAZEL
KOMBE	YEW