

THE GRAPEVINE NEWSLETTER

March 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

March 3rd: Center Advisory Council Meets at 2:00 pm -- We are discussing upcoming activities. Join us and give us your input!

Wednesday March 17th: We are having a St. Patrick's Day "Happy Hour" from 1:00 PM – 3:00 PM. This will include socialization with games and an assortment of green foods and non-alcoholic drinks.

We will be having **Guided Painting** with 8 to a class. Please sign-up ASAP.
March 9th: 1 pm – 3 pm **March 11th:** 1 pm – 3 pm **March 23rd:** 1 pm-3 pm

Thursday March 18th @ 2:30 pm: Local Advisory Council. Come to the center and join your peers on Zoom.

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Helping others help themselves.



Birthday's for March

3-05 Kelsey H. 3-05 Milissa Z. 3-09 Jane N. 3-11 Georgette C.
3-12 Kirsten N. 3-17 Brenda V. 3-18 Marlys W. 3-19 Jenny K.
3-22 Deborah C. 3-25 Karen A. 3-25 Heather S. 3-28 Pat T.
3-29 Marlys D.



Directors Report-

March! How exciting to keep working our way through winter, you have all been doing such a great job. Please continue to work on your toolbox of coping skills. Make sure each day you are setting goals for yourself or making a task list to complete so that you can keep improving your mental health and work towards enjoyable activities. Every Monday, Tuesday, and Wednesday at 9:00am I do "Facebook Live" videos discussing coping skills and tools you can use to help yourself feel your best. Just head on over to the *Vikingland Facebook* page and you will find me there. This is a great way to learn some new things and fill up your toolbox. I encourage all of you to keep using the center and keep reaching out to your peers. It's so important to stay connected. Make it a great month!

~ Becky Schmitz, Executive Director

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

The Hen's Nest

~ Smile Science ~

- According to one study, people may be able to “hear” your smile over the phone and it makes them smile back.
 - National Compliment day fell on January 24th.
 - SAGE by Lindsay Liben.
 - Specific: Focus on the facts.
 - Authentic: Deliver the praise from your head.
 - Gratitude: Express your appreciation.
 - Empower: Celebrate confidence–boosting behaviors.
- Nearly 1/2 of an individual’s happiness levels may be genetic.

~ Your friend, Gale Peterson ~



John's Recovery Quotes of the month:

“Some of the best days of your life haven't happened yet”. ~ Ann Frank

“I can't change the direction of the wind, but I can adjust my sails to always reach my destination”. ~ Jimmy Dean

“We are all weak. We are all wounded. We are all healers.” ~ Julie Leibrich

“Things to remember”

Setbacks don't equal failure.

You are allowed to set boundaries.

You are more than an illness.

It is OK to rest.

Not everything you think is true.

Pool tournament: 1st: Ty B. 2nd: Sheila W. 3rd: Bill T. ~ 3 players ~

Feb. Wii Bowling tournament: 1. Bill T. **364** 2. Sheila W. **357** 3. Maude S. **333** ~ 4 players ~

Bingo is back!!! 3rd Sunday of each month. Next Bingo: March 21st @ 1:00 pm

There are cash prizes for the Friday tournaments!

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

Peer Recovery Support Meeting

“We are considering restarting the Peer Support Group on Monday nights beginning in September. We would like to have you join us. For more information or to sign up please contact John Kiehn @ 320-766-4500.”

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.**

O O P O L M H V P T S N R B B T Q S C
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HERB GARDEN

ANGELICA	MARJORAM
BASIL	MINT
BAY	OREGANO
BORAGE	PARSLEY
CHERVIL	ROSEMARY
CHIVES	SAGE
CILANTRO	SAVORY
CORIANDER	SORREL
DILL	TANSY
FENNEL	TARRAGON
LEMONGRASS	THYME