

THE GRAPEVINE NEWSLETTER

May 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	Chris Fritz – ext. 212
Jenny Steidl – ext. 215	Trista Berglund – ext. 213
Kelsey Bender – ext. 214	

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

May 5th: Center Advisory Council will be **volunteers only** this month, held at Casa Jalisco, (Mexican restaurant on Broadway), at 1:00 pm. If you have questions, contact John or Kat at the drop-in-center.

Vikingland CSP/ Douglas County Socialization Activity

Friday May 21st: We are having our annual "Mental Health Walk"!!! Come join us as we help "Stomp out Stigma"! Meet at the Douglas County Drop-In-Center by 11:00 am. We will walk to the City office and then return to Vikingland CSP where there will be Information Booths, and a light lunch will be served afterwards. Hope to see you there!

Thursday May 20th @ 2:30 pm: Local Advisory Council. Contact Anna Olson @ Douglas County Social Services for the email to join your peers on Zoom for the monthly meeting.

Helping others help themselves.



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



Birthdays for May!

5-01 Bobby F. 5-03 Lonny R. 5-14 Rebecca G. 5-14 Pat H.
5-17 Larry M. 5-22 Mike B. 5-24 David H.
5-24 Tamara H. 5-24 Amy K. 5-27 Bill T. 5-28 Victoria J.
5-30 Shannon S.



Director's Report ~

Its officially Mental Health Month! This is our favorite time of year where we get to educate everyone around us about mental health and make our voices heard. I am so proud of all of you and your hard work. Our annual Mental Health Walk is May 21st from 11 am-1 pm. We hope that you will join us. Spread the word and let's show everyone that we are ready to stomp out stigma! I encourage all of you to bring someone new with you and show them what the center is all about. It's our job to make sure our peers know all about where they can get support if they don't already know. Make sure you are going for walks, eating your 3 meals a day, drinking plenty of water, and focusing on your "Control Wheel"; what we can and cannot control. We look forward to seeing you all at the walk and at the center!

~ Becky Schmitz, Executive Director

~NEW~NEW~NEW~

PEER LED CHAIR EXERCISES:

Low impact exercises. Come have fun and learn some healthy exercises – Every Thursday starting May 13th from 2:00 pm – 3:00 pm

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

The Hen's Nest

~ I'm A...

- Wooden spoon
 - Lead paint
 - No car seat
 - No bike helmet
 - Garden hose drinking
- ~ SURVIVOR ~

~ Your friend, Gale Peterson ~



John's Recovery Quotes of the month:

"SEE ATTACHED"

Pool tournament: 1st: Jason Ra. 2nd: Bobbie S. 3rd: Mercedes ~ 6 players ~

WII Bowling tournament: 1. Maude S. (354) 2. Sheila W. (337) 3. Ty B. (310) ~ 5 players ~

Bingo March 21st: 1. Suzette 2. Brandon 3. Brandon 4. Suzette 5. Bill T. 6. Bill T. 7. Ty/Sheila 8. Sheila 9. Ty B. 10. Kari

Blackout: Suzette ~ 8 players ~

Bingo is held every 3rd Sunday of each month at 1:00 pm. Next BINGO: Sunday May 16th @ 1:00 pm

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

13 Things Everyone Should Know About Mental Health Recovery

Kelly Douglas

May 14, 2020

May is Mental Health Awareness Month, which is dedicated to working to end mental health stigma. In honor of Mental Health Awareness Month, I asked a variety of people recovering from mental health conditions what they wish people knew about recovery. Here are 13 important things everyone should know about mental health recovery.

1. Recovery doesn't just happen.

"Recovery isn't something you [just experience]... it's a choice you make every day." —Justine

2. There's no particular timeframe for recovery.

"There is no universal timeframe [during which] you're expected to recover... Also, recognize that there may be times [when] you will relapse or be triggered... and that's normal and OK, so don't be too hard on yourself if that happens." — Christina

"There is no timeline [for recovery], and you can't 'get over' [your mental illness] in one night. [Recovery is] a process that depends on each [person's symptoms]." — Emma

3. Don't judge people in recovery.

"Recovery isn't a straight line, and oftentimes, people are doing the best they can. [People in recovery] never benefit from judgment and negativity. Most people who live with mental illnesses are already harsh on themselves... so just try to love and support them." — Megan

4. Recovery can bring up trauma responses — and those responses are valid.

"[In recovery], trauma responses are always valid, even if your brain can't consciously identify the 'why.'" — Haley

5. Recovery can mean unlearning harmful behavior.

"Sometimes recovery means unlearning the abusive behaviors you learned as coping mechanisms when you needed them the most. [People in recovery] won't be perfect 100 percent of the time, but we are trying." — Megan

"Recovering [from mental illness] is about learning to dialogue with the parts of [yourself] that feel protected by disordered behavior and thinking." — Tali

6. If you know someone in recovery, learn their triggers.

"At times, [those of us in recovery] can be triggered out of nowhere, but if people around us take the time to talk to us about [our triggers], they can better understand [why we're triggered so they can] help us through the next time." — Kenzie

7. Sometimes recovery means learning to manage your symptoms.

"Sometimes there is no recovery, just learning to cope and understand your triggers more. Surround yourself with people who are patient in your growth and know that [recovery isn't] always sunshine and rainbows." — Lex

8. Rushing recovery could lead to relapse.

“Recovery doesn’t go by very quickly, and it shouldn’t. Rush[ing] someone through their own path [to] recovery is going to make them more likely to relapse.” — Kayla

9. Leaving triggering environments can help you move forward in recovery.

“I’ve found that therapy and support groups have proven so beneficial [in my recovery], but I’ve also made strides by moving out of my sketchy apartment [and] crime-infested hometown and marrying a man who loves and respects me with his whole being.” —Anonymous

10. Seeking mental health treatment is one of the bravest things you can do in recovery.

“Going to [mental health treatment] is a really brave [step in recovery]. Although going to [mental health] treatment is hard, coming home is harder because you’re left to try to implement the [recovery] skills you learned on your own.” — Rebecca

11. Asking for what you need in recovery is not shameful.

“Asking for what [you] need [in recovery], even if it’s just a phone call or time with friends... is nothing to be scared about.” — Larissa

“It’s not shameful to ask for help [in your recovery]; it’s actually one of the bravest acts of kindness [you can show] yourself.” — Adele

12. Recovery is a journey.

“[Recovery] doesn’t happen overnight. It’s a long journey and [there are] going to be ups and downs, lapses and relapses, but [relapses] don’t mean that [you] aren’t working at recovery.” — Neve

“Recovery is a journey full of highs, lows, victories, setbacks, self-reflection and self-love. No matter your mental illness, recovery takes time, effort and dedication, but as you recover, you’ll discover your strength and grow into a more self-assured, resilient version of yourself.” — Kelly

13. Recovery can be difficult — but it’s worth your time.

“Recovery is harder than being in the thick of your [illness]. It takes a lot of work that is sometimes really painful. Avoiding recovery is really easy, and [when you avoid], you get comfortable being in misery and darkness. But avoiding recovery is never fruitful in the long run. The hard work recovery and [recovery] maintenance takes is always worth [your time]. [Recovery can be] hard, but it is so, so worth it.” — Madelyn

“Recovery [can be] hard... and painful. Recovery [can include] relapses... Recovery takes time.” — Anonymous

“At first, letting go of the darkness [of] your mental illness can be scary... Feeling new emotions... and getting better is uncomfortable when you’re used to feeling miserable all the time. But as hard as [recovery] is, face your fears because [being stable and functional] again is worth it.” — Melissa

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SPICE OF LIFE

AJOWAN	GINGER
ALLSPICE	MACE
ANISE	MUSTARD
CARAWAY	NUTMEG
CARDAMOM	PAPRIKA
CASSIA	SAFFRON
CELERY SEED	SALT
CHILI	SASSAFRAS
CINNAMON	SUMAC
CLOVES	TAMARIND
CUMIN	TURMERIC
	VANILLA