

THE GRAPEVINE NEWSLETTER

September 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
Sandy Bogenrief – ext. 204
Becky Schmitz – ext. 206
Chris Fritz – ext. 212
Trista Berglund – ext. 213

Sarah Peterson – ext. 203
Carmen Hudson – ext. 205
Karen Maher – ext. 207
Jenny Steidl – ext. 215
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

Wednesday September 1st: Center Advisory Council will be at 2:00 pm.

Vikingland CSP/ Douglas County Socialization Activity

Friday September 3rd: 1:00 pm. Brunch at Traveler's Inn at 10:00 am.
Choice of 3 entrées. Come join us for good food and conversation!
Sign-up sheet at the Center.

September 6th ~ Labor Day: Drop-In-Center is open from 1 pm – 5 pm.
Come enjoy treats, games, and socialization! (Vikingland CSP offices are closed)

Wednesday September 15th: Kat's Kraft's @ 2:00

3rd Monday of every month – (Sept. 20th) @ 3:00 pm: "Yahtzee or Board Games" Come challenge your peers and socialize with us!

Sunday September 19th: 1:00 pm *BINGO FOR CASH PRIZES!*

Thursday September 16th @ 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.

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



Helping others help themselves.



Birthday's for September

9-02 Dionne J.

9-19 Deanna R.

9-05 Jennifer Z.

9-26 Melissa S.

9-15 Brian K.

9-21 Rose B.

9-26 Sharon S.

9-15 Cherie S.

9-22 Kari M.



Director's Report ~

Tis the season- Bring out the pumpkin smells and cooler temps! As we work our way into the fall months stay in tune with the calendar of events, so that you can make sure to get signed up for fun with your peers. My challenge to all of you this fall will be to monitor your SAD symptoms. Every one of us starts to experience a change in mood during these months when the day light is less and the temps get cooler. Make sure you are reaching out to your friends or family for support. Get active, drink lots of water and monitor your meals. The more we get proactive, hopefully this will reduce severe symptoms and allow us to enjoy these months rather than dread them. I hope to see you all at the center and around town, enjoying our community.

~ Becky Schmitz, Executive Director

~NEW~NEW~NEW~

PEER LED CHAIR EXERCISES:

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

“IN A WORLD WHERE YOU CAN BE ANYTHING...BE KIND”

The Hen's Nest

Studies Show...Part 2

- Clean your shower head by filling a Ziplock bag with white vinegar. Use rubber bands to secure it overnight.
 - A handful of ice down your garbage disposal will polish inside and get rid of nasty smells.
- De-clog your drain by adding 1/2 cup of baking soda to a bowl of warm water. After 5 minutes pour in 1 cup of vinegar. It will fizz. 10 minutes later, run hot water for 30 seconds.

~ Your friend, Gale Peterson ~



John's Recovery Quotes of the month:

"Even the darkest night will end, and the sun will rise". ~ Victor Hugo

"Start where you are. Use what you have. Do what you can". ~ Arthur Ashe

"Only I can change my life. No one can do it for me". ~ Carol Burnett

August Pool tournament: 1st: Don S. 2nd: Jennifer 3. Jason Ra. ~ 3 Players ~

August Bowling tournament: 1. Jason Ra. 2. Bill T. 3. Don S.

Sunday Bingo: 1. Bill T. 2. Bill T. 3. Kirsten W. 4. Kirsten W. 5. Suzette S. 6. Suzette S. **Blackout:** Suzette S.
~ 3 players ~

Bingo is held every 3rd Sunday of each month at 1:00 pm.

Next BINGO: Sunday September 19th @ 1:00 pm

There are cash prizes for the Friday tournaments & BINGO!

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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

THIRTEEN

By Bill

APPLES	INVENT
DAZZLE	NEW
EGGNOG	RED
EXCITE	ROSE
FREEZE	THIRTEEN
HEART	TREE
INDOORS	YEAR

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