

THE GRAPEVINE NEWSLETTER

October 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 October 6th: Center Advisory Council will be at 2:00 pm.

Vikingland CSP/ Douglas County Socialization Activity

HALLOWEEN PARTY: Due to COVID restrictions, the Halloween party will be held at 3 separate times. Sign up at the drop-in-center or with your ARMHS/CSP worker after the 3rd of October. There will be Snacks, beverages, etc. along with Costume Contest. Day & time to be determined.

*****You may only sign up for 1 party*****

October 31st: Halloween Parade ~ Begins at the Fairground and goes down Agnes Street to Fillmore and 5th and end at Fillmore and 9th.

Wednesday October 20th: Kat's Kraft's @ 2:00

3rd Monday of every month – (Oct. 18th) @ 3:00 pm: "Yahtzee or Board Games" Come challenge your peers and socialize with us!

Sunday October 17th: 1:00 pm **BINGO FOR CASH PRIZES!**

Thursday October 21st @ 2:30 pm: Local Advisory Council. Meet at the Douglas County Library.

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

Helping others help themselves.





Birthday's for October

10-04 Adam L.

10-6 Nancy W.

10-15 Francine B.

10-22 Brittany S.

10-22 Cornell W.

10-23 Heather H.



Director's Report ~

Fall is in the air, cooler temps, and pumpkin smells. Tis the season for many folks to start experiencing increased symptoms of depression and anxiety. I encourage all of you to ramp up your coping skills, fill up your mental health toolbox, make sure you are equipping yourself with the correct tools you need to manage your mental health. It's important to get out for a walk, get proper sleep, manage your diet and socialize with peers. Please join us on October 31st for a Halloween parade starting at 2:00pm. It's fun to see all the cute costumes and enjoy a sweet treat. It's always great to see folks at the center, make sure you are reading your newsletters for all the latest activities going on.

~ Becky Schmitz, Executive Director

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

The Hen's Nest

- If you get poison ivy, use either Joy, Palmolive, or Dawn dish soap to cleanse the infected area to take away the irritation.
 - By mixing the letters of 'Depression' you get the statement: 'I pressed on'
 - Our brains have 86 billion interconnective neurons.
 - Start chasing your *Purpose & Meaning, Passionately*

~ Your friend, Gale Peterson ~



John's Recovery Quotes of the month:

<i>"There is hope, even when your brain tells you there isn't".</i>	<i>Unknown</i>
<i>"Make being kind to yourself a daily activity".</i>	<i>Beautiful Brain</i>
<i>"Appreciate those that make you smile".</i>	<i>Beautiful Brain</i>

September Pool tournament: 1st: Christi J. 2nd: Jason Ra. 3. Sheila W. ~ 4 Players ~

September Bowling tournament: Center was closed

Sunday Bingo: No players

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

Next BINGO: Sunday October 17th @ 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

FALL FUN

By Bill

AUTUMN	ORANGE
BROWN	PUMPKIN
COOL	SCHOOL
FISHING	SERIES
FOOTBALL	SPICE
LABOR DAY	WORLD
LEAVES	YELLOW

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