

THE GRAPEVINE NEWSLETTER

May 2022

**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

Vikingland CSP/ Douglas County Socialization Activity

Tuesday May 3rd from 1:00-3:00 City Park- Backyard games with Brody, followed by a light snack. Meet at the main shelter area by the playground.

There will be no transportation for this activity

Wednesday May 4th: Center Advisory Council at 2:00 pm.

Wednesday May 18th: Kat's Kraft's at the Center from 2-4 pm. Come join us!

3rd Monday of every month – (May 16th) @ 3:00 pm: “Yahtzee or Board Games”
Come challenge your peers and socialize with us!

Sunday May 15th: 1:00 pm BINGO FOR CASH PRIZES!

Local Advisory Council. No meeting in May “Mental Health Walk” May 20th

Friday May 20th: ANNUAL MENTAL HEALTH WALK 11:30 am:
Join us for our walk to City Hall to “Stomp Out Stigma” and then back to Vikingland CSP for lunch and a treat from the ice cream truck! Hope to see you there!!!

Wear your Mental Health T-Shirt to show your support!

Helping others help themselves.





Birthdays for May

5-01 Bobby F. 5-14 Rebecca G. 5-14 Pat H. 5-17 Larry M. 5-22 Mike B.
5-24 David H. 5-24 Tamara H. 5-26 Don R. 5-27 Bill T.
5-30 Ali R. 5-30 Shannon S.



Director's Report ~

MAY MAY MAY!!! Our favorite month of the year because it means we get to host the Mental Health Walk! We get so excited to share this moment with all of you as we educate our community about mental health and the importance of stomping out stigma. Please join us Friday May 20th here at Vikingland Community Support Program. We will be walking around 11:30 that day and then coming back to enjoy some lunch and a sweet treat from the ice cream truck. This event brings us all together and we cannot wait. Also, please don't forget to check out the newsletter and write down all the activities happening, there is so much going on this time of year, and you won't want to miss out!

~ Becky Schmitz, Executive Director

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

The Hen's Nest

Those of us who struggle with mental health on a daily basis, I found some important information:

The Suicide Prevention Lifeline is: **1-800-273-8255**

Two people looked through prison bars. One saw mud, one saw stars.

We can turn our Scars into Stars & our Wounds into Wisdom.

Remember to ask for help by using this number, even if not suicidal. It covers both MN & ND.

~ Your friend, Gale Peterson ~



John's Recovery Quotes of the month:

"Be patient and tough; Someday this pain will be useful to you".

"I am still me, No matter my Mental Health"

"If there is no struggle, there is no progress"

Pool tournament: 1st: Tim S. 2nd: Jen T.. 3rd: Christi J. ****Held the 1st Friday of the month 6 pm****

Bowling tournament: 1. Bill T. 2. Brittany 3. Suzette S. ****Held the 2nd Friday of every month 6 pm****

Sunday Bingo: 1. Justina 2. Bill/Angelleo 3. Justina 4. Angeleo 5. Bill/Suzette 6. Kollinda 7. Kollinda 8. Suzette 9. Amy K. 10. Amy K./Dawn W. B/O Suzette S./Dawn W. ~ 6 players~ ****3rd Sunday of each month at 1:00 pm****

**** NEW ** Name that Tune:** 1st. Dani 2nd. June ****Name That Tune will be held every 3rd Friday every month! 6 pm****

NOTE: Watch for upcoming NEW Tournaments and NEW Contests!!!

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

MENTAL WEALTH

By Bill

ASSERTIVE	GRATITUDE
BATHING	HUMOR
BOUNDARIES	MUSIC
BREATHING	NATURE
CHOCOLATE	PAINTING
CLEANING	PHOTOGRAPHY
DANCING	POSITIVE
DRAWING	PRIORITIZE
EXERCISE	READING
FAMILY	REWARD
FLEXIBLE	SINGING
FRIENDS	SLEEP
GAMING	VACATION
GARDENING	WATCH TV
GOALS	WRITING

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