

THE GRAPEVINE NEWSLETTER

September 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 Activities

Douglas County Socialization Activity:

Trip to Country Blossom Apple Orchard – “Watch Facebook or check the Board at the Drop-In-Center for more information”. John

Vikingland CSP Activity

Wednesday, September 21st: Kat's Kraft's at the Center from 2-4 pm.

Sunday September 11th: 1:00 pm BINGO FOR CASH PRIZES!

Wednesday September 7th: Center Advisory Council at 2:00 pm.

Local Advisory Council. Thursday September 15th @ 2:30 pm in Conference Room 2 @ Social Services building. Contact Anna Olson for questions @ 320-762-3823.

3rd Monday of every month – (September 19th) @ 3:00 pm: “Yahtzee or Board Games”

Friday night BINGO: September 23rd @ 6:30 pm



Helping others help themselves.



Birthday's for September

9-02 Dionne J. 9-05 Jennifer Z. 9-10 Victoria V. 9-14 Kayla S.
9-19 Deanna R. 9-21 Rose B. 9-26 Dustin B.
9-26 Melissa S. 9-26 Sharon S.



Director's Report ~

Pumpkin spice and everything nice! Fall is upon us, and we look forward to viewing all the beautiful colors that fall has to offer. We encourage you to get outside and enjoy this weather as much as you can. Take a minute to get down to the drop-in center and participate in some activities, there is always lots of fun things going on. Check out Facebook every Monday, Tuesday, and Wednesday morning at 9:00 am, you will find me on there talking about coping skills and tips to help us stay well and manage our mental health. Walk, eat right, drink lots of water and spend time with friends/family, these are just a few ways we can stay well as we enter the seasonal affective months. Reach out to your ARMHS worker, case manager or therapist if you need further support.

~ Becky Schmitz, Executive Director

WATCH FOR UPCOMING EVENTS

OCTOBER: Halloween Parade & Halloween party

DECEMBER: Holiday Dinner

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

The Hen's Nest

"Sleep Sounder"

The University of Minnesota scientists believe reading a chapter of a book, (or at least six minutes), before you lay down, 68% of sleep issues will end.

~ Your friend, Gale Peterson ~



John's Recovery Quotes of the month:

"Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary". ~ Fred Rodgers

"I am bent, but not broken. I am scarred, but not disfigured. I am sad, but not hopeless. I am tired, but not powerless. I am angry, but not bitter. I am depressed, but not giving up". ~ Anonymous

"Change what you can, manage what you can't" ~ Raymond McCauley

Pool tournament: No tournament

****Held the 1st Friday of the month 6 pm****

Bowling tournament: No August tournament

****Held the 2nd Friday of every month 6 pm****

Sunday Bingo 8-14-22: 1. Patti K. 2. Shannon S. 3. Shannon S. 4. Bill T. 5. Bill T. 6. Patti K.
Blackout: Bill T.

****2nd Sunday of each month at 1:00 pm****

Friday BINGO 7-22-22: 1. Bill T. 2. Suzette 3. Melissa W. 4. Suzette 5. Bill T. 6. Melissa W.
7. Amy K. 8. Amy K. **Blackout:** Bill T.

****Last Friday of the month @ 6:30 pm****

Name that Tune: No Contest

****3rd Friday of the month @ 6 pm****

1106 Broadway Street

Alexandria, MN. 56308

FALL FUN

By Bill

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

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