

THE GRAPEVINE NEWSLETTER

May 2023



Helping others help themselves.

Vikingland Community Support Program Douglas County Socialization/Drop -In Center

1106 Broadway

Alexandria, MN 56308

320-763-6261

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

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

Website: www.vikinglandcsp.azurewebsites.net

Facebook: Like us at- Vikingland Community Support Program

Vikingland Community Support Program has email addresses for all staff members. Each staff's email is their name: example- beckyschmitz@vikinglandcsp.com

Wednesday May 3rd: Center Advisory Council will be at 2:00 pm.

Vikingland CSP/ Douglas County Socialization Activity

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Friday, May 19th, 11:30 am – 1:30 pm: MENTAL HEALTH WALK

Wednesday May 17th: Kat's Kraft's 2pm at the Center. Come join us!

3rd Monday of every month (15th) @ 3:00 pm: "Yahtzee or Board Games" Come challenge your peers and socialize with us!

BINGO FOR CASH PRIZES: Sunday May 14th: 1:00 pm AND Friday, 26th @ 6:30 pm

Thursday May 18th @ 2:30 pm: Local Advisory Council. Meet at Douglas County Social Services.

WALKING GROUP WITH KAREN: Keep that walking goal going! Meet at the Viking Plaza Mall (by Joann's Fabric) every Wednesday at 1 pm and walk with your peers.

*****NEW PEER RECOVERY GROUP*****

Brown bag Peer Recovery Group

Monday May 15th: 11:00 am to 1:00 pm

Come join us to eat lunch (Bring your own brown bag lunch), talk about recovery issues, and discuss future recovery topics.

THIS WILL BE A MONTHLY PEER OPERATED GROUP



5-01 Bobby F. 5-14 Pat H. 5-14 David H. 5-17 Larry M. 5-22 Mike B.
5-26 Don R. 5-27 Bill T. 5-29 Zach L. 5-30 Ali R. 5-30 Shannon S.



Director's Report ~

MAY IS MENTAL HEALTH MONTH!!! It felt like this day would never come, that we have sunshine, warm air, and the snow is going away. We are so excited for our Mental Health Walk, and hope that you join us on May 19th, from 11:30-1:30. Bring a friend and join us on our walk, and then enjoy a light lunch. Keep moving, get outside, soak up the vitamin D, and enjoy this weather. We had a tough winter that tested our emotions, our moods, and our motivation. It's time to get back on track and start crushing your goals! Open your windows for some fresh air in your home and let that light in! Don't forget, every Monday, Tuesday, and Wednesday you can tune in to "Facebook live" at 9:00 am with me, to learn new tools; and keep checking your newsletter for all the upcoming activities.

~ Becky Schmitz, Executive Director

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

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John's Recovery Quotes of the month:

*"The true definition of **Mental Illness** is when the majority of your time is spent in the past or future, but rarely living in the realism of **NOW.**"*
~ Shannon L. Andler

*"Being able to be your true self is one of the strongest components of good **mental health**"*
~ Lauren F. Mersy

"Slow, deep breathing is important...it's like an anchor in the midst of an emotional storm; but it will hold you steady until it passes".
~ Russ Harris

The Hen's Nest

"Spring Cleaning"

The link between clutter and depression has been proven.

1. Adopt the rule of 5. Every time you leave a room, put away five things. OR, each hour devote 5 minutes to decluttering.
2. Be ruthless about your kitchen sink. Pledge to clean your sink every single day. A clean sink will instantly raise your spirits and decrease your anxiety.
3. Put mail away. Immediately put any junk mail in the garbage and bills in a specified box until bill paying day.
4. Test whether you will miss it. Fill a box with items you don't love or use and put in a closet. If you haven't missed it in 6 months to a year, donate the box to charity.

- **Tournament standings:**
- **Pool tournament:** No tournament
- **Bowling tournament:** No tournament
- **Name that Tune Drawing:** 1: Kirsten W. 2: Bill T. 3: Jon M.
- **Sunday Bingo:** 1. Bill T. 2. Shannon S. 3. Bill T./Shannon S. 4. Mike D. 5. Mike D. 6. Suzette S. 7. Suzette S. 8. Dawn W. 9. Dawn W. **B/O:** Suzette S./Mike D.
- **Friday Bingo:** 1. Jennifer T. 2. Bill T. 3. Rebecca R. 4. JulieAnn 5. Christi 6. Bill T. 7. JulieAnn 8. Amy K. 9. June 10. Rebecca R. **B/O:** JulieAnn

*****REMEMBER! THERE ARE CASH PRIZES FOR EACH TOURNAMENT*****

MAY IS MENTAL HEALTH MONTH

JOIN US ON FRIDAY, MAY 19TH, FROM 11:30 AM – 1:30 PM, FOR OUR ANNUAL MENTAL HEALTH WALK. WE WILL WALK TO THE CITY HALL AND THEN BACK TO VIKINGLAND CSP FOR A LIGHT LUNCH SERVED BY THE VIKINGLAND STAFF. WE WILL HAVE ICE CREAM AVAILABLE FOR DESSERT!

There will be informational booths during this day

"HELP STOMP OUT STIGMA!"

IF YOU HAVE A T-SHIRT FROM THE PAST YEARS, PLEASE WEAR IT. THERE WILL BE A LIMITED NUMBER OF T-SHIRTS AVAILABLE AT THE WALK.

WE HOPE TO SEE YOU THERE!!!