

# THE GRAPEVINE NEWSLETTER

MAY 2024



*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 Hamilton – 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](http://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](mailto:beckyschmitz@vikinglandcsp.com)

**Wednesday May 1<sup>st</sup>: Drop-In Center Advisory Council at 2:00 pm.**

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## Vikingland CSP / Douglas County Socialization Activity

**MAY SOCIALIZATION ACTIVITY FRIDAY, MAY 17TH:** Annual MENTAL HEALTH WALK. Join us at Vikingland CSP for the Douglas County annual walk to the City office and back to Vikingland CSP for a light lunch, socialization and entertainment. There will also be Vendors displaying their information. Meet @ Vikingland @ 11:30 am.

**"Sit and Paint with Jenny":** Friday, May 10<sup>th</sup>, beginning at 12:00 pm. Join Jenny and your peers with a little paint and conversation with others.

**Tuesday, May 21<sup>st</sup> @ 2:00 pm:** Becky's "Wellness and Worth" Group

**Wednesday, May 22<sup>nd</sup>:** Movie with Carmen @ 1:30 pm. Movie to be determined. Sign-Up sheet at the Drop-In-Center.

**Wednesday May 15<sup>th</sup>:** Kat's Kraft's, 2:00 pm at the Center. Come join us as we do a fun Kraft!

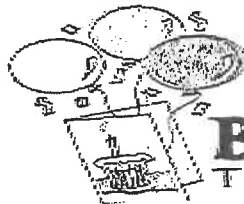
**3<sup>rd</sup> Monday of the month, May 20<sup>th</sup> from 2-4:** BINGO! Cash for prizes! No cost for you!

**BINGO FOR CASH PRIZES:** Sunday May 12<sup>th</sup>: 1:00 pm AND Friday, May 24<sup>th</sup> @ 6:00 pm

**3<sup>rd</sup> Thursday of each @ 2:30 pm:** Local Advisory Council. Meets at Douglas County Social Services. **\*\*NO MEETING IN MAY OR JUNE. Next meeting July 18<sup>th</sup>, 2024.**

**\*NEW\* Penny Drop Game:** Every 3<sup>rd</sup> Thursday @ 6:00 pm (16<sup>th</sup>)

**Name That Tune:** Every 3<sup>rd</sup> Friday @ 6:00 pm (17<sup>th</sup>)



## BIRTHDAYS THIS MONTH

5-01 Bobby F.

5-22 Mike B.

5-04 Wendy L.

5-24 David H.

5-14 Pat H.

5-27 Bill T.    5-30 Ali R.

5-18 Jackson D.

5-30 Shannon S.



### Director's Report ~

May is Mental Health Month! We are so excited to be hosting the mental health walk again this year. I hope that you will all join us on May 17th. It's important that we gather and spread the word that everyone is affected by mental illness, and NO one should have to go through it alone. During this time, please visit the vendors, spend time with your peers, and enjoy another year of working on your mental health and building your toolbox. Please make sure you are grabbing a calendar each month, there are so many things going on and we want you to participate in as much as you can. Also, check out our Facebook page for live videos and any other announcements throughout the month.

~ Becky Schmitz, Executive Director

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## John's Recovery Quotes of the month:

"Your mental health is a priority, Your happiness is an essential, Your self-care is a necessity."

~ HealthyPlace.com

"Mental health and mental balance is critical to leading a healthy life".

~ Mariel Hemingway

### **NAMI Peer Connection Group**

**Monday May 20<sup>th</sup>: 11:00 am to 1:00 pm**

Come join us to eat lunch (Bring your own brown bag lunch), talk about mental health issues, and discuss future recovery topics. All peers are welcome to join us!

**THIS IS A MONTHLY PEER OPERATED GROUP ~ 3<sup>rd</sup> MONDAY OF THE MONTH**

## THE HEN'S NEST

### **BOUNDARIES**

So as not to feel taken for granted, it is vital that we share our boundaries with others.

Using "I" statements will clarify what you are willing to do or not to do.

### **BUDGET**

- Inventory Food
- Make a menu
- Shopping list is vital
- Cook only 4 days a week
- Love leftovers
- Add pasta, rice, etc. to left-overs.

## Tournament Winners

🏆🏆🏆 WINNERS POSTED AT THE DROP-IN-CENTER 🏆🏆🏆

**"IN A WORLD WHERE YOU CAN BE ANYTHING, BE KIND!"**

FLOWER GIRLS

By Bill

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

BLOSSOM  
 DAHLIA  
 DAISY  
 DAPHNE  
 FERN  
 FLORA  
 HEATHER  
 HOLLY  
 IRIS  
 IVY  
 JASMINE  
 LILY  
 OLIVE  
 PEPPER  
 PETUNIA  
 ROSE  
 VIOLET  
 WILLOW