



HOPE HOUSE NEWSLETTER

“Where We Go From Surviving to Thriving”

May/June 2025



Open House for Members

Friday, May 16, 12:30-3 pm.

Pizza Party!

Come help make pizza in the house kitchen!!

After eating, we'll tour the new Drop-in Center!!

Open House for the General Public

Families, Friends, Case Managers, Legislators, Funders, Donors

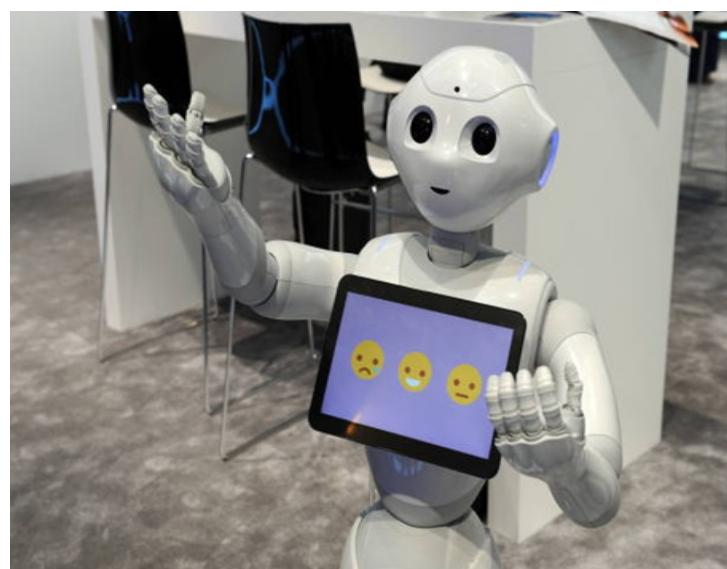
Wednesday, May 21, 11a.m. to 1 p.m.

Meet our new social robot!!

Have some free cake!

Participate in our Fundraiser!

Take a tour!!



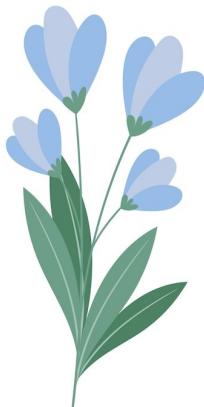
New Drop-in Center

Activities will officially start in the new drop-in center in June! The open houses are an early chance to see what is going on and to share ideas. We have more adventures planned once activities begin. Special thanks to all who helped with cleaning and prep.

REMINDER FOR HOPE HOUSE MEMBERS

**The “Sign up needed” in the events calendar means you need to call in or tell us in person to sign you up for the activity.
Sign up helps us plan enough food and supplies.
Thank you!**

Events that don't have the “sign up needed” are available to you without calling ahead.



Ojibwe Words of the Month

Bineshiinh (Bird)

Waabigwan (Flower)



Meet our Social Robot and Summer Interns!

Hope House and the University of Minnesota Duluth are collaborating on a grant to test run a social robot. You may have heard of robotic pets – some of you may even have a robotic cat or dog. They make great companions – comforting and playful, without the responsibilities! We are testing out a similar idea – a robot who likes to tell jokes, laugh, make conversation with you, and do yoga and exercises. The robot and three UMD interns who are helping the robot will be here throughout the summer to help us test this out. They will be here May 21 at the Public Open House to talk with people who stop by. Special thank you to Arshia Kahn, PhD, Director of Graduate Studies, Department of Computer Science, University of Minnesota—Duluth, and the Region II Adult Mental Health Initiative Community Grant Fund.

Gift Cards – How to Use

Did you get a gift card for Christmas? Maybe your favorite relative gave you one for \$50, but you aren't sure how to use it. Take your gift card to the store named on the front of the card. Pick out what you want to buy that equals or is less than the amount on your gift card. (You can spend more, but you'll need some cash to pay for what the card doesn't cover). Give your gift card to the cashier, who will run the back of your card over the scanner. The lines on the back of the card help the computer know how much money goes with the card. The cashier will give you a receipt and you are done. You have just purchased something with a gift card! If you didn't spend all of the money on the gift card, your receipt will show how much is left to spend for later.

Purchase, use or acceptance of this card constitutes acceptance of the following terms: The card may be used up to its balance only for purchase of goods or services at any Rite Aid location. Not redeemable for online purchases. Not redeemable for money order, lottery ticket or gift card purchases. Not redeemable for cash except as required by law. Not reloadable. Not a credit or debit card. Not refundable or exchangeable. Safeguard the card. It will not be replaced or replaced if lost, stolen or damaged without a fee. CARECO CIV, Inc., is the card issuer and sole obligor. CARECO CIV, Inc., is the sole obligor in issue obligation to an assignee, without recourse if defrauded, the assignee and not CARECO CIV, Inc., will be sole obligor to card owner. This card does not expire and has no fees. For balance and other inquiries visit: www.RITEAID.com or call 1-800-RITEAID.

60006 07966 35113 3932 574



GCP0030807560100400510351073922574

SV364863

Name: _____ Date: _____

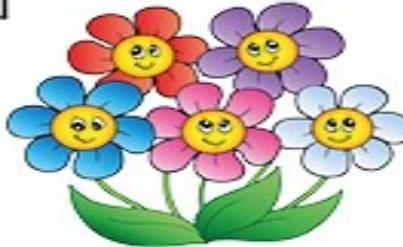
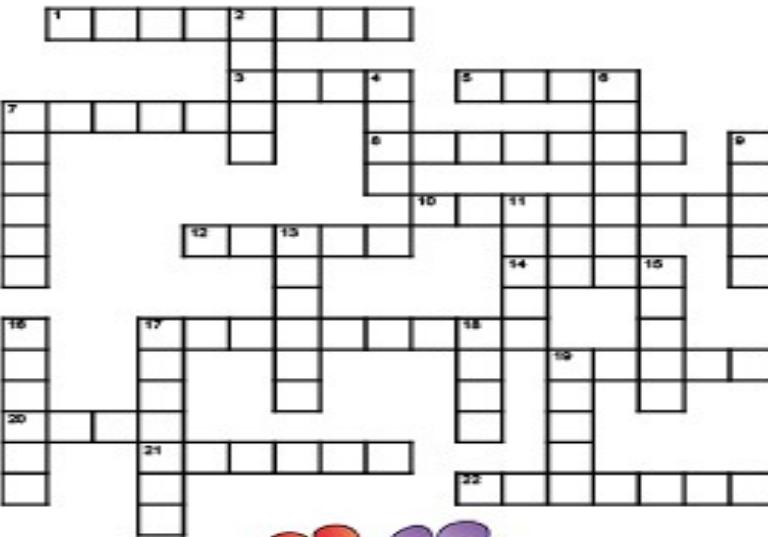
Spring is Here!

Across

1. It warms and brightens everything.
3. Warm up from a freeze.
5. They make honey.
7. Meal in the park.
8. Colorful arc in the sky.
10. It keeps the rain off you.
12. The color of spring grass.
14. Where a bird lives.
17. An adult caterpillar.
19. A baby chicken.
20. What chicks hatch from.
21. It comes after winter.
22. Red insect with black spots.

Down

2. Come out of an egg.
4. Wriggly creature that lives in the ground.
6. Short rainfalls.
7. Small pool of rain.
9. What the lawn is made of.
11. Another name for a rabbit.
13. A spring holiday.
15. Holland is famous for this flower.
16. Just a little wind.
17. Flower on a tree.
18. It is green and on a plant.
19. It might hide the sun.



Word Bank: Bees, Blossom, Breeze, Bunny, Butterfly, Chick, Cloud, Easter, Eggs, Grass, Green, Hatch, Ladybug, Leaf, Nest, Picnic, Puddle, Rainbow, Showers, Spring, Sunshine, Thaw, Tulip, Umbrella, Worm

© 2023 puzzles-to-print.com

Helping Members Get Jobs or Volunteer

Looking for something to do to fill your time? How about employment or volunteering? Jobs are available to fit your skills. Like to drive? How about becoming a volunteer driver? Or maybe you would rather test drive cars or drive a school bus? Talk with your worker who can connect you.

Sometimes people want to work but are worried about losing benefits. Disability 101, a website designed to help you with this topic, can answer many of these questions. Not sure how to use it, or don't want to try it by yourself? Talk with your worker who can help you.

Sometimes people want to work, but don't want the pressure of other people. How about a work from home job? Make fishing lures, Christmas wreaths, moccasins, make crafts and have your friend sell them at a booth. There are many ways to work. Talk with your worker if you want to make some money!

Mental Health Staff Get Paid to Attend the LAC; Why Not You?

The Region II Adult Mental Health Initiative is now offering a stipend for consumers to attend the Local Advisory Council. Go once to see if you like it, then fill out an application, sign in at each meeting and get paid a \$25 Walmart gift card for regular attendance. The Beltrami County Local Advisory Council meets at Hope House on the 2nd Friday of each month from 12:30-1:30 pm in the new drop-in center.

Exercise Opportunities

Hope House has a membership at Ruttger's, which includes the pool, sauna, whirlpool, weight and exercise machines. As a member of Hope House, you can use it for free. Please contact Hope House staff for more information about how to sign in each time.

BSU Fitness Center

Hope House has been using the BSU Fitness Center one Wednesday each month. We will be using the facility again in the fall.

A Drop-in Center On-Line

We recently test ran the use of the Wellness in the Woods Virtual Peer Support Network. If you like to be on the internet, and you like the idea of a drop-in center on the internet, check them out! They are welcoming and open 7 days a week for conversation and activities over Zoom. You can call in or go on Zoom. Call in is 1-646-558-8656. The Zoom ID is 4392751585.

Warm Line

Wellness in the Woods also has a Peer Support Connection MN Warmline, 5 pm to 9 am, 7 days a week. A person may call in twice in an evening for 20 minutes each. 1-844-739-6369. A warm line is a chance to talk with someone who has been through similar situations and is trained to listen and help. It is for times when you might be having a tough day and just need to talk. This is a different than a hot line such as a crisis line, where there is an urgent need. A warm line provides support to get through something difficult, such as feeling lonely, worrying about an appointment, having a bad day. It is a chance to talk and be heard. As of 3/28/25, warmline federal funding was cut. However, this warmline remains open.

Richard from Wellness in the Woods will be doing a presentation here at Hope House on Tuesday May 6th at 1:00 pm. Join us to see what they



COMING UP AT HOPE HOUSE:

March 1st - Celebrate May Day by helping to fill and deliver some baskets to our neighbors.

Members Meeting is Friday, May 9th
at 1:30 after the LAC meeting. Please join us to have a say in Hope House programming.

May 16th is a Pizza Party/Member only Open House. Have fun making pizza to eat and take a tour of the new Drop-in Center.

May 21st will be a Public Open House for family, friends and the community. There will be no activity at Hope House this day.

Monday May 26th Hope House will be **closed** for the Labor Day Holiday.

Friday June 20th will be the member's only picnic. **Sign-up is required.** Join us for food

MAY 2025

Mon	Tue	Wed	Thu	Fri
			1 1-3 PM MAKE AND DELIVER MAY BASKETS AT HOPE HOUSE	2 1-3 PM MAKING PINATAS AT HOPE HOUSE
5 10-12 AM COFFEE CLUB AT HOPE HOUSE	6 1-3 PM WELLNESS IN THE WOODS AT HOPE HOUSE	7 MEET AT 11:30 HOPE HOUSE REIF CENTER & ART CENTER IN GRAND RAPIDS DONE AT 3 PM <small>Sign up needed Rides for 5 people</small>	8 1-2 WINDOW ART 2-3 DOG THERAPY AT HOPE HOUSE	9 12:30-1:30 LAC MEETING 1:30-3 PM MEMBERS MEETING AT HOPE HOUSE
12 10-12 AM COFFEE CLUB AT HOPE HOUSE	13 1-3 PM HEALTHY STEPS AT HOPE HOUSE	14 MEET AT 12:30 HOPE HOUSE WALK FROM PAUL AND BABE TO THE DQ AND BACK DONE AT 3 PM <small>Sign up needed Rides for 5 people</small>	15 1-3 PM DRAWING OPTICAL ILLUSIONS AT HOPE HOUSE	16 1-3 PM PIZZA PARTY MEMBER OPEN HOUSE MAKE PIZZA & TOUR DROP IN HOPE HOUSE
19 10-12 AM COFFEE CLUB AT HOPE HOUSE	20 1-3 PM TALKING CIRCLE AT HOPE HOUSE	21 NO OTHER ACTIVITY AT HOPE HOUSE DUE TO THIS SPECIAL EVENT 11-1 PM PUBLIC OPEN HOUSE	22 1-3 PM LEATHER PROJECT AT HOPE HOUSE	23 1-3 PM MAKING PORCUPINE QUILL EARRINGS AT HOPE HOUSE
26 CLOSED FOR MEMORIAL DAY HOLIDAY	27 1-3 PM JEWELRY MAKING AT HOPE HOUSE	28 MEET AT 2:30 HOPE HOUSE BOWLING DONE AT 5PM <small>Sign up needed Rides for 5 people</small>	29 1-3 PM MAKING PAPER PINWHEELS AT HOPE HOUSE	30 1-3 PM BINGO AT HOPE HOUSE

JUNE 2025

Mon	Tue	Wed	Thu	Fri
2 10-12 AM COFFEE CLUB AT HOPE HOUSE	3 1-3 PM DECORATE STEPPING STONES AT HOPE HOUSE	4 MEET AT 11:30 HOPE HOUSE VISIT GARDEN CENTERS DONE AT 3 PM <i>Sign up needed Rides for 5 people</i>	5 1-3 PM WORK IN THE GARDEN AT HOPE HOUSE	6 1-3 PM BEAUTIFYING BIRD HOUSES AT HOPE HOUSE
9 10-12 AM COFFEE CLUB AT HOPE HOUSE	10 1-3 PM HEALTHY STEPS AT HOPE HOUSE	11 MEET AT 12:30 HOPE HOUSE VISIT LAKE LASALLE DONE AT 3 PM <i>Sign up needed</i>	12 1-2 ADULT COLORING 2-3 DOG THERAPY AT HOPE OUSE	13 12:30-1:30 LAC MEETING AT HOPE HOUSE 1:30-3 OUTDOOR GAMES
16 10-12 AM COFFEE CLUB AT HOPE HOUSE	17 1-3 PM TALKING CIRCLE AT HOPE HOUSE	18 MEET AT 12:30 HOPE HOUSE CLEARWATER COUNTY HISTORICAL MUSEUM DONE AT 3 PM	19 1-3 PM KARAOKE AT HOPE HOUSE	20 1-3 PM MEMBERS PICNIC HOPE HOUSE <i>SIGN UP NEEDED MEMBERS ONLY</i>
23 10-12 AM COFFEE CLUB AT HOPE HOUSE	24 1-3 PM HEALTHY STEPS AT HOPE HOUSE	25 MEET AT 2:30 HOPE HOUSE BOWLING DONE AT 5PM <i>Sign up needed Rides for 5 people</i>	26 1-3 PM TIE DYE T-SHIRTS AT HOPE HOUSE	27 1-3 PM BINGO AT HOPE HOUSE
30 10-12 AM COFFEE CLUB AT HOPE HOUSE				



What is a Medical Health Care Directive?

We are hearing of more members who want to fill out a health care directive. What is it? It is a legal document that you fill out when you are doing well. It makes your wishes known for medical care if you are later unable to make decisions for yourself. It also gives you a chance to name someone who can make medical decisions for you if needed. The great thing about a health care directive is that your medical wishes are known ahead of time so people don't have to guess what you want or need.

What is a Psychiatric Health Care Directive?

A psychiatric health care directive is similar to a medical health care directive, except that it lists your wishes if you need to go to a psychiatric facility. You write it when your mental health is good, so that if there is a time that you aren't doing well, your wishes for mental health care are followed. It can include psychiatric hospitals you prefer, medications that work or don't work for you and why, who you want notified if you are in the hospital, special requests such as being in a quiet room or making sure you are always with people, and so on.

It is also a legal document.

Once completed, you give a copy to your doctor, preferred hospital, case manager, and any family or friends you want to help you.



2014 7th Street SE
PO Box 1097
Bemidji, MN 56619

Staff:

Brenda Epeneter, CSP II , ext. 103
Katrina Pink, CMHP, ext. 108
Robin Wold – Director, ext. 109
Jolene Lundin, Office Coordinator, ext. 101
Amara Bedford, Activities Coordinator, ext. 104
Phone: 218-444-6748
Phones are not answered between Noon & 1 PM.
(Please leave a message during those times.)

Crisis Line: 1-800-422-0045

Crisis Text Or Call: 988

Contract:

Tony Kramer, DNP, APRN, CNP, PMHNP-BC
Tami Lindell, DNP, APRN-C
Adella Hadrava, RN, Northwoods Caregivers

