



# HOPE HOUSE NEWSLETTER

*“Where We Go From Surviving to Thriving”*

## November/December 2025



### 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.  
Signing up helps us plan enough food and supplies.  
Thank you!

#### Ojibwe Words of the Month

zhawenjigewin-blessing, mercy

gizhewaadizi-kind, generous



### HOPE HOUSE MEMBERS’ THANKSGIVING DINNER

Members, invite your family and friends to share a meal with you and celebrate life’s successes. **Tuesday**, November 18, 5-6 pm, First Presbyterian Church. The church is located at 501 Minnesota Ave. NW. Members, please call 218-444-6748 by Nov. 10th with a count of how many people you are bringing. Thanks.

#### PLEASE NOTE:

The dinner this year is on a **Tuesday** and not a Thursday. If you attend talking circle this day rides will be available from Hope House to the dinner.

## Check out the activity calendar

Wednesday Nov. 5<sup>th</sup> the activity is a drive to Itasca Park, with a short hike in the park. Please dress for the weather, bring a bag lunch with you and the activity is from 11:30 am-4 pm.

Sign up needed!! Rides for 5.

November 6<sup>th</sup> and 7<sup>th</sup> there will be drumstick making to go with the hand drums that were made. To go with this we will be having "Drum Circle" the 2<sup>nd</sup> Thursday of every month from 1-2 pm.

## Thank You, Helpful Members

To all Hope House Members who welcome and include new participants, who sanded and stained the swing, who helped prepare the Hope House property and garden this year, who kept the trees watered, who provide leadership and participate in talking circle, members' meetings, and at the local advisory council,

we appreciate you!



**REMEMBER! "Fall Back"  
SET YOUR CLOCKS  
Back  
ONE HOUR  
SATURDAY NIGHT  
(November 1)**

## Successes!

What successes have you had in your life this year? We will collect your comments in November at the Thanksgiving Dinner!

**SUCCESS IS NOT FINAL**

**FAILURE IS NOT FATAL**

**IT IS THE COURAGE**

**TO CONTINUE**

**THAT COUNTS.**

Winston Churchill



The Hope House Holiday Party will be held December 19th from 1 to 3 pm.

Food, music, and fun will be had.

This party is with members and staff only.

Hope to see you there! ☺

## HOPE HOUSE WILL BE CLOSED:

Thursday & Friday November 27& 28  
Thanksgiving Holiday

Wednesday & Thursday  
December 24 & 25  
Christmas Holiday

Thursday January 1 New Years

## Members' Meeting: Friday, November 14, 1:30 – 3 pm

All Hope House members are invited

### Agenda

1. Welcome and Introductions	5 min
2. Attendees' Good News to Report	10 min
3. Members' Recognition Award: Leadership, Working on Goals, or Trying New Things	5 min
4. Activities planning for January/February	15 min
5. Hope House Thanksgiving dinner	5 min
6. Eagle painting project update	5 min
7. Ojibwe language robot update	5 min
8. Members' handbook update finished	5 min
9. Sign up if you want your appointments by email/text	5 min
Break	10 min
10. New Board Member & New Region II Member	10 min
11. Staff/volunteers updates	10 min
12. Jobs in the community	5 min
13. CPR/1 <sup>st</sup> Aid training or Mental Health 1 <sup>st</sup> Aid training?	10 min
14. Other _____ Drawing	10 min

## Native American Community Advisory Group

This group provides input and feedback about cultural programming. If you know someone who could be an advisory member, please contact Robin Wold at 218-444-6748, x109.

# Happy Turkey Day!



BROWN  
DINNER  
HARVEST  
ORANGE  
RED  
YELLOW



[activityshelter.com](http://activityshelter.com)

## 45-45-45 Fundraiser

November 5-7, 2025

FYI that Hope House is **posting** information about Hope House, Bemidji on Facebook over 45 hours between November 5 and 7, **encouraging** general public donations of \$45 (or more) (or less), and **celebrating** 45 years of service for adults who have long-term mental illness! Our goal for the general public fundraiser is \$9,000. The general public may make donations through the [www.hopehousebemidji.org](http://www.hopehousebemidji.org) website via PayPal, through the GiveMN.org site, or by check to Hope House, PO Box 1097, Bemidji, MN 56619. Members, you can help by encouraging community members to support mental health programming and Hope House.

Let's celebrate 45 years of progress for adults with mental illness!

## Beltrami County Local Advisory Council

**Purpose: To discuss gaps in mental health services in our community**

Location: New drop-in center at Hope House

Dates: Friday, November 14 (topic: transportation gaps), December 12

(topic not yet set)

12:15 pm to 1:15 pm

Type of meeting: Public, including people who have mental illness, family, county staff, local providers, the general public. A Hope House member leads the group. All attendees are invited to give comments. Everyone

What's new in the drop-in center?



# November 2025

Mon	Tue	Wed	Thu	Fri
3 10-12 AM COFFEE CLUB AT HOPE HOUSE	4 1-3 PM HEALTHY STEPS & OPEN TIME AT HOPE HOUSE	5 MEET AT 11:30 HOPE HOUSE- VISIT ITASCA BRING A LUNCH DONE AT 4 PM <i>Sign up needed</i>	6 1-3 PM DRUMSTICK MAKING AT HOPE HOUSE	7 1-3 PM DRUMSTICK MAKING AT HOPE HOUSE
10 10-12 AM COFFEE CLUB AT HOPE HOUSE	11 1-3 PM FLAG HISTORY & PAINTING AT HOPE HOUSE	12 MEET AT 12:30 HOPE HOUSE WATERMARK ART CENTER DONE AT 3 PM <i>Sign up needed</i> <i>Rides for 5 people</i>	13 1-2 DRUM CIRCLE 2-3 DOG THERAPY AT HOPE HOUSE	14 12:15-1:30 LAC MEETING 1:30-3 PM MEMBERS MEETING AT
17 10-12 AM COFFEE CLUB AT HOPE HOUSE	18 1-3 PM TALKING CIRCLE AT HOPE HOUSE  5-6 PM THANKSGIVING	19 MEET AT 12:30 HOPE HOUSE MALL WALKING DONE AT 3 PM  <i>Sign up needed</i> <i>Rides for 5 people</i>	20 1-3 PM HELP PLAN LANDSCAPE FOR 2026 AT HOPE HOUSE	21 1-3 PM <b>BINGO AT HOPE HOUSE</b>
24 10-12 AM COFFEE CLUB AT HOPE HOUSE	25 1-3 PM HEALTHY STEPS AND CREATE A VASE AT HOPE HOUSE	26 MEET AT 2:30 HOPE HOUSE BOWLING DONE AT 5 PM  <i>Sign up needed</i> <i>Rides for 5 people</i>	27 <b>CLOSED FOR HOLIDAY</b>	28 <b>CLOSED FOR HOLIDAY</b>
	<b>OPEN TIME ON THE 4TH CAN BE USED FOR WORKING ON AN</b>	<b>UNFINISHED PROJECT, OR READ OR JUST WATCH AND VISIT WITH MEMBERS</b>		

# DECEMBER 2025

Mon	Tue	Wed	Thu	Fri
<b>1</b> 10-12 AM COFFEE CLUB AT HOPE HOUSE	<b>2</b> 1-3 PM MOBLE CRISIS UNIT PRESENTATION AT HOPE HOUSE	<b>3</b> <b>1-3 PM</b> <b>MOVIE DAY AND POPCORN AT HOPE HOUSE</b>	<b>4</b> 1-3 PM ORNAMENT MAKING AT HOPE HOUSE	<b>5</b> 1-3 PM ORNAMENT MAKING & DECORATE AT HOPE HOUSE
<b>8</b> 10-12 AM COFFEE CLUB AT HOPE HOUSE	<b>9</b> 1-3 PM HEALTHY STEPS AND OPEN TIME AT HOPE	<b>10</b> MEET AT 12:30 HOPE HOUSE VISIT TALLEY GALLERY AT BSU  <small>Sign up needed Rides for 5 people</small>	<b>11</b> 1-2 DRUM CIRCLE 2-3 DOG THERAPY AT HOPE HOUSE	<b>12</b> 12:15-1:30 LAC MEETING AT HOPE HOUSE 1:30-3 POOL OR PING PONG
<b>15</b> 10-12 AM COFFEE CLUB AT HOPE HOUSE	<b>16</b> 1-3 PM TALKING CIRCLE AT HOPE HOUSE	<b>17</b> MEET AT 12:30 HOPE HOUSE CLEARWATER CO. MUSEUM HOLIDAY TREE DISPLAY  <small>Sign up needed Rides for 5 people</small>	<b>18</b> 1-3 PM MAKE PINE CONE TREES AT HOPE HOUSE	<b>19</b> 12-3 PM HOLIDAY PARTY <b>SIGN UP NEEDED MEMBERS ONLY</b>
<b>22</b> 10-12 AM COFFEE CLUB AT HOPE HOUSE	<b>23</b> 1-3 PM HEALTHY STEPS & OPEN TIME AT HOPE HOUSE	<b>24</b> <b>CLOSED FOR HOLIDAY MERRY</b>	<b>25</b> <b>CLOSED FOR HOLIDAY CHRISTMAS</b>	<b>26</b> 1-3 PM BINGO AT HOPE HOUSE
<b>29</b> 10-12 AM COFFEE CLUB AT HOPE HOUSE	<b>30</b> 1-3 PM NEW YEAR, NEW YOU COLLAGE AT HOPE HOUSE	<b>31</b> MEET AT 2:30 HOPE HOUSE <b>BOWLING DONE AT 5PM</b>  <small>Sign up needed Rides for 5 people</small>		

# Creating a Budget on a Fixed Income

Creating a budget when a person is on a fixed income is not as easy as it may sound. For those who are receiving social security disability sitting down to create a budget can be difficult. The income does not fluctuate but sometimes expenses do. Read on to learn how to make a budget on a fixed income.

## Instructions

### Step 1

Write your monthly income on the top of a piece of paper. This will be your starting point for the month and all of your monthly expenses will be listed beneath.

### Step 2

List out your regular monthly expenses. You will want to start by listing your rent or mortgage payment as it is important to have your shelter paid for should the money run out before you get to the end of your budget. After your shelter, list all of your utilities as well as your grocery budget for the month. If you have your house payment made, your utilities are on, food is in the refrigerator, and your pets are fed then you have covered all of your necessary monthly expenses. Total the amounts listed in the regular monthly expenses section.

### Step 3

Subtract your regular monthly expenses from your monthly income. This will give you the amount that you have leftover to apply towards debt and any other expenses.

### Step 4

List your debt payments in the next section. This includes your car loan, credit card payments, personal loans and other debts. List these in order of importance. If you have a car loan, not paying it could lead to repossession so it would take priority over an unsecured credit card. Total your monthly debt payments.

### Step 5

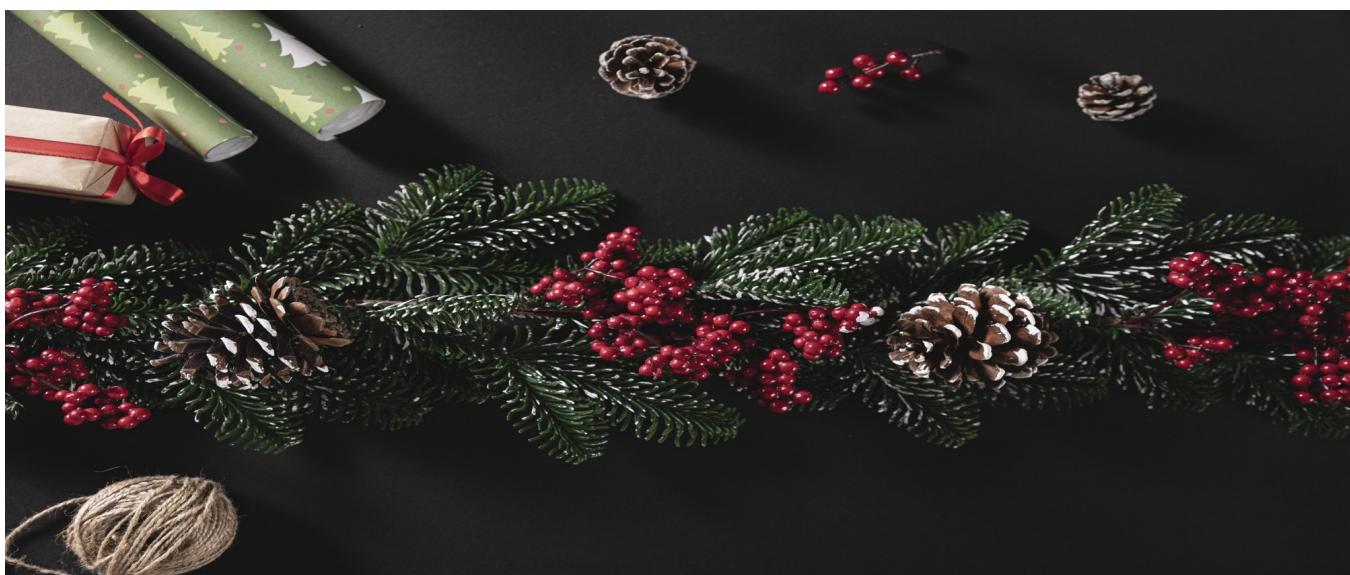
Subtract your monthly debt payments from the amount you have after completing step three. The remainder is the discretionary income that you have for the month.

### Step 6

Write out what you plan to do with your discretionary income. You can apply it to a savings or investment account, create a fund for holiday spending or pay down on existing debt.

### Step 7

Repeat the same steps for the following month. Even though you are on a fixed income, your monthly expenses might change a bit. Creating a new budget for every month will help you put your money to work for you instead of wondering where it all went at the end of the month.



2014 7<sup>th</sup> 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  
Amara Bedford, Activities Coordinator, ext 104  
Jolene Lundin, Office Coordinator, ext. 101  
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: 988**

**Contract:**

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

