



# HOPE HOUSE NEWSLETTER

*"Where We Go From Surviving to Thriving"*

## JULY & AUGUST 2022

In the last newsletter, you learned to count to five: bezhig, niizh, niswi, niwin, naanan



### Ojibwe Word of the Month

**Debwewin**

(Pronounced like daybwaywin)

Meaning: Truth

### Challenge of the Month

Find the part of the question below that has similar letters as the word of the month  
"Gidebwe na?"

Meaning of this question: Are you telling/speaking the truth

### **Members' Meeting Agenda**

July 8, 2022 1:30-3 pm

This is a time for Hope House members to give ideas and suggestions to Hope House, and to honor the progress happening in members' lives. This Hope-House-only members and staff meeting is held at 1:30 after the Local Advisory Council meeting. Masks are no longer required.

Welcome and introductions, and what is Members's Meeting	5 minutes
Members' Good News to Report	10 minutes
"If I had a job or a different job, it would be ....."	10 minutes
Awards	10 minutes
<ul style="list-style-type: none"><li>• Working on Goals Award</li><li>• Trying New Things Award</li><li>• Leader Award</li></ul>	
Activities Updates and Planning, including trips	10 minutes
Members' leadership opportunities	5minutes
"If there were one thing Hope House chould change, it would be...."	10 minutes
Goodbye time with Katrina Pink	2:30-3



Hello, Hope House Members, Families, and Friends of Hope House:

If you tried to call in during the first week or so of June, you may have gotten a busy signal - or were disconnected. Our phone system was hit by lightning, and we lost voice mail temporarily. We are back up and running, so go ahead and call as needed. Thanks to those who alerted us. You helped reduce the time we were without communication. Alerting us showed caring and helpfulness.

This experience reminds me that alerts from others can also get a person back on track in the area of mental health. Sometimes it takes someone to say “Hey! Are you ok?” or “Things are different than they usually are. I’m worried.” If someone says it in a caring way, it can give a person a chance to look at themselves. Perhaps one has gotten bogged down in voices, or moods, or stress. Having someone check in about the changes they notice in us can be a big relief. A person can then take action to make some personal repairs – working on sleeping habits, being more consistent with medications, talking to a therapist to relieve anxiety- and get back to communicating well with others again.

Thank you to those members, families, and friends who look out for each other, and who help each other function well.

We appreciate you!

Robin Wold  
Hope House Director



## **Welcome Back to Tony Kramer!**

tony is a former Hope House employee, now returning as a contracted prescriber. “Hope House is where I got my start,” Tony says. Back in 2009, Tony started as a Hope House Rehabilitation Worker, where he gained both supervision hours and mental health experience. One year later he became a Hope House Community Mental Health Practitioner. Four years later, Tony was inspired to go back to school. Hope House long-time psychiatrist Dr. Mark Wildgen was planning for eventual retirement. Tony wanted to learn the prescriber role. He worked his way through the nursing program, and the Region II Mental Health Initiative helped with funding. (Some of you know the Region II because you attend the meetings or have benefited from funding they have provided). Tony is now both a prescriber and a co-owner of Schackman, Kramer, and Associates, in the same location where Dr. Wildgen’s office was in the past. True to his word, Tony re-contacted Hope House during his schooling, and will now provide medication support for Hope House members during medication clinics.

Thank you, Tony, for keeping Hope House in mind through the years, and welcome back!

## Pandemic Boosters and Testing

Time to get your COVID boosters! If you had a Moderna or Pfizer COVID vaccination more than 5 months ago, or a Johnson and Johnson vaccination more than 2 months ago, it is time to get your booster.

You can also learn quickly if you have COVID by testing. You can get home tests by requesting them at <https://www.covid.gov/tests>. They will come in the mail in two packages of four tests each. There is no charge to receive the tests in the mail.



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### Beltrami County Local Advisory Council (LAC)

Where: Hope House garage

When: Friday, July 8 and Friday, August 12, 12:30-1:30 pm

The Beltrami County Local Advisory Council is a group of people who want to improve mental health services in our community. Hope House members are invited to attend. The meeting is led by a Hope House member. This meeting is open to the public, including interested agencies, family and friends of people with mental illness, and Hope House members. Attendance ranges from six to fifteen people. For questions, call Beltrami County, Dan Brouse at 333-8119, or Hope House, Robin Wold at 444-6748.

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### REACH Family Support Group

REACH (stands for reassurance for each) Family Support Group meets at 6:30 on the third Tuesday of each month. Families and friends who prefer to meet in person may attend at 2014 7<sup>th</sup> Street SE. Participants who prefer to meet over the computer may join by calling in for the link by 4:30 on or before the day of the meeting. The number is 218-444-6748, x109. This group is for families and friends of people with mental illness. REACH families and friends gain understanding of mental illness, learn about resources, obtain emotional support, decrease guilt and self-blame, and increase the ability to cope with difficult situations. Confidentiality about who attends is expected. There is no charge to be in the group.

Hope House members using Ruttgers, you must now go to the main lodge, say Hope House, sign your name, and they will provide you with an entry code.

## Activities

Members: please call to sign up for activities so that Jody has enough supplies for you to participate, and if rides are needed.

### Upcoming Activities

- ♦ July 13th we will be leaving Hope House at 11 for Itasca State Park, limited to five in the van
- ♦ July 20th we will be leaving Hope House at 10 am, going to the Judy Garland museum in Grand Rapids, lunch will be provided, limited to five in the van
- ♦ July 29th-Family picnic-12-3 pm. This is a time for Hope House members to invite family and friends for food, fun and social time.
- ♦ August 9th & 19th-Pontoon rides– meet at Ruttger’s Birchmont Lodge or at Hope House, limited to nine people on the pontoon and only five in the Hope House van

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### Household Management Group

Household Management group will be starting on Thursday, July 7, from 10-12.  
If you are interested, please talk with your Hope House worker.

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### Interested in Attending an Evening Activity?

First Friday is an open mic event at the Headwaters Music and Arts. People gather there between 7 and 10 pm to perform their art – singing, playing, reading- and listening to the performers. They also sell beverages and desserts.

If you are interested in attending from 7 to 8 pm to see how it goes, and want to attend with a staff person present, let your worker know. It is tentatively planned to attend in August.

Rides will be provided.

Note that you are welcome to stay longer if you have another way home.

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### Congratulations to Brenda Epeneter!



Brenda is now a Certified Peer Specialist II. A Certified Peer Specialist is someone who has received training and certification to use their lived mental health experience to help others also live well with mental illness. A Peer Specialist II has had one year of supervision and additional training.




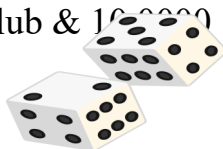


# July 2022



Mon	Tue	Wed	Thu	Fri
				<i>1</i> 1-3 Member Picnic
<i>4</i> <b>Hope House is Closed</b> 	<i>5</i> 1-3 Coffee Club & 10,000	<i>6</i> 1-3 No Activity <b>No Drop In</b> 3-5 Med Clinic	<i>7</i> 1-3 Outdoor Games	<i>8</i> 12:30 –1:30 LAC Meeting  1:30-3 Members' Meeting
<i>11</i> 10-12 Healthy Steps	<i>12</i> 1-3 Coffee Club & 10,000 	<i>13</i> 11-3 Itasca State Park (Meet at Hope House, rides for up to five people) <b>No Drop In</b> 3-5 Med Clinic	<i>14</i> 1-2 Yahtzee 2-3 Dog Therapy	<i>15</i> 1-3 Blackduck Museum (Meet at Hope House, rides for up to five people)
<i>18</i> 10-12 Paint a Firefly Forest	<i>19</i> 1-3 Talking Circle  6:30-8 REACH For friends & family of someone with mental illness	<i>20</i> 10-3 Judy Garland Museum in Grand Rapids Meet at Hope House, limited to five people) <b>No Drop In</b> 3-5 Med Clinic	<i>21</i> 1-3 Coffee Club & 10,000	<i>22</i> 1-3 Bingo 
<i>25</i> 10-12 Coffee Club	<i>26</i> 1-3 Fishing at Bemidji State Park Meet at the park or Hope House <b>No Drop In</b>	<i>27</i> 3-5 Bowling (Meet at Bowling Ally-rides home for up to five people) <b>No Drop In</b> 3-5 Med Clinic	<i>28</i> 1-3 Picnic Prep 	<i>29</i> 12-3 Family Picnic

# August 2022

Mon	Tue	Wed	Thu	Fri
<p><i>1</i> 10-12 Healthy Steps</p>	<p><i>2</i> 1-3 Coffee Club &amp; 10,000</p>	<p><i>3</i> 1-3 Check out the Dragon Boats &amp; Walk (Meet at Paul &amp; Babe) <b>No Drop In</b> 3-5 Med Clinic</p>	<p><i>4</i> 1-3 Bocce Ball</p>	<p><i>5</i> 1-3 Bean Bag Toss</p> 
<p><i>8</i> 10-12 Coffee Club &amp; 10,000</p>	<p><i>9</i> 1-3 Pontoon Ride (Meet at Hope House or at Ruttger's, rides for up to five people) <b>No Drop In</b></p>	<p><i>10</i> 1-3 Bemidji State Park Walk (Meet at the park or Hope House, rides for up to five people) <b>No Drop In</b> 3-5 Med Clinic</p>	<p><i>11</i> 1-2 Bemidji Trivia 2-3 Dog Therapy</p> 	<p><i>12</i> 12:30-1:30 LAC Meeting 1:30-3 Croquet</p>
<p><i>15</i> 10-12 Sunset Paining</p>	<p><i>16</i> 1-3 Talking Circle 6:30-8 REACH For friends &amp; family of someone with mental illness</p>	<p><i>17</i> 1-3 Three Island Park (Meet at Hope House, rides for up to five people) <b>No Drop In</b> 3-5 Med Clinic</p>	<p><i>18</i> 1-3 Coffee Club &amp; 10,000</p>	<p><i>19</i> 1-3 Pontoon Ride (Meet at Hope House or at Ruttger's, rides for up to five people) <b>No Drop In</b></p>
<p><i>22</i> 10-12 Healthy Steps</p>	<p><i>23</i> 1-3 Coffee Club &amp; 10,000</p> 	<p><i>24</i> 1-3 Animal Land (Meet at Hope House, rides for up to five people) <b>No Drop In</b> 3-5 Med Clinic</p>	<p><i>25</i> 1-3 Outdoor Games</p>	<p><i>26</i> 1-3 Bingo</p>
<p><i>29</i> 10-12 Coffee Club &amp; 10,000</p> 	<p><i>30</i> 1-3 Scavenger Hunt</p>	<p><i>31</i> 1-3 No Activity <b>No Drop In</b> 3-5 Med Clinic</p>		

# Marinated Cucumbers

## Ingredients

- 6 medium cucumbers, thinly sliced
- 1 medium onion, sliced
- 1 cup white vinegar
- 1/4 to 1/3 cup sugar
- 1/4 cup olive oil
- 1 teaspoon salt
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried marjoram
- 1/2 teaspoon lemon-pepper seasoning
- 1/2 teaspoon ground mustard



## Directions

1. In a large bowl, combine the cucumbers and onion. In a jar with a tight-fitting lid, combine the remaining ingredients; cover and shake well. Pour over cucumber mixture; toss to coat. Cover and refrigerate for at least 4 hours. Serve with a slotted spoon.

<https://www.tasteofhome.com/recipes/marinated-cucumbers/>

# SUMMER WORD SEARCH

S B W K I S U N W M K W V  
Y E K Q H X A E S K O V P  
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G C L C T B W M D T U C O  
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### WORD BANK:

BBQ  
BEACH  
CAMPING  
FUN

HOT  
ICE CREAM  
JUMP  
KITE  
PICNIC

PLAY  
POOL  
POPSICLE  
SAND  
SUMMER

SUN  
SUNGLASSES  
SWIM  
SWING  
VACATION

2014 7<sup>th</sup> Street SE  
PO Box 1097  
Bemidji, MN 56619

**Staff:**

Sharon Collins, contract nurse, ext. 104  
Joseph Cook, CMHP, ext. 102  
Brenda Epeneter, CPS II, ext. 103  
Katrina Pink, CMHP, ext. 108  
Patrick Walsh, CMHP, ext. 105  
Robin Wold – Director, ext. 109  
Jody Yerbich, Secretary/Activity 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**



*United Way Helps Here*

**United Way  
of Bemidji Area**