



HOPE HOUSE NEWSLETTER

“Where We Go From Surviving to Thriving”

March & April 2022

Boozhoo and Hello Members:

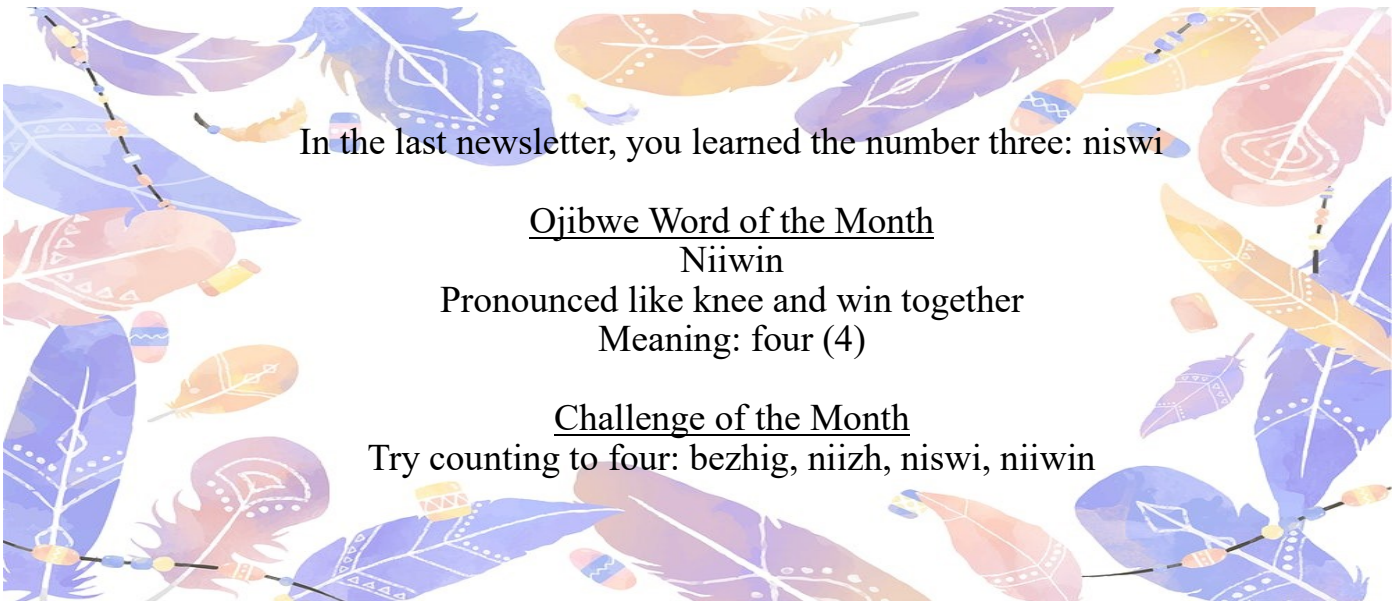
You will notice changes this month. We are offering some new activities, and switching up some of the long-standing ones, based on members' requests. Some members are working or volunteering now, and they miss visiting Hope House and their friends. The changes will make it easier for these members-and new members-to participate. As always, we appreciate your feedback. Some ideas are waiting for warmer weather, or a return call from an agency. However, if we miss your suggestion, please bring it up again.

Good news on the pandemic front: the number of people in Beltrami County with COVID is going down each day! The not-so-good news is that our county still has high transmission. COVID is a little like summer—it is no longer 110 degrees, but it is still hot at 100 degrees! We will continue to wear masks and social distance, until the federal and state guidance changes. Please continue to call ahead for activities as you have been doing. Continue to urge friends and family to get vaccinated and boosted. Thank you for taking care of your own health, and your cooperation in keeping people healthy. So far, our agency has been without COVID spread. This means that we can continue programming.

Finally, we received a \$33,000 ARPA grant via United Way and Beltrami County that is for garage renovations related to the pandemic. We are currently waiting on board action and renovation design. One that is solved, things will happen quickly. We'll let you know as things progress.

Gig-waabamin minawaa! (See you again)

Robin



In the last newsletter, you learned the number three: niswi

Ojibwe Word of the Month

Niiwin

Pronounced like knee and win together

Meaning: four (4)

Challenge of the Month

Try counting to four: bezhig, niizh, niswi, niiwin

UPCOMING HOPE HOUSE ACTIVITIES! MARK YOUR CALANDAR'S!

Writer Coming to Hope House

Wendell Affield, local author will be here on Tuesday, March 1, 1-3 to talk to members about his book, "Barbara: Uncharted Course through Borderline Personality Disorder".

He will also talk about PTSD (Post-Traumatic Stress Disorder) he has experienced, and how these experiences have influenced his writing. Remember to sign up if you plan to attend.

Curious about the Talking Circle? You Are Invited!

The group meets the third Tuesday of the month from 1-3 p, at Hope House.
All members are welcome!
See article in this newsletter for more information. See next page.

Hope House events at Bemidji State Park!

The snowshoe/bonfire was so much fun that members asked for more of that—and here it is!

A Snowshoe Surprise will be March 8, Tuesday, and a Signs of Spring Scavenger Hunt will be April 5, both at Bemidji State Park. Sign up and meet at Hope House.

Inspirational Tree

Sometimes something visual, ets us motivated!
Come make a special tree that will motivate you for years to come!
Friday, March 18th, 1-3 pm.

Earth Day!

Cone and plant trees with us!
March 22, 1-3 pm



German Language and Culture

Learn about the background of some of your neighbors, or your own history!
Thursday, March 24, 1-3 pm

Boozhoo

CHI Miigwech

I just wanted to share how much I have enjoyed doing the Talking Circle and pass on some of the knowledge given to me.

The traditional “Talking Circle: is a very old way of bringing Native people, of all ages together in a quiet, respectful manner for the purpose of teaching, listening, learning and sharing.



When approached in the proper way, the circle can be a very powerful means of touching or bringing some degree of healing to the mind, the body, or to the spirit. One could call it a very effective form of Native group-therapy.

The circle leader, teacher, or facilitator begins by passing around sweetgrass, cedar, or sage so that participants may “smudge “ themselves. We have been taught by our ancestors that these sacred herbs have purifying and calming effect. In addition, as the smoke for the herbs surrounds us we are able to connect with others in the circle with ourselves and what we are experiencing.

The group leader will then open the circle with a prayer, the circle is then in the hands of the great spirit, grandfather, God, or whatever one chooses to call that higher power, it is a good time then to acknowledge everyone.

The group leader than begins to talk with the people, without interruptions, talking to no one person but to all that are present. All are expected to listen respectfully until the speaker is finished. All those sitting within the circle will have the opportunity to express themselves if they choose or they may simply listen, but all who speak will be given the same respect , they will be listened to .

The group leader will begin with sharing then passing the talking stick around or any other sacred objects , like eagle feathers, stones or other objects that are passed around and shared. We believe these sacred things to be helpers in furthering our connections to the spirits.

Within this sacred circle we are encouraged to speak not only from the mind but from the heart. We are free to share our innermost feelings if we choose, regardless whether one brings a tradition teaching, or personal problem, all people are valued, respected and listened to. There is an Indian belief of right/time, right/place, right/ people, hearing right/things.

The circle closes with a prayer so in this old way we have came together again to teach, to learn, to touch each other’s spirit that may find strength to live a good life.

What makes our Talking Circle unique at Hope House is we have incorporated making needful things in ones life journey, such as: ones own talking stick, cedar, bags, medicine bags, turtle, and other things.

Submitted by member.

Want to Have a Say in Things Around Here?

Come to the second Friday of the month!

At 12:30 the Beltrami County Local Advisory Council meets at Hope House.

Help identify gaps in mental health services in our community and offer ideas!

Then at 1:30, every other month, have a say in what Hope House activities are offered, other programming concerns, and hear from members on how they are making progress on there goals at the Hope House members' meeting.

New and ongoing members are welcome!

What is Healthy Steps?

This group meets at Hope House to help members lose weight and get fit!

See the newsletter calendar for times and days.

Painting and Crafts!

We have quite the arts community here at Hope House!

On request, we now have several Monday mornings and several

Tuesday afternoons with these activities.

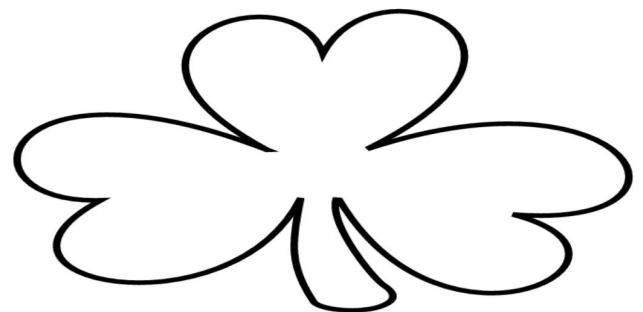
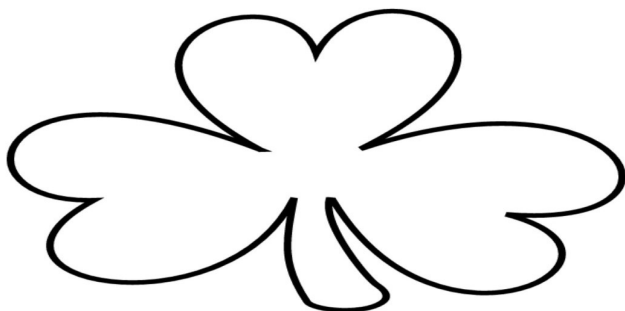
Please see the calendar for dates and times.



St Patricks Day Word Search

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

GREEN
SHAMROCKS
HAT
LEPRECHAUN
MARCH
RAINBOW
POTOFGOLD
ELVES
STPATRICK
PARADE



March 2022

Mon	Tue	Wed	Thu	Fri
	<p>1 1-3 Local Author Wendall Affield to present</p>	<p>2 1-3 Shop/Tour Ink Spot, Antique Shop & Woolen Mills (Sign up and meet at Hope House, Rides home for up to 5)</p>	<p>3 1-3 Paint a Forest with Acrylics</p>	<p>4 1-3 Smile Box delivery to Battered Women's Shelter (Sign up and meet at Hope House, Rides home for up to 5)</p>
<p>7 10-12 Coffee Club</p>	<p>8 1-3 Snowshoe Surprise-Bemidji State Park (Sign up and meet at Hope House, Rides home for up to 5)</p>	<p>9 No Drop In No Activity</p>	<p>10 1-2 Yahtzee 2-3 BARC Therapy</p>	<p>11 12:30-1:30 LAC Meeting 1:30-3 Members' Meeting</p>
<p>14 10-12 Healthy Steps</p>	<p>15 1-3 Talking Circle All Members Welcome 6:30-8 REACH For friends & families of someone with mental illness</p>	<p>16 1-3 BSU Rec Center (Meet at BSU, ride homes for up to 5 people) No Drop In</p>	<p>17 1-3 Wear Green St. Patrick's Day Fun</p>	<p>18 1-3 Inspirational Tree Making</p>
<p>21 10-12 Rainbow in the Sky Paper Chain Wall Hanging</p>	<p>22 1-3 Coffee Club</p>	<p>23 No Drop In No Activity</p>	<p>24 1-3 German Language & Culture</p>	<p>25 1-3 Bingo</p>
<p>28 10-12 Comic Book Coasters</p>	<p>29 1-3 Healthy Steps</p>	<p>30 3-5 Bowling (Meet at Bowling Alley, ride homes for up to 5 people)</p>	<p>31 1-3 Coffee Club</p>	

April 2022

Mon	Tue	Wed	Thu	Fri
				1 1-3 April Fool's Jokes and other comedy Bring some jokes to tell
4 10-12 Coffee Club	5 1-3 Scavenger Hunt at Bemidji State Park (Meet at Hope House, ride homes for up to 5 people)	6 No Drop In No Activity	17 1-3 Paint a Sunrise	8 12:30-1:30 LAC Meeting 1:30-3 Plant seeds indoors
11 10-12 Healthy Steps	12 1-3 Play Bean Bag Toss	13 1-3 BSU Rec Center (Meet at BSU, ride homes for up to 5 people)	14 1-2 Yahtzee 2-3 BARC Therapy	15 1-3 Coffee Club
18 10-12 You <u>Can</u> Do It! Turn cans into vases & pencil holders Bring an empty, clean can	19 1-3 Talking Circle All Members Welcome 6:30-8 REACH For friends & families of someone with mental illness	20 No Drop In No Activity	21 1-3 Paint a Seascape on Canvas	22 1-3 Earth Day Plant Trees
25 10-12 Make Paper Flowers for Spring	26 1-3 Play Pool	27 1-33-5 Bowling (Meet at Bowling Alley, ride homes for up to 5 people)	28 1-3 Coffee Club	29 1-3 Bingo

Health Benefits of Quitting Smoking

Quitting smoking is one of the most important actions people can take to improve their health. This is true regardless of their age or how long they have been smoking.¹

Quitting smoking¹:








- improves health status and enhances quality of life.
- reduces the risk of premature death and can add as much as 10 years to life expectancy.
- reduces the risk for many adverse health effects, including poor reproductive health outcomes, cardiovascular diseases, chronic obstructive pulmonary disease (COPD), and cancer.
- benefits people already diagnosed with coronary heart disease or COPD.
- benefits the health of pregnant women and their fetuses and babies.
- reduces the financial burden that smoking places on people who smoke, healthcare systems, and society.

While quitting earlier in life yields greater health benefits, quitting smoking is beneficial to health at any age. Even people who have smoked for many years or have smoked heavily will benefit from quitting.¹

Quitting smoking is the single best way to protect family members, coworkers, friends, and others from the health risks associated with breathing secondhand smoke.²

https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/benefits/#health-benefits-of-quitting-smoking

HEALTH BENEFITS OF QUITTING SMOKING

-  **IMPROVES** health and **INCREASES** life expectancy
-  **LOWERS** risk of 12 types of cancer
-  **LOWERS** risk of cardiovascular diseases
-  **LOWERS** risk of chronic obstructive pulmonary disease (COPD)
-  **LOWERS** risk of some poor reproductive health outcomes
-  **BENEFITS** people who have already been diagnosed with coronary heart disease or COPD
-  **BENEFITS** people at any age - even people who have smoked for years or have smoked heavily will benefit from quitting

Feta Eggs

A very TASTY way to add zip to boring scrambled eggs.

- 1 tablespoon butter
- 1/4 cup chopped onion
- 4 eggs, beaten
- 1/4 cup chopped tomatoes
- 2 tablespoons crumbled feta cheese

Directions

Melt butter in a skillet over medium heat. Saute onions until translucent. Pour in eggs. Cook, stirring occasionally to scramble. When eggs appear almost done, stir in chopped tomatoes and feta cheese, and season with salt and pepper. Cook until cheese is melted.

Nutrition Facts

Per Serving: 116 calories; protein 7.2g; carbohydrates 2g; fat 8.9g; cholesterol 197.8mg; sodium 434.9mg.

<https://www.allrecipes.com/recipe/50648/feta-eggs/>

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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**

