



# HOPE HOUSE NEWSLETTER

*"Where We Go From Surviving to Thriving"*

## MAY & JUNE 2022

### Members' Meeting Agenda

May 13, 2022 1:30-3 pm

MARK YOUR  
CALENDAR!

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.

Welcome and introductions, including new staff and members	5 minutes
What is Members' Meeting? (for new people attending today)	5 minutes
Members' Good News to Report	10 minutes
Members' Job Updates/Individual Placement and Support	10 minutes
Awards	10 minutes
Working on Goals Award	
Trying New Things Award	
Leader Award	
Break	
Activities Updates and Planning,	10 minutes
Community projects	10 minutes
ARMHS Groups	5 Minutes
Website Changes & Ojibwe Language	5 Minutes
Other topics to discuss?	10 minutes

### Activity Center Update



Renovation is still in progress! We know it has been slow going, but the design is almost finished! It will include an accessible bathroom, a kitchen area for cooking group, an accessible and weather enclosed entry, new flooring, and extra windows, to name a few! Once the design is finished, actual construction costs can be calculated, and then the renovation will begin. Stay tuned!

## Where is Your Community?

Where is your community? At Hope House, we talk a lot about being part of your community. But what do we mean by that? “A feeling of fellowship with others, as a result of sharing common attitudes, interests, and goals.” is one definition. For many people, sharing something in common is energizing, relieves boredom and loneliness, and makes life meaningful. Being part of a community can bring hope, fun, and laughter.

Community comes in different sizes. It could be your family, caring for your grandchildren or children. It could be you and another member of Hope House enjoying the same sports or shopping. Community could be talking to neighbors, or volunteering your time at the clothing depot. Community could be an official role, such as board member or bell ringer. How do you get started with being part of a community? A few steps to try are learning, trying, and joining.

Learning about community means noticing what groups there are and how you feel when around them. Do you enjoy painting at the Hope House drop-in? Do you like the welcome at your volunteer job? Learning about new places can open doors – the Bemidji Pioneer lists churches in town and the times they meet. The Master Gardeners and Beltrami County Historical Society have presentations to attend. The Bemidji Public Library posts events of their own and those in the community. Maybe your community is on-line with a gaming group.

Trying means going to an event. At Art in the Park, you can walk around on your own, or bring a friend or family. Bemidji State University and Bemidji Community Theater offer concerts and plays. These events do not hold an expectation to be somewhere every week. Or you can attend the same organization for different activities, such as the Headwaters Music and Arts for a concert, pottery, and a piano lesson. Or the Bemidji Senior Center for a pancake breakfast, gift shopping, and a country western dance. In these cases, you can choose what to attend.

Joining means that you are willing to be part of the group for a longer time. It may mean showing up each time there is a meeting, it may mean agreeing to take on a task such as signing people up to vote, or it may mean sharing inner thoughts in a chemical health or support group. Joining can feel uncomfortable at first, but gets easier over time. Regular attendance helps people get to know you. Offering to assist helps people trust you. Giving help over time shows people that they can depend on you. In return, you feel welcomed and part of your community.

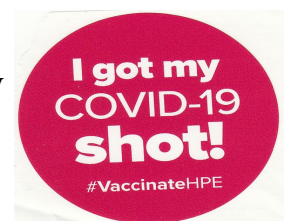
As you can see, being part of your community can show up in different ways and in different places. Learning, trying, and joining are steps to feeling welcomed and to welcoming others. Where would you like your community to be? If you feel nervous about being part of a community, a Hope House ARMHS/CSP worker can help.

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## COVID Update

Transmission is currently low. Masks are no longer required, but people may wear one at any time. Get vaccinated if you haven't already, and boosters are available as well.

**Stay healthy!**



## Curious about the Talking Circle? Hope House Members Are Invited!

The group meets the third Tuesday of the month from 1-3 pm at Hope House.  
All members are welcome!

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Feeling adventurous Join other Hope House members for some of the following activities. Remember, you need to sign up for all activities. Be ware of the times of departures.

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### Come explore some of the exciting things that Bemidji State Park has to offer.

- Scavenger hunt-May 3rd,
- Spring Flower Walk on May 10th,
- Eagle Trivia and Walk on June 7th.



### Exploring the Headwaters at Itasca State Park

We will leave Hope House at 10 am, June 8th lunch will be provided.

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### What is Juneteenth?

We will have a special presentation on what Juneteenth is and how it became a holiday. Come learn more about Juneteenth, also known as Juneteenth Independence Day or Freedom Day . The presentation is on Friday, June 17th, Juneteenth is on Sunday, June 19th.

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### The 17th annual Niimi'idiwin (Powwow ) June 23rd 2-6 pm.

Located on the field West of the Hospital.

The annual powwow provides an opportunity for Sanford Health and Cass Lake and Red Lake Indian Health Services to invite community members to gather for a celebration of holistic healing and our community's Ojibwe heritage.

Exhibitions dancing will be provided to educate the public about each style of dance. A celebratory meal of Red Lake Walleye and traditional wild rice will be served.

Hope House members can meet there or at Hope House. We will leave Hope House at 1:30 pm, rides home for up to five people after the event.



### Let's take a ride to Kelliher

June 29th we will check out the North Beltrami Heritage Center in Kelliher. We will leave Hope House at 11 am.

# Summertime Recipes

## Caprese Salad

### Ingredients

- 4 medium tomatoes, sliced
  - 1/4 cup fresh basil leaves
  - 1/2 pound fresh mozzarella cheese, sliced
- BALSAMIC VINAIGRETTE:**
- 2 tablespoons olive oil
  - 2 tablespoons balsamic vinegar
  - 1 teaspoon ground mustard
  - 1/8 teaspoon salt
  - 1/8 teaspoon pepper



### 1 Directions

Arrange the tomatoes, cheese and basil on a serving platter. Whisk the vinaigrette ingredients; drizzle over salad. If desired, sprinkle with additional salt and pepper.

### Nutrition Facts

1 serving: 256 calories, 19g fat (9g saturated fat), 45mg cholesterol, 161mg sodium, 8g carbohydrate (6g sugars, 2g fiber), 11g protein.

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## Cherry Limeade Sweet Tea

### Ingredients

- 8 cups water
  - 6 tea bags
  - 1/4 cup sugar
  - 1 can (12 ounces) frozen limeade concentrate, thawed
  - 1 cup chilled cherry juice blend
  - Ice cubes
- Lime wedges and pitted dark sweet cherries



### 1 Directions

1. In a Dutch oven, bring water to a boil; remove from heat. Add tea bags; steep, covered, 10 minutes. Discard tea bags. Stir in sugar until dissolved; cool slightly. Transfer to a pitcher; cool completely. Add limeade concentrate and cherry juice to tea. Serve over ice with lime wedges and cherries.

### Nutrition Facts

3/4 cup: 71 calories, 0 fat (0 saturated fat), 0 cholesterol, 6mg sodium, 18g carbohydrate (16g sugars, 0 fiber), 0 protein.

# MAY 2022

Mon	Tue	Wed	Thu	Fri
2 10-12 Healthy Steps	3 1-3 Scavenger Hunt at Bemidji State Park Meet there or at Hope House, ride for up to 5 people.	4 1-3 No Activity  No Drop In	5 1-3 Coffee Club & 10,000	6 1-3 Tye-Dying
9 10-12 Painting on Wood, or Ceramics	10 1-3 Spring Flower Walk at Bemidji State Park Meet there or at Hope House, ride for up to 5	11 1-3 BSU Rec Center (Meet at BSU, ride homes for up to 5 people)  No Drop In	12 1-2 Yahtzee  1-3 BARC Therapy	13 12:30-1:30 LAC Meeting  1:30-3 Members' Meeting
16 10-12 Coffee Club & 10,000	17 1-3 Talking Circle  6:30-8 REACH For friends & families of someone with mental illness	18 1-3 Thrift Shopping (Meet at Hope House, rides for up to 5 people) No Drop In	19 1-3 Bean Bag Toss	20 1-3 Paint a Rainbow Tree
23 10-12 Make a Stepping Stone	24 1-3 Popsicle Crafts	25 1-3 Bowling (Meet at Bowling Alley, ride homes for up to 5 people) No Drop In	26 1-3 Prepare & Place Stepping Stone Garden	27 1-3 Bingo
30 Closed for Memorial Day	31 1-3 Coffee Club & 10,000			

# JUNE 2022

Mon	Tue	Wed	Thu	Fri
		<p>1 1-3 Sculpture Walk (meet at Paul &amp; Babe) No rides ) No Drop In</p>	<p>2 1-3 Paint Flower Pots</p>	<p>3 1-3 Plant Flowers</p>
<p>6 10-12 Healthy Steps</p>	<p>7 1-3 Eagle Trivia at Bemidji State Park Meet there or at Hope House, ride for up to 5</p>	<p>8 10-3 Visit Itasca State Park Meet at Hope House No Drop In</p>	<p>9 1-2 Ring Toss 1-3 BARC Therapy</p>	<p>10 12:30-1:30 LAC Meeting 1:30-3 Yahtzee</p>
<p>13 10-12 Coffee Club &amp; 10,000</p>	<p>14 1-3 Crafts</p>	<p>15 1-3 No Activity No Drop In</p>	<p>16 1-3 Croquet</p>	<p>17 1-3 Juneteenth Presentation</p>
<p>20 10-12 Coffee Club &amp; 10,000</p>	<p>21 1-3 Talking Circle 6:30-8 REACH For friends &amp; families of someone with mental illness</p>	<p>22 1-3 BSU Rec Center (Meet at BSU, ride homes for up to 5 people) No Drop In</p>	<p>23 2-6 Healing Pow-wow at Sanford Meet there or at Hope House, ride for up to 5 people</p>	<p>24 1-3 Bingo</p>
<p>27 10-12 Make Friendship Bracelets</p>	<p>28 1-3 Paint a Moonlight Waterfall</p>	<p>29 11-3 North Beltrami Heritage Center Kelliher (Meet at Hope House, rides for up to 5 people)</p>	<p>30 1-3 Coffee Club &amp; 10,000</p>	



In the last newsletter, you learned the number four:  
niwin



**Ojibwe Word of the Month**  
**Naanan**

Pronounced like nahnan  
Meaning: five (5)

**Challenge of the Month**

Try counting to five: bezhig, niizh, niswi, niwin, naanan



*Flowers Word Search*



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

ASTER	FORSYTHIA	HIBISCUS	TULIP
BLUEBONNET	JASMIN	LILAC	VIOLET
CACTUS	LILY	ORCHID	SAGE
DAHLIA	IRIS	PEONY	SUNFLOWER
GARDENIA	ROSE	LOTUS	ZINNIA

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**Staff:**

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



*United Way Helps Here*

**United Way  
of Bemidji Area**