



HOPE HOUSE NEWSLETTER

“Where We Go From Surviving to Thriving”

JANUARY & FEBRUARY 2022

Successes from Hope House Members 2021

- ◆ I'm getting out more
- ◆ I moved into my own apartment for the first time
- ◆ I'm talking to people at work now
- ◆ I'm made friends through my church
- ◆ I'm keeping my business going
- ◆ I am setting a schedule for my medications and hours of sleep
- ◆ I got a new job
- ◆ I've lost more than 100 pounds
- ◆ I checked on how well my brother and sisters were doing this summer
- ◆ I go to my meetings
- ◆ I am relating to my family now
- ◆ I'm still here!
- ◆ I did volunteer work this year
- ◆ I'm exercising
- ◆ I've learned that it is ok to trust and share my thoughts and dreams, and know that there are good and kind people out there! I love how I feel when I go home.
- ◆ I have a girlfriend
- ◆ I'm saving money for things I need instead of spending it all as soon as I get it
- ◆ I'm doing my chores
- ◆ I'm saying no to people who have tried to take advantage of me
- ◆ I have been staying at home with my nurse, my caregiver, and a few others
- ◆ I'm taking care of myself, like showering and brushing my teeth
- ◆ I won a red ribbon at the fair
- ◆ I'm getting the medical attention I needed
- ◆ I get to see my family now
- ◆ I successfully moved after 32 years in the same apartment
- ◆ I wrote a great story
- ◆ I'm doing fun things, like painting



Patience

When was the last time you were impatient? Last week? Today? Impatience is a restless feeling. A person wants action when impatient. Sometimes impatience comes with irritation at ourselves, or irritation at others when they don't show a sense of urgency.

Are there benefits to impatience? Yes. We may get tasks done quickly so we can be ready for what we want, we may communicate our needs and thoughts earlier, and/or we may try to figure out what others need and do some of their tasks so they can finish something we want.

Often impatience comes with irritability, however. We start to think negatively about those who aren't going as fast as we want or doing something the "right" way. We might feel frustrated, and turn that into harsh words about or to someone. We might end up in relationship conflict, and even loss of friends, coworker relationships, or family separations.

How can you tell if impatience is a problem before it gets to the breaking point? There are at least two ways: observe yourself and ask others.

Observe yourself means noticing what you are doing at the moment you are doing it. This requires being alert, and listening to your voice tone and volume. Do the words just seem to push out before you can control them? Is there name-calling going on in your thinking? Do you have the thought that others are not as capable as you are? Is your body tense? If it is hard to notice these or others actions when you are doing them, then learning relaxation skills, mindfulness skills, and/or going to therapy may help.

Asking others is another way to learn about yourself. It means picking a time when you are calm, and asking those you trust to give a kind, but honest view of your behavior. Since they might tell you something that you don't want to hear, it is ok to hear it in small doses. Just say thanks, and ask them more about their words on another day.

By observing yourself and asking others you trust for feedback, you can start the process of becoming more patient. Patience takes a lot of time, and learning to be patient often requires help from others. But being patient allows you to feel more peaceful inside, and you can have fewer conflicts on the outside. It is worth the work.



In the last newsletter you learned the number two: niizh

Ojibwe Word of the Month

Niswi

Pronounced like niss and we together

Meaning: three

Challenge of the Month

Try counting to three: bezhig, niizh, niswi

Pandemic

We are still social distancing, masking, doing temperature checks, hand sanitizing, and encouraging vaccinations and boosters. Members, you have been outstanding, taking care of yourselves and working to keep your community safe. There has been no COVID originating at Hope House, nor spreading among members and/or staff. Thank you to all of you for being safe. The pandemic is not over; we will continue to do these safety measures.



SIGN UP

Activities

Hope House Members! Calling to sign up for activities is still in place! Due to the pandemic, we limit how many may attend drop-in. Sign up can be done by calling 218-444-6748, x101.

Members' Meeting Agenda

January 14, 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. Masks are required.	
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, including Smile Box project	10 minutes
Community projects	10 minutes
Other topics to discuss?	10 minutes
If you want to attend, please sign up at extension 101.	

Ruttger's

Ruttger's is open to Hope House members everyday from 8:00 am-8:00 pm. Please have them punch Hope House punch card when you arrive and leave your name or initials with them. If you have any problems please call Hope House, 218-444-6748, ext 101.



Beltrami County Local Advisory Council (LAC)

Where: Hope House garage

When: Friday, January 14 and Friday, February 11, 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 join. 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 eleven people. Masks and social distancing are required at the meeting. For questions, call Beltrami County, Dan Brouse at 333-8119, or Hope House, Robin Wold at 444-6748.

Congratulations to Joseph Cook!

Joseph has been employed with Hope House for five years. Joseph helps Hope House members gain stability through consistent routines, develops strong links with adult foster care homes and medication prescribers, and provides cultural input for Hope House members and staff. Thank you, Joseph, for being a dedicated staff person with Hope House, and congratulations on five years of service!



Welcome to Patrick Walsh!

Patrick is a former Hope House employee who returned as of November. He is good at motivating members (clients) to meet goals, and is getting to know new Hope House members and current programming. Welcome back, Patrick!





January 2022

Mon	Tue	Wed	Thu	Fri
<p>3 1-3 Coffee Club</p>	<p>4 1-3 Pictionary</p> 	<p>5 1-3 Headwaters Science Center (Meet there. Rides home provided if needed for 5 people)</p> <p>No Drop In</p>	<p>6 1-3 Fabric Painting</p>	<p>7 1-3 Wrap-up Smile Box Project</p>
<p>10 10-12 Healthy Steps</p>	<p>11 1-3 Coffee Club</p>	<p>12 1-3 BSU Rec Center (Meet at BSU Rec Center. Rides home provided if needed for 5 people)</p> <p>No Drop In</p>	<p>13 1-2 Yahtzee 2-3 BARC Therapy</p> 	<p>14 12:30-1:30 LAC Meeting 1:30-3 Members' Meeting</p>
<p>17 10-12 Coffee Club</p>	<p>18 1-3 Talking Circle</p>	<p>19 1-3 Great River Rescue Tour (Meet at Hope House)</p> <p>No Drop In</p>	<p>20 1-3 Snowflake Craft</p>	<p>21 1-3 Bean Bag Toss</p> 
<p>24 10-12 Healthy Steps</p>	<p>25 1-3 Coffee Club</p> 	<p>26 3-5 Bowling (Meet at Bowling Alley-Rides home provided if needed for 5 people)</p> <p>No Drop In</p>	<p>27 1-3 Painting Wood, Canvas, or Ceramic</p>	<p>28 1-3 Bingo</p>
<p>31 10-12 Coffee Club</p>				

February 2022

Mon	Tue	Wed	Thu	Fri
	<p>1 1-3 Bemidji Trivia</p>	<p>2 1-3 Thrift Shopping (Meet at Hope House)</p> <p>No Drop In</p>	<p>3 1-3 Adult Coloring</p>	<p>4 1-3 Make a Suncatcher</p> 
<p>7 10-12 Healthy Steps</p>	<p>8 1-3 Coffee Club</p> 	<p>9 1-3 BSU Rec Center (Meet at BSU Rec Center. Rides home provided if needed for 5 people)</p>	<p>10 1-2 Yahtzee</p> <p>2-3 BARC Therapy</p>	<p>11 1-3 Make Valentines</p>
<p>14 10-12 Coffee Club</p>	<p>15 1-3 Talking Circle</p>	<p>16 1-3 Watermark Art Center Meet there. Rides home provided if needed for 5 people)</p> <p>No Drop In</p>	<p>17 1-3 Tye-Dye</p> 	<p>18 1-3 Play Pool</p>
<p>21 10-12 Healthy Steps (No PBT-Busses do not run this day)</p>	<p>22 1-3 Coffee Club</p>	<p>23 3-5 Bowling (Meet at Bowling Alley-Rides home provided if needed for 5 people)</p> <p>No Drop In</p>	<p>24 1-3 Painting Wood, Canvas, or Ceramics</p>	<p>25 1-3 Bingo</p> 
<p>28 10-12 Coffee Club</p>				

REACH Family Support Group is now Hybrid – Virtual and In-person

REACH (stands for reassurance for each) Family Support Group meets at 6:30 on the third Tuesday of each month. Meetings are now held both virtually and in-person, so that people who prefer to be at home can join in with those who meet in person. Participants must call ahead to sign up and obtain the link and instructions. The number is 218-444-6748, x109 any day before 4:30 pm to sign up. 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. Meeting participants are expected to be confidential about who attends and what is said by other participants. There is no charge to be in the group.

Cold-Day Chicken Noodle Soup

Total time: 15 min prep, Cook: 25 mins.
Makes: 8 servings (3 quarts)

Ingredients

- 1 tablespoon canola oil
- 2 celery ribs, chopped
- 2 medium carrots, chopped
- 1 medium onion, chopped
- 8 cups reduced-sodium chicken broth
- 1/2 teaspoon dried basil
- 1/4 teaspoon pepper
- 3 cups uncooked whole wheat egg noodles (about 4 ounces)
- 3 cups coarsely chopped rotisserie chicken
- 1 tablespoon minced fresh parsley



Directions

1. In a 6-qt. stockpot, heat oil over medium-high heat. Add celery, carrots and onion; cook and stir 5-7 minutes or until tender.
2. Add broth, basil and pepper; bring to a boil. Stir in noodles; cook 12-14 minutes or until al dente. Stir in chicken and parsley; heat through.

<https://www.tasteofhome.com/recipes/cold-day-chicken-noodle-soup/>



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Staff:

Sharon Collins, contract nurse, ext. 104
Joseph Cook, CMHP, ext. 102
Brenda Epeneter, CSP 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 Helps Here

**United Way
of Bemidji Area**

**HAPPY
NEW YEAR**