



# HOPE HOUSE NEWSLETTER

*"Where We Go From Surviving to Thriving"*

## NOVEMBER & DECEMBER 2021

# Happy Holidays!

**HOPE HOUSE WILL BE CLOSED:**

Thursday & Friday November 25 & 26  
 Thanksgiving Holiday  
 Friday December 24  
 Christmas Holiday  
 Friday December 31 New Years

### Hope House Thanksgiving Dinner

Members, it is that time of year!

Time to invite your family and friends to the Hope House Thanksgiving Dinner! Thursday, November 18, with serving from 5 pm to 6 pm in the 1<sup>st</sup> Presbyterian Church basement, at 501 Minnesota Ave. NW. We invite members to bring loved ones to celebrate your successes and mental health recovery.

And also to enjoy a good dinner! 😊

Please call to reserve a spot for you and your family and friends.

Masks required!

If the number of Covid-19 cases continue to rise, we may have to cancel this event.



# Thanksgiving



The Hope House Holiday Party will be held December 17 from 12 to 3 pm. Food, music, and fun will be had. This party is with members and staff only.

Hope to see you there! 😊

Reminder-please do not bring gifts for staff.

**Please remember to call to reserve your spot for all activities!**

# Members' Meeting Agenda

November 12, 2021 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 required.

Welcome and Introductions, including new staff and members	5 minutes
What is Members' Meeting? (for any 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	
Hearing Voices Support Group	5 minutes
ARMHS groups	5 minutes
Break	
Activities Updates and Planning, including Smile Box project	10 minutes
ARMHS survey results and discussion	10 minutes
Ruttger's fitness center	5 minutes
Medication Clinic	5 minutes
Other topics to discuss?	10 minutes



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## Pandemic Update

The community spread in Beltrami County is still high. To keep people safe, we are continuing to check temperatures, keep six foot distances whenever possible, and mask indoors. This includes the Hope House buildings, meetings rooms, vehicles, and for home and community indoor visits. If you have not yet received vaccinations, they are still available. Vaccinations reduce your chance of a COVID-related hospitalization or death, and increase safety for those around you. Thank you to everyone for working to keep our community healthy!



## Resilience – What Is It?

Resilience means the capacity to recover quickly from difficulties. Difficulties might include having a stretch of unpleasant symptoms, having a disagreement with a friend, or losing a job or other income. Recovering quickly means being able to get back to your usual stable self. Capacity means the maximum amount. So resilience is having as many skills as possible, to get back to your usual stable self, after something unpleasant or uncomfortable has happened.

Can you think of a recent difficulty you might have had? How did it make you feel? Possible feelings might include discomfort, unhappiness, irritation, anger, or sadness. Everyone has difficulties, and everyone has feelings about those difficulties. Feelings are not good or bad – they just are signals that you are in the midst of change.

Now think about your usual stable self. What are you like when you are doing ok? Some examples might be that you feel happy, you do a regular daily routine, and/or you act relaxed. Can you think of a time when you were not doing well -and then got back to being your usual stable self? How did you do it?

Gaining new skills can improve your capacity to recover from difficulties. Here are some ways to gain skills:

- 1. Notice what works for you and try to use that again in future situations.** This sounds pretty easy, but it is actually kind of hard. To do it, you have to watch your behavior – before, during, and after a difficulty- and do it without judging yourself. You also have to notice your feelings, and just let them be. And you need to have a picture in your mind of your stable self. So that’s a lot, but observing yourself can help your future.
- 2. Ask for help.** When we have difficulties, it puts us off-center. It can be hard to get back to our usual selves by ourselves. Generally when we ask for help, it brings great relief. The burden is shared with others; we are no longer alone. Your Hope House worker, your spiritual advisor, your best friend can all support you back to center.
- 3. Set up a healthy routine while you are doing well.** Going to bed at around the same time each night, eating healthy foods throughout your day, getting exercise, taking your medications, etc. requires practice over and over before it seems routine. Once you have the routine, it can reduce the stressors that happen to you. And after you have been taking care of your body for a while, it reminds you to do your routine.

These are just a few skills to work on to help you recover quickly when there are difficulties. What skills do you use to get back to your usual stable self?



# Beltrami County Local Advisory Council (LAC)

Where: Hope House garage

When: Friday, November 12 and Friday, December 10, 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, and many do. This meeting is open to the public. Masks are required at the meeting.

# Meeting

## REACH Family Support Group is Virtual - on the Computer

REACH (stands for reassurance for each) Family Support Group meets at 6:30 on the third Tuesday of each month. Meetings are held virtually, and are open to families and friends of people with mental illness. Participants must call ahead for their first meeting to obtain the link and instructions. The number is 218-444-6748, x109 any day before 4:30 pm to sign up. Accommodations are possible for people who prefer to meet in person.

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.

# 1

Last month you learned the number one: bezhig

### Ojibwe Word of the Month Niizh

Pronounced like knee (k is silent) with a zh at the end  
Meaning: two

### Challenge of the Month

Try counting to two: bezhig, niizh



# 2



# NOVEMBER 2021

Mon	Tue	Wed	Thu	Fri
	1 1-3 Coffee Club	2 1-3 Science Center (Meet at the Science Center. Rides home provided if needed for 5 people) <b>No Drop In</b>	3 1-3 Yahtzee	4 1-3 Paint Wood, Ceramic or Canvas 
8 10-12 Coffee Club	9 1-3 Smile Box Project 	10 1-3 Classic Country at Senior Center (Meet at the Senior Center) <b>No Drop In</b>	11 1-2 Scattergories  2-3 BARC Therapy	12 12:30-1:30 LAC Meeting  1:30-3 Members' Meeting
15 10-12 Healthy Steps	16 1-3 Coffee Club	17 1-3 BSU Rec Center (Meet at the Rec Center. Rides home provided if needed for 5 people)  <b>No Drop In</b>	18 1-3 Adult Coloring 4-6 Hope House Thanksgiving Dinner, 1st Presbyterian Church 501 Minnesota Ave.	19 1-3 Bingo
22 10-12 Coffee Club 	23 1-3 Talking Circle	24 3-5 Bowling  (Meet at Bowling Alley-Rides home provided if needed for 5 people) <b>No Drop In</b>	25 <b>Hope House is Closed</b>	26 <b>Hope House is Closed</b>
29 10-12 Healthy Steps	30 1-3 Coffee Club			

# DECEMBER 2021

Mon	Tue	Wed	Thu	Fri
		1 History Center (Meet at the History Center)	2 1-3 Holiday Decorating	3 1-3 Trim the Tree 
6 10-12 Coffee Club	7 1-3 Make a Snow globe 	8 1-3 BSU Rec Center (Meet at the Rec Center. Rides home provided if needed for 5 people) <b>No Drop In</b>	9 1-2 Card Making 2-3 BARC Therapy	10 12:30-1:30 LAC Meeting 1:30-3 Winter Craft
13 10-12 Healthy Steps 	14 1-3 Coffee Club	15 1-3 Mall Walk (Meet at the Mall) <b>No Drop In</b>	16 1-3 Paint wood, ceramics, or canvas	17 12-3 Holiday Party
20 10-12 Coffee Club	21 1-3 Talking Circle	22 1-3 Watermark Art Center ( Meet at the Watermark) <b>No Drop In</b>	23 1-3 Popcorn & Movie 	24 <b>Hope House            is Closed</b>
27 10-12 Healthy Steps	28 1-3 Coffee Club 	29 3-5 Bowling (Meet at Bowling Alley-Rides home provided if needed for 5 people) <b>No Drop In</b>	30 1-3 Bingo	31 <b>Hope House            is Closed</b>



## How Do I Check My Voice Mail?

Many people with cell phones do not check their voice mail. This means that sometimes they miss important messages. If you do not know how to check the voice mail on your phone, please talk with your Hope House worker for help. While the voice mail process varies among cell phones, your worker will either be able to show you how to do it, or connect you to someone who can.

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## Frozen Christmas Salad

### Ingredients

- 1 can (20 ounces) crushed pineapple, drained
- 2 cups miniature marshmallows
- 1 package (8 ounces) cream cheese, softened
- 1/2 cup mayonnaise
- 12 red maraschino cherries, chopped and patted dry
- 12 green maraschino cherries, chopped and patted dry
- 1/2 cup chopped walnuts
- 1 cup heavy whipping cream



### Directions

1. In a small bowl, combine pineapple and marshmallows. Set aside until marshmallows are softened, about 15 minutes.
2. Meanwhile, in a small bowl, beat cream cheese and mayonnaise until smooth. Stir into marshmallow mixture. Fold in cherries and walnuts.
3. In a small bowl, beat whipping cream until soft peaks form. Fold into marshmallow mixture. Spoon into a 6-cup mold; freeze overnight. Let stand at room temperature for 15-20 minutes; unmold onto a serving plate.

<https://www.tasteofhome.com/recipes/frozen-christmas-salad/>

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**Welcome BSU Nursing Students,  
We are glad you are here!**

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PO Box 1097  
Bemidji, MN 56619

**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, 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**