HOPE HOUSE NEWSLETTER

"Where We Go From Surviving to Thriving"

January/February 2025

REMINDER FOR HOPE HOUSE MEMBERS

The "Sign up needed" in the events calendar means you need to call in or tell us in person to sign you up for the activity.

Ojibwe Words of the Month

Mino Oshki Biboon! (Happy New Year)

Anamikaage (To greet people)

GUEST SPEAKER

Join us on Friday 2/7/25 from 1-3 pm. for a guest presentation on Wellness in the Woods. From the Facebook page "A peer run non-profit in MN that provides support services by and for others who experience mental health and substance use challenges". Since the presenter is coming from afar, please sign up before February 7th.

Renovation

The drop-in center is making progress! Sheet rock is up, walls are painted, flooring is in, cabinets are in. The island is done , and the bathroom is almost done!

Time to Think About Quitting Smoking

Do you know that in 2023, 66% of Hope House members did not smoke? That was an improvement from 60% the year before. Let's get it to 70% this year! If you are considering quitting smoking, check out this newsletter for information.

Mental Health Day at the Capitol!
You can go!

Ten consumers and two staff from our region can attend for free! The group will leave for St. Paul on February 19th and attend Day at the Capitol on February 20th. At the event you can learn how laws are made, and how to speak up for mental health needs. The day includes a rally, a break for lunch, time to tour, and afternoon visits with legislators on 2/20.

What is provided for you: The Minnesota Legislative Network is supplying a free bus for anyone – from the region to attend. In addition, the Region II Adult Mental Health Initiative has approved food and lodging for Hope House members (and members of other programs in our region)!

What you provide: $15 to reserve a seat –this will be returned to you the day of the trip. (If you cancel, the $15 will not be returned.) For the trip, bring a coat, gloves, travel clothes, overnight bag with meds, toothbrush, and a dressier outfit for the legislative visit on 2/20.

Other things to know: There will be a legislative letter writing day for Hope House members on Thursday, Feb 6th, and an orientation on Thursday, Feb 13th to prepare for the trip. If you can't make it those days, it is ok! You may still join the trip on 2/19, if your deposit is paid.
This can be a long trip. **You must be able to walk at least a mile, climb steps (in case elevators aren't working, and to get in the bus), wait for others, and be ok with crowds.** New attendees will have first chance at this opportunity. However, previous attendees may sign up; the $15 deposit will be returned to you if the bus is full. Come join the group!

Thank you to the Region II Adult Mental Health Initiative, the Mental Health Legislative Network, and the National Alliance on Mental Illness for funding.

Hope House Native American Advisory Group

We have the community advisory group almost settled. If there are members who would like to be on an in-house Native American Advisory Group, please contact your worker.

Mental Health Staff Get Paid to Attend the LAC; Why Not You?

The Region II Adult Mental Health Initiative is now offering a stipend for consumers to attend the Local Advisory Council. Go once to see if you like it, then fill out an application, sign in at each meeting and get paid a $25 Walmart gift card for regular attendance. The Beltrami County Local Advisory Council meets at Hope House on the 2nd Friday of each month from 12:30-1:30 pm in the new drop-in center.

Exercise Opportunities

Hope House has a membership at Ruttger's, which includes the pool, sauna, whirlpool, weight and exercise machines. As a member of Hope House, you can use it for free. All you need to do is stop by the guest registration desk and sign in. The hours of operation are 8 am.-9 pm. The membership is for Hope House members only. If you bring a guest, they will have to purchase a day pass for $10.00 plus tax.

BSU Fitness Center

The Wednesday Activity day will be going to BSU Rec Center the 3rd Wednesday of each month from 1-2 pm. There will be walking, and we are hoping to arrange for some other activities in the future. This is a sign-up in advance activity.

Seasonal Changes to Mental Health

Sometimes winter is a tough time for people, especially for those with depression and seasonal affective disorder. If you are feeling low, dragged down, sad, no energy, please call Hope House and also talk with your doctor. Adjustments can be made in medication, a SAD (Seasonal Affective Disorder) light may be ordered for you, Vitamin D might be prescribed for you, or other treatments. In addition, making sure that you get exercise at least several times a week can help. If the weather is bad, you can still move your arms and legs or walk around your house several times during the day. If you can get outside during daylight, enjoy a few minutes of air, notice the frost on the trees, look at the holiday lights, get some sunshine, your mood may change, even temporarily. If you have losses connected to this time of year, talk with your therapist and/or attend a grief support group. You can feel better!

COMING UP AT HOPE HOUSE:

January 20th - Celebrate Martin Luther King, Jr. Day at Coffee Club. There will be MLK Day Trivia with a special prize for the group for answering the questions correctly.

Members Meeting is Friday, January 10th at 1:30 after the LAC meeting. Agenda to be provided at the meeting. Please join us!

January 17th help do some cleaning and prep work for moving into the new Drop in center.

JANUARY 2025

Mon	Tue	Wed	Thu	Fri
		1 HAPPY NEW YEAR!! Hope House Is closed today.	2 1-3 PM *NEW YEARS* BINGO AT HOPE HOUSE	3 1-3 PM RING TOSS AT HOPE HOUSE
6 10-12 AM COFFEE CLUB AT HOPE HOUSE	7 1-3 PM YAHTZEE HOPE HOUSE	**8** MEET AT 12:30 HOPE HOUSE COFFEE AND CONVERSATION AT WILD HARE DONE AT 3 PM Sign up needed Rides for 5 people	9 1-2 ADULT COLORING 2-3 DOG THERAPY AT HOPE HOUSE	10 12:30-1:30 LAC MEETING 1:30-3 PM MEMBERS MEETING AT HOPE HOUSE
13 10-12 AM COFFEE CLUB AT HOPE HOUSE	14 1-3 PM HEALTHY STEPS AT HOPE HOUSE	**15** MEET AT 12:40 HOPE HOUSE VISIT NTC FOR AUTO CARE PRESENTATION DONE AT 3 PM Sign up needed Rides for 5 people	16 1-3 PM PAINT ON WOOD OR CANVAS AT HOPE HOUSE	17 1-3 PM CLEAN AND PREP NEW DROP IN CENTER AT HOPE HOUSE
20 10-12 AM COFFEE CLUB AT HOPE HOUSE MLK TRIVIA	21 1-3 PM TALKING CIRCLE AT HOPE HOUSE	**22** MEET AT 12:30 HOPE HOUSE WALK AT BSU REC CENTER DONE AT 3PM Sign up needed Rides for 5 people	23 1-3 PM DOMINOES THE GAME AT HOPE HOUSE	24 1-3 PM MAKING TILE COASTERS AT HOPE HOUSE
27 10-12 AM COFFEE CLUB AT HOPE HOUSE	28 1-3 PM HEALTHY STEPS AT HOPE HOUSE	**29** MEET AT 2:30 HOPE HOUSE BOWLING DONE AT 5PM Sign up needed Rides for 5 people	30 1-3 PM MOVIE AT HOPE HOUSE	31 **1-3 PM** **BINGO AT HOPE HOUSE**

FEBRUARY 2025

Mon	Tue	Wed	Thu	Fri
3 *10-12 AM* COFFEE CLUB AT HOPE HOUSE	4 *1-3 PM* *EARLY GARDEN PLANNING AT HOPE*	**5 MEET AT 11:30 HOPE HOUSE VISIT MUSEUM IN PARK RAPIDS DONE AT 3 PM.** Sign up needed Rides for 5 people	*6* 1-3 PM WRITE LETTERS TO LEGISLATORS HOPE HOUSE	*7* 1-3 PM WELLNESS IN THE WOODS PRESENTATION AT HOPE HOUSE Sign up needed
10 10-12 AM COFFEE CLUB AT HOPE HOUSE	*11* 1-3 *PM* HEALTHY STEPS AT HOPE HOUSE	**12 MEET AT 12:30 HOPE HOUSE COFFEE AND CONVERSATION DONE AT 3 PM. SOU. LUEKENS** Sign up needed Rides for 5 people	13 1-2 DAY AT THE CAPITOL ORIENTATION 2-3 DOG THERAPY AT HOPE	14 12:30-1:30 LAC MEETING AT HOPE HOUSE 1:30-3 HOLIDAY PARTY
17 HOPE HOUSE CLOSED FOR STAFF RETREAT	*18* 1-3 *PM* TALKING CIRCLE AT HOPE HOUSE	**19 MEET AT 12:30 HOPE HOUSE ACTIVITY AT BSU REC CENTER DONE AT 3 PM** DAY AT CAPITOL LEAVES TODAY Sign up needed Rides for 5 people	20 1-3 PM SEWING A COASTER **DAY AT THE CAPITOL**	21 1-3 PM STATE CAPITOL WRAP-UP AT HOPE HOUSE
24 10-12 AM COFFEE CLUB AT HOPE HOUSE	*25* 1-3 PM HEALTHY STEPS AT HOPE	**26 MEET AT 2;30 HOPE HOUSE BOWLING DONE AT 5PM** Sign up needed Rides for 5 people	27 1-3 PM LEARN ABOUT FINDING A JOB HOPE HOUSE	28 **1-3 PM BINGO AT HOPE HOUSE**

Communication Skills

Conflict in a relationship is virtually inevitable. In itself, conflict isn't a problem. How it's handled, however, can bring people together or tear them apart.

Here are some communication techniques for handling conflict:

Stay Focused: Sometimes it's tempting to bring up past seemingly related conflicts when dealing with current ones. Unfortunately, this often clouds the issue and makes finding mutual understanding and a solution to the current issue less likely and makes the whole discussion more taxing and even confusing.

Listen Carefully: People often think they're listening but are really thinking about what they're going say next when the other person stops talking. Truly effective communication goes both ways.

Try to See Their Point of View: In a conflict, most of us primarily want to feel heard and understood. We talk a lot about our point of view to get the other person to see things our way. Ironically, if we all do this all the time, there's little focus on the other person's point of view.

Respond to Criticism with Empathy: When someone comes at you with criticism, it's easy to feel that they're wrong, and get defensive. Work to understand that person's view.

Own What's Yours: Realize that personal responsibility is a strength, not a weakness. Effective communication involves admitting when you're wrong.

Use "I" Messages: Rather than saying things like, "You really messed up here," begin statements with "I" and make them about yourself and your feelings, for example: "I feel frustrated when this happens."

Look for Compromise: Instead of trying to 'win' the argument, look for solutions that meet everybody's needs.

Take a Time-Out: Sometimes tempers get heated and it's just too difficult to continue a discussion without it becoming an argument or a fight.

Don't Give Up: While taking a break from the discussion is sometimes a good idea, always come back to it.

Ask For Help If You Need It: If one or both of you has trouble staying respectful during conflict, or if you've tried resolving conflict with your partner on your own and the situation just doesn't seem to be improving, you might benefit from a few sessions with a therapist.

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Phones are not answered between Noon & 1 PM.
(Please leave a message during those times.)

Local Crisis Line: 1-800-422-0045
Crisis Text: Text HOME to 741741
Suicide & Crisis Lifeline: 988

Contract:
Tony Kramer, DNP, APRN, CNP, PMHNP-BC
Tami Lindell, DNP, APRN-C
Adella Hadrava, RN, Northwoods Caregivers

United Way
United Way of Bemidji Area

United Way Helps Here