HOPE HOUSE NEWSLETTER

"Where We Go From Surviving to Thriving"

JULY/AUGUST 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. Sign up helps us plan enough food and supplies. Thank you!

Events that don't have the "sign up needed" are available to you without calling ahead.

THE DROP-IN CENTER IS OPEN!!!

All activities will be held in the drop-in center, unless stated differently in the activity calendar**.** **Please Note:** there are several activities in both July and August that will require you to sign up to attend. **Also Note:** each month will have extra off-site activities.

Please check the calendars carefully.

Hope House Staff would like to remind members that the snacks provided are just snacks. They are not meant to be a meal. Please eat a meal before you come to activity, especially if you participate in off-site activities. The food is still just snacks. If the off-site activity involves shopping or carnival rides/ games you will need to bring your own personal funds to spend.

Ojibwe Words of the Month

Niiskaadad—Bad Weather Anwaatin—Calm Weather

LAST MINUTE UPDATE!

Everyone who uses SNAP and lost food due to the storm may be reimbursed up to one month's supply of food if they fill out paperwork at the 2nd floor of Social Services Building by July 1. Your Hope House worker can help you and will be reaching out to you.

RENOVATION IS DONE!

Members have been attending activities in the new drop-in center since June 2. Members like the extra space, the cozy new furniture, feeling less anxiety, and having places to spread out crafts and art projects. Special thanks to: Beltrami County Health and Human Services, especially Anne Lindseth, Jeff Lind, and Joshua Burnham, the Region 2 Adult Mental Health Initiative, FMAP, Paul Bunyan Communications, Beltrami Electric Round Up, United Way of the Bemidji Area, CCC Christiansen Construction Co. Inc. and their contractors, EAPC Architects Engineers, Larson Environmental Services, City of Bemidji Planning and Zoning, Wagner Plumbing, Higgins Heating, Bessler Electric, Bill Weidner, Beltrami County Board of Commissioners Liaison Joe Gould, Board Members past and present who have given ideas and support over the years, and Hope House staff and members who helped while waiting patiently for the drop-in center to be finished. Thank you to all for the team effort!

A NEW TYPE OF LANDSCAPING

As you know, a storm hit Bemidji on 6/21/25. We are so glad that all of you are safe, despite the scary experience. Thank you for helping each other during and after the storm. The Hope House program lost about 27 trees, the sign at the end of the road, and a corner of the roof above the Members' Art Gallery. Hope House was without phone service for four days; the phones are working now. Hope House checked in with members who had cell phones and made home visits to others – everyone was managing well.

Regarding trees, there may be need for some raking of small twigs at Hope House – if you like that kind of task, it will be incorporated as part of drop-in center activities. Bonded and insured personnel will handle the safe and gradual tree removal. When all is done, it will look more like Kansas than Minnesota.

Ideas for new landscaping are welcome!

Thank you, Brenda!

Congratulations to Brenda Epeneter for 5 years with Hope House! Brenda is a Certified Peer Support Specialist. She does a great job using her lived experience to help adults with mental illness stay stable and live in the community. Brenda communicates well, is a supportive team member, and demonstrates excellent self-care and boundaries. We appreciate you, Brenda!

Native American Community Advisory Group

The first meeting of this group has been set for July 8th. The group is made up of community members who have experience and knowledge in both Native and Non-Native culture. They will provide input and feedback about cultural programming. If you know a community member who would be a helpful advisory group member, please contact Robin Wold at 218-444-6748, x109.

Beltrami County Local Advisory Council

Purpose: To discuss gaps in mental health services in our community
Location: New drop-in center building at Hope House
July 11 and August 8
The time has been changed to 12:15 pm
so that the group is finished and out before other drop-in center activities begin.
This is a public meeting. All attendees sign a confidentiality form.
This council is sponsored by Beltrami County. Ok to just show up for this meeting or call Dan Brouse, Beltrami County Health and Human Services at 218-333-4223 to learn more.

Members' Meeting: Friday, July 11, 1:30 – 3 pm

All Hope House members are invited to participate

Agenda

1. Welcome and Introductions	5 min
2. Attendees Good News to Report	10 min
3. Members' Recognition Award:	
Leadership, Working on Goals, or Trying New Things	5 min
4. Members' feedback needed:	
A. New drop-in center - changes needed?	5 min
B. Parking spaces	5 min
C. Security camera	5 min
D. Eagle painting project	5 min
5. Updates and Planning:	
A. Family Picnic & Activities Planning for Sept/Oct	10 min
Break	5 min
6. Pepper the robot and UMD interns	60 min
Drawing	

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. Please contact Hope House staff for more information about how to sign in each time.

BSU Fitness Center

Hope House has been using the BSU Fitness Center one Wednesday each month. We will be using the facility starting again in the fall. Let staff know if you would like to sign up to go.

HOPE HOUSE WILL BE CLOSED JULY 4TH

Enjoy the Holiday!!

PLEASE TAKE NOTE

Please note the times on the calendar for July 9th and 23rd. These are different than usual. Also note that there are off-site activities occurring 2 days in a row July 2nd and 3rd.

August also has off-site activities occurring 2 days in a row on August 6th and 7th. You can sign up for one or both days or meet us there. On Wed. August 20th there will not be an off-site activity, it will be on Thursday August 21st.

Some activities in July and August require you to sign up in advance so Hope House staff can better prepare for the activities. Please check the calendar.

COMING UP AT HOPE HOUSE:

Members Meeting is Friday, July11 th at 1:30 after the LAC meeting. Agenda to be provided at the meeting. Please join us to have a say in Hope House programming.

July 17th—1-3 pm Les Sanders will be leading a group on watercolor pencils. This activity is open for 10 members to participate. **Please sign up by Monday July 14th.**

July18th - 12-3 pm Hope House will be having the Annual Members and Family Picnic and games! **Please be sure to sign** up and let us know how many are attending so there will be enough food.

July 24th 1-3 pm the activity will be making Native American hand drums.

August 8th we will be saying "Farewell" to Pepper and the students from UMD. Members are asked to join us to wish them well.

August 20th 1-3 pm we are planning a pontoon ride on Lake Bemidji, weather permitting . **Please sign up by August 4th!** The pontoon will hold 10 people.

August 22nd there will be a Taco In A Bag lunch and outdoor games. This is for members only. **Please sign up** so there is enough food for all.

July 2025

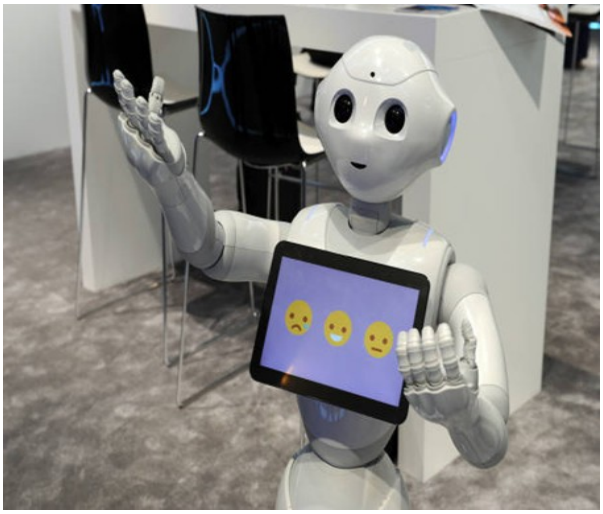
Mon	Tue	Wed	Thu	Fri
	1 1-3 PM PLEIN AIR PAINTING AT HOPE HOUSE	2 MEET AT 12:30 HOPE HOUSE *DAY 1* SCULPTURE WALK DOWNTOWN **Sign up needed** **Rides for 5 people**	3 MEET AT 12:30 HOPE HOUSE SCULPTURE ANDCARNIVAL WALK **Sign up needed**	4 CLOSED FOR HOLIDAY **HAPPY 4TH OF JULY ******
7 10-12 AM COFFEE CLUB AT HOPE HOUSE	8 1-3 PM HEALTHY STEPS AT HOPE HOUSE	**9** MEET AT **12:45** HOPE HOUSE TOUR FIREHALL 1:30-2:40 DONE AT 3 PM **Sign up needed** **Rides for 5 people**	10 1-2 PM PAINT FEATHERS 2-3 DOG THERAPY AT HOPE HOUSE	11 12:15-1:30 LAC MEETING 1:30-3 PM MEMBERS MEETING AT HOPE HOUSE
14 10-12 AM COFFEE CLUB AT HOPE HOUSE	15 1-3 PM TALKING CIRCLE AT HOPE HOUSE	**16** MEET AT 12:30 HOPE HOUSE CREATIVITY AT STITCH IN TIME DONE AT 3 PM **Sign up needed** **Rides for 5 people**	17 1-3 PM WATERCOLOR PENCILS WITH LES SANDERS **SIGN-UP REQUIRED BY JULY 14TH**	18 12-3 PM MEMBERS FAMILY PICNIC SIGN-UP REQUIRED
21 10-12 AM COFFEE CLUB AT HOPE HOUSE	22 1-3 PM HEALTHY STEPS AT HOPE HOUSE	**23** MEET AT **1:30** HOPE HOUSE ARCHERY AT BEMIDJI STATE PARK **DONE AT 4 PM** **Sign up needed** **Rides for 5 people**	24 1-3 PM HAND DRUM MAKING AT HOPE HOUSE	25 **1-3 PM** **BINGO AT HOPE HOUSE**
28 10-12 AM COFFEE CLUB AT HOPE HOUSE	29 1-3 PM WORK IN GARDEN & YARD GAMES AT HOPE HOUSE	**30** MEET AT 2:30 HOPE HOUSE BOWLING DONE AT 5PM **Sign up needed** **Rides for 5 people**	31 1-3 PM LARGE CAN-VAS GROUP PAINTING AT HOPE HOUSE	

AUGUST 2025

Mon	Tue	Wed	Thu	Fri
				1 1-3 PM GROUP PAINTING CONTINUED AT HOPE HOUSE
4 10-12 AM COFFEE CLUB AT HOPE HOUSE	*5* 1-3 PM JEWELRY FINISHING OR PAINTING AT HOPE HOUSE	**6 MEET AT 12:30 HOPE HOUSE VISIT BEMIDJI STATE PARK DONE AT 3 PM** **Sign up needed** **Rides for 5 people**	7 **MEET AT 12:30 HOPE HOUSE BELTRAMI COUNTY FAIR** **Sign up needed** **Rides for 5 peo-**	8 12:15-1:30 LAC MEETING AT HOPE HOUSE 1:30-3 FAREWELL TO PEPPER & UMD
11 10-12 AM COFFEE CLUB AT HOPE HOUSE	*12* 1-3 PM HEALTHY STEPS AT HOPE HOUSE	**13 MEET AT 12:30 HOPE HOUSE MINI GOLF DONE AT 3 PM** **Sign up needed** **Rides for 5 people**	14 1-2PM HAND DRUM CIRCLE 2-3 DOG THERAPY AT HOPE HOUSE	15 1-3 PM JEWELRY MAKING CONTINUED AT HOPE HOUSE
18 10-12 AM COFFEE CLUB AT HOPE HOUSE	*19* 1-3 PM TALKING CIRCLE AT HOPE HOUSE	**20 MEET AT 12:30 HOPE HOUSE OR 12:45 AT PAUL & BABE PONTOON RIDE DONE AT 3 PM** **Sign up needed** **Rides for 5 people** **ROOM FOR 10 ON BOAT**	21 **MEET AT 12:30 HOPE HOUSE SANFORD BJI POWWOW DONE AT 3 PM** **Sign up needed** **Rides for 5 people**	22 12-3 PM TACO IN A BAG **SIGN UP NEEDED MEMBERS ONLY**
25 10-12 AM COFFEE CLUB AT HOPE HOUSE	26 1-3 PM HEALTHY STEPS AT HOPE HOUSE	**27 MEET AT 2:30 HOPE HOUSE** **BOWLING DONE AT 5PM** **Sign up needed** **Rides for 5 people**	28 1-3 PM OUTDOOR GAMES AT HOPE HOUSE	29 **1-3 PM BINGO AT HOPE HOUSE**

Social Robot and University of Minnesota Duluth Staff and Interns

Welcome to Pepper, Ayesha, Sabir, Manasa and Dr. Khan! Pepper is a social robot here to help with activities. Pepper and other robots can teach exercises and relaxation breathing, tell jokes, sing, dance, and interact. Ayesha, Sabir, and Manasa are interns from the University of Minnesota Duluth who are helping Pepper and other robots function properly. Dr. Khan is a University of Minnesota Duluth professor who oversees the project. Pepper and the three interns are at Hope House every day but Wednesday from June 23 to August 8. Dr. Khan will also be here for several visits. If you attend drop-in during this time, you can help the robots and interns by agreeing to wear a sensor. The sensor helps the interns know if the robot is communicating properly with you. If you agree to wear a sensor, you will be asked to sign a consent form.



Skill of the Month

How to Ring Up Fruits and Vegetables at the Self-Check Out

Learning new technology can be a little overwhelming. But you don't have to miss out on foods you like! Learn how to use a self-check-out for fruits and vegetables:

1. **Any fruit or vegetable with a bar code** (black lines on a sticker.) It signals to the computer what the product is. It can be scanned like canned goods. Hold the sticker facing down and pull it across and below the computer screen until you hear a noise. Then put the item in a bag.
   After you scan, the screen will ask you one of two things:
   a. **How many of that fruit or vegetable do you have**? Tap the number of how many you are buying. For two green peppers, type in 2.
   b. **Some vegetables vary a lot in weight and shape, so they have to be weighed instead of counted**. For example, bananas aren't usually the same size. The computer screen will tell you to weigh the bananas. This means to set them down below the computer screen and let go of them. In a few seconds, the computer will tell you the weight and the price. Then you can put them in a bag.
2. **If there is no bar code sticker**, look near the top of the computer screen where it says "Look up item". Tap those words. Then the screen will show you a selection of pictures of produce. Tomatoes, for example, will have a picture of a tomato. If there are different kinds (like roma tomatoes, cherry tomatoes, and regular hamburger size tomatoes), another screen will pop up with pictures of each kind of tomato. Tap the picture of the kind of produce you have. Then the computer will ask you to count or weigh your produce. Follow a. or b. above, depending on what it asks you.
3. **If you have any problems at all, there is a customer service person ready to help you.** It's ok to ask them for help!

Still feeling overwhelmed, but want to try this? Ask your worker to go with you a few times to learn how. It feels good to master technology. It also feels good to buy healthy foods without feeling frustrated by barriers.

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Katrina Pink, CMHP, ext. 108
Robin Wold – Director, ext. 109
Jolene Lundin, Office Coordinator, ext. 101
Amara Bedford, Activities Coordinator, ext. 104

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
Crisis Text: 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