HOPE HOUSE NEWSLETTER

"Where We Go From Surviving to Thriving"

SEPT/OCT 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.

Ojibwe Words of the Month

Bizaan means quiet, still

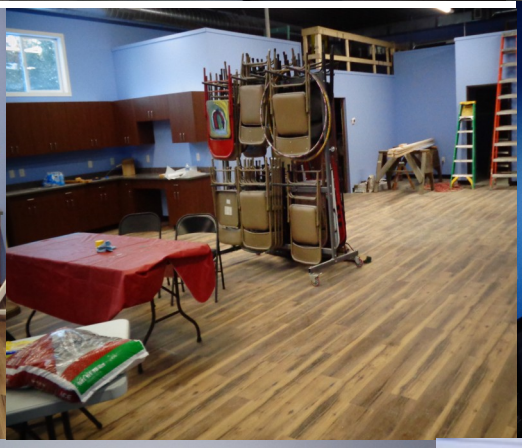
Mitigoog means trees

HOPE HOUSE WILL BE CLOSED SEPT. 1st

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.

Check out some before, during and after pictures Also be thinking about some ideas for the extra open spaces we now have in the yard. Ideas for new landscaping are welcome!



Thanks to the clean-up crew!!

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 on September 17th. Let staff know if you would like to sign up to go.

DROP-IN CENTER

All activities will be held in the drop-in center, unless stated differently in the activity calendar**.** **Please Note:** there are activities in both September and October that require you to sign up to attend.

Please check the calendars carefully.

COMING UP AT HOPE HOUSE:

Members' Meeting is Friday, Sept. 12th at 1:30 after the LAC meeting. Agenda is on page 7 of the newsletter. Please join us to have a say in Hope House programming.

Sep 19th—12-3 pm there will be a Fall Members' picnic. **Please sign up so staff know how much to prepare.**

Sept.24th, 3-5 pm Hope House will be bowling! **Please be sure to sign up, especially if you will need a ride.**

Sept. 26th, 1-3 pm will be Bingo at Hope House .

October 29th will be bowling**.**

The October Bingo takes place on Halloween and will be Costume Bingo. No costume is required, and ok if you do wear one! Come and have some fun!

October will have some two-day activities. Don't worry if you can't come both days! Still lots of fun going on.

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

September 2025

Mon	Tue	Wed	Thu	Fri
1 CLOSED FOR LABOR DAY HOLIDAY	2 1-3 PM COFFEE CLUB AT HOPE HOUSE	*3* **MEET AT 12:30 HOPE HOUSE SCULPTURE WALK DONE AT 3 PM** **Sign up needed** **Rides for 5 people**	4 1-3 PM OUTDOOR GAMES AT HOPE HOUSE	5 1-3 PM FINISHING PINATAS AT HOPE HOUSE
8 10-12 AM COFFEE CLUB AT HOPE HOUSE	9 1-3 PM HEALTHY STEPS AT HOPE HOUSE	**10 MEET AT 12:30 HOPE HOUSE VISIT LAKE LASALLE DONE AT 3:30 PM** **Sign up needed** **Rides for 5 people**	11 1-2 ADULT COLORING 2-3 DOG THERAPY AT HOPE HOUSE	12 12:15—1:30 LAC MEETING 1:30-3 PM MEMBERS' MEETING AT HOPE HOUSE
15 10-12 AM COFFEE CLUB AT HOPE HOUSE	16 1-3 PM TALKING CIRCLE AT HOPE HOUSE	**17 MEET AT 12:30 HOPE HOUSE BSU REC CENTER AND TALLEY GALLERY DONE AT 3 PM** **Sign up needed** **Rides for 5 people**	18 1-3 PM PLAYING POOL AT HOPE HOUSE	19 12-3 PM FALL MEMBERS ONLY PICNIC **Sign up needed**
22 10-12 AM COFFEE CLUB AT HOPE HOUSE	23 1-3 PM HEALTHY STEPS AT HOPE HOUSE	**24 MEET AT 2:30 HOPE HOUSE** **BOWLING DONE AT 5PM** **Sign up needed** **Rides for 5 people**	25 1-3 PM FALL YARD & GARDEN CLEAN-UP AT HOPE HOUSE	26 **1-3 PM BINGO AT HOPE HOUSE**
29 10-12 AM COFFEE CLUB AT HOPE HOUSE	30 1-3 PM FIND & SEEK SCAVENGER HUNT AT HOPE HOUSE			

OCTOBER 2025

Mon	Tue	Wed	Thu	Fri
		1 MEET AT 12:15 HOPE HOUSE TOUR MASK & ROSE THEATRE **DONE AT 3 PM** Sign up needed Rides for 5 people	2 1-3 PM GROUP PAINTING AT HOPE HOUSE CONTINUED	3 1-3 PM GROUP PAINTING AT HOPE HOUSE FINAL DAY
6 10-12 AM COFFEE CLUB AT HOPE HOUSE	7 1-3 *PM* ART DESIGNS WITH FALL LEAVES AT HOPE HOUSE	**8 MEET AT 11:30 HOPE HOUSE TOUR OF YAK FARM, APPLE PICKING & A HAYRIDE BRING A PACKED LUNCH BACK AT 4 PM** Sign up needed Rides for 5 people	9 1-2 KARAOKE 2-3 DOG THERAPY AT HOPE HOUSE	10 12:30-1:30 LAC MEET-ING AT HOPE HOUSE 1:30-3 DRAWING OPTICAL
13 10-12 AM COFFEE CLUB AT HOPE HOUSE	14 1-3 *PM* HEALTHY STEPS AT HOPE HOUSE	**15 MEET AT 12:30 HOPE HOUSE BSU REC CENTER** **DONE AT 3 PM** **Sign up needed** **Rides for 5 people**	16 1-3 PM BRACELET MAKING AT HOPE HOUSE	17 1-3 PM BRACELET MAKING CONT. AT HOPE HOUSE
20 10-12 AM COFFEE CLUB AT HOPE HOUSE	21 1-3 PM TALKING CIRCLE AT HOPE HOUSE	**22 MEET AT 12:30 HOPE HOUSE SCENIC DRIVE TO** SEE FALL LEAVES Sign up needed Rides for 5 people	23 1-3 PM PUMPKIN CRAFT AT HOPE HOUSE PART I	24 1-3 PM PUMPKIN CRAFT AT HOPE HOUSE PART II
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 DECORATING BASKETS; CHOICE OF A FALL OR WINTER ONE	31 1-3 PM **COSTUME BINGO AT HOPE HOUSE**

Hope House Members!

Attend a virtual mental health conference for free, no travel out of town,
no lengthy walking, and led by people with experiences like yours!

Together is Better:
2025 Annual Wellness in the Woods Conference

Who May Attend: Any Hope House member who signs up and pays $10 by Monday, September 15, 2025 may attend. (You will get the $10 back if you attend the conference.)

What: See conference agenda on next page. Attend one or both days. Lunch will be served for those attending morning sessions

Per members' requests, Hope House will keep its scheduled activities on the calendar. Ok to leave the conference for your activity – and come back to watch the rest of the conference. Hope House will provide a ride home at the end of the conference as needed.

When: Thursday, Sept 25 and/or Friday, Sept 26. See times on next page

Where: At Hope House, by large screen virtual connection in the Offices and Information building (former drop-in center with ramp to door)

How to Sign Up: Call or stop in at Hope House. Present your $10 to reserve your spot. You will get the $10 back once you arrive for the conference.

Thank you to the Region II Mental Health Initiative for funding this opportunity!

From Wellness in the Woods: 2025 Annual Conference

Join us for the Annual Wellness in the Woods Conference — a two-day celebration of community, connection, and personal empowerment! This year's theme, **"Together is Better,"** reflects our shared belief that healing, hope, and wellness flourish when we come together.

Whether you're joining virtually or in person, this event offers opportunities to connect, learn, and grow with others who are passionate about mental health, peer support, and wellness.

🎤 **Day 1: Virtual Conference**

🗓️ **Thursday, September 25, 2025**

🕘 9:30 AM – 1:00 PM (Central Time)

💻 Join us online for inspiring keynote speakers, breakout sessions, and community connection — all from the comfort of your own space.

🎤 **Day 2: Hybrid Experience**

🗓️ **Friday, September 26, 2025**

🕘 9:45 AM – 4:30 PM (Central Time)

This full-day event features in-depth workshops, panels, and peer-led sessions designed to uplift, inform, and build community

Tentative Presentation Schedule:

Thursday September 25th (Virtual)

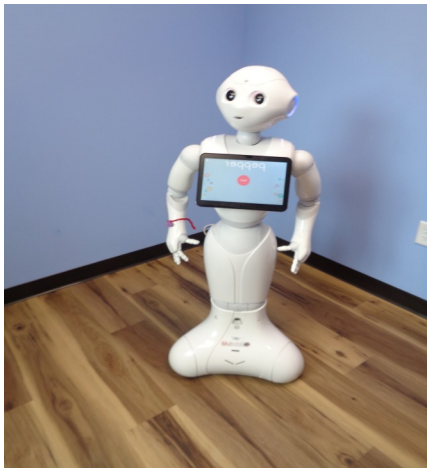
9:30 AM Opening Remarks
10:00 AM *Walking Into Our Wounds Creatively* Diana Babcock
11:00 AM *There's No Such Thing as Bad People* Monica L. Yeadon
12:00 PM *Mental Health Recovery: Leading from Lived Experience* Sierra Grandy

Friday September 26th (Hybrid)

9:45 AM Opening Remarks
10:00 AM *Changing the Culture: Building Collaborative Partnerships in Mental Health* Laura Sutherland
11:00 AM *Boundaries without Guilt: Build Confidence, Not Walls* Graham Smith
12:00 PM Lunch! Provided with purchase of an in-person ticket!
1:00 PM *A Splash of Humor*
1:30 PM *Native Flute Performance* Max Blake
2:30 PM *Empowered Minds: Liberation and Systems Change for the Field of Mental Healthcare* Sara Stamschror-Lott
3:30 PM Closing Remarks & Community Celebration

Social Robot and University of Minnesota Duluth Staff and Interns

Thank you to Pepper, Ayesha, Sabir, Manasa and Dr. Khan of the University of Minnesota Duluth! Pepper and the three interns were at Hope House every day but Wednesdays for 7 weeks. Dr. Khan was also here for several visits. They brought energy, new ideas and fun! A summary of students' research will be available in the coming weeks.



Native American Community Advisory Group

The first meeting of this group was held July 8th. Excellent feedback, and will be held again in October. The group has community members who have experience and knowledge in both Native and Non-Native culture. They provide input and feedback about cultural programming. If you know a someone who would be a helpful advisory member

Please contact Robin Wold at 218-444-6748, x 109

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
September 12 and October 10, 2025
12:15 pm to 1:15 pm
This is a public meeting. All attendees sign a confidentiality form.
This council is sponsored by Beltrami County. Ok for any Hope House or community member to attend this meeting. Call Dan Brouse, Beltrami County Health and Human Services at 218-333-4223 to learn more.

Members' Meeting: Friday, September 12, 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. Activities planning for November/December	
Different times for other activities? Thanksgiving Dinner	15 min
Break	10 min
5. Eagle painting project update	5 min
6. Ojibwe language robot	5 min
7. Members' handbook feedback needed	20 min
8. Landscaping ideas now and spring	5 min
9. Other _____	10 min
Drawing	

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Staff:
Brenda Epeneter, CSP II , ext. 103
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