



# HOPE HOUSE NEWSLETTER

*“Where We Go From Surviving to Thriving”*

## January/February 2026



### 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

**Gisinaa—it is cold**

**Noodin—it is windy**

#### DROP IN CENTER

The Drop-In center has been in use now for several months and is a great place. Members seem to enjoy it.

The bigger space has made it wonderful for doing large painting projects and for activities that involve a longer time frame to complete. The comfy home like seating area is very popular.

#### COMING UP AT HOPE HOUSE:

**January 1st** - Hope House will be closed to Celebrate the New Year.

Members Meeting is Friday, **January 9<sup>th</sup>**  
At 1:30 after the LAC meeting. Please join us to have a say in Hope House programming.

Friday, **February 13<sup>th</sup>** will be a holiday party for Valentines day. From 1:30-3 pm and for members only.

Monday **February 16<sup>th</sup>** Hope House will be closed for a staff retreat.

Check the calendar for activity times some may be different than in the previous months.

There are a lot of fun things coming up in the next couple months. Check the calendar for all your favorite activities and some new ones!!



## LET'S TALK...

### Conversational Skills—Listening & Speaking

Having a conversation with someone involves both speaking and listening skills. It is not always easy to carry on a conversation with someone, especially if you do not know the person well, but it is not as hard as you might think. With some patience and these steps, you can learn to relax and enjoy great conversations with both friends and new acquaintances. **Note: some points may be handled differently depending on the culture you are in.**

#### **To Start:**

Look at the person or persons that you want to talk with. Address them by their name. Stand about an arm's length away from everyone.

Listen. This is the most important part of any conversation. A conversation will go nowhere if you are too busy thinking of anything else, including what you plan to say next. If you listen well, the other person's statements will suggest questions for you to ask.

Allow the other person to do most of the talking. They will often not realize that they did most of the talking, and you get the credit for being a good conversationalist—which of course, you are!

#### **During the Conversation:**

Ask questions about the topic they are discussing. Add information about the topic that you know.

You may change topics only when people are finished speaking on that subject. When you change a topic it should usually be related to what you were speaking about earlier. Or you could simply say, "not to change the subject, but did anyone watch the game last night?"

Remember that sometimes if a conversation isn't going well, it might not be your fault. Sometimes the other person is distracted/lost in thought, isn't willing to contribute, or is having a bad day. If they don't speak or listen, then they are the ones not using good conversation skills, not you. In any case, it's still a good idea to strive to do *your* part as a good conversationalist.

#### **Ending the Conversation:**

Make sure everyone has had a chance to talk.

Use closing expressions, like "I have an appointment, but it was good talking with you."

Thank the other person, "thanks for sharing with me, I enjoyed our time together."

Use a final closing statement like, "Okay, see you later."



## **Beltrami County Local Advisory Council**

**Purpose: to discuss gaps in mental health services in our community.**

Location: Drop-in center at Hope House

Dates: Friday, January 9, 2026 and Friday, February 13, 2026

12:15 pm to 1:15 pm

Type of meeting: Public, including people who have mental illness, family, county staff, local providers, the general public. A Hope House member leads the group. All attendees are invited to give comments. Everyone signs a confidentiality form.

Sponsored by Beltrami County.

## **Native American Community Advisory Group**

This group provides input and feedback about cultural programming, and meets about three times a year. If you know someone who could be an advisory member, please contact

Robin Wold at 218-444-6748, ext. 109.

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## **Member’s Meeting: Friday, January 9, 1:30– 3 pm**

**All Hope House members are invited**

### **Agenda**

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|---|--------|
| 1. Welcome and Introductions  | 5 min  |
| 2. Attendees’ Good News to Report   | 15 min |
| 3. Member’ Recognition Award:<br>Leadership, Working on Goals, or Trying New Things | 5 min  |
| 4. Activities planning for March/April  | 15 min |
| 5. Eagle painting project update  | 5 min  |
| 6. Ojibwe language update   | 5 min  |
| 7. Staff/volunteers updates   | 10 min |
| 8. CPR/1st Aid training or Mental Health 1st Aid training                           | 5 min  |
| 9. Other _____  | 10 min |
| 10. Drawing   |        |

# JANUARY 2026

Mon	Tue	Wed	Thu	Fri
			1 <b>HAPPY NEW YEAR!!</b> <i>Hope House Is closed today</i>	2 1-3 PM PUT AWAY DECORATIONS AT HOPE HOUSE
5 10-12 AM  COFFEE CLUB AT HOPE HOUSE	6 1-3 PM PAINTING WOODEN SNOWMEN HOPE HOUSE	7 MEET AT 12:50 HOPE HOUSE COFFEE AND CONVERSATION AT WILD HARE DONE AT 3 PM <i>Sign up needed Rides for 5 people</i>	8 1-2 GREAT RIVER RESCUE PRESENTATION 2-3 DOG THERAPY AT HOPE HOUSE	9 12:15-1:30 LAC MEETING 1:30-3 PM MEMBERS MEETING AT HOPE HOUSE
12 10-12 AM  COFFEE CLUB AT HOPE HOUSE	13 1-3 PM PAINTING GROUP MURAL AT HOPE HOUSE	14 MEET AT 12:50 HOPE HOUSE INTERCULTURAL CREATIVE CIRCLE AT WATERMARK DONE AT 3 PM <i>Sign up needed Rides for 5 people</i>	15 1-3 PM PAINTING GROUP MURAL AT HOPE HOUSE	16 1-3 PM OPEN STUDIO DAY FOR UNFINISHED PROJECTS AT HOPE HOUSE
19 10-12 AM  COFFEE CLUB AT HOPE HOUSE MLK DAY	20 1-3 PM  TALKING CIRCLE AT HOPE HOUSE	21 MEET AT 12:30 HOPE HOUSE VISIT NTC FOR TOUR @ 2 PM. DONE AT 3PM  <i>Sign up needed Rides for 5 people</i>	22 1-3 PM  HOW TO KNIT ON A LOOM AT HOPE HOUSE	23 1-3 PM  HOW TO KNIT ON A LOOM AT HOPE HOUSE CONT.
26 10-12 AM  COFFEE CLUB AT HOPE HOUSE	27 1-3 PM  PLAY BOARD GAME AT HOPE HOUSE	28 MEET AT 2:30 HOPE HOUSE BOWLING DONE AT 5PM  <i>Sign up needed Rides for 5 people</i>	29 1-3 PM  KARAOKE AT HOPE HOUSE	30 1-3 PM  <b>BINGO AT HOPE HOUSE</b>

# FEBRUARY 2026

Mon	Tue	Wed	Thu	Fri
<p>2 10-12 AM</p> <p>COFFEE CLUB AT HOPE HOUSE</p>	<p>3 1-3 PM</p> <p>MAKING GRATITUDE JARS AT HOPE HOUSE</p>	<p>4 MEET AT 12:50 HOPE HOUSE VISIT ACCIDENTALY COOL GAMES DONE AT 3 PM. <b>Sign up needed</b> <b>Rides for 5 people</b></p>	<p>5 1-3 PM</p> <p>HEALTHY STEPS AND FINISH JARS AT HOPE HOUSE</p>	<p>6 1-3 PM</p> <p>DECORATIONS FOR TREE AT HOPE HOUSE</p>
<p>9 10-12 AM</p> <p>COFFEE CLUB AT HOPE HOUSE</p>	<p>10 1-3 PM</p> <p>MAKING VALENTINE MIXED MEDIA HEARTS AT HOPE HOUSE</p>	<p>11 MEET AT 12:30 HOPE HOUSE VISIT CHALET AT BUENA VISTA DONE AT 3 PM. <b>Sign up needed</b> <b>Rides for 5 people</b></p>	<p>12 1-2 PLAYING POOL 2-3 DOG THERAPY AT HOPE HOUSE</p>	<p>13 12:30-1:30 LAC MEETING AT HOPE HOUSE 1:30-3 HOLIDAY PARTY</p>
<p>16 HOPE HOUSE</p> <p><b>CLOSED</b> FOR STAFF RETREAT</p>	<p>17 1-3 PM</p> <p>TALKING CIRCLE AT HOPE HOUSE</p>	<p>18 MEET AT 12:50 HOPE HOUSE COFFEE AND CONVERSATION AT SOUTH LUEKENS DONE AT 3 PM <b>Sign up needed</b> <b>Rides for 5 people</b></p>	<p>19 1-3 PM</p> <p>COFFEE CLUB AT HOPE HOUSE</p>	<p>20 1-3 PM</p> <p>MOVIE DAY AT HOPE HOUSE</p>
<p>23 10-12 AM</p> <p>COFFEE CLUB AT HOPE HOUSE</p>	<p>24 1-3 PM</p> <p>SOAP MAKING AT HOPE</p>	<p>25 MEET AT 2:30 HOPE HOUSE BOWLING DONE AT 5PM <b>Sign up needed</b> <b>Rides for 5 people</b></p>	<p>26 1-3 PM</p> <p>FINISH SOAP AT HOPE HOUSE</p>	<p>27 1-3 PM <b>BINGO AT HOPE HOUSE</b></p>



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PO Box 1097  
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**Staff:**

Brenda Epeneter, CSP II , ext. 103  
Katrina Pink, CMHP, ext. 108  
Robin Wold – Director, ext. 109  
Amara Bedford, Activities Coordinator, ext. 104  
Evan Straubel, Intern, ext. 105  
Jolene Lundin, Office 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**

**Crisis Text: 988**

**Contract:**

**Tony Kramer, DNP, APRN, CNP, PMHNP-BC**  
**Ashley Johnson, MA, LMFT**

**Adella Hadrava, RN, Northwoods Caregivers**



**United Way  
of Bemidji Area**

*United Way Helps Here*