



# HOPE HOUSE NEWSLETTER

*“Where We Go From Surviving to Thriving”*

## May/June 2026



### REMINDER FOR HOPE HOUSE MEMBERS

The **“Sign up needed”** in the events calendar means you need to call or tell us in person, **at least 3 days ahead** to sign you up for the activity.

**Signing 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.

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### Ojibwe Words of the Month

**Biindigen (Welcome)**

**Animikodaading (Open House)**

### NEW CMHP EMPLOYEE

Join us in welcoming Crystal who is our new CMHP worker. We are glad you are here! Crystal will be working in the ARMHS and CSP programs.



Some of my favorite things are the Green Bay Packers, watching birds, walking in the woods, being by the water, spending time with family and a good laugh. I grew up by Lake Superior, I am married, 4 adult children, and 1 grandchild with 1 on the way. I love coffee, hot tubs and flowers.



## Eagle Mural Project

Thank you to the Region 2 Arts Council for funding the (Migizi) Eagle Project with Wesley May! The mural has been completed. Now for the next phase! In May, Hope House will have a display at the Bemidji Public Library of the project and related art to celebrate Mental Health Awareness Month. In addition, there will be a Hope House drop-in center open house on Wednesday, May 27, from 11:30 am-1:30 pm. All persons from the Community may attend these events. Members feel free to invite your families. These activities are made possible by the voters of Minnesota, through a grant from the Region 2 Arts Council, thanks to a legislative appropriation from the Arts & Cultural Heritage Fund.



## Coming Up at Hope House

- May 5<sup>th</sup>** is Cinco de Mayo, the activity will be Mexican Bingo! With chips & salsa!
- Wednesday May 6<sup>th</sup>** the off-site activity is bowling up in Blackduck. Please make sure to eat lunch before the activity. Meet at Hope House by 12:30 pm to leave and we will be back by 3:45 pm. Plan rides accordingly.
- Monday May 25<sup>th</sup>** is Memorial Day and Hope House will be closed.
- Wednesday May 27<sup>th</sup>** is the Open House for the Eagle Project.
- June 2<sup>nd</sup>, 4<sup>th</sup> & 5<sup>th</sup>** will be creating Enchanted Fairy Gardens, 1-3 each day.
- Wednesday June 10<sup>th</sup>** is Picnic at Diamond Point park. Please bring a bag lunch for yourself and we will do some nature sketching.
- Wednesday June 17<sup>th</sup>** is a visit to Animal Land.
- Friday June 19<sup>th</sup>** is the Member's Only Picnic from 12-3 pm.
- Thursday June 25** is a photography day! Use your phone or bring a camera if you have one!
- Please check the calendar to see if the activity you are interested in needs you to sign up for it. If you do need to sign up please do it 3 days ahead of the activity.

**THANK YOU!**



Members' Meeting is 1:30 Friday, May 8<sup>th</sup> until 3 pm

Agenda:

1. Welcome and introductions, including new staff
  2. Attendees Good News to Report
  3. Members' Recognition Award — Leadership, Trying New Things or Working on Goals
  4. Activities planning for July/August
  5. May is Mental Health Month events — Hope House Migizi (Eagle) project at the library all month, and Open House at the drop in- center Wed, May 27 11:30-1:30 pm
  6. Wellness in the Woods Conference on-line at Hope House 9/24 and 9/25, 8-5 pm
  7. Property Improvements report
  8. Interns/volunteers updates
  9. What is a Wow that Hope House does for members? What should we keep doing? What should we change?
  10. Other
- 
11. Drawing
  - 12.



### 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 2<sup>nd</sup> Friday of each month from 12:15-1:15 pm in the new drop-in center. The meetings coming up will be on Friday, May 8th and Friday, June 12.

Meetings are held in the Hope House drop-in center.  
Hope to see you there.

### 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.

With warmer weather starting this is a good time to go outside and do some walking. It doesn't have to be a long walk, enough to stretch your legs out and take in some fresh air. Bemidji has many scenic parks and areas to walk and it's good for your general health and your mental health.

### Community Events

#### GET OUT AND HAVE SOME FUN THIS SUMMER

Summer will be full of great events for you to check out in Bemidji.

- Loop the Lake Festival – June 20; family friendly bike event.
- 82<sup>nd</sup> Annual Water Carnival – July 1-5; fireworks and parade....
- 58<sup>th</sup> Annual Watermark Art Festival – July 18-19; local art, music & food
- Lake Bemidji Dragon Boat Festival – Aug. 5-8; boat races, music and entertainment
- Beltrami County Fair – Aug. 12-16; fun for the whole family



Silence sounds like...

**NO ONE WOULD UNDERSTAND.**

**I'M FINE.**

**I DON'T WANT TO BE A BURDEN.**

Community sounds like...

**YOU ARE NOT ALONE.**



#MHAM2026

### May is Mental Health Awareness Month



#### RESOURCE CARD

Peel off this resource card and keep it handy. It will fit in your wallet or purse, you can put it in a vehicle or keep it on the fridge. Also let others know where to find the numbers in case you need someone to call for you.

Thank you to Schackman, Kramer and Associates for the Resource Cards

# MAY 2026

Mon	Tue	Wed	Thu	Fri
				1 <b>MAY DAY</b> 1-3 PM DRAW OR PAINT FLOWERS HOPE HOUSE
4 10-12 AM  COFFEE CLUB AT HOPE HOUSE	5 1-3 PM SPANISH BINGO AT HOPE HOUSE <b>CINCO DI MAYO</b>	6 <b>MEET AT 12:15</b> <b>HOPE HOUSE</b> <b>BOWLING AT</b> <b>BLACKDUCK</b> <b>BACK AT 3:45 PM</b> <b>Sign up needed</b> <b>Rides for 5 people</b> <b>EAT LUNCH BEFORE</b>	7 1-3 PM  BUBBLE DAY ART AT HOPE HOUSE	8 12:15—1:15 LAC MEETING 1:30-3 PM MEMBERS' MEETING AT HOPE HOUSE
11 10-12 AM  COFFEE CLUB AT HOPE HOUSE	12 1-3 PM SUNCATCHER STRINGS FOR OUTSIDE AT HOPE HOUSE	13 <b>MEET AT</b> <b>12:30 HOPE</b> <b>HOUSE</b> <b>VISIT LIBRARY</b> <b>DISPLAY</b> <b>DONE AT 3 PM</b> <b>Sign up needed</b> <b>Rides for 5 people</b>	14 1-2 PM HEALTHY STEPS WALK 2-3 DOG THERAPY	15 1-3 PM PAINTING ROCKS AT HOPE HOUSE <b>"BEMIDJI</b> <b>ROCKS"</b>
18 10-12 AM  COFFEE CLUB AT HOPE HOUSE	19 1-3 PM  TALKING CIRCLE AT HOPE HOUSE	20 <b>MEET AT 12:30</b> <b>HOPE HOUSE</b> <b>BOG WALK AT</b> <b>BEMIDJI</b> <b>STATE PARK</b> <b>DONE AT 3</b> <b>Sign up needed</b> <b>Rides for 5 people</b>	21 1-3 PM PREP FOR OPEN HOUSE ON MAY 27TH HOPE HOUSE	22 <b>1-3 PM</b> <b>ROCK WALK</b> <b>DOWNTOWN</b>  <b>sign up needed</b> <b>Rides for 5 people</b>
25 <b>CLOSED</b> <b>FOR</b> <b>MEMORIAL</b> <b>DAY</b> <b>HOLIDAY</b>	26 1-3 PM COFFEE CLUB AT HOPE HOUSE	27 <b>PUBLIC OPEN</b> <b>HOUSE 11:30-1:30</b> <b>EAGLE MURAL</b> <b>MEET AT</b> <b>2:30 HOPE HOUSE</b> <b>BOWLING</b> <b>DONE AT 5PM</b> <b>Sign up needed</b> <b>Rides for 5 people</b>	28 1-3 PM PLAY CROQUET AT HOPE HOUSE	29 <b>1-3 PM</b> <b>BINGO AT</b> <b>HOPE</b> <b>HOUSE</b>

# JUNE 2026

Mon	Tue	Wed	Thu	Fri
<p>1 10-12 AM</p> <p>COFFEE CLUB AT HOPE HOUSE</p>	<p>2 1-3 PM</p> <p>ENCHANTED FAIRY GARDEN AT HOPE HOUSE</p> <p>Sign up needed</p>	<p>3 MEET AT 12:15 HOPE HOUSE VISIT 2 OR 3 GARDEN PLACES DONE AT 3 PM</p> <p>Sign up needed Rides for 5 people</p>	<p>4 1-3 PM</p> <p>ENCHANTED FAIRY GARDEN AT HOPE HOUSE Day 2</p>	<p>5 1-3 PM</p> <p>ENCHANTED FAIRY GARDEN AT HOPE HOUSE FINAL DAY</p>
<p>8 10-12 AM</p> <p>COFFEE CLUB AT HOPE HOUSE</p>	<p>9 1-3 PM</p> <p>WORK IN GARDEN AT HOPE HOUSE</p>	<p>10 MEET AT 12:00 HOPE HOUSE BRING A LUNCH FOR PICNIC AND SKETCHING AT DIAMOND PARK BACK AT 3 PM</p> <p>Sign up needed Rides for 5 people</p>	<p>11 1-2 MAKE CLAY MUSHROOMS 2-3 DOG THERAPY AT HOPE HOUSE</p>	<p>12 12:15-1:15 LAC MEETING AT HOPE HOUSE 1:15-3 PM PAINT THE MUSHROOMS</p>
<p>15 10-12 AM</p> <p>COFFEE CLUB AT HOPE HOUSE</p>	<p>16 1-3 PM</p> <p>TALKING CIRCLE AT HOPE HOUSE</p>	<p>17 MEET AT 12:30 HOPE HOUSE VISIT ANIMAL LAND—BEMIDJI DONE AT 3 PM</p> <p>Sign up needed Rides for 5 people</p>	<p>18 1-3 PM</p> <p>OPEN CREATIVITY DAY AT HOPE HOUSE</p>	<p>19 12-3 PM</p> <p>MEMBER'S ONLY PICNIC AT HOPE HOUSE</p> <p><b>SIGN UP NEEDED</b></p>
<p>22 10-12 AM</p> <p>COFFEE CLUB AT HOPE HOUSE</p>	<p>23 1-3 PM</p> <p>OUTDOOR PAINTING AT HOPE HOUSE</p>	<p>24 MEET AT 2:30 HOPE HOUSE BOWLING DONE AT 5 PM</p> <p>Sign up needed Rides for 5 people</p>	<p>25 MEET 12:30 HOPE HOUSE PHOTOGRAPHY DAY AT STATE PARK BACK @ 3</p> <p>Sign up needed Rides for 5 people</p>	<p>26 1-3 PM</p> <p><b>BINGO AT HOPE HOUSE</b></p>
<p>29 10-12 AM</p> <p>COFFEE CLUB AT HOPE HOUSE</p>	<p>30 1-3 PM</p> <p>OUTDOOR GAMES AT HOPE HOUSE</p>			

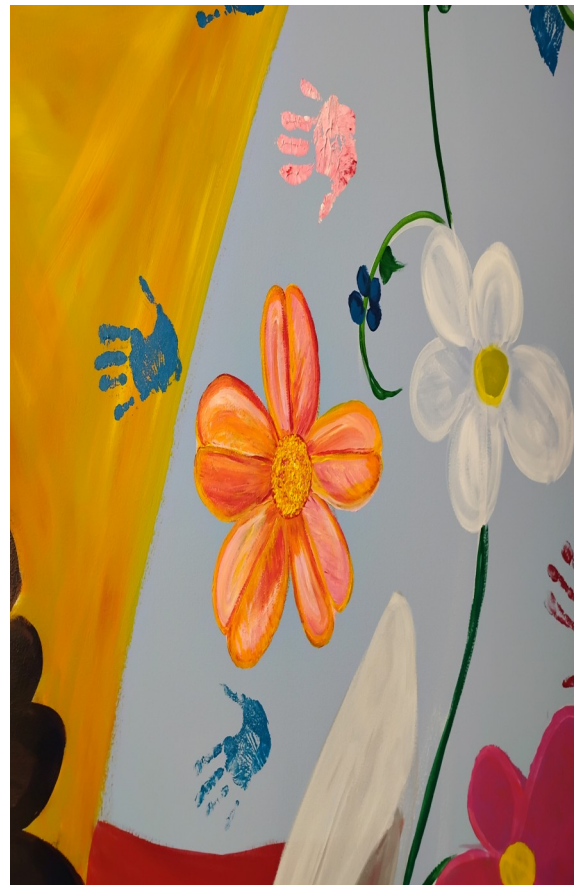
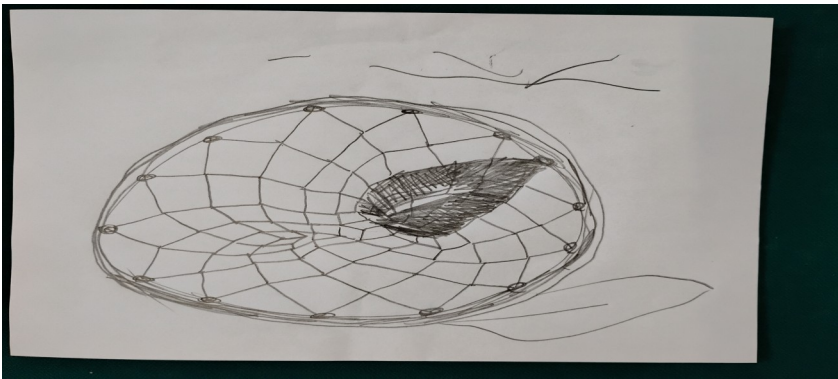
# Local Advisory Council

## Adult Mental Health

The purpose of the Beltrami LAC is to use the knowledge of a broad range of people who use mental health services, provide services, or are concerned about public policy to find ways to improve local mental health services.

### Beltrami County LAC Meetings

- Meetings:** Held Monthly
- Where:** Usually in the Hope House Drop-in Center, Bemidji, MN
- When:** Usually the 2nd Friday, 12:15 to 1:15 pm
- Contact:** Your worker, Robin or Jolene at Hope House 218-444-6748



2014 7<sup>th</sup> Street SE  
PO Box 1097  
Bemidji, MN 56619

**Staff:**

Brenda Epeneter, CSP II , ext. 103

Katrina Pink, CMHP, ext. 108

Robin Wold – Director, ext. 109

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.)

Amara Bedford, Activities Coordinator, ext. 104

Crystal Smith, CMHP, ext. 105

Evan Straubel, Intern, ext. 106

**Crisis Line: 1-800-422-0045**

**Crisis Text: 988**

**Contract:**

**Ashley Johnson, MA, LMFT**

**Adella Hadrava, RN, Northwoods Caregivers**



*United Way Helps Here*

**United Way  
of Bemidji Area**