



# Getting Together in August 2022 County Connection Newsletter

---

716 Sibley Ave, Gaylord, MN 55334

507-237-4133

---

New group at CC starting August 18th .  
“Exercise Your Mind”. This group will  
concentrate on expanding our skill set  
regarding leisure skills, mind exercises,  
vocabulary, social skills etc. In other  
words, areas we might take for granted,  
but can actually be worked on and im-  
proved.

*Inside:*

*Dawn CSP  
outings:*

*Around the  
County Con-  
nection:*

*August word  
searches:*

*August CC/  
CSP calendar:*

The next Stakeholders meeting  
will be held on September 8th in  
Mankato. Look for it on the Sep-  
tember schedule.



“It is never too late to be what you  
might have been” George Eliot

## CSP with Dawn, August 2022

Tuesday, August 2<sup>nd</sup>: As part of my 2022 food-related goal, a part is in assisting clients with the current rising food costs, I will be offering outings to the Friends in the Kitchen Cooking Class, St. Peter Food Coop. This class is hosted by Lutheran Social Services and staff from the St. Peter Food Coop. Leaving at 1:00. Class is 2:00-3:30. Will learn how to create healthy, affordable, easy to make meals. Free event.

Monday, August 22<sup>nd</sup>: Again, as part of my food-related goal, I will offer monthly outings to Fare For All, Mankato. FARE For All is a pop-up grocery store and a great way to save money on quality, nutritious food. Fare For All buys fresh fruits, fresh vegetables, and frozen meat in bulk to save you up to 40% off grocery store prices. It is community supported and open to everyone. Fare For All accepts cash, credit, debit, and EBT cards. Leaving 2:30.


Wednesday, August 24<sup>th</sup>: Feed My Starving Children, Chanhassen, Mn. A volunteer opportunity to create nutritious meal formulas that meet the need of starving people sent around the world. Leaving at 10:00, and will volunteer 11:30-1:15. Last month, our group boxed enough meals to feed 45 children for a year. You will leave with a sense of gratitude.

\*I have been accepting suggestions from clients regarding the remaining cash prize money from the 2019 Emma Krumbie's Scarecrow Contest. Suggestions to date include: 1. Use the money to create a scarecrow to place on the County Connections grounds. 2. Attend an equine therapy session. 3. Outing to Lowry Nature Center, Victoria, Mn. Use the funds to sign up for and outdoor learning class. 4. Donate to the Sibley County Foodshare.

\*For those new to County Connections, you will see peer support group on the calendar being offered the 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of the month at 10:30. Please know this is not a professional service. The group is facilitated by Peer Support Specialist, Frank Dorsey. I recruited Frank to start the group at our clubhouse. Peer support is when people use their own experiences to help each other. Peer support aims to bring together people with share experiences to support each other, provide a space where you feel accepted and understood, and treat everyone's experiences as being equally important. Clients meet privately as a group at County Connections, along with Frank, with no staff attending.

---

## Around the County Connection:



Look for Dawns CSP calendar on page two of this newsletter. Activities are also included on the calendar.

Outings with Jon and Ashley this month include a boat cruise on the Mississippi river, Steele County Fair outing and a Mankato shopping trip. **New Group: Exercise for the Mind Thursday August 18th.**

Please watch the calendar for Crochet group with Susie; This month, August 10 and 24th.

Remember to sign up ahead of time for all outings, and if you need to cancel, please do that ahead of time also. Thanks.

---

## Around the County Connection:

### Client profile: Vicky F:

1. Favorite meal: turkey, thanksgiving meal
2. Favorite snack: popcorn
3. Favorite movie: Apollo 13
4. Favorite tv show: Gunsmoke w grandpa
5. Favorite season: Autumn
6. Childhood memory: walks with Mom
7. Music artist: Eagles
8. Song: Funny Face, Donna Fargo
9. Christmas song: Rudolf the Rednose.....
10. Sports Star: Harmon Killebrew
11. Pet: Pablo, a shihtzu dog
12. Life advice: “when life gets hard, just breathe”

Happy B days to Nick, Sharon G, Peggy!



# Summer Holidays



Q E V J R H Y T L Z P F B I K I N G X S  
 W D C S E M A G N S U O S H S K O O B C  
 F A O I C E C R E A M T O V E P I J Z I  
 X N T B K G W L P H R Q E L R U T D R N  
 P O T E L O C S M A N B Y L I M A F E C  
 U M A V R I Z D W J G S R O F Q C X L I  
 C E G N S M O B R I Y N G T N H A S K P  
 H L E P F U E Q D L M C I Z O J V G N W  
 N I O T M R E L A X O M Y L B S N E I D  
 G P K Z R A J K O B H V I W E I Q F R A  
 S T M I X E C Y A N L D H N D V C O P U  
 D K E Q N O F R Z Q A J W A G B A H S G  
 N S L A M G B V E Y C A E X I D M R Z U  
 E J E M H E T C S M F R Q K T A P W T S  
 I D A L C S E I R O M E M R A Y I B N T  
 R H J U Z W T M A K B U I C V L N Q E X  
 F B E G A Z N S T R O P S D U R G L Y M  
 V A K R B X U W Q H S G N I E O N A C L  
 M G Y L U J D P S E N Z B E A C H I F R

August	canoeing	holidays	pool	sprinkler
barbecue	cottage	ice cream	popsicles	strawberries
beach	family	July	puzzles	summer camp
biking	friends	lake	reading	swimming
bonfires	games	lemonade	relax	traveling
books	hammock	memories	road trips	vacation
camping	hiking	picnics	sports	watermelon

Name: \_\_\_\_\_



# Summer Fun:)

Y L V G W Y S Y G A M E S S G B S A T C F P R I  
J Y B H L L H X 3 P J H E T M S W H A N G O U T  
G S F I 3 I H V I R D A V U D S U N S C R E E N  
T W 3 R H M F I E G U P I N C K N C X K R O T K  
A A W E L A K C B B U P T O S P O T K N A T N R  
N T W A S F L E B O O Y C D H U U B D P V 4 4 A  
N E T F L I X 4 E V F J A H Y M L H F K N G W P  
I R W F E Y I W A G I C 4 T H O F J U L Y P H X  
N P R E T A W A C S L O O P O G R B Y Y S F U N  
G A 3 W B A V E H E L 4 I E F L O A T S E N L F  
D R L O B P N K T I L S T 4 C A M P T E S U N N  
R K E R L I A E O L A W D A U Y H I G V S S I O  
O B M K A C P O W F I I L N V S F R S K A C G G  
O J O O K E P S E R X M A B A S C T T L L T G G  
D H N U E C I U L E K S N C C D I D R 4 G Y S S  
T O A T S R N M G T N U O O A N G A I S N S T U  
U T D J I E G M 3 T F I S N T E R O K P U H F N  
O Y E J D A R E K U O T A 4 I I E R S O S T A D  
C B H T E M R R R B J E E Y O R L V F L Y N R R  
I H D W A W X J D P X S S T N F L Y R F T O C E  
N V M H L A U G H T E R B X C B A X E P A M 4 S  
C V C G C L U J I S R E V O P E E L S I E 3 F S  
I H G L H C A E B D N W F P C D U C H L W X K R  
P W C S R E W O L F L L U F H T U O Y F S S D P

3months  
camp  
fresh  
ice  
outdoor  
sleepovers  
swimsuites  
youthful

4thofjuly  
crafts  
friends  
ice cream  
park  
summer  
tanktops

active  
donuts  
fun  
lakeside  
picnic  
sun  
tanning

allergic  
family  
games  
laughter  
pool  
sundress  
vacation

beach  
flipflops  
hangout  
lemonade  
road trip  
sunglasses  
water

beach towel  
floats  
happy  
napping  
seasonal  
sunscreen  
waterpark

butterflies  
flowers  
hot  
netflix  
skirts  
sweaty  
workout

# August 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Jon 507-237-4133 (CC) Jon cell 507-479-3384 Ashley 507-327-0644 Dawn 507-327 0645	1 Open 9—3 Coffee group 9:30a.m (Jon) 1p.m Movie	2 Open 9—3 with Support Group at 10:30a.m. Also Friends in Kitchen w Dawn leaving at 1p.m.	3 Open 9—1 Coffee group at 9:30 (Jon) followed by cards and table games.	4 Open 10—3 with Exercise at 10:30 (weights and a short walk) at 1p.m. Make your own ice cream sundae!	5 Open 9—11:30 with coffee group at 9:30 .	6
7	8 Open 9—3 with coffee group at 9:30 (Ash) and a movie at 1p.m.	9 Open 9—3 with Exercise at CC (theraband short walk) followed by A Piece of History at 1p.m (Woodstock)	10 Open 9—3 with coffee group 9:30a.m (Ash) followed by crochet group w Susie 1p.m	11 Open 9—3 with Exercise at 10:00a.m (weights and short walk.) Basic Meal prep (BLT) noon and Mindfulness at 1p.m.	12 Open 9—12 with coffee group at 9:30a.m (Jon).	13
14	15 Open 9—3 with coffee group (Ash) at 9:30 and a movie at 1p.m.	16 Open 9—3 with Support group at 10:30a.m. followed by USA group at 1p.m. (Rhode Island)	17 Boat cruise on Mississippi River please see sign up! Leave at 9:30a.m	18 Open 9—3 with Exercise at 10:00 (weights) and <b>New Group Exercise for the Mind at 1p.m.</b>	19 Outing to Steele County Fair in Owatonna. See sign up, leave 10:45am	20
21	22 Open 9—3 with coffee group at 9:30a.m (Ash) and movie at 1p.m. Fare For All (Dawn-2:30)	23 Open 9—3 with Exercise at 10a.m (Theraband) and at 1p.m IMR with Ash	24 Open 9—3 with Coffee group at 9:30. Crochet w Susie 1p.m. and FMSC w Dawn leave at 10a.m.	25 Open 9—3 with Exercise at 10:00 (Chair Yoga short walk) Bingo and Birthday Club 1p.m.	26 Open 9—12 with coffee group 9:30 (Essential Oils)	27
28	29 Open 9—3 with Coffee group 9:30 and a movie at 1p.m.	30 Open 9—3 with Support group at 10:30a.m. followed by noon meal. At 1p.m Med Ed.	31 Open 9—10. Mankato shopping trip 10—2.....			