



Getting Together in November 2022 County Connection Newsletter

716 Sibley Ave, Gaylord, MN 55334

507-237-4133



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Fall Fellowship meal! November 16th,
12—2p.m. Hahn's Dining in Winthrop.

As we did last year, we will be enjoying a,
fine meal at Hahn's dining. Turkey, chick-
en, ham balls, mashed potatoes, green
beans, stuffing and pie will be served!

Transportation will be provided for those
in need. After the meal we will play cards
and table games and have a drawing for
three prizes. All clients and mental health
staff are invited. If you are interested
please call the County Connection to get
on the list! See you there!



*Gratitude can transform common days
into thanksgivings, turn routine jobs into joy,
and change ordinary opportunities into blessings.*

- William Arthur Ward

AMERICAN GREETINGS

LAC Meeting Minutes

Date: October 12, 2022
Time: 1:00 pm
Location: County Connection, 716 Sibley Ave, Gaylord MN 55334
Attendees: Sharon Wersal, Phil Nagel, Megan Enevoldsen, Susie Sward, Vicky Fahey, Ashley Dietrich, Jon Dummer, and Gail Thomes

Introductions

Introductions were done.

Guest Presentation

No guest speaker.

Board Meeting Presentation November

The Adult Mental Health Unit and CC presentation to the Sibley County Commissioners is scheduled for Tuesday, November 22nd at 9:00 A.M. The time of the presentation could fluctuate due to placement on the agenda. This presentation is expected to be up to 30 minutes in length. Discussion that last presentation not all AMH personnel attended. This November 2022, all AMH personnel should attend and consumers are encouraged to volunteer to tell their story or could have another read it for them. Consumers should let Jon know if interested in this.

Ashley presented the power point on TV that she had updated and rearranged from last board presentation. Presentation will need some additions and changes but overall was well received by group. Section for Supervisors and Case Managers listed will include their role and duties in mental health case management. This power point will be the main presentation at the board

meeting along with any consumer stories presented, which may also be included within the power point to be read aloud by consumer or another.

RMT Update and Stakeholders Update

Stakeholders meeting was held September 8, 2022. Discussion by group about the informational meeting and events at it; “Portage for a Purpose” presentation by Carol and Lutheran Social Services presentation about Nutrition.

Next Stakeholders meeting will be held in April of 2023.

Upcoming Activities

October 13 – Mankato Shopping

October 26 – Craft

October 27 – Ten County Halloween Party and Dance in LeCenter.

November 3 – Play “Christmas Carol” at MSU 7:30 pm.

November 16 – Thanksgiving Dinner at Hahn’s in Winthrop beginning at Noon.

November 18 – “Simply Quimby” ceramics to paint.

December – Stay tuned for upcoming events including WOW Zone and the CC Christmas Party!

Discussion regarding thoughts on doing something different in place of the yearly Open House next year such as a Mental Health Staff & Consumer Picnic. Other topics included a Rally or Region 9 Cookout with Speaker and could have committees assigned to certain tasks; ie cooking, etc. Another interest might be attending “To Be Continued” walk.

Additional:

Budget items: Jon spoke about budget items and how these monies are already allotted for purchases for the County Connection. Some items are TV for Craft Room, Picnic Tables (2), Exercise Bike, Coffee Cart, possible new printer, and to “finish” kitchen with extra accommodations.

2022 LAC Meetings: Meetings will be tentatively scheduled quarterly on the second Tuesday of the month at 1:00 pm, at the County Connection, 716 Sibley Ave, Gaylord.

NOTE: Meeting will tentatively be moving to a quarterly schedule. Discussion to hold meetings: January, April, August, and October. August was suggested due to “taking summer off” in the past so July is skipped. Note this is a tentative schedule.

Next meeting is scheduled for January, second Tuesday of the Month: January 10, 2022 at 1:00 pm

Respectfully Submitted, Gail Thomes, Adult Mental Health Case Management Aide

Additional notes for November:

Please remember that we are heading into the winter weather season. The County Connection will make every effort to let you know if the weather will affect CC hours. Please call Jon or Ashley or Dawn’s cell if you have questions regarding the CC being closed due to weather. Generally if schools are closing, so is the CC.

Remember also to be careful on the sidewalks leading up to the CC. They will be cleared of snow, but ice is always an issue.

Around the County Connection:

Meet Lynn S.

Favorite meal: Lobster, hash browns, side salad

Snack: Orange

Movie: Footloose

Tv show: Bold and Beautiful

Season: Spring

Childhood Memory: First ride on brothers motor scooter

Music Artist: Garth Brooks

Song: none

Christmas Song: Silent Night

Sports star: None

Life Advice: One day at a time

Pet: Hank Williams the dog

CSP outings with Dawn in November 2022:

Volunteering helps improve your mood, makes you feel healthier, increases your sense of purpose, and reduces your stress levels. Volunteering can also give us a deep sense of happiness, both immediately and long term.

On Thursday, Nov. 10th, please join me for my monthly volunteer opportunity at the Feed My Starving Children, Chanhassen, Mn. To date, the most meals packed by our volunteer group were done on May 25, 2022. 19,008 meals were packed feeding 52 children for a year, and sent to Jamaica. Leaving Gaylord at 10:00.

Monday, Nov. 21st: Fare For All in Mankato. To assist clients with today's higher food costs, shop for quality food with a 40% discount. Holiday packs available for \$30.00. Leaving 2:30.

Fall Word Search

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



CORN

AUTUMN

BONFIRE

BOOTS

OCTOBER

RAKE

THANKSGIVING

HARVEST

LEAVES

CARNIVAL

APPLES

APPLE CIDER

PUMPKIN

FOOTBALL

SWEATER

NOVEMBER

SEPTEMBER

SUNFLOWER



Thanksgiving Word Search

T	H	A	N	K	F	U	L	A
U	L	O	V	E	F	T	D	G
R	U	R	K	E	R	Y	R	O
K	F	A	L	L	I	H	E	B
E	O	O	L	F	E	F	S	B
Y	O	P	I	E	N	A	S	L
D	T	I	I	A	D	M	I	E
N	B	L	E	S	S	I	N	G
Y	A	G	G	T	I	L	G	O
A	L	R	T	S	B	Y	R	B
M	L	I	N	D	I	A	N	B
S	E	M	H	O	P	E	A	L
T	H	☺	P	A	R	A	D	E
C	R	A	N	B	E	R	R	Y

THANKFUL
BLESSING
FAMILY
FRIENDS
LOVE
HOPE

GOBBLE-GOBBLE
TURKEY
DRESSING
CRANBERRY
YAMS
PIE

FALL
PILGRIM
INDIAN
FEAST
FOOTBALL
PARADE

MORE FUN: USE THE REST OF THE LETTERS IN THE ORDER THEY APPEAR, TO FIND THE ANSWER.

WHAT'S BLUE AND COVERED WITH FEATHERS?

_____!
_____! ☺

November 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 with Support group at 10:30 a.m. Light cleaning of the CC at 1p.m.	2 Open 9—3 with coffee group at 9:30 U.S.A. group at 1:00. (North Carolina) Only a few states left!	3 Open 2—4p.m. MSU play “A Christmas Carol “ at 7p.m. Mankato. Eat in Gaylord at 4:30p.m then leave for Kato	4 No open hours	5
6	7 Open 9—3 with coffee at 9:30 and Mindfulness at 10:30 and a movie at 1p.m.	8 Open 9—3 with exercise at 10:00a.m , crochets w Susie 11a.m. and A Piece of History group at 1p.m.	9 Outing to Hutch 9:30. Historical museum, McCormicks for lunch and Treasure Shed also.	10 Open 10—3 with Exercise at 10:00a.m. followed by table games or cards. Dawn— FMSC in Chanhassen 10:00a.m	11 Holiday No CC hours.	12
13	14 Open 9—3 with coffee at 9:30 and video group ‘ How to be physically, emotionally and mentally strong” 10:30a.m.	15 Open 9—3 with Support group at 10:30a.m Basic meal prep at noon (Soup)	16 Fellowship meal at Hahn’s in Winthrop 12—2p.m. Please sign up at the CC, let Jon know if you need transport.	17 Jon off	18 Outing to Simply Quimby leave at 10:30a.m. Sign up is full from last months postponement. Meet Ash at 10:00 at CC	19
20	21 Outing to Aldi/Walmart 9a.m. (Hutch) CC open 9—3 with Jon. Fare for All 2:30 Dawn.	22 Open 10—3 with exercise at 10:30a.m , crochets w Susie at 11a.m. and birthday/ bingo at 1p.m.	23 Open 9—3 with coffee group at 9:30 Exercise for the mind at 11a.m. Then open time.	24 Thanksgiving	25 Holiday	26
27	28 Open 9—3 with coffee at 9:30 and IMR at 10:30. Movie at 1p.m.	29 Open 9—3 with Support group at 10:30 a.m. Frozen pizza lunch, Med Ed at 1p.m.	30 Open 9—3 with Coffee group at 9:30a.m.Open for cards or table games to follow	1. Year end party at the Wow Zone in Mankato. Leave at 10:00a.m.		