



# Getting Together in September 2022 County Connection Newsletter

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## September Highlights:

September 8: Stakeholders meeting in Mankato

September 13: L.A.C. at County Connection

September 16: Hutch Craft Fair

September 19: Fare For All

September 21: FMSC and Basic Meal Prep

September 22: Outing to eat Patricks St. Peter

September 27: Noon meal, Med Ed and Crochet group

September 28: Birthday Club and Bingo



***Inside:***

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***September CC/CSP calendar:***

*Never regret. If it's good, it's wonderful. If it's bad, it's experience.*

*- Eleanor Hibbert*

CSP with Dawn:

Sept., 14<sup>th</sup>: Outing to the Lowry Nature Center, Victoria, Mn. Leaving at 9:00. Free event. Please see description: Wear good walking shoes, and bring along a water bottle.

There's something about a walk in the woods that just makes us feel better. Forest bathing is becoming just as popular, if not more popular, than yoga and meditation classes. So what exactly is forest bathing? It's a simple concept: wandering, slowly and quietly, through the forest. It's taking that time intentionally to connect to the sights, the sounds, the smells around you; feeling the earth beneath your feet, noticing those big and small details and really tuning into how much we miss by the business of our minds and our daily lives. Research shows being out in nature stimulates your brain waves in a new way that calms you down in 20 minutes. Walking in the woods versus walking in a neighborhood or a business district reduces your blood pressure by almost 20%, and your stress hormone by almost 20%. The Lowry Nature Center, a 250-acre interpretive area, features hiking trails that weave between diverse habitats such as lakes, tamarack bogs, cattail marshes and hardwood forests.

Friday, Sept. 16<sup>th</sup>: Outing to The Hutchinson Arts & Crafts Festival. Each year there is a large selection of artists, crafters. This event has been attracting vendors from all over the Midwest for over 46 years. Admission free. Will need to bring money if you want to purchase anything and to eat. The Taste of Hutchinson is also located at the festival. Leave Gaylord 9:00.

Monday, Sept. 19<sup>th</sup>: Fare For All, Mankato. Shop for quality food with a 40% discount. Unfortunately, price hikes are even more pronounced locally. While prices for groceries have risen by 13 percent across the country in the last year, they are up by 15 percent in the Midwest region and 16 percent in the Twin Cities-metro area. Leaving Gaylord 2:30. Again, please remember local resources: Sibley County Foodshare; Henderson's Free Food Distribution the third Thursday of the month; Free community meal in Green Isle the third Monday of the month, hosted by the Green Isle Lions Club.

Wednesday, Sept. 21<sup>st</sup>: Feed My Starving Children Volunteer Opportunity, Chanhassen, Mn. Volunteer time is 11:30-1:15. Leaving Gaylord at 10:00.

As shared previously, the \$65.00 prize money from the sponsored 2019 Emma Krumbie's Scarecrow Contest needs to be distributed. Ample time for suggestions have been made by clients. To re-iterate:

1. Build a scarecrow and place the scarecrow on the CC grounds.
2. Attend an equine therapy session.
3. Attend a Lowry Nature Center education outdoor education program.
4. Donate to Sibley County Foodshare.
5. Purchase pizza from Casey's for the CC.

All members, please cast your vote by calling or texting me, and/or seeing me at the County Connections by Monday, Sept. 12<sup>th</sup>. Thank you.

# SCCBI STAKEHOLDERS MEETING

September 8, 2022

## AGENDA

- 12:30-1:00 REGISTRATION Closes promptly at 1:00pm
- 1:00-1:10 WELCOME AND INTRODUCTIONS.....Mike Hildebrandt
- 1:10-1:50 GUEST SPEAKER .....Donna Dunlap LD/RD - LSS - Nutrition
- 1:50-2:00 CONSUMER SPEAKER.....Meg Schmitz
- 2:00-2:10 GENERAL UPDATES.....Mike Hildebrandt & Jim Wood
- 2:10-2:30 BREAK
- 2:30-3:20 GUEST SPEAKER.....Evan Hansen – Suicide Awareness/Portage for a Purpose
- 3:20-3:30 CONSUMER SPEAKER.....Shawn Fouse
- 3:30 ADJOURNMENT AND GIFT CARDS

### REMINDERS:

- Registration will close promptly at 1:00pm. Please arrive early!
- Gift Cards being offered: Walmart, HyVee & Kwik Trip
- No pets, only registered service animals

**Please, no smoking within 25 feet of the entry way. Thank you!**



**Free Parking** is available in the City Parking Ramp with skyway access to the event center.

**SOUTH CENTRAL  
Community-Based  
Initiative**



*The mission of the South Central Community Based Initiative (SCCBI) is to facilitate each mental health consumer's recovery by improving their quality of life, by assisting them to assume increasing responsibility over their lives, and to help them function as actively and independently as possible in the community.*

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# Around the County Connection:

Meet Jim A.

**Favorite meal:** Lasagne

**Favorite snack:** cheese and crackers

**Movie:** Forrest Gump

**Tv Show:** Adam 12

**Season:** Autumn

**Childhood Memory:** Flying out the window, thinking he was Superman

**Musician:** Neil Diamond

**Song:** Hello Again

**Christmas song:** Porky Pig sings White Christmas

**Sports star:** Fran Tarkenton

**Pet:** Bingo (Poodle)

**Life advice:** Put your trust in Jesus.



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# Around the County Connection:

Meet Jon (coordinator, County Connection)

Favorite meal: Turkey, mashed potatoes, gravy, green beans, stuffing

Snack: Cheese Its

Movie: Jeremiah Johnson

TV Show: Andy Griffith, the Office

Season: Autumn

Childhood memory: Riding bike to the rec. field

Music artist: Bob Dylan

Song: Misguided Angel (Cowboy Junkies)

Christmas Song: Little Dummer Boy

Sports star: Julius Erving, Guillermo Vilas

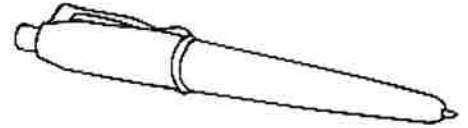
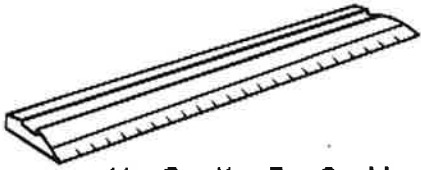
Pet: Bruno (Chihuahua) Max (German Shepard)

Life Advice: "Be calm, be patient and be on time"

September birthdays: Ronnie B., Sandie M.

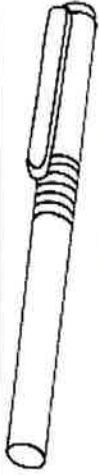
Happy birthday!

*by all these lovely* TOKENS  
**september** DAYS ARE HERE,  
WITH SUMMER'S BEST OF *weather*  
AND **autumn's**  
*best of cheer.*

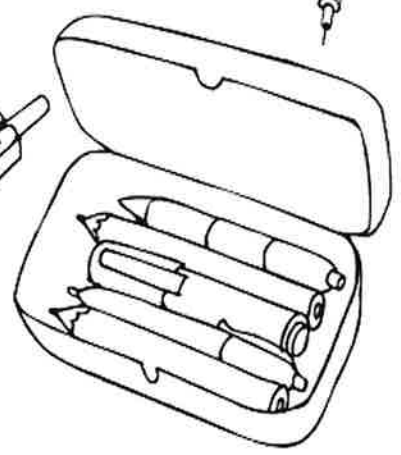
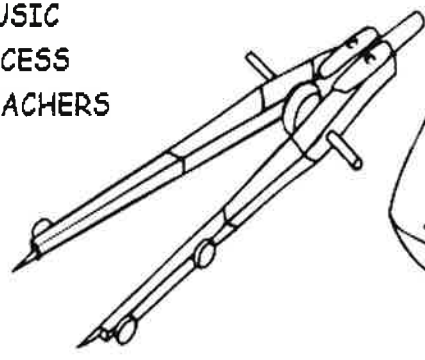


# September

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



BUS GRADES  
 LUNCH MUSIC  
 PENCILS RECESS  
 SPORTS TEACHERS  
 ART  
 HOMEWORK  
 PAPER  
 SCHOOL



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

Date: \_\_\_\_\_

# September 11th



O P O K J L 1 1 B V Q C N Y T A L I B A N Z R N  
F Z E D S M 1 K N A T S I N A H G F A G M P S N  
W B O R P O K W I J T W I N T O W E R S K V C T  
E T U S Z R W W V G Z U C J 1 H Q L 1 C R W Y E  
U J S Y T E W E G R O 1 B B W D L N P C E U Z R  
W M I W E Z M I S I K Q A R I F R E U V T U R R  
L G J O R D N 1 E E J C R T N A N Y W P N E Z I  
F Z W Q R N Q V S V Q G A H 1 T J R F L E Y A O  
D C L V O U I E O E A Z O J A E H W M C C D H R  
Z E Z J R O D S N I G D V G I G K H W W E R D S  
D L P L I R B H L V Q U O E E H Y K B N D W E T  
E L M 1 S G F P M A F N T E T T U Q E D A G S A  
I F B T M B Q 1 Y E M S P V I Q M D W I R 1 P T  
Y G Q C A D B 1 T G M D O N E S A N A W T Q I T  
Z N A G C F K H C W E O A T I L P M F N D I C A  
I V J U D A I S M O M I R T N W F M T H L D A C  
R S F U V K P H E I T U O I W U O U E L R G B K  
A F Q 1 O T V Z B S N I B G A D L M R G O L L J  
N A L Q A E D A I K R A I U B L A O R K W M E T  
E C L D F T N R I T M O O U U P C S O W J U A M  
W E T C S S H I A A J R F 1 H G F Y R S J C C D  
J Y Z M F C P P S I N E F W L C J A I I Q Y T U  
E P N G 1 P T O T M L H G U U B V Q S I F N R Y  
J H R 1 H T 1 1 R E B M E T P E S P T I P E B Y

- |              |                    |             |                  |
|--------------|--------------------|-------------|------------------|
| Grieve       | Despicable Act     | Memorial    | Terrorist Attack |
| Ground zero  | Islam              | Terrorism   | Cell             |
| Christianity | Judaism            | Al Qaeda    | Afghanistan      |
| Taliban      | Iran               | Iraq        | Osama bin Laden  |
| Pentagon     | World Trade Center | Patriotism  | Terrorist        |
| Hijack       | Hero               | Twin Towers | September 11th   |



# September 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		Jon on vacation 1 – 9th		1 CC closed today	2 CC open 9—12 with Sharon Wersal	3
4	5 Labor Day	6 Open 10—2 with Keith. Support Group at 10:30a.m.	7 Open 11—2 with Keith for open time	8 Open 9—11 with Ashley and leaving at 11:45a.m for Stakeholders meeting.	9 Open 9:15a.m for coffee group. IMR group with Ash at 11a.m and closing at 1p.m.	10
11	12 Open 9—3 with coffee group at 9:30a.m. and a movie at 1p.m.	13 Open 9—3 with exercise at 10:00a.m (weights) and L.A.C. at 1p.m. Crochet with Susie at 2p.m.	14 open 9—3 with coffee group at 9:30a.m. Exercise for the Mind at 1p.m. and Lowry Nature Center w Dawn at 9:00a.m.	15 Open 10:00a.m to 3p.m. with Exercise at 10a.m (theraband) and U.S.A. group at 1p.m.	16 Open 9—12 with coffee group at 9:30a.m. Hutch Arts and Craft fest with Dawn leaving at 9a.m.	17
18	19 Open 9—3 with coffee group 9:30a.m and a movie at 1p.m. Fare For All w Dawn leaving at 2:30p.m	20 Open 9—3 with Exercise (weights) at 10:00a.m and A Piece of History at 1p.m.	21 Open 9—3 with coffee at 9:30a.m Basic meal prep at noon. FMSC w Dawn at 10a.m	22 Open 9—3 with Exercise at 10a.m (theraband) and outing to eat in St.Peter (Patrick's) at 11:00a.m	23 Open 9—12 with Jon coffee group at 9:30am.	24
25	26 Open 9—3 with coffee at 9:30 and a movie at 1p.m.	27 Open 9—3 with Exercise at 10a.m (weights) and Noon meal 1p.m Med Ed the crochet w Susie	28 Open 9—3 with coffee group at 9:30a.m and 1p.m. Bingo/Birthday	29 Open 9—3 with Exercise at 10:00 (theraband) and then open time	30 Open 9—1 with a Hocus Pocus movie double feature.....!	