

## RESOURCE CENTER NEWS

# FEBRUARY 2019



2/4– Red Lobster Trip  
2/11– Free Produce Pick Up  
2/13– 10 County Event– Table Games  
2/14– Birthday Club/Bingo  
2/15– Walmart/Aldi  
2/18– CLOSED  
2/25 Fare for All  
2/28– Bowling in St. Peter

February Birthstone:  
Amethyst

February Flower:  
Violet

February Colors:  
Light Blue and Yellow

February is National Chocolate Month-  
Here are some dates to remember :

Heavenly Hash Day - February 2

National Chocolate Fondue Day - February 5

World Nutella Day - February 5

Cream Cheese Brownie Day - February 10

Peppermint Patty Day - February 11

National Creme-Filled Chocolates Day - February 14

National Chocolate Mint Day - February 19

National Chocolate Covered Nuts Day - February 25

National Chocolate Souffle Day - February 28

---

February is also National Library Lovers Month

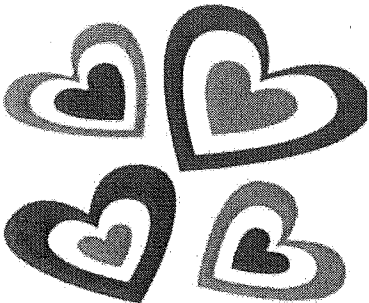
Libraries are a sanctuary away from the hustle and bustle of everyday life; they offer security and peace and quiet. They are also a place where you can focus surrounded by likeminded people with the desire to acquire knowledge

“There is nothing better than a friend, unless it is a friend with chocolate.”

– Linda Grayson

“Friendship ... is born at the moment when one man says to another "What! You too? I thought that no one but myself ...”

– C.S. Lewis, The Four Loves



# NEWS/INFO PAGE

## MN AVENUE CLUBHOUSE MISSION STATEMENT

OUR MISSION IS TO MAINTAIN A SAFE AND STIGMA-FREE ENVIRONMENT IN WHICH INDIVIDUALS WITH MENTAL ILLNESS SHARE TIME TOGETHER AND SUPPORT EACH OTHER IN THEIR MUTUAL JOURNEYS TOWARD RECOVERY

### Crisis Service Information:

Local On-Call after hours: 507-357-4440  
Regional Crisis Line 24/7: 877-399-3040  
Crisis Mobile Team 24/7: 877-399-3040  
Crisis Center (Mankato) 507-389-6783  
National Suicide Prevention # 800-273-8255  
Mental Health Texting Service 24/7: Text MN to 741741

### Random Acts of Kindness:

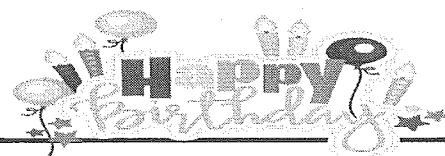
- Sister threw a birthday party for a member.
- A member took a friend to a medical appointment
- A member helped a neighbor carry their laundry.
- A member went out to dinner with their parents and sister.
- Helped her stepbrother clean his cut on his knee and bandage it.
- A members sister took her to see her sick grandson in St. Paul.
- Member helped another member clean her closet floor.
- A member treated a friend to Red Lobster
- A member bought another member a book and DVD.

LAC was held on January 16th and new Member representatives were elected:

Chairperson– Karen F.  
Vice-Chair– Anna F.  
Secretary– Jan W.

### Upcoming 10 County Events

February 13th– Table Games in St. Peter



2/9– Anna F.  
2/12– LuAnn H.  
2/28– David B.

**Clubhouse Staff will be available to assist members with finding an agency that Offers free tax preparation and with transportation if you are unable to drive. Please contact the clubhouse for assistance.**

**During the government shut down you may reach out to the clubhouse staff or your case manager to assist with rides to your local food shelf.**

A Membership Meeting was held on 1/9/19.

The new clubhouse schedule was discussed . There were not questions or concerns at this time.

Members provided ideas of ways they would like to stay active and different exercise ideas. Members requested some outings to the St. Peter Co-Op, an indoor green house, Subway and the Madison East Mall to walk. Please check out the calendar for upcoming events.

# RECIPES

## Spinach Quiche

### Ingredients::

2 Cups Cottage Cheese  
3 Eggs  
3Tbsp. Flour  
1/4 pound sharp cheddar cheese  
1/4 Cup Cold Butter  
1 Cup Spinach or half of a 10 oz package of frozen

### Directions:

Mix cottage Cheese and eggs in a bowl.

Add Flour. Cube or grate butter and cheese and add to mixture.

Cut partially thawed spinach into cubes and fold into mixture (you could also thaw the spinach and squeeze out the extra liquid and then stir in to mixture)

Place into a greased casserole dish and Bake at 350 degrees for 1 hour

# K&K's Page (Karen F and Karen S)

62

## New year brings joyful hopes for a bright future

### DEAR READERS:

Welcome to 2019! A new year has arrived, and with it our chance for a new beginning.

Today we have an opportunity to discard destructive old habits for healthy new ones, and with that in mind, I will share Dear Abby's often-requested list of New Year's resolutions, which were adapted by my late mother, Pauline Phillips, from the original credo of Al-Anon:

**JUST FOR TODAY:** I will live through **THIS DAY ONLY**. I will not brood about yesterday or obsess about

tomorrow. I will not set far-reaching goals or try to overcome all of my problems at once. I know that I can do something for 24 hours that would overwhelm me if I had to keep it up for a lifetime.



**DEAR ABBY**

Universal Press

**JUST FOR TODAY:** I will be happy. I will not dwell on thoughts that depress me. If my mind fills with clouds, I will chase them away and fill it with sunshine.

**JUST FOR TODAY:** I will accept what is. I will face reality. I will correct those things that I can correct and accept those I cannot.

**JUST FOR TODAY:** I will improve my mind. I will read something that requires effort, thought and concentration. I will not be a mental loafer.

**JUST FOR TODAY:** I will make a conscious effort to be agreeable. I will be kind and courteous to those who cross my path, and I'll not speak ill of others. I will improve my appearance, speak softly, and not interrupt when someone else is talking. Just for today, I will refrain from improving anybody but myself.

**JUST FOR TODAY:** I will do something positive to improve my health. If I'm a smoker, I'll quit. And I will

get off the couch and take a brisk walk, even if it's only around the block.

**JUST FOR TODAY:** I will gather the courage to do what is right and take responsibility for my own actions.

And now, Dear Readers, I would like to share an item that was sent to me by L.J. Bhatia, a reader from New Delhi, India:

**DEAR ABBY:** This year, no resolutions, only some guidelines. The Holy Vedas say, "Man has subjected himself to thousands of self-inflicted bondages. Wisdom comes to a man who lives according to the true eternal laws of nature."

The prayer of St. Francis (of which there are several versions) contains a powerful message:

*Lord, make me an instrument of your peace;*

*Where there is hatred, let me sow love;*

*Where there is injury, pardon;*

*Where there is doubt, faith;*

*Where there is despair, hope;*

*Where there is darkness, light;*

*And where there is sadness, joy.*

*O Divine Master,*

*Grant that I may not so much seek to be consoled as to console;*

*To be understood, as to understand;*

*To be loved, as to love;*

*For it is in giving that we receive,*

*It is in pardoning that we are pardoned,*

*And it is in dying that we are born to eternal life.*

And so, Dear Readers, may 2019 bring with it good health, peace and joy to all of you. — **LOVE, ABBY**

*Dear Abby is written by*

*Abigail Van Buren, also known as Jeanne Phillips,*

*and was founded by her mother, Pauline Phillips.*

*Contact Dear Abby at [www.DearAbby.com](http://www.DearAbby.com) or P.O. Box 69440, Los Angeles, CA 90069.*

### Milk Carton Jokes:

What starts with T, ends with T and has T inside?

- A Teapot

What kind of meals do math teachers eat?

- Square meals

Why don't strings ever win a race?

- They always tie

What happens when a cow doesn't shave?

- She grows a moostache

# FEBRUARY

Sun      Mon      Tue      Wed      Thu      Fri      Sat

					<b>1</b> Ceramics/ Drop In 10am-1pm	<b>2</b>
<b>3</b>	<b>4</b> Mind Body Spirit 10am-11am  Red Lobster 11am-2pm <u>Bring money</u>	<b>5</b> Drop In 10am-12pm	<b>6</b> Open 10am-3pm  Newsletter 11am-12pm	<b>7</b> Morning Joe 10am-11:30am  Diabetic Group??? 11:30am-12:30pm	<b>8</b> Open 10am-1pm	<b>9</b>
<b>10</b>	<b>11</b> Men's Group 10am-11am  Free Produce 10:30am-12:30pm  Women's Group 1pm-2:30pm	<b>12</b> Drop In 10am-12pm	<b>13</b> 10 County Event- Table Games in St. Peter 12p-3p	<b>14</b> Morning Joe 10am-11:30am  Birthday Club/ Bingo	<b>15</b> Open 10am-1pm	<b>16</b>
<b>17</b>	<b>18</b> <b>CLOSED</b>	<b>19</b> Drop In 9am-12pm	<b>20</b> Open 10am-3pm  Swim/Walk 10am-11am Drop In 11am-3pm	<b>21</b> Morning Joe 10am-11:30am  Mall Walking 11:30-2pm	<b>22</b> Open 10am-1pm	<b>23</b> Movie 9:30am- 12pm  <u>No transport provided</u>
<b>24</b>	<b>25</b> Men's Group 10am-11am  Women's Group 1pm-2:30pm  Fare for All 3pm	<b>26</b> Drop In 9am-12pm	<b>27</b> Open 10am-3pm  Ceramics 11am- 1pm	<b>28</b> Morning Joe 10am-11:30am Bowling 12p-3p Bring \$ for lunch		

Members are expected to call no less than 2 days in advance for activities they wish to attend or if they need to cancel.  
Schedule subject to change.

Drop in= Games, Cards, Crafts, Ce-  
ramics, whatever you would like to  
do!

**Clubhouse Direct Phone**  
**#507-357-8572**