

Issue 383



Harmony Center
March 2025



Building Better Mental Health Through Connections

Annual Membership Handbook Review Results

January 10th and 24th members and staff reviewed and voted on the Membership Handbook, which included the hours of operation of the Harmony Center.

January 10th – 5 to 0 members voted to keep the Handbook and hours of operation as is. No changes were brought forward.

Comments: Discussion arose about medications and emergency situations. Would you be able to relay what medications you take? This led to talk of having “Wellness Group” around this topic. Filling out medication index cards that you could carry on your person with your medications listed.

January 24th – 7 to 0 members voted to keep the Handbook and hours of operation as is. No changes were brought forward.

Comments: None were offered.

In total 12-0 members voted to keep Membership Handbook and hours of operation as is.

MARCH at the Harmony Center

Peer Support Schedule

Mondays- 1:00pm- *Hybrid*
6:00pm- *Hybrid*

Thursdays- 1:00pm Chat Time

Tuesdays- 1:00pm
(4th & 18th - w/Williston Center)- *Hybrid*

Fridays- 1:00pm
(28th - *Circle of Hope- What's Going Good*)

Recovery "Living Well" Schedule

Tuesdays at 2:00pm-
Tech Help Day

Wednesdays at 1:00pm-
5th - Book Study w/Williston
12th - 988 Helpline Talk
19th - Mindful Minutes
26th - Let's Talk About Grief

Thursdays at 2:00pm
Garden Planning

Friday at 1:30pm
14th - Membership Meeting
28th - Membership Meeting

Social/Recreational Schedule

Mondays at 11:00am-
Cards

Tuesdays at 11am-
Games

Wednesdays at 10:00am-
Fitness Time

Thursdays at 1:00pm-
Audio Book Club

Fridays at 2:00pm-
7th - Ouisi Game & Snacks
14th - Bingo
21st - Painting
28th - Bingo

(Please note that you can play cards/games or watch a video at anytime throughout the day, on any day, as long as it doesn't interrupt a scheduled activity.)

Special Events

3rd- Baking Cupcakes- 2:00pm
4th- Birthday Celebrations- 2:00pm
13th- SafeTALK Training*- 8:00am-12:00pm
31st- Stew*- 5:00pm



Grieving when you've lost a loved one is totally natural.

It can be a difficult and challenging process, and it affects us all in different ways.

How deeply you grieve depends on a lot of factors, including your relationship with the person who's passed, and the circumstances around their passing.

There's no 'normal' amount of time it takes for grief to pass, so it's important to acknowledge how you're feeling and to remember that self-care is an integral part of the healing process.

Some people seek out loved ones for support while grieving, while other may choose to be alone, and some will seek professional support.

Whatever stage of this emotional process you're in, sometimes a quote or poem can bring comfort during such a challenging time.

"There will be painful moments in your life that will change your entire world in a matter of minutes. These moment will change you. Let them make you stronger, smarter, and kinder. But don't you go and become someone that you're not. Cry. Scream if you have to. Then straighten your crown, and keep moving."

-Anonymous

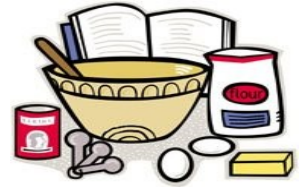
"Sometimes you will never know the value of a moment until it becomes a memory."

-Dr. Seuss



Monthly Recipe

Healthy Veggie Egg Scramble



½ cup chopped broccoli florets
½ cup diced fresh mushrooms
½ cup diced red pepper
½ cup diced orange pepper
1 cup fresh spinach
6 large eggs

¼ cup milk
¼ tsp. pepper
1/8 tsp. salt
butter flavored cooking spray
grated cheddar cheese (optional)

1. Heat a medium skillet over medium heat. Spray with butter flavored cooking spray. Add to skillet broccoli florets, mushrooms, red and orange peppers. Saute about 5 minutes, until the veggies begin to soften. Add spinach and cook another 2 minutes to wilt the spinach.
2. While veggies are sauteing, in a medium sized mixing bowl add eggs, milk, salt and pepper. Whisk to blend the eggs. (The longer the eggs are whisked, the fluffier they are when cooked.)
3. Add the egg mixture to the veggies. Let cook about 1 minute until eggs begin to set. Push the eggs towards the center of the pan and gently fold over. Tilt pan slightly to allow the liquids to cook through. Continue to do this until the eggs are just about set. If adding cheese, do so now. Remove from heat and let rest several minutes before serving.

Nutrition Tips:

1. Prepare most of your meals at home using whole or minimally processed foods.
2. Make an eating plan each week- this is the key to fast, easy meal preparation.
3. Choose recipes with plenty of vegetables and fruit.
4. Avoid sugary drinks and instead drink water.
5. Eat smaller meals more often.



More information... Stuff in the Community



MARCH 2025

SUN

MON

TUE

WED

THU

FRI

SAT

KX Sports Show March 7-9 ND State Fair Grounds 1:00pm		Home & Garden Show March 14-15 ND State Fair Grounds 12:00pm			1 Cost ? Minot Tastes & Creations Market... Dakota Square... 10:00am	
2	3 Free Mondays are for Murder... Minot Public Library... 6:00pm <i>(Must sign-up for event)</i>	4 Free Vets for Vets Peer Support... Vet Space... 5:30pm	5	6 \$20.00 Independence Inc. Chili Bowl... Grand Oasis... 5:00pm	7 \$15.00 Zion Lutheran Fish Fry... Zion Lutheran Church... 3:00pm	8
9 Free Free Movie "From the Heartland"... Oak Park Theater... 7:00pm	10 Free Reconnect with a friend...	11	12 Free That's Craftastic... Minot Public Library... 6:00pm <i>(Must sign-up for event)</i>	13	14	15 Free Legislative Forum... ND State Fair Grounds... 9:00am
16 Check out the Minot Public Library and all they have to offer...	17	18 Free Vets for Vets Peers Support... Vet Space... 5:30pm	19	20	21	22
23/30	24/31	25 Free Read a good book...	26	27	28	29

For more **MARCH** activities in
 the community go to...
visitminot.org

Soup Kitchens in Minot:

Monday- 11am-12:30pm-
 Tuesday- 11:30am-12:30pm-
 Wednesday- 11:30am-12:30pm-
 Wednesday- 5:30pm-6:30pm-
 Thursday- 5:30pm-6:30pm-
 Friday- 11:30am-12:30pm-
 Saturday- 9:30am-10:30am-
 Sunday- 11:0030am-12:30pm-

Faith United Methodist Church,
 Christ Lutheran Church
 Immanuel Baptist Church
 Cornerstone Presbyterian Church
 St Leo's Catholic Church
 1st Lutheran Church
 Congregational United Church of Christ
 7th Day Adventist Church