

Building Better Mental Health Through Connections

Minot Vets for Vets

Connection, Support, and Resources for Former Service Members

Minot Vets for Vets is a collaborative effort by local veterans who saw a need in our community for wellness and mental health support provided to former service members by persons with similar lived experiences. *Vets for Vets* centers its activities and services around peer support, and through that vehicle provides connection, information, and resources for persons who are simply looking to live better lives.

'Sometimes we just need to be present with others who have had experiences similar to our own; to be seen and heard for who we are and what we've been through, and maybe to help others navigate those same rough waters.'

- Group and individual peer support
- Social connection
- Suicide prevention, peer support, and other trainings
- Participant-directed activities

Join *Vets for Vets* on the 1st and 3rd Tuesday of each month, at 5:30pm at the *Vets for Vets Center*- 720 Western Avenue, Suite 101, in Minot.

Hours of Open:

Monday-	4:00pm-8:00pm
Tuesday-	4:00pm-8:00pm
Wednesday-	5:00pm-7:00pm
Thursday-	4:00pm-8:00pm
Friday-	4:00pm-8:00pm
Saturday-	4:00pm-8:00pm



Harmony Center

November 2024



NOVEMBER at the Harmony Center

Peer Support Schedule

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

Thursdays- 1:00pm w/Andrea

Tuesdays- 1:00pm
(w/Williston Center)- *Hybrid*

Fridays- 1:00pm

Recovery “Living Well” Schedule

Tuesdays at 2:00pm-
Tech Help Day

Wednesdays at 1:00pm-
6th- Book Study w/Williston
13th- Cultural Cooking: Lefse
20th- Mindful Minutes
27th- Let’s Talk About Grief

Thursdays all day-
What do you need help with day?

Friday at 1:30pm
8th- Membership Meeting
22nd- 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-
1st- Hot Chocolate Social
8th- Bingo
15th- Christmas Card Making
22nd- 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

4th- Baking Cupcakes- 2:00pm
5th- Birthday Celebrations- 2:00pm
11th- Center Closed... Happy Veterans’ Day!
19th- Independent Living Fair
25th- Meal- Thanksgiving Subs & Soup*- 5:00pm
28th & 29th - Center Closed... Happy Thanksgiving!



The Best MORNING ROUTINE Ideas



DRINK
A GLASS OF
WATER

READ
A BOOK



JOURNAL YOUR
THOUGHTS

PRAY OR
MEDITATE



MAKE A
TO-DO LIST

EXERCISE



WORK ON A
SIDE HUSTLE



DO A
10-MINUTE
TIDY



MAKE
YOUR
BED



GET READY
FOR THE DAY

PREP FOR
DINNER



REVIEW
YOUR
BUDGET



LISTEN TO A
PODCAST



CHECK THE
WEATHER



EAT A
NUTRITIOUS
BREAKFAST

Monthly Recipe

Amazing Slow Cooker Orange Chicken

- | | |
|----------------------------------|--|
| 1 cup chicken stock | $\frac{3}{4}$ tsp. crushed red pepper flakes |
| 1 cup orange juice | 2 tbsp. molasses, optional |
| 1 cup orange marmalade | 2 lbs. boneless skinless chicken breasts, cut into |
| $\frac{1}{2}$ cup ketchup | $\frac{3}{4}$ pieces |
| $\frac{1}{4}$ cup Dijon mustard | $\frac{1}{2}$ cup cornstarch |
| 2 tbsp. brown sugar | $\frac{3}{4}$ tsp. salt |
| 2 tbsp. rice vinegar | $\frac{1}{2}$ tsp. pepper |
| 2 tbsp. reduced-sodium soy sauce | 1 large sweet red pepper, cut into 1-inch pieces |
| 1 tbsp. minced fresh ginger-root | 2 cups fresh broccoli florets |
| 1 tsp. garlic powder | Hot cooked rice |
| | Optional toppings: chopped green onions,
peanuts and fresh cilantro |

1. In a small bowl, combine the first 11 ingredients; stir in molasses if desired. In a 4-qt. slow cooker, combine chicken, cornstarch, salt and pepper; toss to coat. Top with red pepper. Pour stock mixture over top. Cover and cook on low for 4 hours or until chicken is tender.
2. Stir in broccoli. Cover and cook on high 30-40 minutes longer or until broccoli is crisp-tender. Serve with rice. Sprinkle with toppings of your choice.



Nutrition Tips:

“There is no necessarily easy or best diet. The goal is to find the diet/food choices that work for you that you will sustain over your life course and that leads to healthy outcomes. That often takes a lot of trial and error.”- Fatima Cody Stanford, M.D., M.P.H., M.P.A., M.B.A.

“The most important thing is to focus on the overall eating pattern instead of specific foods. Find nutrient-dense foods that are enjoyable to you instead of forcing yourself to eat things you don’t like, and limit foods that have little nutrition value.”- Anne Thorndike, M.D., M.P.H.

NOVEMBER WORDFIND



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

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

NOVEMBER
 VETERAN
 MILITARY
 SERVICE
 FLAG
 COUNTRY
 AIRFORCE
 ARMY
 MARINES
 NAVY
 NATIONAL-GUARD
 COAST-GUARD
 SPACE-FORCE
 BATTALION
 CAPTAIN
 COLONEL
 CORPS
 GENERAL
 LIEUTENANT
 MAJOR
 PLATOON
 SERGEANT
 ADMIRAL
 SOLDIERS
 SAILORS
 AIRMEN
 GUARDSMEN
 RESERVISTS
 FLAG
 STARS
 STRIPES
 PARATROOPER
 MARKSMAN
 MIDSHIPME N
 DOG-TAGS
 HONOR

ENLIST ENSIGN RANK MEDAL CAVALRY CODE SPECIALIST
 SQUAD UNIFORM OFFICER FLY SWIM TRAIN MARCH
 SELFLESS RESPECT DUTY COURAGE DEDICATED
 SACRAFICE REMEMBRANCE
(Left over letters reveal hidden message.)

Help Lines...

Warmline someone to talk to: 1-800-282-5005
 Mental Health Hotlines: 211 / 1-800-985-5990
 National Suicide Prevention Hotline: 1-800-273-8255
 Local- Human Service Center: 857-8500
 Suicide and Behavioral Health Crisis Line: 988



More information... Stuff in the Community

NOVEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Christmas Arts & Craft Show... ND State Fair Grounds... 10:00am \$5.00	2
3	4 Free Mondays are for Murder... Minot Public Library... 6:00pm <i>(Must sign-up for event)</i>	5 Free Vets for Vets Peer Support... Vet Space... 5:30pm	6	7 Free Tech Ed @ The Parker... Parker Center... 10:00am	8	9 \$3.00 Flea Market... ND State Fair Grounds... 8:00am
10 \$3.00 Flea Market... ND State Fair Grounds... 10:00am	11	12 Free Reconnect with a friend...	13 Free That's Craftastic... Minot Public Library... 6:00pm <i>(Must sign-up for event)</i>	14	15 \$12.00 Vote For Laughter... The Drop Zone... 9:00pm	16 Cost ? Winter Vendor Show... Minot VFW... 10:00am
17 Check out the Minot Public Library and all they have to offer...	18	19 Free Vets for Vets Peers Support... Vet Space... 5:30pm	20 Free Movie Matinee: Migration... Minot Public Library... 2:00pm	21 \$10.00 Cinderella... Mouse River Players... 7:30pm	22 Free Festival of Trees... ND State Fair Grounds... 6:30pm	23
24	25	26 Free Read a good book...	27	28 \$30.00 Magic City Turkey Trot... 400 E Central Ave... 9:00am	29 Costs Vary Christmas Open House... Downtown Minot... 3:00pm	30 \$5.00 Christmas In the Park... Oak Park... 6:00pm

For more **NOVEMBER** 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- 11:00am-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