

DRC NEWSLETTER

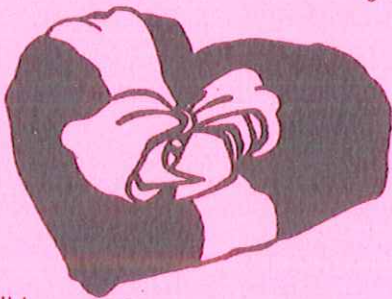
A quarterly newsletter created for members and friends of the DRC the DRC's mission is committed to delivering recovery-based services that promote feelings of self worth, self respect, independence, choice and hope to people with mental health challenges, enabling them to live meaningful lives in the communities of their choice while striving to achieve their full potential.

Feb., Mar., and Apr. 2022

Happy New Years!!

Can't believe it's already 2022!! 2021 was another trying year for all of us. We made it through with very few of our clients and staff having COVID, so now with the numbers of COVID up again, please remember to wear your mask while at DRC and use sanitizer as you arrive. We are still limiting some of the numbers for some of our activities, so please call ahead to put your name down. Thanks for your cooperation.

Happy Valentine's Day!



We will have Valentine candy toss @ 12 noon on Feb 10th with a limited number of people and on Feb. 14th (Monday, Valentine's day) we will have Valentine Bingo at 12 noon. Limited number of people for bingo also, so please call early to reserve a spot. Thanks.

DRC closed
Feb. 21st President's day
April 15th: Good Friday

Ground Hog Day – In Punxsutawney, Pennsylvania, Groundhog Day is observed. Ground Hog Day began in 1887. According to folklore, if it is cloudy when a groundhog emerges from its burrow on this day, then spring will come early; if it is sunny, the groundhog will supposedly see its shadow and retreat back into its burrow, and the winter weather will persist for six more weeks.

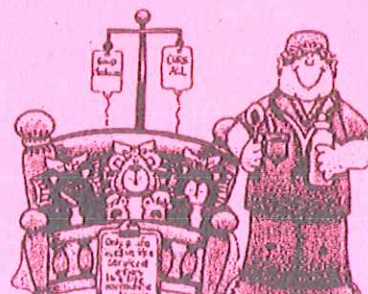


COME & JOIN US ON FRIDAY @ FEB 4th @ 11am & watch GROUND HOGS DAY movie. Call to let us know you are coming

NDSU nursing students

The NDSU nurses will once again be coming to DRC in Feb and Mar. Please check your calendars for dates and times. We love having the nursing students here at DRC sharing topics on mental health, health, nutrition.

Thank you!



Deep Dish mini pizza's
Ingredients
1 package Crescent Roll Dough

Mini Pepperoni Slices OR SLICE THEM YOURSELF FROM MINI
PEPPERONI STICKS

Grated Mozzarella Cheese
1 small can of Pizza Sauce
Instructions

Preheat the oven to 375F.

Spray a muffin tin with cooking spray.

Lay the crescent roll dough on a cookie sheet and cut out 12 circles
(for the mini pizzas shown in the photos) or 12 squares (if you want
larger pizza muffins).

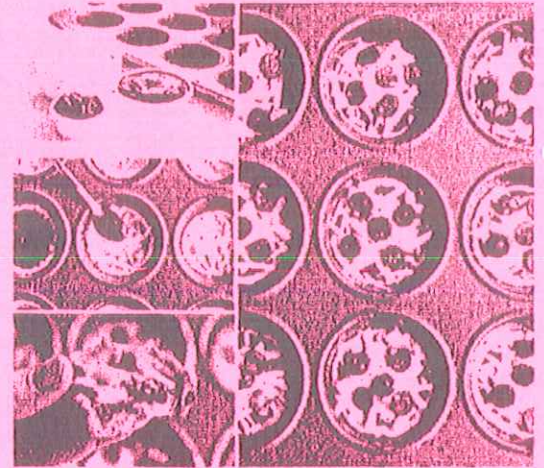
Place the dough at the bottom of each muffin cup. If you cut them into
squares, overlap the corners so the top edge is even.

Add a layer of cheese, a spoon of pizza sauce to cover the cheese,
another layer of cheese and your favourite toppings.

Bake at 375F for 15 minutes until the cheese starts to bubble and the
crust is golden brown.

Let them sit for 5 minutes before pulling the mini pizzas out of the
muffin tin.

Enjoy!



Valentine jokes:

What did the chocolate syrup say to the
ice cream? "I'm sweet on you!"

How do you say chocolate in French?

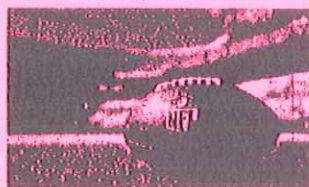
Chocolate in French!!

Should you ever eat chocolates on an
empty stomach? No always on a plate!!

Knock knock. Who's there? Celeste.
Celeste who? Celeste time I'm going to
ask you to be my valentine!!!

20 Ways to Improve Mental Health

1. Stretch
2. Meditate
3. Read a book
4. Cuddle a pet
5. Go for a walk
6. Keep a journal
7. Go to bed early
8. Drink some tea
9. Practice gratitude
10. Listen to podcasts
11. Put on a face mask
12. Spend time in nature
13. Talk to yourself kindly
14. Practice deep breathing
15. Cook your favorite meal
16. Organize your wardrobe
17. Watch the sunset/sunrise
18. Make yourself a warm drink
19. Dance like no one is watching
20. Watch something that uplifts you



It's soon superbowl time:

When: Sunday, Feb. 13th

Where: Los Angeles Calif

Time: 5:10pm CT

As of now, (because I have to do
the calendar pretty early) we
don't know who will be playing,
but once we know we will have a
superbowl score contest. I think it
will be aired on NBC that night.

Keep watching for more
information.



FAVORITE MIDDLE NAMES WORD SEARCH

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



- BOYS**
- ALEXANDER
 - DAVID
 - JAMES
 - JOHN
 - JOSEPH
 - MICHAEL
 - ROBERT
 - STEPHEN
 - THOMAS
 - WILLIAM




WORD LIST

- GIRLS**
- ANN
 - ELIZABETH
 - KATHERINE
 - LEE
 - LYNN
 - MARIE
 - MAY
 - MICHELLE
 - NICOLE
 - RENEE

TRIVIA PLUS


FEBRUARY WORD PICTURES


YOU NEED TO THINK LITERALLY TO SOLVE THESE WORD PICTURES.



- 

ILL RUOY
- G
E
I

THE COMPETITION
- T_{chop}O
- HELP
-NESS
- FAMILY
- REALITY
E
C
A
F
- ASEMR
- NETHGIARTS
&
TIME
TIME
TIME
TIME
TIME


- REEHC


- 8


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Every week we have a Recovery group at DRC.

please pick up a calendar or go online at
dacotahfoundation.org and click on Recovery center
and then click on current month calendar.

Great topics, great speakers.

PLAN TO ATTEND!!



If you love dice games, card games, board games,
music, movies, recovery groups, bingo, computers,
then DRC is the place to come. We are open Monday
through Thursday 8:30a-5p and Friday 9a-3p.

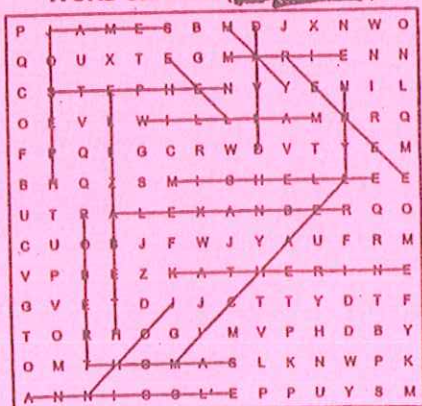
PEER SUPPORT GROUPS

We also have 2 Peer Support groups every week.
One on Wed. nights (out of the center) check with
Tom for time and place and the other group on
Thursdays at 11am at DRC. Great topics, fun time,
confidential. For more information please call
Tom @ 255-6402

WORD PICTURES, [REDACTED]

1. I'll watch your back.
2. A leg up on the competition
3. Chop in two
4. Helplessness
5. Close (tight) family
6. Face up to reality
7. Seminar
8. Straighten up and fly right.
9. Changing times
10. Cheer up
11. Berate
12. Paradise

Answers to FAVORITE MIDDLE NAMES WORD SEARCH ([REDACTED])



Irish Proverbs

- *What's good for the goose is good for the gander.
- *A nod is as good as a wink to a blind horse
- *The older the fiddle, the sweeter the tune.
- *It's no use boiling your cabbage twice.
- *The fox never found a better messenger than himself.
- *There's no need to fear the wind if your haystacks are tied down.
- *Do not mistake a goat's beard for a fine stallion's tail
- *If you lie down with dogs, you'll rise with fleas.
- *A buckle is a great addition to an old shoe.
- *Never give cherries to pigs nor advice to a fool.
- *It's no use carrying an umbrella if your shoes are leaking
- *A silent mouth is sweet to hear.

St. Patrick's day is March 17th, check out the
March calendar for St. Patrick's day
activities.



Easter is Sunday, April 17th this year. Check
our April calendar for Easter activities.

