



## Dacotah Recovery Center Newsletter

522 W Arbor Ave.

Bismarck, ND 58504

drc@dacotahfoundation.org

*(new email address)*

August 2024 Is-

Hours @ DRC

Monday-Friday: 8a-4p

Main: 701-255-6402

Member: 701-255-7846



### Happiness Happens in August

You know that Happiness Happens Month is in August each year, so mark your calendars and get ready for a month full of joy and positivity. Discover the featured activities and exciting events planned to uplift your spirits throughout this special month. Check out the table of contents to find out how you can join the celebration and spread happiness in the center!

In August, Happiness Happens Month brings a cheerful opportunity for small business owners (and **Dacotah Recovery Center**) to spread joy and positivity. This month-long celebration is all about embracing happiness in its various forms and sharing that uplifting spirit with our members and community. Whether you run a cozy cafe, a trendy boutique, or a bustling Recovery Center, Happiness Happens Month is the perfect time to inject some extra happiness into your place.

During Happiness Happens Month, which occurs every August, you can get creative with how you incorporate happiness into your establishment. Consider hosting special events like happy hours, where customers can enjoy discounts or freebies while spreading smiles. You could also organize a happiness-themed photo contest on social media to engage your audience and spark joy.

Another idea is to partner with local artists or musicians to bring some happiness-inducing performances to your Center or business.

To help celebrate Happiness Happens Month, we will be hosting a picnic to celebrate the ending of summer, back to school, and just being happy. We will have door prizes and games. This will be for DRC members and Programs/Facilities associated with Dacotah Foundation along with their family members. Please join us on Thursday, August 29th at 4pm for all the fun!

# AUGUST

*August  
national days  
word search  
printable  
from Always  
the Holidays*

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

**POTATO DAY  
MEAD DAY  
PLAY BALL DAY  
LAZY DAY  
DOG DAY  
WAFFLE DAY  
DOLLAR DAY**

**PROSECCO DAY  
RUM DAY  
LION DAY  
VINYL RECORD DAY  
BOW DAY  
WATERMELON DAY  
IPA DAY  
OYSTER DAY**

**DOLL DAY  
DINOSAURS DAY  
CBD DAY  
KIDS DAY  
GEORGIA DAY  
CAT DAY  
GOSSIP DAY**

## Homemade Pizza Bagels

Prep Time 5 min.

Cook Time 15 min.

### Ingredients

4 full size plain bagel halves

1/2 c pizza sauce

8 oz Shredded Mozzarella Cheese

4 oz of mini pepperonis

Dried basil for garnish



1. Preheat oven to 400 degrees
2. Assemble bagel For each half of a bagel, evenly spread 1 tablespoon pizza sauce. Top each with about 1 ounce of cheese and dot with a few mini pepperonis (or just divide the cheese and pepperoni between the bagels). Top all your bagel halves just like this. You should have 8. Lightly sprinkle each pizza bagel with a pinch of dried basil.
3. Bake the Bagels Bake them for 8 to 10 minutes, until the cheese is melted and bubbly and the bagels are crispy around the edges. Serve them warm. Leftovers can be stored in the fridge for 3 to 4 days. Reheat in a 350°F oven until warmed through.



## Can Cooking be therapeutic?

For many people, cooking is simply a means of getting the proper nutrition daily, which is essential for almost everyone. However, preparing food can also act as therapy that may help you live in the present moment. It could involve making your favorite meals and enjoying them with loved ones, or it might mean following a diet recommended by a healthcare provider. However you go about it, cooking therapy—with the help of a licensed mental health professional may help ease symptoms of several mental health conditions and provide you with an interesting creative outlet.

## What is cooking therapy?

Cooking therapy, also called culinary or kitchen therapy, is a therapeutic technique that mental health professionals sometimes recommend. It combines the culinary arts, gastronomy, and personal, cultural, or familial relationships with food to tackle emotional and psychological challenges. It has gained popularity as an alternative or complementary approach to traditional mental health treatment methods.

Often, cooking provides an opportunity for self-expression, personal growth, exploration, and increased self-esteem. Creative projects in the kitchen can help promote behavioral activation and goal-oriented behavior, which can help people curb procrastination and other mental blocks. As self-care, cooking therapy may help improve overall mental well-being in several ways. For example, people may experience a sense of accomplishment, focus, and mindfulness while cooking. By working with food, individuals can connect to cultural roots and family memories, which may boost comfort and belonging.

**To learn more about healthy eating and ways to cook healthy come to the DRC on Monday's at 11am for Health and Nutrition Topics.**



# Peer Support Hub

Peer Support Groups should provide a safe nonjudgmental space to share experiences; reduce feelings of loneliness and isolation; encourages taking control of ones own recovery and well being; and helps build a support system and coping skills box.

## **DRC Peer Support Group Times:**

### **Monday's:**

**3pm Peer Support:** Check in's, sharing experiences and discussing our recovery journey.

### **Tuesday's**

**8:30am Peer Support:** Check in's, sharing experiences and discussing our recovery journey

### **Wednesday's**

**2pm Talking Circle** with Roberta

**August 2nd; All Members Round Table** Members meeting to discuss upcoming events, making decisions on next months activities etc. August birthday celebration to follow.

Peer support happens informally all day every day here at the Recovery Center. It can happen during morning coffee at the table, playing cards, or individually.

IF there is a peer support group you are interested in and would be willing to lead, please let us know. Peer to Peer Groups are great!

Heather and Roberta will be starting groups in the Dacotah Foundations facilities. We are excited to extend peer support to other places. Sahnish: August 15th and 29th

Custer: August 7th @9am

# Fun at DRC

**Member's Meeting is on August 2nd @1pm. Lots of great discussions regarding upcoming events at the DRC. Be part of the conversation!**

## **August 6th**

Join us in welcoming members from Prairie Rose Recovery Center and Progress Recovery Center for a day filled with fun!

10am Dakota Zoo

12pm Pizza Ranch in North Bismarck

1pm Heritage Center

Times may vary...

United Way Day of Caring is August 14th.

Our project replacing the tiles in the upstairs bathroom and coffee area.

## *Family Picnic*



Thursday, August 29th We are having a picnic starting at 4pm. Call Heather for details!