

# Community Connections April 2021

Published by **Love In the Name of Christ** (Love INC of Douglas County Lakes Area) Phone: 320-759-3022 [www.loveincdouglas.org](http://www.loveincdouglas.org)  
Churches partnering to transform lives with life skills classes, clothing, shoes, personal care items, furniture (referrals through Love INC to the **Caring and Sharing Room**) Rainbow Rider passes, gas cards, appliances (must take a class to qualify), Christmas toys, school supplies, blankets *and prayer*.

**Virtual Special Needs EXPO** – Starting Thursday, April 1. A virtual Windmill Project event providing information on products, support and services available to those with special needs in Douglas County and surrounding areas. For more information, email [windmillprojectmn@gmail.com](mailto:windmillprojectmn@gmail.com) or call 320-766-2403.

**Women’s Self Defense Course** – Friday, April 16 from 6:00 - 8:00 pm open to women 12 years and older at Alex Martial Arts, 415 Fillmore St., Alexandria. Registration is required, contact [josh@alexmartialarts.com](mailto:josh@alexmartialarts.com) or call 320-219-6777.

**Farmers to Families Food Box Program** – Free Food distribution while supplies last at Good Shepherd Lutheran Church, 2702 MN 29, Alexandria. Distributions start at Noon, do not arrive prior to 11 am. Contact Kristy Brown at 218-838-2379 with any questions or visit <https://farmerstofamilies.now.site/home>.

**Helping Hands Free Community Meal** – is Thursday, April 15 from 5:00 - 7:00 pm. Must register by Saturday, April 10. Please call 320-808-3564 or register at [LoveOurCityCommunityMeal](http://LoveOurCityCommunityMeal). Space is limited. They are also looking for volunteers to help serve.

**Someplace Safe Virtual Fundraiser** – Saturday, April 10 from 8:00 am – Sunday, April 18 at 8:00 pm. Get involved by going to [www.betterunite.com/springfun](http://www.betterunite.com/springfun) or mail donations to 700 Cedar St. Ste. 268, Alexandria, MN 56308 or Text “Give #springfun” to 52014

**Outdoor Gear Library** - Rent bird watching kits, camping, hunting/fishing, family games, or snow gear, etc. through Alexandria Public Schools. [www.alexschools.org/domain/964](http://www.alexschools.org/domain/964) Open Monday – Friday, 7:30 am – 4:30 pm. Daily and weekend rentals available.

**Fellowship of Christian Athletes Camps – Free - Coupon Code: ALEXFREE** - <https://www.alexandriaerca.com/>

Boys Soccer Camp – April 24 – 25

Girls Soccer Camp - May 1 – 2

**Camps coming soon-** Bike Camp – June 5

Tennis Camp June 16 – 17

**Huddles** – Middle School and High School students meet every Monday from 6:30 – 7:30 pm at Reach Church, 1310 N Nokomis NW, Alexandria for fellowship. Please wear a mask.

**True North Pursuit** – Ladies Hike, April 6 from 6-8pm at the Runestone Park, Kensington

Fire Building Workshop, April 10 from 3-5pm at Brophy Park, Alexandria

Check out their Facebook page for more info.

**Bunny Run** - Saturday, April 3 from 8:00 - 9:30 am at Alexandria Area YMCA 110 Karl Dr. \$20 registration.

**The Unity Foundation** - is sponsoring the movie, [The Girl Who Believes in Miracles](http://The Girl Who Believes in Miracles). The movie starts on Friday, April 2. Get your tickets at Common Ground Coffee, 516 Hawthorne, Alexandria for ONLY \$3.00 each!

**Communicating for Couples 1.0** – Saturday, April 3 from 9:30 - 10:30 am, Bruckner Mediation, a virtual event. Discounted price of \$47.77. Go to <https://alexmncalendar.com/event/communicating-for-couples-1-0-live-on-line-class/all/> to register. There will be a second event May 1.

**Community Worship** – Saturday, April 10 and Saturday, April 24 at 6:30 pm at Common Ground Coffee House loft, 516 Hawthorne St., Alexandria. All are welcome. Rend the Heavens will be leading worship.

**Sober Thursday** – Every other Thursday at the Art Bar 39 located in the Vikings Plaza Mall. Meet with like-minded people on April 1, 15 and 29. Socializing in a safe environment. Bring your own non-alcoholic beverages and snacks to the studio. Discounted rates - \$15 in advance, \$20 at the door.

**West Central Minnesota Communities Action** office in Alexandria is *located to 1910 Aga Drive, Suite 206, Alexandria*. Call 320-304-3458 or 800-492-4805 for an appt. or email if needing assistance for homelessness, **weatherization**, in-home modifications, home rehab loans, Head Start, and **free tax preparation**, call 800-492-4805 Ext. #5, Tuesdays and Wednesdays at First Congregational Church in Alexandria, by appointment only. [www.wcmca.org](http://www.wcmca.org)

**Grant and Traverse County Food Drops** – Friday, April 9 in Elbow Lake from 9:30 – 10:30 am at WCMCA, 411 Industrial Blvd, Elbow Lake. Friday, April 9 in Wheaton from 11:30 – 12:30 pm at the Food shelf, 202 8<sup>th</sup> Street N, Wheaton. Food will be available for drive thru pickup. Questions: Contact Scott at 218- 399 7367.

**United Way Food Drop** - Free food on Thursday, April 29 from 9:00 am - 2:00 pm. New Life Christian Church, 1910 Co. Rd. 82 SE, Alexandria. This event is for anyone who lives in Douglas County. No income requirement. Please note: Due to Covid-19 gathering restrictions, you will be given a time to pick up a pre-filled box of food. You will drive by at your appointed time and the food will be placed in your vehicle. You **MUST PRE-REGISTER to receive food!** To pre-register, call 320-834-7800, or go on-line to [www.uwdp.org](http://www.uwdp.org) at least 24 hours in advance of the Food Drop. We are also seeking volunteers to help load cars.



## Kid Connections



**Easter Egg Hunt** – Saturday, April 3 at 10:30am - 12:30 pm at Church for the Harvest, Suite #280, 1910 Aga Dr, Alexandria. You are invited to hunt for over 5,000 eggs. Come at 10:30 am for a fun and interactive Easter Story. There will be crafts, games, and eggs to hunt!

**Easter Bunny Photos and Visits** – Viking Plaza Mall on Thursday, April 1 from Noon - 2:00 pm and 4:00 - 6:00 pm, Friday April 2, from 4:00 - 6:00 pm and Saturday, April 3 from Noon - 4:00 pm.

**Free Movie Night** – Friday, April 30 at 6:00 pm at Alexandria Area High School Performing Arts Center. Preregistration is required at Alexandria [Area High School Performing Arts Center](#).

**Lakes Area MOMS** (Mothers of all ages and stages) is meeting in-person from 6:30 – 8:00 pm on the first and third Thursdays of each month at Alexandria Covenant Church, 4005 Dakota St., Alexandria. Very limited KidCare will be available. If you need KidCare for the meeting, join the Lakes Area Moms Facebook group to RSVP. For further information, call Nichole at 320-444-6304.

**North Star Sports Complex** - is offering an opportunity for children to burn off some energy this spring located at 3870 Pioneer Road SE, Alexandria. Masks and social distancing are required. Children need to be supervised by parents. Cost is \$5 per child. For more information, call Angie at 320-219-6489.

OPEN Gym – every Thursday 10:00 am - Noon

OPEN Skate – every Thursday 11:00am – 1:00 pm



## Senior Connections



**Ready Ride** – Safe, friendly rides helping adults 65+ maintain independence. Call Ready Ride at 218-685-7433 for more information.

**Senior Linkage Line** – will be offering virtual events to help you understand Medicare the third Thursday of every month from 2 – 4pm. Must register three days prior to the event at <https://www.eventbrite.com/e/senior-linkage-line-medicare-101-tickets-133358064561> For questions, contact the Senior Linkage Line at 800-333-2433.

**SAIL: Stay Active and Independent for Life** – a strength, balance, and fitness program done virtually through Zoom; free to the community. For information or to register, contact Stacey Vaughn at [Stacey@fergusfallsymca.org](mailto:Stacey@fergusfallsymca.org) or call 855-215-2174.

**Alexandria Senior Center** – is now open. Please visit their website for current updates and calendar [www.alexsrctr.org](http://www.alexsrctr.org) . Meals on Wheels continues.

**Home Delivered Meals** - Call 320-762-4280 to see if your hometown is currently being covered.

**Aging In Place Program - Habitat for Humanity of Douglas County** – Make improvements to your home for safety, accessibility or energy efficiency for people 65+. Call 320-762-4255.

**Nutrition Assistance for Seniors (NAPS)** - Income guideline is about \$1300/month for one. Call 320-762-3047 to see if this free food box is being offered.

**Douglas County Senior Office** – is temporarily closed to walk-ins, but the office is open and waiting to assist you. Call Joyce at 320-762-3047 for assistance.

**Dancing Sky Area Agency on Aging** Dancing Sky works with rural communities to help older adults stay in control of their choices. Go to [www.dancingskyaaa.org](http://www.dancingskyaaa.org) for more information on programs for older adults and caregivers in your area. Follow us on Facebook at Dancing Sky Area Agency on Aging for updates and information. Contact the Senior Linkage Line at 800-333-2433 for assistance on options for seniors.

**Dementia Friends Minnesota** – An informational meeting held via Zoom on Thursday, April 15 at 1:00 pm. To learn more, contact Amy Dallmann at 218-234-3906 or Stephanie Aasness at 320-766-1856.

**Clear Masks** – are available for anyone 60+. These masks help everyone stay safe and communicate more clearly. <https://www.dancingskyaaa.org/>

**Rural Development** - a program of the United States Department of Agriculture offering loans or grants providing low income families the opportunity to repair homes, making them safe to live in or to help purchase a home. You do not need to live on a farm to take part in this program. For more details or to see if you qualify, contact Dawn at 320-763-3191 ext. 108 or email her at [dawn.winter@usda.gov](mailto:dawn.winter@usda.gov). People age 62+ may qualify for grants.

## Support Groups



### Mondays

**Celebrate Recovery** - Meeting in-person at 6:30 pm in the basement of Alexandria Covenant Church, 4005 Dakota St, Alexandria. This is a time of fellowship and support for your hurts, habits and hang-ups. All are welcome. Due to COVID, no child-care or meals are provided. Questions, please call Dave at 320-250-7912. Enter at door #6 on the lower east level.

**Fellowship of Christian Athletes Huddles** - Middle School and High School students meet every Monday from 6:30 – 7:30 pm at Reach Church, 1310 N Nokomis NW, Alexandria for fellowship. Please wear a mask.

### Tuesdays

**Narcotics Anonymous** – Meeting at 7:00 pm at Common Ground Coffee House at 516 Hawthorne St., Alexandria.

**Caregivers Support Group** – is meeting the second Tuesday of each month from 2:00 – 4:00 pm at First Lutheran Church. Call Val at 320-762-2196 for details.

**Cancer Support Group** - Call Jo Petersen at 320-766-3741 for information or email her at [jopete@charter.net](mailto:jopete@charter.net)

### Wednesdays

**Women's Empowerment Group** – A support group for survivors of abuse. Please call Mary or Leigh at Someplace Safe 320-762-1995.

**Survivor of Suicide Loss Support Group** – Please call Lake Region Hospital, Fergus Falls at 218-736-8000.

### Thursdays

**Lakes Area MOMS** - (Mothers of all ages and stages) is once again meeting in person from 6:30 – 8:00 pm meeting the first and third Thursdays of each month at Alexandria Covenant Church, 4005 Dakota St., Alexandria. Very limited KidCare will be available. If you need KidCare for the meeting, join the Lakes Area Moms Facebook group to RSVP. For further information, call Nichole at 320-444-6304.

**Narcotics Anonymous** – Meeting 7:00 pm at Common Ground Coffee House at 516 Hawthorne St, Alexandria.

**Adult Children of Alcoholics (ACA)** – is meeting via Zoom. Call Sandy at 320-219-0413 for further information.

**Sober Thursday** – Every other Thursday at the Art Bar 39 located in the Vikings Plaza Mall. Meet with like minded people on April 1, 15, and 29. Socializing in a safe environment. Bring your own non-alcoholic beverages and snacks to the studio.

**Amazing Journeys Support Group for Weight Loss** – Please call Betty at 320-304-3444 for more information.

**Alzheimer's Caregiver Support Group** – is not meeting in person at this time, but the Alzheimer's Association has other options to offer the community. Please call Joyce at 320-762-3047 for more details.

### Fridays

**Women's Empowerment Group** – A support group for survivors of abuse. Please call Mary or Leigh at Someplace Safe 320-762-1995.

**Narcotics Anonymous** – Meeting at 7:00 pm at Common Ground Coffee House at 516 Hawthorne St., Alexandria.

**Meal and Fellowship** – Friday night dinner and fellowship at The Regeneration Center, 1615 6<sup>th</sup> Ave E, Alexandria at 6:30 pm. For questions call 320-759-0794.

### Saturdays

**Community Worship** – Saturday, April 10 and Saturday, April 24 at 6:30 pm at Common Ground Coffee House loft, 516 Hawthorne St., Alexandria. All are welcome. Rend the Heavens will be leading worship.

### Each day of the week

**AA and Al-Anon/Ala-Teen Meetings** - Seven days a week at various times. Please call 320-762-1116 in Alexandria. For meetings outside of Alexandria call 866-423-2969.

## Community Resources



**Viking Community Support Program** – support for people struggling with mental health issues, providing rehabilitative services. The Drop-In Center is open every day from 1 – 5 pm and evenings on Tuesday, Thursday, and Friday. There are computers, pool tables, coffee, TV, crafts and listening ears. Monday – Wednesday Facebook Live at 9:00 am, talks about coping skills, mental health and physical health management and ways to get motivated. Located at 1106 Broadway, Alexandria [Vikingland Community Support](#).

**Rural Development** - a program of the United States Department of Agriculture has a program offering loans or grants providing low income families the opportunity to repair homes, making them safe to live in or to help purchase a home. You do not need to live on a farm to take part in this program. For more details or to see if you qualify, contact Dawn at 320-763-3191 ext. 108 or email her at [dawn.winter@usda.gov](mailto:dawn.winter@usda.gov).

**Douglas County Outreach Food Shelf** - 1205 Lake St., Alexandria. Call for an appointment. 320-762-8411. You will not shop for your own food during this Covid-19 time. A box will be prepared for you, brought out to your car, and placed in your trunk.

**The Free Little Pantry** - Please visit and take what food you need. Pantry located next to front door of Alexandria First Free Methodist Church on the corner of 8<sup>th</sup> Ave. E. and Jefferson St., Alexandria. You can drop off non-perishable food for others, too! Open 24/7.

**Helping Hands of Alexandria** - Will help with shopping and essential errands during Covid-19 if you are one who needs to stay at home to avoid contact with others. 320-808-3564

**Car Care Program** - This office is temporarily closed to walk-ins. Call 320-460-7911 for assistance or for questions. Email Kris with your car questions at [Kris@carcareprogram.org](mailto:Kris@carcareprogram.org).

**Life Connections** - Pregnancy and parenting resources – Free and confidential, clothing birth to 5T, diapers, formula, maternity, clothes, education on health and nutrition, grants for housing, car seats as well as car seat installation classes. Open Monday, Wednesday, and Friday from 10:00 am to 4:30 pm. They are closed Tuesday and Thursday. Located at 1309 Hwy 29 N. Suite 102, Alexandria. Phone: 320-762-1224

**LifeRight Outreach** - is a transitional housing ministry reaching out to men who suffer from addiction, alcoholism, and homelessness. It is committed to be the hands and feet of Jesus, helping men make it back home. Call 320-759-3930 for an application or to volunteer.

**Titus 2 Ministry** - provides a Christ Centered Ministry to assist women in need. Housing open upon availability and classes are offered on finances, divorce care, parenting, love and respect. Titus 2 is located at 7005 Co Rd. 82 SE, Alexandria. Please contact Mary at 320-491-1851 for more information.

**Father's Resource Program** - Services dads, as well as moms, who need help navigating custody and child support issues. Call for a phone appointment at 320-762-3031.

**Legal Services of NW MN** - provides free legal advice/services to qualifying persons in Douglas and surrounding counties. Low income or age 60+. Call 800-450-2552 for instructions on how to best communicate your concerns.

**Veteran's Service Office** - Services and support for military veterans. Call for a phone appointment 320-762-3883.

**Veteran's Crisis Line** - 24 hour/7 days a week crisis assistance for veterans and their families. 800-273-8255, Ext. 1

**Adult Basic Education** - Need a better job??? Get your GED. It's free. Call 320-762-3312.

**Someplace Safe Crime Victim Advocacy Services** - remain available throughout the COVID-19 Pandemic as an essential safety net for survivors of crime. Services are available through video calls, telephone, and as need in-person (by appointment only). Accessible services remain available, including interpreters, live website chat, and text message. Call 320-762-1995 or 800-974-3359 or visit [www.someplacesafe.info](http://www.someplacesafe.info) for more information. All services are free and confidential.

**Single Mom's Together Online** - If you are a single mom and would like to share and visit with other single moms, join them online @MNBTG on Facebook, Instagram, or LinkedIn.

**Mental Health Crisis WarmLines** - Is your mental well-being struggling due to Covid-19? Are you looking for some daily resources and tips? Go to <http://www.health.state.mn.us/communities/mentalhealth/support.html>. If you want to talk to someone, call 651-288-0400 or 877-404-3190. If you would like peer support, call or text 1-844-739-6369. Stay connected!

**CareerForce** - is safely open for people to come and use computers for finding jobs. They offer job search, resume writing, employer services and other support online and over the phone. They are located at 303 22<sup>nd</sup> Ave. West, Suite 107, Alexandria. Please call 320-391-9262.

**Vocational Rehabilitation** - helps find employment for adults with disabilities, transition planning for High School students with disabilities, financial assistance for post-secondary education, vehicle modification for getting to work, etc. Please call 320-762-7809 for assistance.

**Productive Alternatives** - provides day training and habilitation services for adults with disabilities. Please call 320-763-4101 for more information.

**Douglas County Developmental Achievement Center** - provides day support services and employment support services to adults with developmental disabilities; promoting community involvement through work and social involvement. Call 320-762-1771 for more information.

**MyPath** – A program sponsored by Manpower, helps train individuals for **jobs that are in demand**, helping them navigate career paths and to stay employable in the short and long term. If you are looking to find a career path, rather than just a job, contact [www.Manpower.com/MyPath](http://www.Manpower.com/MyPath) Alexandria Office, 507 N. Nokomis St Suite E, 320-763-9899.

**Prescription Drug Discounts** – use the Family Wize App for prescription drug discounts or call Sheila at Douglas County Social Services 320-762-2302 for information of how you may qualify for prescription drug assistance.

**Habitat for Humanity of Douglas County** encourages anyone who is struggling with home ownership to call 320-762-4255. Help may be available. Plans are being made for 2021.

**Employment Agencies**

- \*Doherty -320-763-3121
- \*Manpower-320-763-9899
- \*People Ready -320-762-2001
- \*Prostaff -320-763-9677

**Counseling Services**

- \*Crossroads Christian Counseling Center–320-214-8558
- \*Family Innovations–320-759-3096
- \*Lakeland Mental Health Center–320-762-2400
- \*Lutheran Social Services–320-762-5124
- \*Psychological Associates of Alexandria–320-762-1762
- \*Central Lakes Mental Health, LLC-320-228-9903

