

# Community Connections June 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*.

**Awesome Athletes** – Windmill Project is teaming up with Alexandria Public Schools Community Education to offer children with special needs ages 2 – 21 the opportunity to try different sports and to have fun. Each session costs \$4, but scholarships are available from Windmill Project. Email [windmillprojectmn@gmail.com](mailto:windmillprojectmn@gmail.com) or call 320-766-2403.

Tuesday, June 1 – 6:00 -7:00 pm at Lincoln School Gym

Sunday, June 6 – 3:00 – 4:00 pm at Shenanigans

Tuesday, June 15 – 6:00 – 7:00 pm at Lincoln School Gym

Tuesday, June 29 – 6:00 – 7:00 pm at Lincoln School Gym



**Summer Lunch Program** – Free Grab and Go Summer Lunch Program for children age 18 and under at Zion Lutheran Church and School, 300 Lake St., Alexandria. Program begins June 9 and runs through August 31. Curbside pick-up from 11:00 am to 1:00 pm. Breakfast for the next day will be given with lunch pick-up. To see the menu, go to [zionalexschool.org](http://zionalexschool.org). For further information call 320-763-4842.

Free Grab and Go Meals (breakfast and lunch) are also available for ages 18 and under from June 9 – August 27 (not on July 5) at Woodland School, 1410 South McKay Ave, Alexandria. Meals are curbside from 11 am – 12:30 pm Monday-Friday.

**After School Hangout Program** – is a time for middle school aged children to be able to come and hangout with some positive adult role models in a safe and inviting environment. Adults will connect with youth through conversations, playing games, helping with homework and serving a FREE meal. The group will meet Wednesdays, June 16, 23, 30, and July 7 from 4:30 – 6:30 pm at Living Word Lutheran Church, 1722 16<sup>th</sup> Ave. E, Alexandria. Must register by June 9 at [www.livingwordalexmn.org](http://www.livingwordalexmn.org). Parents are responsible for providing transportation to and from program.

**Spring Cleaning** – If you are 65 or older, let West Central MN Communities Action’s Home Care and Repair program clean and inspect your appliances/air conditioning unit, wash your windows or complete basic household cleaning and more. Call 218-685-7008 to schedule services. Cost sharing fees apply based on income. West Central is also looking for volunteers to help make this program a success.

**Fish Fry** – Let’s Go Fishing is hosting a fish fry fundraiser on Tuesday, June 1 at the Alexandria Elks Lodge from 4:00 – 7:00 pm. Cost is \$10.00 per person. All proceeds go exclusively to support fishing and pontoon excursions for area seniors, veterans, youth, and the physically challenged.

**Alexandria Farmers Market** – Located by Big Ole in Alexandria is open Saturday mornings from 9:00 am - 12:00 pm. Starting on Thursday, June 24, the market will be open each Thursday from 3:00 - 6:00 pm. Starting on Tuesday, June 29, it will be open each Tuesday from 9:00 am - 12:00 pm. These times will run all summer to the end of October.

**Holmes City Farmers Market** – Located in the Trinity Lutheran Church parking lot in Holmes City is open every Saturday beginning May 22 thru mid-October from 8:30 - 11:30 am. Serving breakfast until 10:30. Great produce and baked goods galore!

**Traveling Tree House** – The Traveling Tree House is a mobile learning center that provides FREE summer learning opportunities for local children. At each visit kids experience 75 minutes of reading, crafts and activities. A snack and gently used book of their choice is sent home after each visit. Please check out their website <https://uwdp.org/what-we-do/united-way-programs.html> for dates, times and locations. No pre-registration is required.

**Adult ADHD/Executive Dysfunction Support Group** – A group to help support executive function and foster unique friendships in a fast passed world. They will be meeting Monday, June 7 at 10 – 11:30 am at the Douglas County Library Large Meeting Room. Join the Facebook group for more info @Alexandria MN ADHD/Executive Dysfunction Support Group

**Alexandria Area MN Young Life** – Introduces adolescents to Jesus Christ and helps them grow in their faith by bringing adult leaders into the world of teenagers. They go to sporting events, musical performances, and other places in the community where kids already are rather than asking them to enter into their world. They are a non-denominational group building real friendships with teenagers meeting them at their level. For more information, please check out their website <https://alexandriamn.younglife.org/> For volunteer opportunities, check out this video [https://youtu.be/M0A-Ydzw\\_-M](https://youtu.be/M0A-Ydzw_-M) Young Life is also inviting area youth finishing grades 9 – 12 the opportunity to register for Castaway Club to be held July 14 – 18 in Detroit Lakes, MN. For more information, contact Daniel Hartsoch, the new area director at [dghartsoch@gmail.com](mailto:dghartsoch@gmail.com).

**Red Willow Arts Coalition** – Free Summer Concert Series on Thursday nights at 7:00 pm on the courthouse lawn. Bring a lawn chair or blanket and enjoy the music. For a complete listing of the 2021 schedule go to [www.redwillowartscoalition.org](http://www.redwillowartscoalition.org).

**Outdoor Gear Library** - Rent bird watching kits, camping, hunting/fishing, family games 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/>

**Bike Camp** June 5

**Tennis Camp** June 16 - 17

**Football Passing Camp** July 14 - 15

**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.

**Rent Help MN** - Rental assistance program for renters and landlords directly affected by COVID. Please see the website for more info and the application process. <https://www.renthelpmn.org/> Here's a link to a presentation explaining more about the program <https://apply.renthelpmn.org/mnera#/>.

**United Way Food Drop** - Free food on Thursday, June 24 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



**Douglas County Library** – “Reading Colors Your World” Summer reading program for ages birth – 11 years old. There will also be lots of fun classes to take for children in kindergarten through fifth grade. Go to [douglascountylibrary.org](http://douglascountylibrary.org) for more information and to register.

**Storytime on the Courthouse Lawn** – Wednesdays at 10:30 am beginning June 9 – July 28. Bring a lawn chair or a blanket and join in the fun. Stories are geared for children ages 3 – 5, but all are welcome. For more information, call 320-762-3013.

**Community Education** – Go to [www.alexschools.org/ce](http://www.alexschools.org/ce) to see all the activities that are being offered this spring and summer.

**Awesome Athletes** – Windmill Project is teaming up with Alexandria Public Schools Community Education to offer children with special needs ages 2 – 21 the opportunity to try different sports and to have fun. Each session costs \$4, but scholarships are available from Windmill Project. Email [windmillprojectmn@gmail.com](mailto:windmillprojectmn@gmail.com) or call 320-766-2403.

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**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 – 12:00 pm

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

# Senior Connections



**Spring Cleaning** – If you are 65 or older, let West Central MN Communities Action’s Home Care and Repair program clean and inspect your appliances/air conditioning unit, wash your windows or complete basic household cleaning and more. Call 218-685-7008 to schedule services. Cost sharing fees apply based on income. West Central is also looking for volunteers to help make this program a success.

**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 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** - sponsored by Habitat for Humanity of Douglas County to 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 Services** – has reopened at 806 Fillmore St., Suite 1195, Alexandria 320-762-3047.

**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** – Informational meetings are held regularly. To learn more, contact Amy Dallmann at 218-234-3906 or Stephanie Aasness 320-766-1856 for more information or to register go [actonalz.org](http://actonalz.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. A meal will be provided. No childcare is available at this time. 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

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

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

### Thursdays

**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 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

**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** - Last Saturday of each month at Common Ground Coffee House loft, 516 Hawthorne St., Alexandria.

### 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.

**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)

**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** - Call 320-460-7911 to set up an appointment or 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 10 am – 5 pm, Wednesday 10 am - 2:30 pm and Friday from 10:00 am - 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.

**Safe Families for Children** - Serves families in Douglas, Pope, Grant, Traverse and Stevens counties to mobilize vetted and trained volunteers offering a broad community of support for families who feel overwhelmed or isolated. Volunteers seek to empower,

encourage, and strengthen families through mutually beneficial relationships. Please contact Sarah Boll, Community Coordinator at 320-250-5744 or 888-290-7590 ext. 701 for more information or needing support.

**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

*Let your light shine before men that they may see your good deeds and praise your Father in heaven.*

Matthew 5:16

