

# Community Connections September 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, blankets and *prayer*.

**Love INC Garage Sale Fundraiser** – Saturday, September 11 from 7:00 am – 6:00 pm at the Runestone Community Center. Donations are needed. Go to [loveincdouglas.org](http://loveincdouglas.org) for a listing of requested or acceptable donations. For further donation questions, contact Bob at 612-309-2290. To volunteer, call Joyce at 320-304-4501. Donations can be dropped off at the RCC on Thursday, September 9 or Friday, September 10 from 8:00 am – 7:00 pm.

**True North Pursuit** – For summer events to [True North Pursuit.org](http://TrueNorthPursuit.org) for more information.  
Friday – Sunday, September 3 – 5: Camping @ Smokey Timbers, Lake Milona



**Habitat for Humanity** – is now taking applications for affordable homes. Habitat Homebuyers help build their homes alongside volunteers and purchase the home with an affordable mortgage. Go to <https://hfhdouglascounty.org/> for more information or to fill out an application.

**Douglas County Library** – [douglascountylibrary.org](http://douglascountylibrary.org) 320-762-3014  
September 1 – Escape the Upside Down – Escape Room – For groups of adults – call to schedule a time  
September 1 – Fall Computer Classes – Available on demand  
September 2 – 10:30 am Storyteller Fred Motley  
September 8 – 1:00 pm Book Club

**West Central Minnesota Communities Actions** – Financial Fitness Counseling sessions available online or in person. Call 320-304-3458 ext. 7217 to start working with a compassionate, knowledgeable, non-judgmental financial counselor for free.

**Alexandria Farmers Market** – Located by Big Ole in Alexandria is open Saturday mornings from 9:00 am - 12:00 pm. Thursdays from 3:00 - 6:00 pm. Tuesdays 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!

**Red Willow Arts Coalition** – Free Summer Concert Series on Thursday nights at 7:00 pm through September 2 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** - <https://www.alexandriafca.com/> Middle School and High School students meet every Tuesday. Questions, call Nick at 320-815-2995 or email him at [nick@yfcminnesota.com](mailto:nick@yfcminnesota.com).  
Gymnastics Camp – Oct. 16

**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, September 30 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



**Uniquely and Wonderfully Made Monthly Gathering** - for parents/caregivers of children with mental health or developmental challenges, trauma histories, learning disabilities, or other special care needs. Meeting on the second Tuesday of each month at Restoration Church, 18151 Co. Rd. 21, Glenwood at 6:00 pm. A meal, space to process and ask questions, and sharing of resources is provided. Email Sarah at [sboll@safefamilies.net](mailto:sboll@safefamilies.net) for questions.

**Douglas County Library** – Storytime is back! Go to the Calendar of Events to see the schedule [douglascountylibrary.org](http://douglascountylibrary.org) 320-762-3014. Evening Storytime is also available on Zoom.

**Community Education** – Go to <https://alexandria.ce.eleyo.com> to see all the activities that are being offered this fall.

**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.



## Senior Connections

**Home Care and Repair Program**– If you are 65 or older, let West Central MN Communities Action’s help you stay in your home by helping to complete basic household cleaning, repairs, 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 – 4 pm. 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).

**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 to [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.

### Tuesdays

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

**Uniquely and Wonderfully Made** - Meeting the second Tuesday of each month at Restoration Church, 18151 Co. Rd. 21, Glenwood at 6:00 pm. A meal, space to process and ask questions, and sharing of resources is provided for parents/caregivers of children with mental health or developmental challenges, trauma histories, learning disabilities, or other special care needs. Email: [sboll@safefamilies.net](mailto:sboll@safefamilies.net) for questions.

**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).

**Fellowship of Christian Athletes** - Middle School and High School students meet every Tuesday for fellowship. Questions, call Nick at 320-815-2995 or email him at [nick@yfcminnesota.com](mailto:nick@yfcminnesota.com). <https://www.alexandriafca.com/>

### 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 at Alexandria Covenant Church at 4005 Dakota St. Call Sandy for further information at 320-219-0413.

**Sober Thursday** - Every other Thursday at the Art Bar 39 located in the Viking 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 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



**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). For more information, contact Daniel Hartsoch, the new area director at [dghartsoch@gmail.com](mailto:dghartsoch@gmail.com).

**Vikingland 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 <http://vikinglandcsp.azurewebsites.net/services/csp>

**Rural Development** – is a program of the United States Department of Agriculture, and 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 or email for an appointment to discuss assistance for homelessness, weatherization, in-home modifications, home rehab loans, or Head Start. 800-492-4805 or [www.wcmca.org](http://www.wcmca.org).

**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. 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** – has remained available throughout the COVID-19 Pandemic as an essential safety net for survivors of crime. Services are available through video calls, telephone, and as needed 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, 888-290-7590 ext. 701 or [sboll@safefamilies.net](mailto:sboll@safefamilies.net) 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, or call 320-763-9899.

**Prescription Drug Discounts** – Use the SingleCare 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 2022.

**Text Now** – Want to save \$\$ on your phone bill? Check out Text Now. FREE talk and text with ads or pay \$9.99 for ad free talk and text. Try it for yourself! Check out <https://www.textnow.com/how-it-works> to find out more information.

#### **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
- \*Solutions Behavioral Healthcare 320-762-5411

*The faithful love of the LORD never ends! His mercies never cease.  
Great is His faithfulness; His mercies begin afresh each morning.*

Lamentations 3: 22- 23

