

Getting Together in October 2020 County Connection Clubhouse

212 Third Street, Gaylord, MN 55334

507-237-4133



Autumn Fires

Robert Louis Stevenson

In the other gardens
And all up in the vale,
From the autumn bonfires
See the smoke trail!

Pleasant summer over,
And all the summer flowers,
The red fire blazes,
The grey smoke towers.

Sing a song of seasons!
Something bright in all!
Flowers in the summer,
Fires in the fall!

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*October fun
facts:*


*October
Word*

Searches:

*CCC Calen-
dar:*



Around the Clubhouse:



The clubhouse has added a few more hours a week of open time. Remember if you are coming in, to call first and let me know you are healthy and haven't been around those who have been sick. Also, masks and social distancing are still required at this time.....

October birthdays: Lynn S., Aaron G, and Maria V. Join me wishing them as well as any folks I may have missed, a happy birthday!

A message for the clients who haven't come to the CCC since we have reopened. COME AND SEE US!! STOP IN AND SAY HI, OR STAY FOR A FEW HOURS.....

Jon at the CCC has a new work cell phone. The number is 507-479-3384. You can call or text this number to reach Jon if need be. Try the clubhouse number first. (507-237-4133)

LGBT+ Group Forming Soon!



A new online support group for folks who are lesbian, gay, bisexual, transgender, queer, questioning, nonbinary, pansexual, or on the asexual/aromantic spectrum will be starting on Zoom soon! Any clubhouse members or folks with case management across the clubhouse regions who feel part of the LGBT+ community are welcome. We hope to spend some time getting to know each other and to gather ideas from the group for topics and activities.

If you are interested in joining the group, you can either inform your Clubhouse Coordinator directly or you can email Missy from Power Up Clubhouse at: melissa.haefner@co.nicollet.mn.us to get on the email list. Folks who join the email list will get to vote on dates and times for meetings. We look forward to meeting you!

If you need accommodations or support to attend the Zoom meetings, please talk to your Clubhouse Coordinator or Case Manager.



LGBT+ Support Group Information

Hi, my name is Heidi and my pronouns are she/her and they/them. I am an autistic queer nonbinary woman living with adhd, anxiety, complex ptsd, and a dissociative disorder. I live in St. Peter and have enjoyed some arts and crafts, meetings, and going bowling with the folks from the St. Peter clubhouse. For a couple of years, I have wanted to be part of a support group or therapy program for LGBT+ (lesbian, gay, bisexual, transgender, and other related identities) people. Whenever I have asked my doctors or therapists, they have not had suggestions of groups I could try out. I felt lonely and frustrated.

I believe that connecting to our sexual and gender identities can be a powerful motivator for becoming advocates for ourselves and living the lives we want. Once I got diagnosed with autism and adhd, I was able to join an online group for autistic LGBT+ people. Sometimes we talk about serious stuff and sometimes we show off our hobbies and pets! Now that I have experienced supportive connections in my autistic group, I want to see if anyone wants to join a mental health LGBT+ support and self-advocacy group. I contacted Missy at the St. Peter clubhouse because I wanted her help to start a group.

My vision for starting an LGBT+ group through the clubhouse is to have meetings over Zoom during the pandemic, with the possibility of doing some in-person events in the future. We are looking for a LGBT-identified staff person to help host the meetings. I am hoping that during the first few meetings, we can get to know each other and grow towards offering a safe space for giving and receiving support. Please contact Missy or me to join our email list for the LGBT+ group, or if you have any questions. You are not alone and it is not too late to start connecting to other LGBT+ folks!

Pandemics can be stressful

The coronavirus disease 2019 (COVID-19) pandemic may be stressful for people.

Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19. **Coping with stress in a healthy way will make you, the people you care about, and your community stronger.**

Stress during an infectious disease outbreak can sometimes cause the following:

- Fear and worry about your own health and the health of your loved ones, your financial situation or job, or loss of support services you rely on.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.

Increased use of [tobacco](#), and/oHealthy ways to cope with stress

Know [what to do if you are sick](#) and are concerned about COVID-19. Contact a health professional before you start any self-treatment for COVID-19.

- **Know where and how to get treatment** and other support services and resources, including counseling or therapy (in person or through telehealth services).

Take care of your emotional health. [Taking care of your emotional health](#) will help you think clearly and react to the urgent needs to protect yourself and your family.

- **Take breaks from watching, reading, or listening to news stories**, including those on social media. Hearing about the pandemic repeatedly can be upsetting.

- **Take care of your body.**

- Take deep breaths, stretch, or [meditate](#)[external icon](#).
- [Try to eat healthy, well-balanced meals](#).

[Exercise regularly](#).

[Get plenty of sleep](#).

Avoid excessive [alcohol and drug use](#).

- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.

Connect with your community- or faith-based organizations. While social distancing measures are in place, consider connecting online, through social media, or by phone or mail. [alcohol and other substances](#).

Fun Facts about the Month of October

- The **name of the month of October** comes from the Latin “octō”, meaning “eight”, because in the Roman calendar October was the eight month of the year. With the adding of January and February at the beginning of the calendar after the Julian calendar reform, October became the tenth month of the year, as we know it today.
- The Anglo-Saxons called October “**Wintirfylith**”, meaning “fullness of winter” because it had the first full moon of the winter season.
- Another fun fact about October is that, according to folklore, if the deer have a **gray coat** in this month you should expect a hard winter.
- The holiday of **Halloween**, celebrated in October, comes from “All Hallows’ Eve” or the night before “All Hallows” day (“All Saints” day) as in old English “hallow” means “to sanctify”.
- The **zodiac signs** for October are Libra (September 23 – October 22) and Scorpio (October 23 – November 21).
- **Famous people born in October** include Angela Lansbury, Hillary Clinton, Bill Gates, Julia Roberts, Matt Damon, Kate Winslet, Julie Andrews, Hugh Jackman, Katy Perry, Alfred Nobel, Anne Rice, Arthur Miller, Auguste Lumière, Friedrich Nietzsche, Christopher Columbus, Johannes Vermeer, John Keats.
- The **birthstones** for October are the tourmaline and the opal. Tourmalines display a wide spectrum of colors, such as yellow, pink, blue, red, green, black or brown and they are believed to help you stay calm under pressure, bring peace and tranquility and defeat emotions like anger and jealousy. Opals exhibit different colors (green, white, yellow, blue, pink etc.) depending on the conditions under which they were created. Opal gemstones are believed to cure eye infections, strengthen memory, calm nerves and enhance creativity.
- The **traditional flower** of the month of October is the calendula, symbolizing comfort, healing, protection and grace.
- **Special holidays** in October include Halloween (October 31st), Columbus day (the second Monday of October), Yom Kippur, Diwali, International Peace Day (October 2nd).



Autumn

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

ACORN
CHESTNUTS
COBWEB
GOURD
HAYRIDE
NUTS
QUILT
SEPTEMBER

APPLE
CHILLY
FALL
HALLOWEEN
LEAVES
OCTOBER
RAKE
SLEET

AUTUMN
CIDER
FOOTBALL
HARVEST
NOVEMBER
PUMPKIN
SCARECROW
THANKSGIVING

october word search

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

apple cider

bat

bones

boo

broom

candy corn

cobwebs

coffin

costume

eerie

fall

frankenstein

fright

ghost

goblin

graveyard

haunt

hex

hocus pocus

jinx

lantern

mask

monster

october

ogre

potions

pumpkin

scream

skeleton

spell

spooky

supernatural

trick or treat

vampire

werewolves

wicked

witch

witch craft

zombies

October 2020

	<u>Sun</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
	Jon 507-237-4133 (CCC) Jon cell 507-479-3384 Ashley 507-327-0644 Dawn 507-327 0645				1 Open 10—2p.m.	2	3
4	5 Open 10—12 p.m. Chair yoga at 10a.m.		6 Open 10—12 p.m.	7 Open 9—12 noon with Support group at 9:30 a.m.	8 Jon off	9	10
11	12 Open 10-12p.m. Chair yoga at 10a.m.		13	14 Open 10—12 noon	15 Open 10—2:30 with a movie at 1p.m.	16	17
18	19 Open 10-12p.m. Chair yoga at 10a.m.		20 Open 10-12p.m.	21 Open 9—12 noon with Support group at 9:30a.m.	22 Open 10—2p.m.	23	24
25	26 Open 10—12 p.m. Chair yoga at 10a.m.		27	28 Open 10—12 noon	29 Open 10—2:30 with a movie at 1:00p.m.	30	31