

# Minnkota Monthly

Volume 3, Issue 7  
July 2011

“Dream as if you’ll live forever, live as if you’ll die today.”

- James Dean

## Notes from Karla

Hello,

My name is Karla, and I would like to introduce myself as the new intern for Minnkota Health Project. I will be here a limited number of hours this summer and starting in the fall I will be in on a more consistent basis. I will share my fall schedule at that time. In addition, I will be coming in to help facilitate the support groups in Moorhead on Wednesdays throughout the summer and I will also be available for individual support on Tuesday and Friday afternoons for scheduled appointments. I look forward to meeting you both in person and on the phone!

Minnkota is now offering a support group in Willmar, MN from 3-5pm. Support Group will continue to be held in Glenwood on the third Thursday of each month as well from 11:30 to 1:30—PLEASE NOTE THE TIME CHANGE. It is important that if you plan to attend either Moorhead, Glenwood or Willmar groups that you let Minnkota know in advance so we may be sure to have enough food for all. Thank you in advance for your consideration.

As everyone must know by now, we still are in limbo as to what a state shut down will mean for Minnkota Health Project and those we serve. Many organizations have already been notified that if it should happen they will have to suspend services until the budget issue is settled—and Minnkota is one of them. Please note that if this should occur no one will be in the office and we will not be funded to operate during this time period.

If you should need services other than those Minnkota Health Project offers you, please contact those organizations to see what assistance is available for you. Have a nice 4th of July:)

We will check voice messages if there should be a shut down and will try help as best we can.

Please Mail Food Receipts to:

MHP

P.O. Box 219

Moorhead, MN 56561

Food receipts need to be mailed by the end of the 3rd week of each month in order to process requests for the next month—if you do not get them in on time you will not have a card purchased for you until the following month. Thanks for understanding:)

## Events Calendar

<i>Moorhead Mens + Womens Support Group 12-2</i>	7 13
<i>Brainerd Support Group 12-2</i>	7 14
<i>Bemidji Support Group 12-2</i>	7 20
<i>Glenwood Support Group 11:30-1:30, Willmar Support Group 3-5</i>	7 21
<i>Moorhead Support Group 12-2</i>	7 27
<i>Brainerd Support Group 12-2</i>	7 28

