

THE CLUB GAZETTE

Blue Earth County Adult Mental Health Community Support Program Second Step Clubhouse Mission:

Second Step believes that persons with mental illness have the right to reach their full potential and to have fulfilling and productive lives in the community.

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WE ARE ALL IN THIS TOGETHER BUT 6 FEET APART

Second Step Clubhouse will continue to offer weekly groups, video chats, and Saturday activities.

If you are participating in an activity that is at the Clubhouse, sign-up is required. Call 304-4414 and give you name, phone number, activity, date and time. No need to sign-up if participating by video.

*** CHECK PAGE 5 FOR WHAT TO EXPECT WHEN AT THE CLUBHOUSE ***

MONDAYS:

- 2:00 - 2:30 [Mental health recovery discussion](#)
- 2:30-4:00 [Socialization](#)

TUESDAYS:

- 2:00 - 4:00 [Video chat only - an email will be send to those to wanting video chat](#)

WEDNESDAYS:

- 2:00 - 2:30 [Walk / Stretch \(inside if bad weather\)](#)
- 2:30 - 4:00 [Socialization](#)

THURSDAYS:

- 3:15 - 4:30 [Creative Expressions](#)

FRIDAYS:

- 2:00 - 4:00 [Social activity or video chat \(check calendar\)](#)

SATURDAYS:

- 2:00 - 4:00 [Social activity or video chat \(check calendar\)](#)



We need to keep in mind that due to the coronavirus outbreak, your help is greatly needed to keep our Clubhouse as safe as possible. Things will not be as they were and this change can be very hard to experience. So, it is very important for all of us to support one another through this transition.

ADDITIONAL HELP AVAILABLE TO CLUBHOUSE MEMBERS: Clubhouse members can call Mike at 304-4414 and set up a time for one-on-one assistance on certain days and times each week. You can get help with:

- * Clubhouse Staff support (sorting mail, paper work, problem solving)
- * Computer/Smart Phone assistance.
- * How to set up and use video chat.
- * Help using the internet for email, how to apply for work, or connect with family and friends.
- * Opportunity for Members to use our VINE Fitness Memberships. You will need to contact Mike for more details (304-4414).

ADDRESS:

421 E Hickory St.
Suite 404
Mankato, MN 56001

PHONE #



507-304-4414

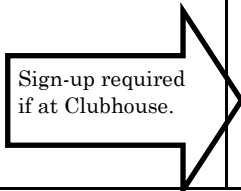
HOURS:

Due to COVID-19 Precautions, Second Step Clubhouse is currently not available for drop in time. See calendar for schedule of activities.

WEBSITES:

www.sccbi.info
www.blueearthcountymn.gov
www.namimn.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>TO SIGN-UP FOR AN ACTIVITY AT THE CLUBHOUSE CALL 304-4414</p> <p>If you no one answers the phone please leave a message with your NAME, PHONE NUMBER, ACTIVITY, DATE and TIME. You will be contacted to confirm your attendance.</p>				<p>1</p> <p>3:15 - 4:30 <u>Creative Expressions</u></p> <p>In Person only and sign-up is required</p>	<p>2</p> <p>2:00 - 4:00 <u>Play Scattergories</u></p> <p>Join activity by video or sign-up to join at the Clubhouse.</p>	<p>3</p> <p style="color: red; text-align: center;"><u>CLUBHOUSE CLOSED</u></p> <p><u>NO</u> Video Chat or Activities</p>
<p>4</p> <p style="color: red; text-align: center;"><u>CLUBHOUSE CLOSED</u></p> <p><u>NO</u> Video Chat or Activities</p>	<p>5</p> <p>2:00 <u>MH Recovery</u>: "Sometimes We Struggle"</p> <p>2:30 - 4:00 <u>Socialization</u></p> <p>In Person (sign-up) or By Video</p>	<p>6</p> <p>2:00 - 4:00 <u>Video Chat Only</u> with Mike</p> <p>TOPIC: <i>How to use the South Central Community Based Initiative Website.</i></p>	<p>7</p> <p>2:00 <u>Walk and/or Stretch</u></p> <p>2:30 - 4:00 <u>Socialization</u></p> <p>In Person only and sign-up is required</p>	<p>8</p> <p>3:15 - 4:30 <u>Creative Expressions</u></p> <p>Movie "<u>Rock of Ages</u>"</p> <p>In Person only and sign-up is required</p>	<p>9</p> <p style="color: red; text-align: center;"><u>CLUBHOUSE CLOSED</u></p> <p><u>NO</u> Video Chat or Activities</p>	<p>10</p> <p style="color: red; text-align: center;"><u>CLUBHOUSE CLOSED</u></p> <p><u>NO</u> Video Chat or Activities</p>
<p>11</p> <p style="color: red; text-align: center;"><u>CLUBHOUSE CLOSED</u></p> <p><u>NO</u> Video Chat or Activities Rec</p>	<p>12</p> <p>2:00 <u>MH Recovery</u>: "Accountability"</p> <p>2:30 - 4:00 <u>Socialization</u></p> <p>In Person (sign-up) or By Video</p>	<p>13</p> <p>2:00 - 4:00 <u>Video Chat Only</u> with Mike</p> <p>TOPIC: <i>Exploring Space Online</i></p>	<p>14</p> <p>2:00 <u>Walk and/or Stretch</u></p> <p>2:30 - 4:00 <u>Socialization</u></p> <p>In Person only and sign-up is required</p>	<p>15</p> <p>3:15 - 4:30 <u>Creative Expressions</u></p> <p>"Show and tell your current project."</p> <p>In Person only and sign-up is required</p>	<p>16</p> <p style="color: red; text-align: center;"><u>CLUBHOUSE CLOSED</u></p> <p><u>NO</u> Video Chat or Activities</p>	<p>17</p> <p>1:30 <u>Washington Park</u>:</p> <p>GAMES - Bring your own chair, or blanket. (<i>inside if bad weather</i>) sign-up is required</p>
<p>18</p> <p style="color: red; text-align: center;"><u>CLUBHOUSE CLOSED</u></p> <p><u>NO</u> Video Chat or Activities</p>	<p>19</p> <p>2:00 <u>MH Recovery</u>: "Am I Ok?"</p> <p>2:30 - 4:00 <u>Socialization</u></p> <p>In Person (sign-up) or By Video</p>	<p>20</p> <p>2:00 - 4:00 <u>Video Chat Only</u> with Mike</p> <p>TOPIC: <i>How to set up your own video chat meeting.</i></p>	<p>21</p> <p>2:00 <u>Walk and/or Stretch</u></p> <p>2:30 - 4:00 <u>Socialization</u></p> <p>In Person only and sign-up is required</p>	<p>22</p> <p style="color: red; text-align: center;"><u>CLUBHOUSE CLOSED</u></p> <p><u>NO</u> Video Chat or Activities</p>	<p>23</p> <p style="color: red; text-align: center;"><u>CLUBHOUSE CLOSED</u></p> <p><u>NO</u> Video Chat or Activities</p>	<p>24</p> <p>2:00 - 4:00 <u>Video Chat Only</u> with Ashley</p>
<p>25</p> <p style="color: red; text-align: center;"><u>CLUBHOUSE CLOSED</u></p> <p><u>NO</u> Video Chat or Activities</p>	<p>26</p> <p>2:00 <u>MH Recovery</u>: "Being Self-Aware"</p> <p>2:30 - 4:00 <u>Socialization</u></p> <p>In Person (sign-up) or By Video</p>	<p>27</p> <p>2:00 - 4:00 <u>Video Chat Only</u> with Ashley</p>	<p>28</p> <p>2:00 <u>Walk and/or Stretch</u></p> <p>2:30 - 4:00 <u>Socialization</u></p> <p>In Person only and sign-up is required</p>	<p>29</p> <p>3:15 - 4:30 <u>Creative Expressions</u></p> <p>In Person only and sign-up is required</p>	<p>30</p> <p>2:00 - 4:00 <u>Video Chat Only</u> with Ashley</p>	<p>31</p> <p style="text-align: right;"></p> <p style="color: red; text-align: center;"><u>HALLOWEEN</u></p> <p>2:00 Halloween Gathering at the Club or by video. Prize for best decorated mask and play Halloween themed "Would You Rather"</p>



Mankato Salvation Army to hold **BUNDLE ME WARM Program 2020**

Providing families in need with donated cold weather wear to keep warm this winter.

The Mankato Salvation Army Bundle Me Warm Program will run Oct. 21 thru Oct. 23. The BUNDLE ME WARM store will be in the Youth Center located at 700 South Riverfront Drive and will be open Tuesday and Wednesday 8:30am – 3:00pm and Friday 8:30am-Noon without interruption. This program has no financial or residential restrictions. Participants can expect to show ID and will be required to wear a mask while visiting. Only 10 participants will be allowed to shop at a time. Families in need will be restricted to one time only visit this season due to COVID-19 restrictions.



Please note that Holiday Sharing Tree sign up will not be available at The Salvation Army this season. For information on The Holiday Sharing Tree program, please contact them directly at 507-345-7840 or visit their website at

<http://holidaysharingtree.org>.

Salvation Army Christmas Food Basket registration will be available online only in December at <https://centralusa.salvationarmy.org/northern/mankato>.



Donations will only be accepted at the Family Thrift Store located at 201 Star Street. Donations cannot be accepted at 700 S Riverfront Drive for Bundle Me Warm.



COVID-19 Update:

NEW! Customize your order online and it can be ready for pickup within the hour!

OCTOBER 19TH

**SIGN UP FOR
THANSGIVING
BASKET
DISTRIBUTION**

We now answer the phones 9 am-4:30 pm. Mon, Tues, Wed, Fri and 9 am-6:30 pm Thursday. Please call 507-345-7508 to schedule a pick up time

- Clients will get a call back from a different line to determine special dietary needs or restrictions.
- Pick up times are scheduled 10 am-4:15 pm Mon, Tues, Wed, Fri and 10 am-6:15 pm Thursday.
- For the safety of all, clients must wait outside for the food to be brought out to them.
- New clients and those without a phone can schedule their pickup in person. Come to the west door, where Summer Feeding and Thanksgiving baskets are distributed. Only one person at a time will be allowed to enter the building.

ELIGIBILITY AND REGISTRATION

Eligibility is self declared.

NON-STANDARD REQUESTS

Because ECHO is a client choice food shelf, you will be able to choose the items that you would prefer. There will be a volunteer assisting you with finding the food items you need. Anything beyond the standard food order including baby items, snacks, juice, laundry detergent, dish soap, baking supplies, soy milk, powdered milk, personal care items, etc. may or may not be available.

HOW DO I RECEIVE FOOD?

Are you new?

Stop by during regular hours to fill out an application and receive food. This process may take up to an hour.

Are you a current client?

Set up an appointment by phone, 507-345-7508. Phones are answered on Monday, Tuesday, Wednesday, and Friday from 11:00am to 4:30pm and Thursday from 9:00am to 6:30pm.

Schedule online (www.echofoodshelf.org) before 9:00 am on the day of your appointment.

- Name of Household
- Client #
- What type of visit your want: regular or ECHO Extras
- Number of people in household

Set up an appointment in person during regular hours. Doors open 1 1/2 hours after phone lines. You will receive the next available appointment.

ADDITIONAL PROGRAMS

ECHO Delivers Outreach Program

ECHO recognizes that there is a segment of the population who needs extra food for their diet but cannot access the food shelf during regular operating hours because they lack transportation. For residents in this situation, ECHO will start offering delivery of food supplies to those individuals who ask for the service. Call our client line at **507-345-7508** if you need help.

ECHO Extras

Clients receive food items that we have in abundance. This program may be used 1 time per week.

I Will No Longer See Myself As Someone Who Needs To Be Fixed

By Laura Kaponer

September 25, 2020

Advocates for People with Mental Illness - Facebook

<https://thoughtcatalog.com/laura-kaponer>

There's something wrong with me.

I know this. I feel this. I can see this in what I say and do. Every cell of my body says there's something lurking there that doesn't belong.

The problem is that I can't figure it out.

I'm losing sleep over it. My mind is constantly searching through trap doors and behind curtains in hopes of some grand discovery.

I want that "aha!" moment. Because maybe if I know what it is I'll know how to fix it.

How easily I forget that I'm not on this search and rescue mission alone. I can't be because I simply don't have all the tools to get the job done.

I am mentally ill, or at least I used to think I was. Now I realize my identity extends far beyond this part of me. I have a mental illness, and this illness can hold me back from seeing things clearly.

I need others with training, foresight, and far more knowledge than myself to see things from the outside in. I need these same exact supports to help me see things from the inside outward.

I know something is wrong. At the very same time, I don't know what it is. This is a very scary place to be shrouded in uncertainty. Sometimes I just want to crawl into a ball and wish it all away.

But I can't.

I need to fight this. I need to not be the victim of my circumstances. I need to be the warrior who changes them.

If I continue to see myself as someone who needs to be fixed, then I am making myself into something broken. Just because my pieces fit together in an uncommon way doesn't mean they aren't exactly as they should be.

Maybe what I think is wrong with me is really just something different within me. Maybe I need to stew in the uncomfortableness of it to figure out what to do with it. And maybe I need to trust in my supporters as well as myself that this perceived wrongness may be an unexpected opportunity for growth.

ADVOCATES FOR PEOPLE WITH MENTAL ILLNESS ON FACEBOOK:

The purpose of this group is to come up with ideas and strategies to raise awareness, educate others, and erase the stigma. We also want to end the discrimination and prejudices that people with mental illnesses endure.

WHAT IS THOUGHT CATALOG?

Thought Catalog is an online magazine with over 30 million monthly readers. The site serves as a platform for emerging and seasoned writers to voice their thoughts and to flourish creatively.

MISSION:

To empower creative people by helping them realize their artistic visions on their own terms.

WHAT TO REMEMBER WHEN PARTICIPATING IN AN ACTIVITY AT THE CLUBHOUSE DURING THE COVID-19 PANDEMIC

1. The Clubhouse is not currently open for drop-in time. Which means the VINE building is locked and not available for Clubhouse members to just drop-in.
2. To participate in an activity at the Clubhouse, you need to call 304-4414 to sign-up prior to the day of that activity.
3. We have scheduled dates and times for specific activities which require you to show up 5 - 10 minutes before the start of the activity and wait outside by VINE's main front doors for Mike to come down and check everyone in.
4. We are limited to ONLY 10 people inside the Clubhouse which includes staff. This is why it is important to call ahead to sign-up.
5. Before entering the VINE building everyone will need to answer COVID-19 health screening questions. You could be denied entrance if you answer "YES" to any of the questions.
6. Everyone is required to always wear a mask (that covers your mouth and nose properly) when in the VINE building and while you are at the Clubhouse.
7. If you do not have a mask the Clubhouse will provide one for you.
8. The Clubhouse is set up for Social Distancing of 6 feet for everyone to sit comfortably.
9. We ask that everyone respects the 6 feet Social Distancing and wearing of the mask.
10. The time at the Clubhouse is structured and does not offer open time for other activities.
11. Members are allowed to bring something to drink but NO FOOD IS ALLOWED in the building.
12. There is limited use of the Clubhouse space and parts of the Clubhouse are restricted or closed. Those spaces are: Snack bar, TV room, Craft room, and Kitchen.
13. Everyone participates with cleaning when it is time to leave.
14. Members are expected to follow these guidelines or they may be asked to leave the Clubhouse.



I know that these guidelines seem to be overwhelming and frustrating to deal with. But, keep in mind that everyone, including staff, have to follow them. These guidelines are important and are in place so the Clubhouse can be open safely to offer activities for members.

Always remember, we are all in this together, 6 feet apart, protecting and supporting each other as we all go through these uncomfortable times. Please take care of yourself and call if you have any questions or just need to talk.

Your Clubhouse Coordinator - Mike Hildebrandt