

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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Adjusted Work Unit time and Social Rec time

Monday - Fridays:

1:00 - 2:00 Work Units

2:00 - 5:00 Social Rec

Groups will continue at 2:00 on the following days and you will be able to choose to join the group and/or social rec time.

Mondays Support Group
Tuesdays Health / Wellness
Thursdays Clubhouse Meetings (*1st and 3rd*)
Thursdays Job Club (*2nd and 4th*)

On the days we meet for Clubhouse Meetings at 2:00, social rec time will not start until we are done with the meeting. Everyone is welcomed to join the meetings.

Our TV room will be a waiting area for those Clubhouse Members choosing not to participate during Work Unit time.

ADDRESS:

421 E Hickory St.
Suite 404
Mankato, MN 56001

PHONE #

507-304-4414

HOURS:

Mon-Thurs 1:00 - 5:00
 Fri & Sat 1:00 - 5:00
 Sunday 1:00 - 5:00

WEBSITES:

www.sccbi.info
www.blueearthcountymn.gov
www.namimankato.org

Next month Activities:

- 10 County Clubhouse game day February 6th
- Valentine craft

HOURS	MON	TUES	WED	THURS	FRI	SAT	SUN
1:00 – 2:00	Work Units	Work Units	Work Units	Work Units	Work Units	Social Rec	Social Rec
2:00 – 3:00	Group & Social-Rec	Group & Social-Rec	Social Rec	Club mtg. Job Club Social-Rec	Social Rec	Social Rec	Social Rec
3:00 – 4:00	Social Rec	Social Rec	Social Rec	Social Rec	Social Rec	Social Rec	Social Rec
4:00 – 5:00	Social Rec	Social Rec	Social Rec	Social Rec	Social Rec	Social Rec	Social Rec
5:00 closed	XXXXXX	XXXXXX	XXXXX	XXXXXX	XXXXX	XXXX	XXXX

January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p>1 OPEN 1:00 - 4:00 <i>* Enter on side door *</i></p>	<p>2 1:00 - 2:00 Work Units 2:00 - 5:00 Social / Rec 2:00 <u>Health & Wellness</u></p>	<p>3 1:00 - 2:00 Work Units 2:00 - 5:00 Social / Rec 2:00 <u>Volunteers mtg.</u></p>	<p>4 1:00 - 2:00 Work Units 2:00 - 3:00 <u>Club meeting</u> 3:00 - 5:00 Social / Rec</p>	<p>5 1:00 - 2:00 Work Units 2:00 - 5:00 Social / Rec</p>	<p>6 11:00 <u>Out to eat at Pagiai's Pizza</u> 1:30 Crochet & Loom hats & scarfs</p> 
<p>7 1:00-5:00 Social/Rec</p>	<p>8 1:00 - 2:00 Work Units 2:00 - 5:00 Social / Rec 2:00 <u>Support Group</u></p>	<p>9 1:00 - 2:00 Work Units 2:00 - 5:00 Social / Rec 2:00 <u>Health & Wellness</u></p>	<p>10 1:00 - 2:00 Work Units 2:00 - 5:00 Social / Rec</p>	<p>11 1:00 - 2:00 Work Units 2:00 - 5:00 Social / Rec 2:00 <u>Job Club</u></p>	<p>12 1:00 - 2:00 Work Units 2:00 - 5:00 Social / Rec</p>	<p>13 1:30 <u>Pfeffer</u></p>
<p>14 1:00-5:00 Social/Rec</p>	<p>15 <u>Martin Luther King Jr Day</u> OPEN 1:00 - 4:00</p>	<p>16 1:00 - 2:00 Work Units 2:00 - 5:00 Social / Rec 2:00 <u>Health & Wellness</u></p>	<p>17 1:00 - 2:00 Work Units 2:00 - 5:00 Social / Rec</p>	<p>18 1:00 - 2:00 Work Units 2:00 - 3:00 <u>Club meeting</u> 3:00 - 5:00 Social / Rec</p>	<p>19 1:00 - 2:00 Work Units 2:00 - 5:00 Social / Rec</p>	<p>20 1:30  1:30 <u>Latch Hook Project</u></p>
<p>21 1:00-5:00 Social/Rec 1:30 <u>Pool toruney of 2017 champions 9-Ball & 8-Ball.</u></p>	<p>22 1:00 - 2:00 Work Units 2:00 - 5:00 Social / Rec 2:00 <u>Support Group</u></p>	<p>23 1:00 - 2:00 Work Units 2:00 - 5:00 Social / Rec 2:00 <u>Health & Wellness</u></p>	<p>24 1:00 - 2:00 Work Units 2:00 - 5:00 Social / Rec</p>	<p>25 1:00 - 2:00 Work Units 2:00 - 5:00 Social / Rec 2:00 <u>Job Club</u></p>	<p>26 1:00 - 2:00 Work Units 2:00 - 5:00 Social / Rec</p>	<p>27 1:30  11:00 <u>Volunteers mtg</u></p>
<p>28 1:00-5:00 Social/Rec</p>	<p>29 1:00 - 2:00 Work Units 2:00 - 5:00 Social / Rec 2:00 <u>Support Group</u></p>	<p>30 1:00 - 2:00 Work Units 2:00 - 5:00 Social / Rec 2:00 <u>Health & Wellness</u></p>	<p>31 1:00 - 2:00 Work Units 2:00 - 5:00 Social / Rec</p>			

All Clubhouse meetings are open to both members and staff. This is a great opportunity for everyone to have input on program decisions and how the Clubhouse operates. Together we openly discuss issues, program planning, and decisions about groups and activities offered each month.

Date: 12/7/2017

Recorded minutes: Dawn Z
 Read Agenda: Ron Wilke
 Read last week's minutes: Molly D
 Attendance #: 10

AGENDA

Review minutes:

- No additions or corrections

Suggestion Box:

- Could we schedule a home-made pizza day or some other simple meal? Everyone thought this was a good idea and we will need to plan a day to do this.

Clubhouse Duties:

- There have been multiple times in the past month that we are unable to complete the duties by 1:30 because:
 1. No one shows up until after 1:30
 2. Only one person shows up
 3. There is more work to be done
- Sometimes we are unable to start our group on time (1:30) due to work needing to be done.
- Some Members expressed that they want to go to the groups but do not like it when it is cut short due to needing to complete work units.
- Some suggestions we discussed:
 1. Starting groups later.
 2. Adjusting the work unit time longer.
- We will continue to discuss the options and come up with a solution.

Social Recreation time:

- Continue encouraging people to participate.

Petty Cash:

- Current balance is \$18.97

Coffee donations:

- Total donations for November was \$3.55

Snack Bar:

- We did get pastries to try, they are \$.35.

Newsletter: (articles in by the 20th)

- Looking for any Members to help with getting the newsletter prepared each month. Talk with Mike if interested.

Next month's activities:

- Job Club may return in January. MRC has hired someone new and they start in January.
- We will plan to be open on New Year's Day if we have a volunteer.
- Out to eat is at Pagliaia's Pizza on Saturday, January 6th. Meet at the Clubhouse 11:00 am.

10 County Clubhouse Activity Planning Committee:

- Next meeting is January 19th.

New Business / Other Business:

- Mike has made the request to renew our 2 VINE fitness memberships.
- We will have an MSU intern starting the week of January 8th and her name is Karson.
- Mike attended a debriefing regarding the lock-down in November with Mankato Police, VINE staff, Blue Earth Co. Employment staff, Christian Counseling staff, and Julie Moniz. They discussed what went right and what was learned. We did right by locking our door and hiding out of site. We are all thankful that no one did get hurt because there was NO active shooter. Mike and Audrey also attended a training on active shooter and recognizing violence in the work place. We plan on adding some additional training to our volunteers regarding this topic.
- A letter was read from the 2 Clubhouse staff in Le Sueur County who both resigned from their positions on November 29th.

Second Step Clubhouse Meeting Minutes

Date: 12/21/2017

Recorded minutes: Mike
 Read Agenda: Nicky G
 Read last week's minutes: Dawn Z
 Attendance #: 3

AGENDA

Review minutes:

- No additions or corrections

Suggestion Box:

- Would like to suggest Tie Dye shirts.
- Could we bring back BINGO? We have done this in the past and have the cards and number wheel. Maybe we could do this every 3 months? We would need to come up with a time, a day, and what to use for prizes.

Work Units:

- More discussion on extending the work unit time.
- We decided to try:
 1. Work Units 1:00 – 2:00
 2. Social/Rec 2:00 – 5:00
 3. Groups Starting at 2:00
 4. At 2:00 Members can choose to join the group or social/rec.
 5. Groups will be held in the TV room and we are encouraging for Members to part of facilitating the groups.
 6. Clubhouse Meetings will continue the 1st and 3rd Thursday of each month at 2:00. On those days social/rec time will not start until the Clubhouse Meeting is done.

Social Recreation time:

- Continue encouraging people to participate.

Petty Cash:

- Current balance is \$16.97

Coffee donations:

- No total at this time.

Snack Bar:

- We are no longer selling the Hot Chocolate packets at the snack bar. They are free and located by the coffee maker. We still ask for donations for coffee, tea, and hot chocolate.

Newsletter: (articles in by the 20th)

- Looking for any Members to help with getting the newsletter prepared each month. Talk with Mike if interested.

Next month's activities:

- Craft projects for January
 1. Crochet and Loom on the 6th
 2. Latch Hook on the 20th

10 County Clubhouse Activity Planning Committee:

- Next meeting is January 19th.

New Business / Other Business:

- We are renewing our 2 VINE fitness cards for another year. The cards will have money on them so Clubhouse Members do not have to pay.
- We also renewed our State Park Sticker for another year.
- Audrey is arranging to purchase 2 shelving units for the craft room and a rod to hang up the quilt that is being worked on. Also getting a curtain for the window next to the front door.
- Mike read a letter from the 2 Clubhouse staff in Le Sueur County who both resigned from their positions on November 29th.

2017 Tournament Winners



<u>Month</u>	<u>9 - Ball</u>	<u>Pfeffer</u>	<u>8 - Ball</u>	<u>Skip - Bo</u>
<u>January</u>	John K	Ron W	Ron W	<i>No tourney</i>
<u>February</u>	Ryan P	Dale A	John K	<i>No tourney</i>
<u>March</u>	Reggie M	Ryan P	Ron W	Molly D
<u>April</u>	John K	Todd A	Dale A	<i>No tourney</i>
<u>May</u>	Dale A	Dale A	Mark B	Dale A
<u>June</u>	Dale A	Mike M	John K	Dale A
<u>July</u>	Dale A	Mark B	Reggie M	<i>No tourney</i>
<u>August</u>	John K	John K	John K	Eva B
<u>September</u>	Ron W	Reggie M	Dale A	Dale A
<u>October</u>	Dale A	Mark B	John K	<i>No tourney</i>
<u>November</u>	Dale A	Dale A	Jeremy J	<i>No tourney</i>
<u>December</u>	Dale A	Reggie M	Dale A	Nicky G

2017 POOL TOURNAMENT OF CHAMPIONS

SUNDAY, JANUARY 21 STARTING AT 1:30

9-Ball

John K / Ryan P / Reggie M / Dale A / Ron Wold

8-Ball

Ron Wold / John K / Dale A / Mark B / Reggie M / Jeremy J

Fitness Memberships at VINE

We have 2 fitness memberships which Clubhouse Members can use for:

- Walking track / Fitness Classes / Water Exercise / Education Classes
- HUR Exercise Machines (*one-time \$ 5.00 training fee you need to pay*)
- To start using the memberships we ask that you first read the details about using the cards. Just talk with Mike or Audrey to help get you on your way.
- **REMINDER:** VINE fitness memberships cannot be used when VINE building is closed.

WE WILL CONTINUE TO OFFER GROUP WALKING ON FRIDAYS AND SATURDAYS AT 3:00

Bus Tokens / Mobility Bus

Having a hard time getting to activities the Clubhouse offers? We have bus tokens and mobility bus passes for Clubhouse Members to use to attend specific activities offered at the Clubhouse and/or in the community. Talk with Mike or Audrey for details.



P.O. Box 1175
Mankato, MN 56002
www.namimankato.org

NAMI Connection - For People Living with a Mental Illness

2nd and 4th Thursday of Each Month
Time: 6:30 p.m.

Contact: Diane at (507) 931-6996

NAMI Family Support Group - For Families & Friends of People Living with a Mental Illness

Day: 2nd and 4th Thursday of Each Month
Time: 6:30 p.m.

Contact: Brian at (507) 317-3595

Groups are led by trained facilitators who have personal experience living with a mental illness or caring for a family member with a mental illness. Groups are free to attend.

Groups location:

*Bethel Baptist Church
1250 Monks Ave, Mankato*