

Sunday Closed	Monday 1:00 - 5:00	Tuesday 1:00 - 5:00	Wednesday 1:00 - 5:00	Thursday 1:00 - 5:00	Friday 1:00 - 5:00	Saturday 1:00 - 5:00
<p>Zoom will only be scheduled for specific activities and groups.</p> <p>Sign-up is required for activities listed in <u>BOLD</u>.</p>			<p>1 <u>Zoom 1:30-3:30</u></p> <p>1:00 <u>Work Units</u></p> <p>1:30 <u>Stretching</u></p> <p>2:00 <u>Social Rec</u></p> <p>2:30 <u>Employment Discussion</u></p>	<p>2 <u>Zoom 2 - 3</u></p> <p>1:00 <u>Work Units</u></p> <p>2:00 <u>Social Rec</u></p> <p>2:00 <u>Creative Expressions:</u> "Making plans for future projects"</p>	<p>3 <u>No Zoom</u></p> <p>1:00 <u>Work Units</u></p> <p>2:00 <u>Social Rec</u></p> <p>4:30 <u>Out to Eat:</u> <u>The TEN20 Tavern at the Mankato Travel Center</u></p>	<p>4 <u>No Zoom</u></p> <p style="text-align: center; color: red;">Club Open 1 - 4</p> <p>1:30 </p>
<p>5</p> <p style="text-align: center; color: red;">CLUB CLOSED</p> <p>No In-Person OR Zoom</p>	<p>6 <u>Zoom 1:30-3:00</u></p> <p>11:00 <u>Work Units</u></p> <p>1:30 <u>Stretching</u></p> <p>2:00 <u>Social Rec</u></p> <p>2:00 <u>Support Group:</u> "We Can't Control Everything"</p>	<p>7 <u>Zoom 2 - 3</u></p> <p>1:00 <u>Work Units</u></p> <p>2:00 <u>Club Meeting</u></p> <p>3:00 <u>Social Rec</u></p>	<p>8 <u>No Zoom</u></p> <p>11:00 <u>Leave for Sibley Co Club Open House</u></p> <p>1:00 <u>Work Units</u></p> <p>1:30 <u>Stretching</u></p> <p>2:00 <u>Relaxation</u></p>	<p>9 <u>Zoom 2:00 - 3:00</u></p> <p>1:00 <u>Work Units</u></p> <p>2:00 <u>Social Rec</u></p> <p>2:00 <u>Creative Expressions:</u> "Work on Window Paintings"</p>	<p>10 <u>No Zoom</u></p> <p>1:00 <u>Work Units</u></p> <p>2:00 <u>Social Rec</u></p> <p>2:00 <u>Playing</u></p> <p style="text-align: center;"></p>	<p>11 <u>No Zoom</u></p> <p>11:00 <u>Volunteers Meeting</u></p> <p>1:30 <u>Pfeffer</u></p>
<p>12</p> <p style="text-align: center; color: red;">CLUB CLOSED</p> <p>No In-Person OR Zoom</p>	<p>13 <u>Zoom 1:30-3:00</u></p> <p>11:00 <u>Work Units</u></p> <p>1:30 <u>Stretching</u></p> <p>2:00 <u>Social Rec</u></p> <p>2:00 <u>Support Group:</u> "Meaningful Activities"</p>	<p>14 <u>No Zoom</u></p> <p>1:00 <u>Work Units</u></p> <p>2:00 <u>Social Rec</u></p>	<p>15 <u>Zoom 1:30-3:30</u></p> <p>1:00 <u>Work Units</u></p> <p>1:30 <u>Stretching</u></p> <p>2:00 <u>Social Rec</u></p> <p>2:30 <u>Employment Discussion</u></p>	<p>16 <u>No Zoom</u></p> <p>12:00 <u>Mankato Moon Dogs Game</u></p> <p>1:00 <u>Work Units</u></p> <p>2:00 <u>Social Rec</u></p> <p>2:00 <u>Creative Expressions:</u> "Show and Tell"</p>	<p>17 <u>No Zoom</u></p> <p>1:00 <u>Work Units</u></p> <p>2:00 <u>Social Rec</u></p>	<p>18 <u>No Zoom</u></p> <p>1:30 </p>
<p>19</p> <p style="text-align: center; color: red;">CLUB CLOSED</p> <p>No In-Person OR Zoom</p>	<p>20 <u>Zoom 1:30-3:00</u></p> <p>11:00 <u>Work Units</u></p> <p>1:30 <u>Stretching</u></p> <p>2:00 <u>Social Rec</u></p> <p>2:00 <u>Support Group:</u> "Accountability"</p>	<p>21 <u>Zoom 2 - 3</u></p> <p>1:00 <u>Work Units</u></p> <p>2:00 <u>Club Meeting</u></p> <p>3:00 <u>Social Rec</u></p>	<p>22 <u>Zoom 1:00-3:00</u></p> <p>1:00 <u>Work Units</u></p> <p>1:30 <u>Stretching</u></p> <p>2:00 <u>Relaxation</u></p> <p>2:00 <u>Social Rec</u></p>	<p>23 <u>No Zoom</u></p> <p>10:00 <u>Picnic in Albert Lea</u></p> <p>1:00 <u>Work Units</u></p> <p>2:00 <u>Social Rec</u></p> <p>2:00 <u>Creative Expressions:</u> "Checking-In"</p>	<p>24 <u>No Zoom</u></p> <p>1:00 <u>Work Units</u></p> <p>2:00 <u>Social Rec</u></p> <p>2:00 <u>Playing</u></p> <p style="text-align: center;"></p>	<p>25 <u>No Zoom</u></p> <p>11:00 <u>Volunteers Meeting</u></p> <p>1:30 </p>
<p>26</p> <p style="text-align: center; color: red;">CLUB CLOSED</p> <p>No In-Person OR Zoom</p>	<p>27 <u>Zoom 1:30-3:00</u></p> <p>11:00 <u>Work Units</u></p> <p>1:30 <u>Stretching</u></p> <p>2:00 <u>Social Rec</u></p> <p>2:00 <u>Support Group:</u> "Staying Strong"</p>	<p>28 <u>No Zoom</u></p> <p>1:00 <u>Work Units</u></p> <p>2:00 <u>Social Rec</u></p>	<p>29 <u>Zoom 1:30-2:00</u></p> <p>1:00 <u>Work Units</u></p> <p>1:30 <u>Stretching</u></p> <p>2:00 <u>Social Rec</u></p>	<p>30 <u>Zoom 2:00 - 3:00</u></p> <p>1:00 <u>Work Units</u></p> <p>2:00 <u>Social Rec</u></p> <p>2:00 <u>Creative Expressions:</u></p> <p style="text-align: center;"></p>		

Second Step Clubhouse will continue with precautionary measures to help minimize the risk of COVID-19 transmission. These measures will be subject to extension or change as needed.

Please help to keep the Clubhouse a safe environment for everyone.

Clubhouse Program protocols will be reviewed on a month-by-month basis:

- **Clubhouse will remain open for the month of June:**
 - * Monday through Saturday 1:00 to 5:00.
 - * Closed on Sundays and Holidays.
 - * Plans are being made to possibly be open on Sundays.
- **Health Screening** – Please review the health screening questions when attending in-person and then check the box next to your name when signing in to indicate that you have reviewed them.
- **Masks** - Are recommended but not required for everyone.
- **Transportation** – For the month of June, we will provide rides to limited Clubhouse activities in the community. Masks will be only recommended and not required in the vans.
- **Snack Bar** – The snack bar will remain open for the times posted.
- **Food & Beverage** - We will allow pre-packaged food items to be brought into the Clubhouse. You can bring in your own beverage. No eating food items while playing games or while using the computers.
- **Cleaning, Handwashing & Sanitizing Protocols** – Members and staff together will continue to keep the Clubhouse environment clean and sanitized.
- **Games** – Members may continue to play games and follow cleaning protocols when any games are played.
- **Zoom Options** – The Clubhouse will continue to offer **limited Zoom** options and will be focusing more on in-person activities.

*Clubhouse Meetings / Employment Discussions / Creative Expressions / Support Group
Stretching Group / Specific scheduled group activities for both in-person and Zoom
(check calendar for details)*

Are you interested in working?

What is IPS? Individual Placement and Support (IPS) is an evidence-based model of supported employment for people with a mental health diagnosis. IPS helps people find competitive, integrated jobs that match their interests and offers an individualized level of support throughout the employment process.

Who qualifies for IPS services? To qualify for IPS, individuals need to be referred by County Case Managers in Le Sueur, Nicollet, Blue Earth, Brown, or Sibley counties and must have a documented mental illness.

Every person who wants to work is eligible- People are not excluded for any reasons such as legal history, symptoms of mental illness, decisions about treatment, substance use disorder, cognitive disorders, homelessness or unstable housing, or past problems with employment.

Join a Job Club meeting with an IPS Employment Specialist to learn more.

Second Step Clubhouse (Blue Earth County)

- Wednesday, May 4th 2:30-3:30pm
- Wednesday, May 18th 2:30-3:30pm

Can't make a meeting? Contact Abby directly.

Potential Topics of Discussion:

- You are not able to work at this time. How can you prepare yourself for work in the future?
- When is it appropriate to disclose a personal disability to an employer?
- You are on disability and considering employment but are concerned about losing your benefits.



Contact Information:
 Abby Frantsen
 IPS Employment Specialist
 Phone:
 507-420-1271
 Email:
 afrantsen@mymrci.org



Safe Messaging around Mental Health and Suicide

A GUIDE FOR PUBLIC MESSAGES

Building a narrative of hope and resilience

Too often, public messaging conveys negative narratives about mental health and suicide. This can discourage people from help-seeking behaviors - no one wants to add to the problem.

Building a narrative of hope and resilience can help change public perception to one that believes suicide is preventable, recovery is possible, and help is available.

Don't say	Why?	Try saying
Committed suicide	Associates suicide with crime or sin	Died by suicide or took their life
Person/behavior is crazy, psycho, cuckoo, nuts, lunatic, schizo	Calling people by their illness or using slang terms reinforces stigma/decreases help seeking	Behavior was unusual Person living with mental illness
Bipolar/schizophrenic weather Psychotic animal	Dismisses mental illness and creates misunderstanding	Find words that replace misuse of MH terms: indecisive, confusing, strange, etc.
Successful/Completed suicide; Failed or Unsuccessful attempt	Presenting suicide as a desired or positive outcome	Suicide death; died by suicide; ended their life; attempt to end their life; non-fatal self-injury
Skyrocketing rates Alarming Suicide epidemic	Sensationalizes suicide and can decrease help seeking	Increasing/decreasing rates Rising Higher
Troubling Problematic Disturbing Struggling	Adds blame, increases stigma, and can imply a lack of quality of life for people with mental illness	Words of empathy/care Concerning Trend is worrisome Living with/Has a diagnosis of
Happy pills Shrink Mental institution Social suicide Career suicide	Minimizes seriousness of mental illness and suicide. Can undermine willingness to seek help.	Say what you mean: Antidepressant Mental Health Care Provider Psychiatrist Harm to social life/career

The goal is to increase the likelihood the public will receive positive and helpful messages of hope and resilience. No single message alone creates a narrative, but every message adds to it. By including positive messages of suicide prevention, we can help shape the public's views and response.

Imagery

Don't use

- Graphic images of suicide or the location where someone has died by suicide.
- Images of isolation, stress, or depression.
- Images of common methods of suicide.
- Dark, threatening, worrying colors and branding.
- Sensational images.
- **Do use** images of hope and resilience, of enjoying one's life and living in recovery.

Severe weather season is upon us. Please read through the following safety guidelines and reacquaint yourself with shelter locations in the VINE Adult Community Center (VACC). If a tornado warning occurs, please help guide your staff and guests to shelter and seek shelter immediately yourself. During business hours, exterior doors normally kept unlocked at the VACC will remain unlocked to allow the public to seek shelter.

DESIGNATED SHELTER LOCATIONS AT VINE ADULT COMMUNITY CENTER:

- **LOWER-LEVEL STAIRWELLS**
- **BATHROOMS**
- **INTERIOR CLOSETS WITH CONCRETE BLOCK WALLS (I.E., MOP CLOSETS)**
- **MEN'S LOCKER ROOM ON THE FIRST FLOOR**

Severe Weather Guidelines

Before the Tornado...

Tornado watches highlight the area where tornadoes are most likely to develop. Continue with your normal activities but keep informed of the latest weather information and be ready to seek shelter in case tornadoes develop quickly.

In the Home...

Go to the basement if possible. Get under a table, work bench, or some other sturdy furniture to avoid falling debris. A stairwell is also a good place to shelter during a tornado.

If You Cannot Get to a Basement...

Go to a small interior room on the lowest floor. Closets, bathrooms, and interior halls afford the best protection in most cases or try to hide under a bed. Get under something sturdy or cover yourself with blankets. Stay away from windows.

In an Apartment, School, or Office Building...

Move to the inner-most room on the lowest level or to a pre-designated shelter area. Stay away from windows. If in a hallway, crouch down and protect your head from flying debris. Avoid areas with glass and large roof expansions.

In a Mobile Home, Car, Truck or Other Vehicle...

Abandon these as quickly as possible. Seek a sturdy shelter or permanent structure. Remember that many deaths occur when people try to drive away in a vehicle but get caught in the deadly winds. Avoid bridges since they act as wind tunnels. It is best to get to the lowest level of a building and shelter in an interior space.