

# 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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## Second Step Clubhouse

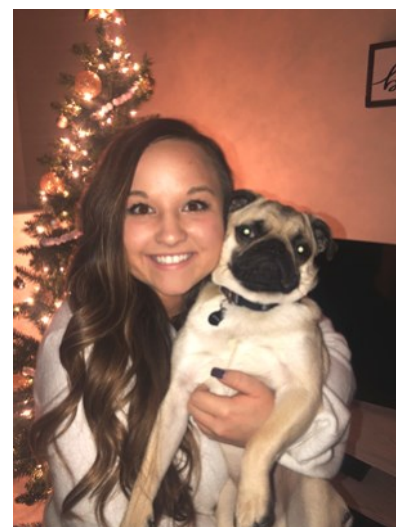
*We are 30 years old!*

We had a pizza party on Saturday, January 26th for Clubhouse Members and in May, we will celebrate again during our annual open house. Time and date TBA.

### New Intern at Second Step Clubhouse

We would like to welcome our new intern Jacey. She is a Junior at MSU majoring in Social Work and will be here two days a week (mainly Mondays and Wednesdays 1-5) through the end of May.

Jacey was at the Clubhouse for her first day on Wednesday, January 23rd and she was introduced to our work units and then had some fun playing Skip-Bo and Five Crowns. Hope you get a chance to meet with Jacey and help show her what the Clubhouse is all about.



**WELCOME JACEY!!**

**ADDRESS:**

421 E Hickory St.  
Suite 404  
Mankato, MN 56001

**PHONE #**

507-304-4414

**HOURS:**

Mon - Fri 1:00 - 5:00  
Sat & Sun 1:00 - 5:00  
Holidays 1:00 - 4:00

**WEBSITE INFO:**

[www.sccbi.info](http://www.sccbi.info)  
[www.blueearthcountymn.gov](http://www.blueearthcountymn.gov)  
[www.nami.org](http://www.nami.org)

**March Activities:**

- \* Karaoke on Saturday the 30th
- \* Rescheduled T-Wolves game TBA

# February 2019

<b>Sunday</b> 1:00 - 5:00	<b>Monday</b> 1:00 - 5:00	<b>Tuesday</b> 1:00 - 5:00	<b>Wednesday</b> 1:00 - 5:00	<b>Thursday</b> 1:00 - 5:00	<b>Friday</b> 1:00 - 5:00	<b>Saturday</b> 1:00 - 5:00
<div style="border: 2px solid black; background-color: red; color: white; padding: 10px; margin: 0 auto; width: 80%;"> <p style="color: red; font-weight: bold;">Sign up sheets for monthly activities are posted on the day the newsletter is made available. Activities <u>UNDERLINED</u> require sign up prior and other activities just show up by the time posted.</p> </div>					<p><b>1</b></p> <p>1 - 2 Work Units 2 - 5 Social / Rec 2:00 Apples to Apples</p>	<p><b>2</b></p> <p>1:30 <b>8-Ball</b> 1:30 <b>Quilting</b></p>
<p><b>3</b></p> <p>1:00-5:00 Social/Rec</p>	<p><b>4</b></p> <p>1 - 2 Work Units 2 - 5 Social / Rec 2:00 Support_Group: "Ups &amp; Downs"</p>	<p><b>5</b></p> <p>1 - 2 Work Units 2 - 5 Social / Rec 2:00 Group: Stress Management</p>	<p><b>6</b></p> <p>1 - 2 Work Units 2 - 5 Social / Rec</p>	<p><b>7</b></p> <p>1 - 2 Work Units 2:00 <b>Clubhouse Meeting</b> 2 - 5 Social / Rec</p>	<p><b>8</b></p> <p>1 - 2 Work Units 2 - 5 Social / Rec 2:00 Phase 10</p>	<p><b>9</b></p> <p>11:30 <i>Volunteer Meeting</i> 1:30 <b>Pfeffer</b></p>
<p><b>10</b></p> <p>1:00-5:00 Social/Rec</p>	<p><b>11</b></p> <p>1 - 2 Work Units 2 - 5 Social / Rec 2:00 Support Group: "We Can't control Everything"</p>	<p><b>12</b></p> <p>1 - 2 Work Units 2 - 5 Social / Rec 2:00 Group: Stress Management</p>	<p><b>13</b></p> <p>12 - 3 <u>Ten County Activity: Game Day in St. Peter</u> 1 - 2 Work Units 2 - 5 Social / Rec</p>	<p><b>14</b></p> <p>1 - 2 Work Units 3 - 5 Social / Rec</p> <p style="color: red; text-align: center;"><i>Happy Valentine's Day</i></p>	<p><b>15</b></p> <p>1 - 2 Work Units 2 - 5 Social / Rec 2:00 Mille Bornes 4:30 <u>Out to Eat: River Hills Mall</u></p>	<p><b>16</b></p> <p>1:30 <b>8-Ball</b> 1:30 <b>Quilting</b></p>
<p><b>17</b></p> <p>1:00-5:00 Social/Rec</p>	<p><b>18</b></p> <p style="text-align: center;"><u>Presidents Day</u></p> <p style="text-align: center;"><b>Open</b> <b>1:00 - 4:00</b></p>	<p><b>19</b></p> <p>1 - 2 Work Units 2 - 5 Social / Rec 2:00 Group: Stress Management</p>	<p><b>20</b></p> <p>1 - 2 Work Units 2 - 5 Social / Rec</p>	<p><b>21</b></p> <p>1 - 2 Work Units 2:00 <b>Clubhouse Meeting</b> 2 - 5 Social / Rec</p>	<p><b>22</b></p> <p>1 - 2 Work Units 2 - 5 Social / Rec 2:00 Yahtzee</p>	<p><b>23</b></p> <p>11:30 <i>Volunteer Meeting</i> 1:30 <b>Skip-Bo</b></p>
<p><b>24</b></p> <p>1:00-5:00 Social/Rec</p>	<p><b>25</b></p> <p>1 - 2 Work Units 2 - 5 Social / Rec 2:00 Support Group: "Being in the Moment"</p>	<p><b>26</b></p> <p>1 - 2 Work Units 2 - 5 Social / Rec 2:00 Group: Stress Management</p>	<p><b>27</b></p> <p>1 - 2 Work Units 2 - 5 Social / Rec</p>	<p><b>28</b></p> <p>1 - 2 Work Units 2 - 5 Social / Rec</p>	<div style="border: 2px solid black; padding: 10px; margin: 0 auto;"> <p style="color: red; font-weight: bold; text-align: center;"><u>Joke by Ted W.</u></p> <p style="text-align: center;">Did you hear about the 2 guys that stole a calendar?  (They each got 6 months.)</p> </div>	

## **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 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](http://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*

# Attention SNAP participants:

## February food dollars will be added to your EBT card early.

Because of the partial shutdown of the federal government, next month's dollars will be added to your EBT card early; around **Jan. 20**. The early deposit of SNAP benefits is meant to help you buy food through the end of February.

There may not be additional SNAP benefits available until the government shutdown ends. This means that if the government shutdown does not end before **March 1**, SNAP benefits may not be delivered until the government is back up and running.

### SNAP Tips:

- Plan to use your current SNAP budget to meet your food needs through the end of February.
- Take advantage of additional meals available to your family, like meals offered by your children's schools.
- Utilize local food shelves and free dining sites in your neighborhood.

If you need assistance finding food resources in your area, please visit:

[www.mnfoodhelpline.org](http://www.mnfoodhelpline.org)

If you have questions please call the Second Harvest Heartland SNAP Line:

**651-209-7963**



second harvest  
**HEARTLAND**



**Who is eligible?**

- Any resident of Blue Earth County or North Mankato may receive assistance from ECHO Food Shelf. Each household is eligible to visit the food shelf up to 12 times per year.

**Available Food Items**

- Soups
- Beans
- Cereal
- Vegetables
- Tuna
- Eggs
- Peanut Butter
- Pasta
- Meat
- Fruit
- Rice
- Milk

We ask that you bring your own boxes or bags to pack your groceries.

**Eligibility and Registration**

- Proof of identity of the head of household
- Names and birth dates of all individuals who currently live in the household.
- Proof of residency in Blue Earth County or North Mankato

**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?**

- You may set up an appointment by phone, 507-345-7508, or in-person during business hours. Appointments set up in person may be scheduled for the following business day if there are no openings. There must be a waiting period of seven days between visits.



When hard times hit, make us your first call. No matter what the need physical, emotional or spiritual – we're here to help.

From meeting your most basic needs to outlining the path to long-term solutions, we can help you overcome the obstacles you face today and provide hope for tomorrow.

Call **507-345-7840** to learn more or request help.

The Mankato Salvation Army assists area residents with a wide range of basic needs services, including a midday meal program. Free Noon Meal Program and Bread Distribution: This is a free, year-long meal program offered seven days a week from Noon to 1 p.m. at The Salvation Army Kitchen, 700 S. Riverfront Dr. Free bread and bakery items are also distributed during this time.



# Second Step Clubhouse

## Winter weather closing policy:

*Severe wind chill advisory conditions*

*Blizzard & Snow storm conditions*

- If Mankato schools are closed for the day or closing before 1:00, the Clubhouse will be closed for that day.



- The Clubhouse may also close due to the weather on the weekends and holidays.
- If you are unsure, always call before making the trip to the Clubhouse. If we are going to be closed for the day there will be a message on the Clubhouse phone (304-4414) after 12:00 (noon) that day.

