



*Upward Bound
5th Street Express*

104 E 5th St.
Fairmont, MN. 56031



MAY

MAY

2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Text or call Darek at 236-1307 for rides or to sign up for activities! Clubhouse: 238-9021. Bold lettering activities = rides available. Not bold lettering activities = rides <u>are not</u> available and is drop-in only. * Members also have ability to be reimbursed tokens for Prairie Lakes Transit if using to travel to, or home from, the clubhouse*				1 Walk Group 10:00am Open 1pm-3pm	2 "County Connection" Sibley Co. Open House (Gaylord) Leave 10am	3
4	5 Open Craft Time 9am-11am Open 1pm-3pm	6 Open 9am-11am Mini Golf 1:00pm	7 Mankato Shopping Trip Leave 9am	8 Open 9am-11am Wood Burning 1pm-3pm	9 Closed Morning Darek Mtg 9am-12pm Odin Craft Mill Leave 1pm	10
11	12 Board Mtg 9:00am Walk Group 2:00pm	13 Open 9-12pm Fraud Prevention: Protecting Yourself @ Fmt Library 2pm-3pm	14 Freeborn County MH Event (Albert Lea) Leave 10am	15 10 Co Activity Minnesota Orchestra (Minneapolis) Leave 8:30am	16 Board Games 9am-11am Closed Afternoon	17 Million MM Mini Marathon Start 9:45am Open Time with Jessy 2pm-5pm
18	19 Clubhouse Closed	20 Open 9am-11am Movie & Popcorn Start 12pm	21 Open 9am-11am Wii Bowling 1pm-3pm	22 Walk Group 10:00am Plastic Canvas w/ Mary F. 1pm-3pm	23 Board Games 9am-11am Open 1pm-3pm	24 Minnesota Twins vs KC Royals Baseball game @ Target Field Leave 9:00am
25	26 Clubhouse Closed  Memorial Day	27 Let's Paint! 9am-1pm Movie + Pizza & BDay Cake Start 3pm	28 Rice County MH Walk, Speakers, & Ice Cream (Faribault) Leave 10:30am	29 Open 9am-11am Embroidery w/ Mary F. 1pm-3pm	30 Closed morning Darek / Mary F Mtg 9:30am Board Games 1pm-3pm	31

MAY NEWSLETTER



*Upward Bound
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104 East Fifth Street
Fairmont, MN. 56031
Phone: 507-238-9021

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DROP IN CENTER / CLUBHOUSE UPDATE

Welcome to May and Mental Health Awareness Month!

As always, be sure to read through your calendar and newsletter thoroughly, as there are lots of great activities in addition to special activities for Mental Health Awareness Month. We have something for everyone, and the clubhouse is here for all of our members to utilize as they best see fit for their mental health and support.

You will see that we have several activities outside of the clubhouse, including mental health walks, an open house, a picnic, the craft mill, the Minnesota Orchestra, and a Twins baseball game.

Please read your newsletters carefully for more info and answers to questions you may have.

Also as a reminder again, the clubhouse does reimburse tokens for members who choose to take the Prairie Lakes Transit to or from the clubhouse. See Coordinator Darek or another member for info.



For those members who were friends of past member Cathy Pettit, there is a Celebration Of Life planned on Wednesday May 28th in the community room at Fairmont Place apartments. Cathy was a long-time member of the clubhouse who passed away this past December. Rides will not be available as there is a 10 County activity out of town that day as well.

Also, we were informed that the Shepherds Inn is offering meals every Friday at 11:30am at the community room in Friendship Village. This lunch is available to everyone, so be sure to take advantage of this generous offer.



Board Meeting Minutes

April 14th, 2025

Date: April 14th, 2025

Time: 9:00AM

Present: Valour, Joy, Jessy, Jane, Samantha A., Melissa, Darek, Shelia, Peter

Absent: Connie

MSC to accept secretary's minutes.

MSC to receive treasurer's report.

Cleaning supplies are re-stocked.

Darek is going to check on the heat bills as has been higher than normal. The old kitchen island was sold for \$300 which shows in the income for the month of March.

Old Business: The front and back doors are still on order.

Tenant insurance increase done due to improvements.

Driver's window of van still not working, had to order a switch and get it back to shop.

A lot of people are interested in parade, right now Darek plans on doing it.

Members attended Stakeholders and had good speakers and booths (10 members attended).

The temporary tattoos event went really well, want to be offered again.

New Business: Proposed new activities - giant coloring poster as group event, Itaska Rock Garden in Albert Lea (if we like it we can suggest it as a 10 Co activity next year), cat sanctuary in Owatonna.

SCCBI changing, payments will have to go to counties, cannot go directly to clubhouse.

Laminator suggestion - use at library or check out as well as other resources.

Every Friday at 11:30am at Friendship Village there will be a free meal from Shepherds Inn, which is open to anyone.

May 17th is Million Millimeter Mini Marathon, Darek will make it a clubhouse activity if enough are interested.

Thursday of the Martin County Fair week will be another disability awareness day.

New Member Applications: Justin J., Christopher S., Nicole R., and Mercedes B. approved.

Suggestion Box: None

Meeting adjourned 9:58am.

Shelia Hohensee

Mental Health Matters For Everyone



focus on the positive

Activities this month:

Walk Group - We will walk outside whenever possible, and at the mall if it is cold or rainy weather. May 1st, 12th and 22nd



Mankato Shopping Trip - May 7th Leave 9:00am
We will shop in Mankato. Must bring money for purchases and lunch.



Wii Bowling - Wed. May 21st

This game is easy to play and enjoyed by several members. If you haven't played before but would like to, let Darek know and he can set up a custom "Mii" player just for you ahead of time. It is easy to learn and we can play in groups anywhere from two to four at a time!



Let's Paint! - May 27th 9am-1pm

Choose from various sizes of canvas, wood shapes, ceramics, or other materials and get creative with your imagination. All supplies provided.



Board & Card Games - Fridays May 16, 23, and 30

Join us for fun games with your friends. Pick from Yahtzee!, Scrabble, Dominoes, Battleship, Uno, Connect 4, Skip Bo, and more!



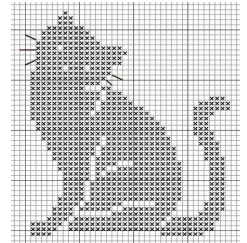
Wood Burning - May 8th 1pm-3pm

Try this unique art! Wood burning pens and some wood provided, or bring in your own wood item. Draw a picture, create a design, write your name, and then turn it into a magnet, decoration, gift, or a piece to hang on the wall.



Open Crafts Time - May 5th 9am-11am

Come work on a painting, plastic canvas, paracord project, drawing, diamond painting, coloring, or any other type of craft project you are interested in doing.



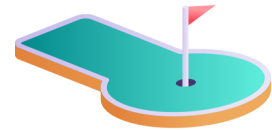
Embroidery with Mary F. - May 29th 1-3pm

Plastic Canvas with Mary F. - May 22nd 1-3pm

Come work on a project or learn a new craft! Materials provided by the clubhouse. Endless designs and fun with help from member Mary F.

Mini Golf - May 6th 1:00pm

Weather permitting. Putters and balls will be provided.



SATURDAY OPEN TIMES WITH JESSY

Saturday May 17th 2:00pm - 5:00pm

Clubhouse board member Jessy continues to host Saturday open hours.

This is a great opportunity for those members who are looking for something to do on the weekend. Come and visit, work on a project, watch tv or Amazon, use the computer, or use it for a time to talk and have a safe place to go.

The timeframe allows for those who need to take the transit - tokens can be reimbursed!



MORE Activities This Month:

Fraud Prevention: Protecting Yourself - May 13th 2pm-3pm

This will be at the Martin County (Fairmont) Library

“Fraud Prevention Manager, Stacie Wolter, teaches how to protect yourself from the current fraud trends. From phishing emails, calls and texts to imposter scams – you will learn the best way to keep yourself protected.” Sign up to join us for this important and informative session!



Odin Craft Mill - May 9th Leave 1pm

We will spend the afternoon at the historic Odin Craft Mill and browse all of their unique crafts for sale. Bring money for any crafts or food purchases you might want to make.



Million Millimeter Mini Marathon For Inclusion - May 17th 9:45am

This is the 3rd annual mini marathon, which promotes inclusion for all people. There is a \$5 registration fee, which will include a full meal and dessert, and also a free t-shirt if registered before May 1st. Registration can be done at the CER website, which Darek can help you access if needed! Or you can just show up to walk the “marathon” which is an untimed walk or run or jog as desired.



Minnesota Twins baseball game @ Target Field - May 24th Leave 9:30am

The MN Twins organization has given us tickets for Mental Health Awareness Month!

We will be gone all day for this activity in Minneapolis. The game starts at 1:10pm. There will be a fair amount of walking required, and the tickets are in the upper second level in left field. The seats are sure to have a great view of the game. Members will need to bring money for food at the game or to purchase before or after.

Food can be brought into the stadium as long as it is not in Tupperware or hard container. Sealed water bottles are also allowed in. Target field itself is CASHLESS so bring a debit or credit card for any purchases you may make at the field.



Mental Health Awareness Month - additional activities:

May 2nd - County Connection (Sibley Co.) open house - Leave 10am
We will visit and tour their clubhouse and enjoy lunch and games.

May 14th - Freeborn County Mental Health Event - Leave 10am
We will help promote mental health and enjoy a picnic in the park.

May 28th - Friendship House / Rice Co. mental health walk
We will go on a group walk to promote mental health awareness, which will be followed by speakers and ice cream social.



Mental Health Awareness Month

Even *MORE* Activities this month:

10 COUNTY ACTIVITY:

Minnesota Orchestra - James Ehnes Plays Dvorak - May 15th

This will take place at the Orchestra Hall in Minneapolis.

We will leave at 8:30am and plan to be gone most of the day.

Please eat breakfast (or bring a snack) before pick up time.

The performance will be from 11am until 1pm, with free coffee and pastries beforehand. You will need to bring money to buy lunch afterwards. Priority given for members with diagnosed SPMI (Severe and Persistent Mental Illness).

MINN —
— ORCH

HAPPY BIRTHDAY TO OUR MAY BIRTHDAYS!

5/5 Johnny F.

5/6 Mark B.

5/11 James B.

5/12 David C.

5/14 Jenna L.

5/14 Valour M.

5/20 Teresa H.

5/28 Liam B.

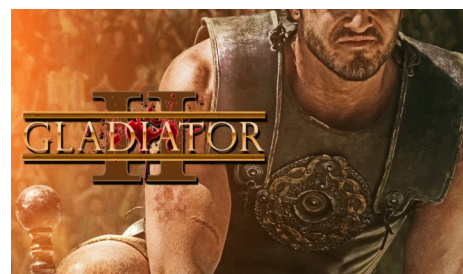


Movie & Popcorn - May 20th 12:00pm

We'll watch the new "Gladiator II" (2024) film.

This is a great Action/Adventure rated R.

Come enjoy the movie and some popcorn!



Movie + Pizza and Birthday Cake - May 27th 3pm

We'll watch "Invitation To A Murder" (2023).

This is a Mystery/Thriller movie Rated PG-13.

Afterwards we will eat and then have birthday cake to celebrate the month's member birthdays!



24/7 CALL, TEXT, CHAT





COME
JOIN
US!



Top Left: Temporary
Tattoos with Jessy!

Top Right: Crafts with
Mary and visiting!

Middle Left: Dinner +
MSU Play "Cinderella"!

Middle Right: CAC Mtg
guest speakers Pat and
Tara from People First.

Bottom: Our Spring
Stakeholder's Meeting!



Healthy Mind, Healthy Life

6 Ways To Support MENTAL HEALTH AWARENESS MONTH



CHECK UP ON FRIENDS

We all have a person in our lives who has gone through a rough patch lately. Reach out to them and check on how they are doing.



EDUCATE YOURSELF

Part of Mental Health Awareness month is improving your own knowledge on ways to keep yourself healthy and stress free. You can read books or visit websites like NAMI to learn more about mental health.



TRY SOMETHING NEW

There are a lot of ways to improve your own mental health. Try something new like meditation or starting a mood journal. These things help you identify your triggers and better prepare you for stressful situations.



LEARN WHAT TO DO IN A CRISIS

Anyone can experience trauma and have it affect their mental health. Learning what to do when a friend or family member is in desperate need of help can save their life.



DONATE

Local charities that support mental health are always in need of financial support and manpower. You can make a cash contribution or volunteer to work for suicide hotlines or other important efforts.



SHARE YOUR STORY

A lot of people still have a stigma about mental health. Sharing your story with others or on social media can help people feel more comfortable getting help themselves.

For more information you can visit: www.nami.org

MENTAL HEALTH AWARENESS

TAKING CHARGE OF YOUR MENTAL HEALTH



WHAT IS MENTAL HEALTH?

Mental Health is the state of our emotional, psychological and social well-being on how we think, feel and act to any situation.

Mental Health still carries a lot of stigma and discrimination in our society. Although, we have social warriors battling these issues, it is important that we all take part in this movement.



MYTHS AND STIGMA

People with mental illness are usually violent and unpredictable.

Stigma happens when a person defines someone by their illness rather than who they are as an individual. For example, they might be labelled 'psychotic' rather than 'a person experiencing psychosis'.



FACTS:



One in every four people in the world are affected by mental health issues, they are battling something we don't know about.

About 800,000 people approximately die from suicide globally each year and the major cause is depression and these are one of the pressing issues in our mental health.

COMMON SIGNS OF BEING MENTALLY UNHEALTHY

- FEELING OF PARANOIA & HAVING HALLUCINATIONS
- SIGNIFICANT TIREDNESS & SLEEPING PROBLEMS
- INABILITY TO COPE WITH DAILY CHALLENGES
- EXCESSIVE FEARS & EXTREME ANXIETY
- MAJOR CHANGES IN EATING HABITS
- COME UP TO SUICIDAL THOUGHTS



WAYS TO IMPROVE YOUR MENTAL HEALTH



OPEN UP TO TRUSTED ACQUAINTANCES

When in doubt, open up. Bursting isn't a sign of weakness, rather it can be a way for you to be able to cope with the problems you've been carrying around in your head for a while.



TAKE A BREAK

Take a break from social media. Detoxify, take a deep breath and relax. Let your thoughts flow and think about those best memories. Make this as a habit.

ACCEPT YOUR FLAWS

Flaws are part of who and what you are today. You can always improve your flaws gradually through accepting it as a unique and genuine part of you.

VALUE YOURSELF

Making yourself a priority enables you to be a better person, as well as the relationships you forge along the way. When we have high self-value, we take care in our physical and psychological health, growth, and development.

SURROUND YOURSELF WITH GOOD PEOPLE

Maintaining good relationship with people can also boost our self-esteem in our everyday life. Avoid those people who no longer contribute to your happiness, thus, stick to the ones who encourage you.

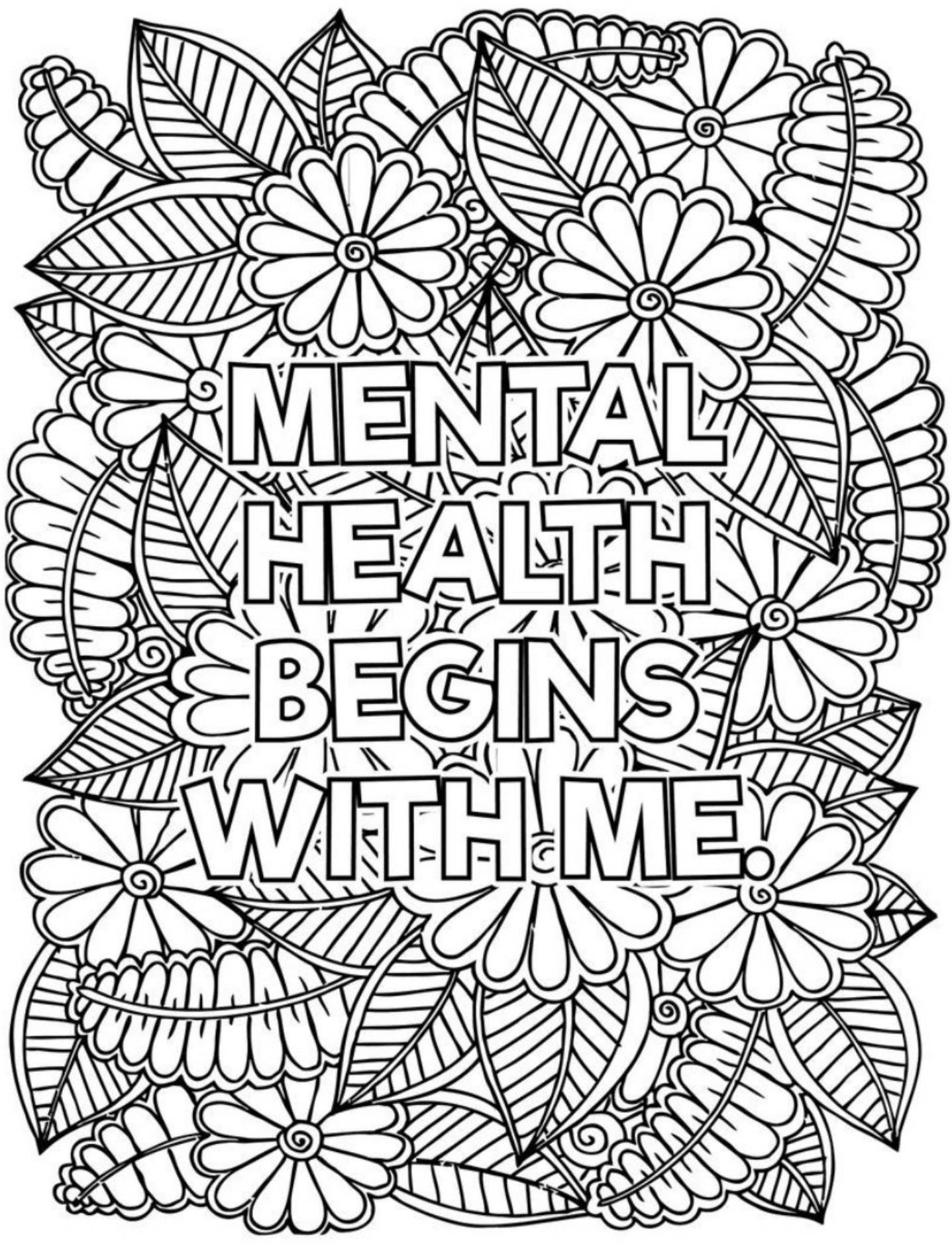
DO THE THINGS YOU LOVE

This is one way to prevent your mind to think negatively. Enjoying the things you love helps you combat your stress. You'll feel the fulfilment even in your own company and enhances your productivity.

LET US LEND OUR EARS AND MOST IMPORTANTLY LEND
OUR UNDERSTANDING. TOGETHER, LET US COMBAT
MENTAL HEALTH ISSUES.

Visit www.reallygreatsite.com for more tips.

Maisog, Joan Mae A.
II-Steve Jobs



**MENTAL
HEALTH
BEGINS
WITH ME!**