

NEXT STEP CLUBHOUSE

AUGUST 2026

216 South Washington Ave.
Albert Lea, MN 56007
507-373-6938
Sccbi.info

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NEXT NEWS...

- Clubhouse will be closed on Holidays and Clubhouse Outings/Activities, unless opened by a volunteer. Please look at the calendar. Page 4.
- Clubhouse information and Newsletters are posted online at sccbi.info
- Clubhouse Hours are subject to change at any time.

The Clubhouse is a place for member's to feel comfortable, welcomed and have fun. Please be kind to one another and show respect for each member as well as the Clubhouse property.

FYI...The Clubhouse schedule for trips and activities may change without notice due to uncontrollable circumstances. We do our best to keep the schedule and make sure everyone has a chance to participate. Thank you for your understanding.

CLUBHOUSE HOURS

- * Mon-Wed-Fri 8:30-4:30
- * Tues 8:30-3
- * Thurs 10-4:30
- * Sat 9-1
- * Sun 9-1

**Hours subject to change
Please contact Sue or
Jason if you need a ride
to/from the Club.**

INSIDE THIS ISSUE

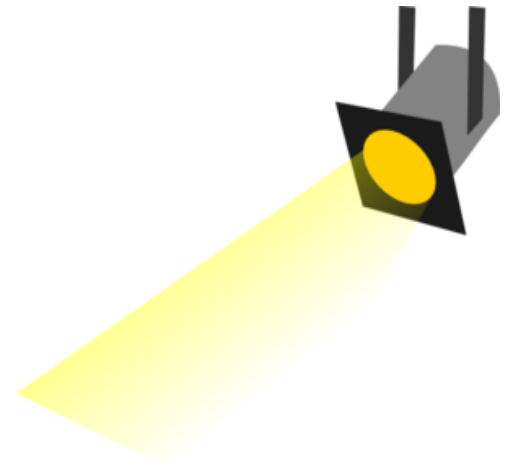
- 1 Contact info., News, Hours, Mission Statement
- 2 Community Spotlight Resources
- 3 Spotlight of the Month
- 4 Activity Calendar
- 5 Monthly Birthdays/ Monthly Updates
- 6 Puzzle Activity
- 7 Health and Wellness

Mission Statement

The purpose of the Next Step Clubhouse is to offer a safe environment that provides companionship, acceptance and support for consumers of the mental health services.



MENTAL HEALTH RESOURCES & COMMUNITY SPOTLIGHT



Freeborn Co. Mental Health Center	377-5440
Mayo Clinic Systems Behavioral Health	377-6406
Cedar House	377-8506
Dr. Todd Moran	(507)- 438-2010
Cedar Valley Services	377-2893
Community Technologies & Services	377-0170
Independent Management Services	507-437-6389
Freeborn Co. Veterans Services	377-5185
Senior Resources of Freeborn Co	377-7433
Warm Line - South Central Mobile	1-877-399-3040
Suicide Hotline	988

Food

Salvation Army Food Shelf

M-TH 2:00-4:00

302 Court St., Albert Lea

First Presbyterian Church Food Shelf-

Tuesdays 9:00-11:45

Fridays 9:00-11:45

308 Water St., Albert Lea

Welcome Pantry

507-373-8670

Unitedwayfc.org/welcome-pantry

Loaves & Fishes Meals

Mondays at 5pm 507-373-1545

Catholic Church, Albert Lea

Trinity Lutheran Church –

(507) 373-2466 –

501 South Washington Avenue, Al-

bert Lea Wednesday 5:00pm -5:30 pm

or as supplies last. Hot to go meals on

first Wed. of month, cold to go meals

after.

First Lutheran Church-

(507) 373-6424-

30-1 W Clark St, Albert Lea—Thursday

5:00 pm drive through style for hot

meals to go.

Food Stamps/SNAP-DHS

507-377-5400

WIC Public Health

507-377-5100

Support Groups

AA Support Group

373-7850

1005 Ulstad Ave., Albert Lea

NA Support Group

877-767-7676

1005 Ulstad Ave., Albert Lea

AI Anon Support Group

373-7850

1005 Ulstad Ave., Albert Lea

NAMI Support Group

1st & 3rd Thursday 5:00-6:30

308 Water St., Albert Lea

Websites

aa.minnesota.org

nami.org

nimh.nih.gov

mentalhealth.com

sccbi.info

Housing

City of Albert Lea Inspector 377-4340

Freeborn Co Emergency Assis. 377-5400

HRA 377-4375

Salvation Army 373-5710

Semcac 373-1329

Legal Services

Freeborn Co. Court 800-223-1368

Immigrant Law Center 800-223-1368

Southern MN Legal Services 888-575-2954

Financial Services

Consumer Counseling 800-936-4054

DHS 377-5400

Salvation Army 373-5710

Semcac 373-1329

Social Security (Austin) 866-504-5010

United Way 373-8670

Transportation

SMART Bus 1-855-762-7821

SPOTLIGHT OF THE MONTH

A Very Special Thank-You and Shout-Out to many of our Member's during our June Activities!



Volunteers Helping with the 10 Co Day Camp Picnic in Fairmont on 6-23-26.
Pictured is: Teresa J., Sandy T., Tracy A., Sue R., Angel G., Shirley S. Deb G.



Volunteers helping with Humane Society Fundraiser "Buckets on Broadway" on 6-26-26 Pictured is : Shirley S., George L., Sue R., Deb G.

AUGUST ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					CLUBHOUSE HOURS ARE SUBJECT TO CHANGE AT ANY TIME	1 CLUB OPEN 9-1 Ange1
2 CLUB OPEN 9-1 Leo	3 CLUB OPEN 8:30-4:30 Cleaning at the Club Sue Off	4 CLUB CLOSED 8:30 Lakeville Movie & Pizza Ranch	5 CLUB CLOSED 10:30 Viking Training Camp Lee S. B-Day	6 CLUB CLOSED 11:00 Freeborn Co. Fair	7 CLUB OPEN 10:00 8:00 Rummage Sales Jean/Leo @ 10	8 CLUB OPEN 9-1 Ange1
9 CLUB OPEN 9-1 Leo	10 CLUB OPEN 8:30-4:30 12:30 Baking Group  Cleaning at the Club	11 CLUB OPEN 8:30-3:00 11:00 Board Meeting-LAC & B-Day Club	12 CLUB CLOSED 11:00 Mower Co. Fair	13 CLUB OPEN 8:30-1:30 11:00 Craft 1:30 Welcome Pantry Sue out of Town -AM	14 CLUB OPEN 10:00 7:00 Perkin's Breakfast 8:45 Food Shelf-First Presbyterian Dustin L B-Day	15 CLUB OPEN 9-1 Ange1
16 CLUB OPEN 9-1 Leo Tracy A. B-Day	17 CLUB OPEN 8:30-4:30 Cleaning at the Club Sue Off	18 CLUB CLOSED 11:00 10 Co Picnic Edgewater Park	19 CLUB CLOSED 11:00 Steel Co. Fair	20 CLUB CLOSED 10:30 Owatonna - Faribault Thrift Stores/ Food Shelf- Taco John's	21 CLUB OPEN 10 8:00 Rummage Sales Jean/Leo @ 10	22 CLUB OPEN 9-1 Ange1
23/30 CLUB OPEN 9-1 Leo 20-Brian A. B-Day	24/31 CLUB OPEN 8:30-4:30 Cleaning at the Club	25 CLUB CLOSED 7:30 Fishing in Fairmont- Lunch at BK	26 CLUB OPEN 8:30-4:30 11:00 BINGO	27 CLUB CLOSED 6:00 MN State Fair	28 CLUB CLOSED	29 CLUB OPEN 9-1 Ange1



BIRTHDAYS THIS MONTH

5	Lee S.
14	Dustin L.
16	Tracy A.
21	Larry D.
30	Brian A.



**Please welcome our new members for the months of
June-July**

• No One This Month

**MEMBER OF THE MONTH
“Recognition Award”
FOR JULY-**



SHIRLEY SPRINGSTEEL!

Name: _____ Date: _____

ADVENTURE
AMUSEMENT PARK
AUGUST
BACK TO SCHOOL
BACKYARD
BICYCLE
CAMPFIRE
CAMPING
CORN ON THE COB
FARMERS MARKET

FIREFLY
FLOWERS
FRUIT
FUN
GRILLING
HOT
HUMID
LAKE
PLAYGROUND
POPSICLE
RELAXATION
ROAD TRIP
SAILBOAT
STATE FAIR
SUMMER
SUNFLOWER
SUNNY



WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

W	J	C	T	A	M	U	S	E	M	E	N	T	P	A	R	K	S	S
H	B	P	L	S	J	L	Z	I	B	I	C	Y	C	L	E	G	T	D
T	O	G	B	T	U	P	L	A	Y	G	R	O	U	N	D	J	I	R
C	C	A	A	A	E	G	E	Q	N	Y	N	P	B	E	D	D	U	O
S	E	P	C	T	H	K	U	S	F	B	O	I	Q	C	Q	R	N	E
J	H	N	K	E	Z	I	R	A	R	P	C	Y	P	Y	R	A	O	R
Q	T	F	T	F	Y	B	F	A	S	E	L	S	N	M	K	Y	I	O
V	N	H	O	A	J	S	B	I	M	G	W	A	U	R	A	K	T	A
B	O	D	S	I	T	H	C	N	S	S	K	O	K	F	S	C	A	D
T	N	D	C	R	Q	L	B	U	R	M	R	A	L	E	U	A	X	T
E	R	Q	H	Z	E	Y	N	E	V	R	E	E	Z	F	N	B	A	R
R	O	R	O	D	E	F	M	M	S	Y	U	J	M	G	N	A	L	I
U	C	H	O	G	L	M	Y	L	F	E	R	I	F	R	Y	Y	E	P
T	J	L	L	O	U	Y	R	P	T	A	O	B	L	I	A	S	R	T
N	P	T	W	S	O	W	F	I	H	J	V	H	P	H	Z	F	F	I
E	R	E	Q	D	O	V	R	J	D	U	W	E	S	G	K	U	R	P
V	R	G	J	D	K	I	U	T	I	B	M	T	T	G	N	T	D	W
D	S	G	N	I	L	L	I	R	G	E	R	I	F	P	M	A	C	J
A	U	P	K	U	T	X	T	B	Q	S	Z	J	D	G	X	V	V	S

PTSD Signs, Symptoms and When to Seek Help

Recognizing Traumatic Experiences & Presentation of PTSD Symptoms



**TRAUMA
SPECIALISTS**
TRAINING INSTITUTE

Training the Trauma Specialists of Tomorrow

877-780-8784 | traumaspecialiststraining.com
info@traumaspecialiststraining.com



"Big T" traumas

"Big T" traumas such as a car accident, an assault, a natural disaster, or even the death of a significant person in your life.

VS

"Small t" traumas

"Small t" traumas which could include the loss of a job, a divorce, or infidelity in a romantic relationship.

Symptoms of PTSD:

PTSD signs and symptoms include but are not limited to the presence of any of the following symptoms as they relate to the sufferer's traumatic event(s):

Intrusive symptoms:

- Nightmares
- Flashbacks and other dissociative reactions
- Intrusive thoughts
- Severe emotional distress or PTSD physical symptoms or reaction to anything that reminds you of the event(s).



Alterations in reactivity and arousal states:

- Irritable or angry outbursts with seemingly little prompting
- Self-destructive or reckless behavior
- Hypervigilance
- Heightened startle response
- Sleep disturbances
- Difficulty concentrating



Avoidant symptoms:

- Effort to avoid internal reminders of the event, such as thoughts and feelings, including body sensations
- Effort to avoid external reminders, such as the place, activities, and/or people associated with the traumatic event(s).



Negative alterations of cognition and mood associated with the traumatic event(s):

- Inability to remember certain aspects of the event(s)
- Negative beliefs about the world, others, and/or oneself
- Persistent distorted beliefs about the cause of the traumatic event(s)
- Lack of interest and engagement in activities
- Feeling detached or disconnected from others or oneself
- Persistent negative mood states, such as horror, fear, anger, and guilt
- Inability to experience positive emotions such as happiness, satisfaction, and loving feelings



It is important to note that individuals meeting criteria for PTSD can all present with different combinations of the above mentioned symptoms. Not everyone that experiences trauma symptoms necessarily meets criteria for a PTSD diagnosis. An official diagnosis for PTSD must be determined by a licensed mental health professional. Regardless of official diagnosis, if the individual experiencing symptoms identifies distress and a readiness for treatment, seek treatment as soon as possible.

Next Step Clubhouse
216 S Washington Ave
Albert Lea MN 56007

Look Inside for Lots of Programing and Special Activities!

