

Next Clubhouse Newsletter

September 2026

Next Step Clubhouse

216 S. Washington Ave.
Albert Lea, MN 56007n
Phone: 507-373-6938
Web: sccbi.info

Clubhouse Hours

Mon / Wed / Fri 8:30 AM – 4:30 PM
Tuesdays 8:30 AM – 3:00 PM
Thursdays 10:00 AM – 4:30 PM
Sat / Sun 9:00 AM – 1:00 PM

Coordinators

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Inside This Issue

Contact Info-Mission Statement.....	1
Community Resources.....	2
News & Updates	3
Wellness, Encouragement & Education.....	4
Activity Puzzle.....	5
Activity Calendar.....	6
Member Spotlight & Birthday's.....	7



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.

A NOTE ABOUT THE CLUBHOUSE

The Clubhouse is a place for members to feel comfortable, welcomed and to have fun. Please be kind to one another and show respect for each member as well as the Clubhouse Property. The Clubhouse schedule may change without much notice due to uncontrollable circumstances. We do our best to keep the schedule and make sure that every member has an opportunity to participate. Thank you for your understanding!

MENTAL HEALTH COMMUNITY RESOURCES

FREEBORN CO MENTAL HEALTH CENTER
 MAYO CLINIC SYSTEMS-BEHAVIORAL HEALTH
 CEDAR HOUSE
 DR. TODD MORAN
 CEDAR VALLEY SERVICES
 COMMUNITY TECHNOLOGIES & SERVICES
 INDEPENDENT MANAGEMENT SERVICES
 FREEBORN CO. VETERANS SERVICES
 SENIOR RESOURCES OF FREEBORN CO
 WARM LINE-SOUTH CENTRAL MOBILE
 SUICIDE HOTLINE

507-377-5440
 507-377-6406
 507-377-8506
 507-438-2010
 507-377-2893
 507-377-0170
 507-437-6389
 507-377-5185
 507-377-7433
 1-877-399-3040
 988



<u>Food</u>	<u>Support Groups</u>	<u>Housing</u>
<u>Salvation Army Food Shelf</u> M-TH 2:00-4:00 302 Court St., Albert Lea <u>First Presbyterian Church Food Shelf-</u> Tuesdays 9:00-11:45 Fridays 9:00-11:45 308 Water St., Albert Lea <u>Welcome Pantry</u> 507-373-8670 Unitedwayfc.org/welcome pantry <u>Loaves & Fishes Meals</u> 507-373-1545 Mondays at 5pm Catholic Church, Albert Lea <u>Trinity Lutheran Church –</u> (507) 373-2466 501 South Washington Avenue, Albert 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. <u>First Lutheran Church-</u> (507) 373-6424- 30-1 W Clark St, Albert Lea Thursday 5:00 pm drive through style for hot meals to go. <u>Food Stamps/SNAP-DHS</u> 507-377-5400 <u>WIC Public Health</u> 507-377-5100	<u>AA Support Group</u> 507-373-7850 1005 Ulstad Ave., Albert Lea <u>NA Support Group</u> 877-767-7676 1005 Ulstad Ave., Albert Lea <u>Al Anon Support Group</u> 507-373-7850 1005 Ulstad Ave., Albert Lea <u>Websites</u> aa.minnesota.org nami.org nimh.nih.gov mentalhealth.com sccbi.info	City of Albert Lea Inspector 507-3774340 Freeborn Co Energy Assis 507-377-5400 HRA 507-377-4375 Semcac 507-373-1329 <u>Legal Services</u> Freeborn Co. Court 800-223-1368 Immigrant Law Center 800-223-1368 Southern Mn Legal Services 888-575-2954 <u>Financial Services</u> Consumer Counseling 800-936-4054 DHS 507-377-5400 Salvation Army 507-373-5710 Semcac 507-373-1329 Social Security (Austin) 866-504-5010 United Way 507-373-8670 <u>Transportation</u> SMART Bus 1-855-762-7821



A Warm Welcome from Sue & Jason

Welcome to the very first revised issue of the Next Step News — your monthly connection to everything happening at the Next Step Clubhouse! We are so excited to bring you this newsletter as a way to celebrate our members, share important updates, and keep our community connected. This newsletter belongs to all of us. We want it to reflect the amazing people who walk through our doors every day. Whether you've been coming to the Clubhouse for years or just started, you are an important part of our family — and this newsletter is for you!

We hope you enjoy this first issue and we look forward to growing it together. If you have ideas, stories, or anything you'd like to share in future issues, please talk to Sue or Jason. Your voice matters here!

Member News & Updates

A lot has been happening around the Clubhouse this season! Members have been busy participating in a variety of activities, lending a helping hand, and building friendships that make this place truly special.

We are always looking for new activity ideas and ways to make each visit more enjoyable. If you have a skill you'd like to share — whether it's crafts, games, cooking, or something else entirely — let us know! We love when members help shape what we do here.

Community Corner

The Clubhouse is more than just a place to visit — it's a community. Every time we gather, we build something important: trust, friendship, and a sense of belonging. These things are powerful medicine, and we don't take them for granted. We are proud to serve members of all backgrounds who are on their own unique journey toward wellness and connection.

Wellness & Encouragement

"You don't have to have it all figured out to move forward. Just take the next step."

Taking care of your mental health is a journey, not a destination. Some days are easier than others, and that's completely okay. What matters most is that you keep showing up — for yourself and for each other.

A few simple reminders for this month:

1. Drink water and get some fresh air when you can.
2. Reach out to someone you trust if you're having a hard day.
3. Celebrate the small wins — they add up!
4. Remember: you are always welcome at the Clubhouse.

The Power of Showing Up

There's something quietly powerful about simply showing up. It sounds simple, but for many of us, getting out the door and being present with others are one of the bravest things we can do.

Research consistently shows that social connection is one of the most important factors in mental health and overall wellbeing. When we gather together — even for small things like a cup of coffee, a card game, or a shared meal — we are doing something deeply meaningful for ourselves and for each other.

At the Next Step Clubhouse, we see this every single day. Members who come in quietly and leave laughing.

Friendships that started over a puzzle and grew into something lasting. Moments of encouragement shared between people who truly understand what it means to struggle — and to keep going.

"Connection is not a luxury. It is a necessity."

So, if you've been thinking about coming back after a break, or bringing a friend who might benefit from this community — we want you to know: the door is always open. You don't have to have a good reason or a good day. Just show up. That's enough.

Reminder of the month...

"You're Feelings are Valid"

Self-Affirmation for the Month...

"I am getting stronger with every passing day!"

Anxiety

What is Anxiety?

Anxiety is a feeling of worry, fear or unease. For example, the worrying feeling before a significant event such as an exam.

Most people experience anxiety. However, it can become more serious when it interferes with everyday life. Some people find it difficult to control their anxiety and can become overwhelmed in relatively harmless situations on a regular basis.



Coping with Anxiety

The following coping strategies can be used to reduce feelings of anxiety.

Keeping a Diary

Keep a diary of symptoms to help identify triggers.

Physical Activity

Set aside time for physical activity, such as running or walking.

Talking Therapies

Talk to a trained professional about your thoughts.

Grounding Techniques

Grounding techniques are designed to help you focus on the present and distract you from anxious thoughts.

5, 4, 3, 2, 1 Technique



5 things you can see
patterns, lights, buildings



4 things you can feel
clothing, ice, objects



3 things you can hear
clocks, birds, traffic



2 things you can smell
grass, food, perfume



1 thing you can taste
fruit, mints, salt

Breathing Techniques

ANXIETY

There are various breathing techniques that can help lessen stress and anxiety.

Deep breathing - stand up and bend forward from the waist with your knees slightly bent. Let your arms dangle at your sides. Inhale slowly and deeply as you return to a standing position, lifting your head last. Hold your breath for a few seconds. Exhale slowly as you return to the original position, bending forward from the waist.



Naming Categories

Choose a category (films, cars, trees, etc.) and name as many as you can in your head.



Panic Attacks

A panic attack is a fear response which exaggerates your body's normal response to danger, stress or excitement. Panic attacks can be very scary as they are often unexpected and can last between 5 - 20 minutes.

It's important to remember that panic attacks will pass. Grounding techniques, such as those listed above, can also help ease panic attacks.

Symptoms:

Racing heartbeat, struggling to breathe, feeling faint, sweating, trembling, shaking, nausea, feeling disconnected and out of control, feeling like you are having a heart attack or might die.



If you are worried about anxiety, talk to a trusted adult, such as a parent or teacher, or access support via your doctor or online.



Mixed word-search puzzle



List of words to find in the grid :

- viking
- rune
- drakkar
- monastery
- island
- god
- Thor
- merchant
- shield
- ship
- treasure
- horn
- sword
- dragon
- civilization



VIKINGS

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



September 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CLUBHOUSE HOURS ARE SUBJECT TO CHANGE AT ANY TIME	1 CLUB OPEN 8:30-3:00 3:00 AL Movie 	2 CLUB CLOSED 9:00 Minnehaha Falls-Subway Lunch	3 CLUB OPEN 10:00-1:30 11:00 Karaoke w/Shannon & Rice Co Clubhouse! 1:30 Welcome Pantry	4 CLUB OPEN 10:00 8:00 Rummage Sales	5 CLUB OPEN 9-1 Angel
6 CLUB OPEN 9-1 Leo 10:00 Baking Group-Need own Ride Shirley	7 CLUB CLOSED 	8 CLUB OPEN 8:30-1:00 11:00 Board Meeting & B-Day Club	9 CLUB CLOSED 10:00 Wells Thrift Store/Dollar General-DQ Jeanne B-Day	10 CLUB OPEN 10:00-1:30 11:00 Board Games at Club Wayne B.B-Day Sue out of town-AM	11 CLUB OPEN 10:00 7:00 Breakfast at Hy -Vee 8:45 Food Shelf	12 CLUB OPEN 9-1 Angel
13 CLUB OPEN 9-1 Leo	14 CLUB OPEN 8:30-4:30 Clean Club	15 CLUB OPEN 8:30-1:00 11:00 Broccoli & Cheese Soup/Crackers	16 CLUB CLOSED 7:00 Clay Co Fair- Spencer Iowa	17 CLUB CLOSED 10:30 Owatonna Food Shelf- Faribault Thrifting & Taco John's	18 CLUB OPEN 10:00 8:00 Rummage Sales	19 CLUB OPEN 9-1 Angel 9:00 Out of Dark Walk- Central Park Joab B-Day
20 CLUB OPEN 9-1 Leo	21 CLUB OPEN 8:30-4:30 Clean Club	22 CLUB CLOSED 8:30- Arboretum- 	23 CLUB CLOSED 8:30-4:30 11:00 Fall Craft	24 CLUB CLOSED 10:00 State Park Walking Trail and Subway Lunch	25 CLUB OPEN 10:00 8:00 Rummage Sales Jason out of Town-	26 CLUB OPEN 9-1 Angel
27 CLUB OPEN 9-1 Leo	28 CLUB OPEN 8:30-4:30 Clean Club Fran F. Kathy D. B-Day	29 CLUB CLOSED 9:00 Paisley Park (outside grounds) Taco Bell	30 CLUB OPEN 8:30-4:30 12:00 Membership Mingle			

Celebrating Our Members

Each month, we want to shine a light on the wonderful people who make the Next Step Clubhouse the special place it is. Our members come from all walks of life, and every one of them brings something unique to our community.

Member Spotlight- Member of the Month Recognition



Shirley Springsteel



Our member of the month recognition award For **July** went to **Shirley Springsteel!** has been a member of the Club for 10 years. She actively participates in many Clubhouse events and activities. She is very kind and welcoming to everyone and wears a smile often! Shirley also volunteers every year at our annual Mental Health Awareness Event at Central Park. She has also recently volunteered at our 10 Co Day Camp Picnic, and our local Humane Society "Buckets on Broadway" fundraiser in June! Please congratulate Shirley when you see her!

Shirley states "A BIG Thank you to my family at the Clubhouse"

Welcome New Members!

- Steve Sumner (Reactive)
- James Brewer



Member Milestones & Birthdays

We love celebrating our members! If you have a birthday, anniversary, or milestone coming up this month, let us know so we can give you a shout out in the next issue.

9/6	Birthday	Shirley S.
9/9	Birthday	Jeanne S.
9/10	Birthday	Wayne B.
9/19	Birthday	Joab V.
9/28	Birthday	Kathy D.
9/28	Birthday	Fran F



Contact Your Coordinators

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Look inside for lots of programing and special activities!

