

The Club Gazette

AUGUST 2026

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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Why Do People Come to Second Step Clubhouse?

- I come to see and talk to others who don't judge me as "crazy".
- It is an option to isolating at home where many times my mental health gets worse.
- Second Step doesn't cost me much money and there are all kinds of different personalities with a range of ages.
- To converse with other friends who have similar problems as me. To attend fun events and see and talk with the clubhouse staff.
- I come to relax, enjoy myself and have fun!!
- I come to be with others who don't judge others. Also, to learn new things.
- If it wasn't for the Clubhouse, I would be sitting in my bedroom watching TV and eating.
- A nice place to come and connect with others and share thoughts and ideas. Also, it is a great place to have fun and have a cup of tea.
- I get the opportunity to meet others who have gone through the same experiences I have. Now I don't feel so alone.
- Get help and support on how to better maintain my mental health.
- Play games, have fun, and help.
- I enjoy crafts, watching pool tournaments and attending diabetic lunch and support group.
- I play solitaire, work on jigsaw puzzles on the computer, crafts and being around other people.
- At the clubhouse I enjoy getting along with other people, playing games, crafts, going out into the community and visiting other places.
- I usually stay at home and do nothing. The Clubhouse gives me a chance to be part of something and enjoy my life more.

ADDRESS

421 E Hickory St. Suite 404
Mankato, MN 56001

PHONE #

507-304-4414

HOURS:

MONDAY - SATURDAY

1:00 to 5:00

SUNDAY

1:00 to 4:00

WEBSITES

www.sccbi.info

www.blueearthcountymn.gov

<https://namimn.org>

On the first of the month Lola made poor man's donuts. She uses canned biscuit dough rolls it out, cuts the holes, (which makes for donut holes later). She fries them in Crisco that has been melted until it becomes oil. Then you top them with cinnamon sugar, powdered sugar, frosting and/or sprinkles. They were yummy.

On the fourth of July "bring a snack" potluck. Hot dogs, beans, watermelon, chips, dip, hibiscus watermelon popcorn. meat, cheese and crackers, cookies and cupcakes. It's all about the food & friends!!!



On Saturday, July 11th a group of six people went to the Anchor (not the Landing) in Madison Lake to eat. The place was not that full and food was really good. Mike and I both had smoked salmon salad with raspberry iced tea and it was delicious. Ted had a BLT, fries and onion rings. Per Ted the fries were good but it's all in the batter the onion rings were not as special as the Texas Roadhouse. Patty and Daryl had the California burger. Mike and Patty both enjoyed the chocolate lava cake. Todd was full of lunch. There were no complaints and lots of smiles.

On the 14th there was a 10-county trip to the Soda Stream in New Ulm. The group from Mankato painted bowls and cups, even Mike created a masterpiece. Then the Soda Stream baked them in the kiln. We got them back on the 21st. The pictures show how they turned out. It was so much fun, I think most of us would do it again.



The next day, July 15th, several members and staff of the Second Step Clubhouse set off on an adventure to visit the Vail Uptown Clubhouse in Minneapolis, Minnesota. First there was a tour, then we ate a delicious and healthy lunch. We had time for discussions and meeting new people as well as connecting with those we already knew. After lunch, there was a meeting discussing future costs for Vail Place lunches which we were able to listen to. **by Kathi B.**



Thank you to everyone who helped prepare the meal, the servers, and all who helped clean up. Second Step members did an amazing job jumping in and participating, including doing work units. Many bonds were formed. Chad B. from another Clubhouse visited for a while until other business called him away. The afternoon consisted of a Question & Answer session concerning becoming an accredited clubhouse which included several members and staff from Vail and Second Step. **By Mary S**

On July 21st all 10 counties converged on the Moondogs stadium, and we watched them PLAY BALL! Thanks to Eric and our fellow clubhouses for finding some extra tickets! It was a cooler day, but we all soaked up a lot of rays. We were in the Dog Pound which gives us all you can eat food and drink, burgers, cheese, hot dogs, brats, shredded chicken and pork. Cole slaw, cheese pea salad with chips and pickles, sauerkraut and choice of sauces and soda. The food was good; the score was not, 17-8. The Bismark Larks defeated us.

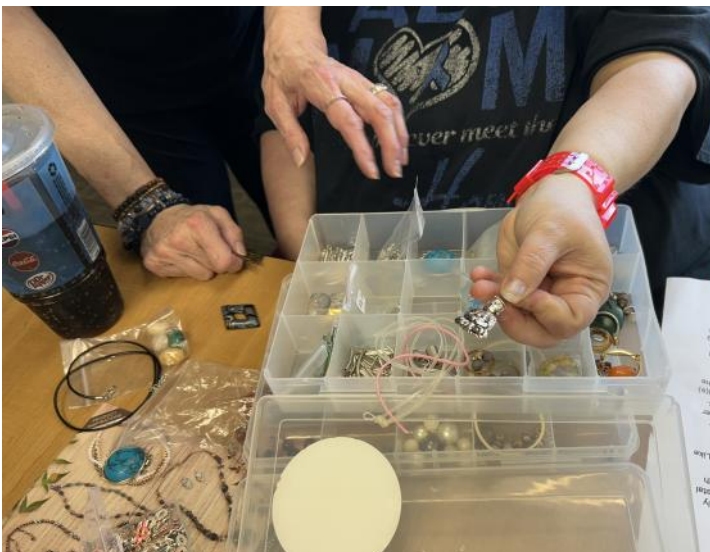
We had such a busy month and thanks to the Clubhouse Member Volunteers who helped us stay operational.

See ya' next month,

Mary

Jewelry Making

Had a great time making bracelets and necklace's in July. We plan on doing more in August. Come and join our group.



Article by Don S.

Most people are not aware that history Influences geographic place names. Words like; Mankato, Minnesota, Faribault, and Le Sueur are all handed down from the past.

The name of our state and an important river is an example period prior to the Louisiana purchase in 1803, there were under the control at various times of Dakota (or Sioux), France, Spain and England.

Before the Louisiana purchase, the river we now call the Minnesota was called by French fur traders in the area the Reviere, St. Pierre, or the St. Peter River. In the 1830's an American explorer named Carver (who has a Minnesota County named after him) was camped with some Dakota Americans at the confluence of the Riviere St. Pierre and the Mississippi rivers. When she answered "Minnesota" he asked what that meant. She put some of her milk in a cup with clear water in it, stirred it with her finger until it was cloudy, and pointed up at the clouds above and said "Minnesota" or "cloud tinted water". It is called this because of the large amount of silt and mud in the river. That is how the river became known as Minnesota.

There are other interesting place names in the area, but this is a good place to end for now.



Second Step Clubhouse Membership Application Process

1. **Schedule a tour of the Clubhouse by calling (507-304-4414) or emailing the Clubhouse Coordinator, Mike Hildebrandt, at: mike.hildebrandt@blueearthcountymn.gov. Scheduling a tour is a very important first step which allows prospective members to learn about the Clubhouse program, ask questions, and learn about the membership application process. Planning ahead also allows Clubhouse staff and members to prepare for your tour.**
 - ⇒ Tours are scheduled Monday – Friday 1:00-2:00. We will accommodate additional times/ days if necessary.

2. **After completing their Clubhouse tour, prospective members may decide whether they want to apply for membership. If membership is desired, applications may be filled out on the day of the tour, or completed and dropped off on a later date.**
 - ⇒ *(International Standards of Clubhouse Programs – Membership-Standard #1) Membership is voluntary and without time limits. This Standard means that becoming a member is a choice, and we respect the right of every prospective member to decide whether or not to apply to for membership.*

3. **Membership applications are processed to ensure the prospective members meets the qualification criteria for Clubhouse membership.**
 - ⇒ The Clubhouse Coordinator will notify potential members whether their application for membership was approved.

3. **Applicants who qualify for Second Step Clubhouse Membership:**
 - ⇒ May begin attending the Clubhouse program.
 - ⇒ Must set up a time to attend a New Member Orientation within the next month.
 - ⇒ Orientation times scheduled each month:
 - 1st and 3rd Tuesdays from 4:00 - 5:00 &
 - 1st and 3rd Thursdays from 11:00 - 12:00
 - ⇒ Orientation covers more information regarding the Clubhouse Standards, Working Together Agreements, Clubhouse Member Responsibilities & Rights, Daily Structure, Daily Guidelines, and use of our VINE Fitness Membership.
 - ⇒ After completing Orientation, the new member will have the option to get a key fob, which allows them to enter the VINE building through the side door.

NAMI FAMILY: MANKATO

This is a peer-led support group for family members of a person living with mental illnesses.

GRACE LUTHERAN CHURCH
110 N 4TH STREET, MANKATO MN 56001
BLUE EARTH *back door*

Meets simultaneously with NAMI Connection: Mankato

In person participants are strongly encouraged to wear masks and follow COVID-19 protocols, including social distancing. Individuals should stay home if they have any symptoms of illness or have been exposed to COVID-19. Group size limit is 17 participants



2ND & 4TH THURSDAYS
6:30:00 PM 8:00:00 PM

WITH DIANE GERLACH
No registration needed

For more information,
contact Kirsten Weiss
651-645-2948
EXT. 127

NAMI CONNECTION: MANKATO

This is a peer-led support group for adults (18+) living with a mental illness.

MEETING LOCATION:
Grace Lutheran Church
110 N 4th Street, Mankato MN 56001
Blue Earth County *back door*

Meets simultaneously with NAMI Family Mankato

In person participants are strongly encouraged to wear masks and follow COVID-19 protocols, including social distancing. Individuals should stay home if they have any symptoms of illness or have been exposed to COVID-19.

Group size limit is 17 participants



2ND & 4TH THURSDAY
6:30:00 PM to 8:00:00 PM

WITH CHRISTINE MYERS
No registration needed

For more information,
contact Kirsten Weiss
651-645-2948
EXT. 127



1-651-645-2948
1-888-NAMI-HELPS

www.namimn.org
namihelps@namimn.org



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EMPLOYMENT DISCUSSION & ACTIVITIES

**Abby will be at the 2nd Step Clubhouse every
2nd & 4th Wednesday of the month from 2:00 - 3:00.**

**WILL NOT BE AT THE
CLUBHOUSE ON JUNE 24TH**

All are welcome!

Everyone and anyone who just wants to hang out! Not looking for work, Come anyways!

Are you retired? Tell us about your work experience!

Potential Topics of Discussion:

- You are not able to work currently. How can you prepare yourself for work in the future
- When is it appropriate to disclose a personal disability to an employer?
- Are on Social Security Disability benefits and considering employment but are concerned about losing your benefits?
- What do you want to know about employment?
- Are there specific jobs you want to learn more about?
- Are you working and have questions about your current job?

What is IPS?

Individual Placement and Support (IPS) is a model of supported employment for people with a mental health illness.

IPS drives to empower people. Not to tell them where they must work or what types of services they must receive. Employment specialists try to understand what is most important to each person and what motivates each person.

Contact Us

Abby Frantsen

IPS Employment Specialist
Blue Earth, Nicollet, and Le Sueur County
507-420-1271

afrantsen@mymrci.org



CLUBHOUSE OUTINGS AND ACTIVITIES THIS MONTH



STRETCHING WITH CHRIS

Mondays at 1:30

EMPLOYMENT DISCUSSION WITH ABBY

2nd and 4th Wednesdays at 2:00

MONDAYS SUPPORT GROUP AT 2:30

*** CREATIVE EXPRESSIONS ***

Thursday Aug 6th and 13th at 2:00

Making bracelets and necklaces

Thursday, Aug 27th at 2:00

Diamond Art

10 COUNTY CLUBHOUSE ACTIVITIES

Tuesday, August 18th at 10:30 in Albert Lea - Picnic

(Be at Clubhouse at 9:00 to ride in van)

SECOND STEP CLUBHOUSE ACTIVITIES

Saturday, Aug 22nd - Out to eat at Applebee's @ 11:00

(Be at Club by 10:30 for ride)

Friday, Aug 21st at 2:00 - Dungeons & Dragons

Saturday, Aug 29th - Karaoke

(Starting at 2:00)

SECOND STEP CLUBHOUSE TOURNAMENTS

(sign up the day of the event)

- 8-Ball - First Saturday at 1:30
- Pfeffer Cards - Second Saturday at 1:30
- 9-Ball - Third Saturday at 1:30
- Skip-Bo - Sunday, August 16th at 1:30
- Hand & Foot: Fourth Saturday at 1:30



Second Step Clubhouse

Fish-Nic Activity:

Tuesday, August 25th

- 10:00 Meet at Clubhouse
- 11:00 Eat lunch
- 11:30 Clean up and head out to fish

**** DON'T FORGET TO GET YOUR FISHING LICENSE AND POLE (IF YOU HAVE ONE) BEFORE WE GO ****



**X-Box and Games
available to use at
the Clubhouse
during Social Rec
times**

Sunday 1:00-4:00	Monday 1:00 - 5:00	Tuesday 1:00 - 5:00	Wednesday 1:00 - 5:00	Thursday 10:00 am - 5:00	Friday 1:00 - 5:00	Saturday 1:00 - 5:00
						1
ACTIVITIES IN "BOLD" <u>SIGN - UP IS REQUIRED PRIOR TO DATE OF ACTIVITY</u> Call (507-304-4414) for information and/or sign up for an activity.						OPEN 1:00 - 4:00 1:30 
2	3 No Zoom	4 Zoom @ 2:30	5	6 OPEN 10:00-5:00	7 Mike	8
OPEN 1:00 - 4:00	OPEN 1:00 - 4:00 1:00 <u>Work Units</u> 1:30 <u>Stretching</u> 2 - 4 <u>Social Rec</u>	1:00 <u>Work Units</u> 2 - 5 <u>Social Rec</u> 2:30 <u>Clubhouse Meeting</u> 4 - 5 <u>Orientation</u>	1:00 <u>Work Unit</u> 2 - 5 <u>Social Rec</u> 4:00 <u>Volunteers Meeting</u>	10:00 to 1:00 <u>Work Units</u> 11-12 <u>Orientation</u> 1 - 5 <u>Social Rec</u> 2:00 <u>Making Bracelet & Necklace</u>	1:00 <u>Work Units</u> 2 - 4 <u>Social Rec</u>	OPEN 1:00 - 4:00 1:30 Pfeiffer 
9	10 Zoom @ 2:30	11	12	13 OPEN 10:00-5:00	14 Eric	15 Mike
OPEN 1:00 - 4:00	1:00 <u>Work Units</u> 1:30 <u>Stretching</u> 2 - 5 <u>Social Rec</u> 2:30 <u>Support Group:</u>	1:00 <u>Work Units</u> 2 - 5 <u>Social Rec</u> 4 - 5 <u>Orientation</u>	1:00 <u>Work Unit</u> 2 - 4 <u>Social Rec</u> 2:00 <u>Employment Discussion with Abby</u>	10:00 to 1:00 <u>Work Units</u> 1 - 5 <u>Social Rec</u> 2:00 <u>Making Bracelet & Necklace</u>	1:00 <u>Work Units</u> 2 - 5 <u>Social Rec</u>	1 - 5 <u>Social Rec</u> 1:30 
16	17 No Zoom	18 No Zoom	19	20 OPEN 10:00-5:00	21 Mike	22 Eric
OPEN 1:00 - 4:00 1:30 	1:00 <u>Work Units</u> 1:30 <u>Stretching</u> 2 - 4 <u>Social Rec</u> 2:30 <u>Support Group:</u>	10:30 <u>Ten Co. Club Picnic Albert Lea</u> 1:00 <u>Work Units</u> 2 - 5 <u>Social Rec</u>	1:00 <u>Work Unit</u> 2 - 4 <u>Social Rec</u>	10:00 to 1:00 <u>Work Units</u> 11-12 <u>Orientation</u> 1 - 5 <u>Social Rec</u>	1:00 <u>Work Units</u> 2 - 5 <u>Social Rec</u> 2:00 DUNGEONS & DRAGONS	11:00 <u>Out to Eat at Applebee's</u> 1 - 5 <u>Social Rec</u> 1:30 
23	24 Zoom @ 2:30	25 No Zoom	26	27 OPEN 10:00-5:00	28 Eric	29 Mike
OPEN 1:00 - 4:00	1:00 <u>Work Units</u> 1:30 <u>Stretching</u> 2 - 5 <u>Social Rec</u> 2:30 <u>Support Group:</u>	<u>Fish-Nic</u> <u>Meet at the Club at 10:00</u> OPEN 1:00 - 4:00	1:00 <u>Work Units</u> 2 - 5 <u>Social Rec</u> 2:00 <u>Employment Discussion with Abby</u>	10:00 to 1:00 <u>Work Units</u> 1 - 5 <u>Social Rec</u> 2:00 <u>Diamond Art</u>	1:00 <u>Work Units</u> 2 - 5 <u>Social Rec</u>	1 - 5 <u>Social Rec</u> 2:00 
30	31					
OPEN 1:00 - 4:00	1:00 <u>Work Units</u> 1:30 <u>Stretching</u> 2 - 5 <u>Social Rec</u> 2:30 <u>Support Group:</u>					