

The Club Gazette

OCTOBER 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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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>

**Recognizing our Clubhouse Member
Volunteers for the hours they volunteered
in 2025. Total of 381.5 hours!**

That comes to approximately 95 days covered!

1. Angela A

2. Billy F

3. Chris M

4. Daryl M

5. Eva B

6. Jen L

7. Jon M

8. Kristi G

9. Lola M

10. Mary S

11. Maurice B



**THANK YOU
Volunteers**



Be sure to thank your Volunteers

Kindness Doesn't Have to be a Big Show

By Kathi B.

A short time ago, I had the privilege and pleasure of attending a graduation party for a great nephew of mine. There was a man there who I have been friends with for many years. I considered him family from day one. Ron is one of the gentlest people I have ever known, and I would like to pay tribute to him for his kindness to everyone he meets in life. Oh, the years of just knowing him as a friend and family member have been fun. Cook outs, games, fishing, shoveling snow with me to earn Christmas money in a blizzard in Sioux Falls, South Dakota gives a person a small glimpse into Ron's life. I am attending this graduation party and then went to a birthday party for a great grandson of Ron's and other family members. Ron, one of my sisters, and I played a game of dice. A game we played many times throughout our young adult lives and the memories came flooding back to me. Memories of when my mom was still alive, memories of feeling together, safe, feeling loved and a feeling of belonging. That's how I felt and from the expressions on my sister's face and Ron's face, I'm sure they were feeling the same things. When we left, we shared hugs and, "I love you's!" all around and Ron said to me, "Thank you, you made my day!"



Kindness doesn't have to be a big show or expense, it can be as simple as a warm hug, a conversation, a game, sharing a memory, and even just sitting with someone, saying hello. Most of all know kindness is free. All it takes is a little of your time. Ron, my friend and brother, Thank You! You gave me a gift as well, your time, conversation, your friendship. Until we meet again.



10 County Clubhouse Halloween Party

Le Center American Legion

11:00 am to 2:00 pm



Clubhouse Activities in September

By Mary S

On Saturday, September 12th, a group went out to eat at Legends. I interviewed Lola about her meal. She said she and Mike had the same soup and sandwich combo. Lola's was a serving of wild rice soup and a ham sandwich which was \$13. Both Lola and Mike said the soup was absolutely delicious.

Location:

1900 Premier Dr
Mankato, MN



On Tuesday, Sept 15th we went to Levee Park in St. Peter for our Fish/Nic. We had invited the DNR come and do a demonstration about the fish in the river. We invited Vail Place to eat with us and 3 other Clubhouses in our area to join us. The DNR had brought their electro-boat which they used to send current through an area of water and shock fish (not killing them) then netted them. The fish recover quickly and it makes it possible to show them to us and also for testing or tagging. They actually have tags that are surgically implanted in some fish and they can track the where they travel. The DNR returns the fish to the water as soon as possible. They showed us a large female walleye, cow fish, a large mouth bass, and a channel catfish. After their presentation we went fishing. Eric, Kathi and I were near the boat landing. Kathi caught a medium sized channel cat and then Eric caught a channel cat, and I finally I caught a very small channel cat. We had many bites but could only land those three. Oh, and Billy kissed a fish!



On Tuesday, Sept 22nd, we met other Clubs from our SCCBI Initiative and went to the U of M Landscape Arboretum in Chaska. We had a picnic lunch in the area near the Scarecrows, Pumpkins and Harvest Fun exhibit. Jen, Reece, Pam, Kathi and Sister went to see the scarecrows after eating. The Park is 1,200 acres which has a three mile walk and a three mile drive inside the park. We chose the drive with Mike at the wheel. We saw a beautiful water fall and a Koi pond inside the Japanese garden. Other things we saw was the Beren's cabin built in the mid 1800's, beautiful sculpture garden and the Farm of the Arb where we went through a corn maze.



Article written by Donald S.

Continuing our investigation of the historical place names, we will look at the word “Winnebago”.

In the 1820's and the 1830's the Sac and Fox Indians of northern Iowa were in a bloody war with the Mdewakanton (People of the lake) and Wahpekute (shooters from the leaves) Dakota of southern Minnesota.

To end this war, the U.S. government moved the Winnebago Indians (now called the Ho-Chunk) from present day Wisconsin as a buffer between the two sides. At the site of the present day town of Winnebago was the agency for this new reservation. In the 1850's, a road from Mankato to Winnebago was built. This road, now called Agency Street, is only four blocks long in Mankato.

In the 1860's after the Great Dakota Uprising, the Winnebago were moved again to new reservation south and west of present day Minnesota.



The Dakota Wahpekute



Ho-Chunk (Winnebago Indians)

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

Thursday, September 10th at 2:00

Thursday, September 24th at 2:00

of the month from 2:00 - 3:00.

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 ***

Wednesday the 7th at 2:00

Diamond Art

Tuesday the 20th at 3:30

Jewelry Making

Friday the 16th at 1:30 Chili Food Demo by Jen L

10 COUNTY ACTIVITIES

Halloween Party - Thursday, Oct 29th 11:00—2:00

(Be at Clubhouse at 10:15 to ride in vans)

SECOND STEP CLUBHOUSE ACTIVITIES

Saturday, Sept 12th out to eat at Pizza Ranch @ 11:00

(Be at Club by 10:30 for ride)

Saturday, October 31st Second Step Halloween Party

Bingo - Costume Contest - Snacks and Beverage

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, September 20th at 1:30
- Hand & Foot: Fourth Saturday at 1:30



Second Step Clubhouse

Fish-Nic Activity:

Tuesday, October 15th

Location TBA

Meet at Clubhouse at 10:00

Lunch at 11:00

Clean up and go Fishing!



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



**Looking for members to play.
Sign-up sheet at the Clubhouse!**

OCTOBER 2026

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 <u>OPEN 10:00-5:00</u>	2 Mike	3 Eric
ACTIVITIES IN "BOLD" SIGN - UP IS REQUIRED PRIOR TO DATE OF ACTIVITY Call (507-304-4414) for information and/or sign up for an activity.				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 - 4 <u>Social Rec</u> 2:00 <u>GAME:</u> 	11:00 <u>Out to Eat</u> <u>"Pizza Ranch"</u> 1 - 5 <u>Social Rec</u> 1:30 
4	5 <u>Zoom @ 2:30</u>	6 <u>Zoom @ 2:30</u>	7	8 <u>OPEN 10:00-5:00</u>	9 Eric	10 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>"Discussion cards"</u>	1:00 <u>Work Units</u> 2 - 5 <u>Social Rec</u> 2:30 <u>Clubhouse</u> <u>Meeting</u> 4 - 5 <u>Orientation</u>	1:00 <u>Work Unit</u> 2 - 5 <u>Social Rec</u> 2:00 <u>Diamond</u> <u>Art</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> 1:30 <u>Chili Demo</u> <u>by Jen J</u>	4:00 <u>Volunteers</u> <u>Meeting</u> 1:30 <u>Pfeffer</u> 
11	12 <u>Zoom @ 2:30</u>	13 <u>Volunteer</u>	14	15 <u>OPEN 10:00-5:00</u>	16 <u>Volunteer</u>	17 Eric
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>"Discussion cards"</u>	OPEN 1:00 - 4:00 1:00 <u>Work Units</u> 2 - 4 <u>Social Rec</u> <u>Fish-Nic</u>	1:00 <u>Work Unit</u> 2 - 5 <u>Social Rec</u> 2:00 <u>Employment</u> <u>with Abby</u>	10:00 to 1:00 <u>Work Units</u> 11-12 <u>Orientation</u> 1 - 5 <u>Social Rec</u>	OPEN 1:00 - 4:00 1:00 <u>Work Units</u> 2 - 4 <u>Social Rec</u>	1 - 5 <u>Social Rec</u> 1:30 
18	19 <u>Zoom @ 2:30</u>	20 <u>Zoom @ 2:30</u>	21	22 <u>OPEN 10:00-5:00</u>	23 Eric	24 Mike
OPEN 1:00 - 4:00 1:30 	1:00 <u>Work Units</u> 1:30 <u>Stretching</u> 2 - 5 <u>Social Rec</u> 2:30 <u>Support Group:</u> <u>"Discussion cards"</u>	1:00 <u>Work Units</u> 2 - 5 <u>Social Rec</u> 2:30 <u>Clubhouse</u> <u>Meeting</u> 3:30 <u>Jewelry</u> <u>Making</u>	9:00 <u>Candy Barn</u> 1:00 <u>Work Unit</u> 2 - 5 <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 <u>GAME:</u> 	1 - 5 <u>Social Rec</u> 1:30 
25	26 <u>Zoom @ 2:30</u>	27	28	29 <u>Volunteer</u>	30 Mike	31 Eric
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>"Discussion cards"</u>	1:00 <u>Work Units</u> 2 - 5 <u>Social Rec</u> 4 - 5 <u>Orientation</u>	1:00 <u>Work Units</u> 2 - 5 <u>Social Rec</u> 2:00 <u>Employment</u> <u>with Abby</u>	OPEN 1:00 - 4:00 11-2 <u>10 Co. Club</u> <u>Halloween Party</u> <u>in Le Center</u>	1:00 <u>Work Units</u> 2 - 5 <u>Social Rec</u> 2:00 <u>GAME:</u> 	Second Step Halloween Party! • <u>BINGO!</u> • <u>COSTUME</u> <u>CONTEST!</u> • <u>SNACKS</u>