

# NEXT STEP CLUBHOUSE

## JUNE 2018

Next Step Clubhouse      Clubhouse: 373-6938  
 216 South Washington Ave. Sue:            377-5475 or 402-0307  
 Albert Lea, MN 56007                      Jason: 377-5489 or 383-7550

### 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.

## NEWS AND NOTES

The Clubhouse will be closed for outings and Holidays on 6/13, 6/19, 6/21, 6/26, 6/29.

Sue and Jason will no longer sign anyone up for outings. If you are interested in attending an outing, please stop at the Clubhouse and sign up. The new sheets will be available for sign up at mid-month for the following month activities.

Reminder that cleaning group runs every Wednesday at 8 AM or during your free time. Please initial each chore as completed throughout the week. We will try to have parties and/or certificates randomly throughout the year to say thank you for all of your help and support with keeping the Clubhouse clean and welcoming!

Reminder that we have a weekly volunteer group on Tuesday mornings from 8:15-9:15 to help at the Humane Society. Talk to Sue if you are interested.

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.

### Clubhouse HOURS

<i>Monday</i>	<i>11:30-5:00</i>
<i>Tuesday</i>	<i>11:30-5:00</i>
<i>Wednesday</i>	<i>8:00-5:00</i>
<i>Thursday</i>	<i>11:30-5:00</i>
<i>Friday</i>	<i>11:30-5:00</i>
<i>Saturday</i>	<i>9:00-1:00</i>
<i>Sunday</i>	<i>9:00-1:00</i>

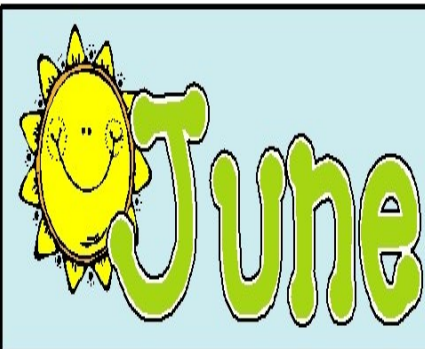
### Inside This Issue

Page	
1	Mission Statement, News and Notes, What to watch for
2	Mental Health Resources & Community Spotlight
3	Activity & Staff Calendar
4	Board Meeting Minutes.
5	Monthly Birthdays/Fun Facts

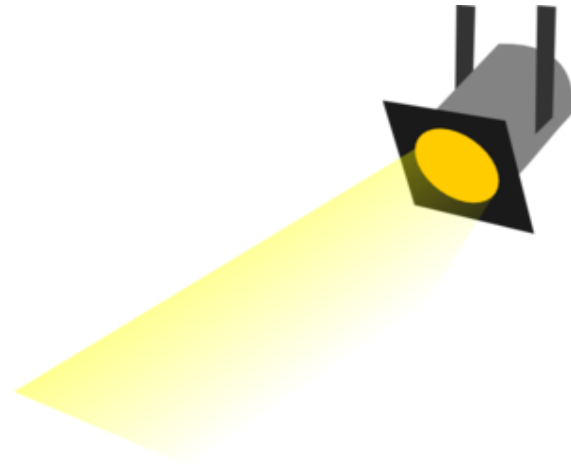
### WHAT TO WATCH FOR....MARK YOUR CALENDARS!

6/1, 6/8, 6/15, 6/22, 6/29	Rummage Sales
6/4	Fishing
6/5	Albert Lea Movies
6/6	Shopping/Perkins & Food Shelf
6/7, 6/8	Women's Activity-Spam Museum, Piggy Blues
6/11	Root beer Floats
6/12	LAC & Board Meeting
6/13, 6/14	Men's Activity-Worth Co Fair
6/13	Mankato Moondogs
6/14	Crafts w/Lynn
6/15	Baking with Linda
6/19	Lakeville Movie & Shopping-Overflow to Albert Lea evening movie
6/20	Wind Down Wednesday
6/21	10 Co Picnic at Edgewater Park
6/25	Walk to McDonalds
6/26	Shopping & Lynx Game
6/27	Boating in Faribault
6/28	Sloppy Joes and Crisis Education
6/29	MN Soccer Game

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.



# Community Spotlight &



Freeborn Co. Mental Health Center	377-5440
Mayo Clinic Systems Behavioral Health	377-6406
Cedar House	377-8506
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	1-800-865-0606
Crisis Line (Emergency)	1-507-377-5499 or 1-877-402-3743
NAMI (National Alliance for Mental Health)	1-888-626-4435

[www.namihelps@namimn.org](mailto:www.namihelps@namimn.org)

SCCBI (South Central Community Based Initiative) ([www.sccbi.info](http://www.sccbi.info))

## Food

### Salvation Army Food Shelf

M-F 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

### Ruby's Pantry

373-7989

1540 South Shore Dr., Albert Lea

### Meals on the Go

373-4343

### Loaves & Fishes Meals

Mondays at 5pm 373-1545

Catholic Church, Albert Lea

### Vineyard Church

377-1412

### Food Stamps/SNAP-DHS

377-5400

### WIC Public Health

## Support Groups

### AA Support Group

373-7850

1005 Ulstad Ave., Albert Lea

### NA Support Group

877-767-7676

1005 Ulstad Ave., Albert Lea

### Al Anon Support Group

373-7850

1005 Ulstad Ave., Albert Lea

### NAMI Support Group

Wednesdays 5:00-6:30

216 S. Washington Ave., Albert Lea

## Websites

[aa.minnesota.org](http://aa.minnesota.org)

[nami.org](http://nami.org)

[nimh.nih.gov](http://nimh.nih.gov)

[mentalhealth.com](http://mentalhealth.com)

[sccbi.info](http://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

Department of Human Services 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

Albert Lea Taxi 507-383-3341

Senior Resources 377-7433

(Medical Rides) 800-642-1875

# HAPPY BIRTHDAY



6/8 Nicholas Ashley  
6/12 Joe Hassing  
6/17 Barb Moe  
6/19 Jean Kobinski  
6/21 Cheryl C.  
6/22 Carlos Cornelius  
6/24 Steve Prusiner  
6/28 Jeremy Catalano



©wondercliparts.com

**Q: What was the average age of a cave man?**

A: "Stone Age!"

**Q: Why was the birthday cake as hard as a rock?**

A: Because it was marble cake!

## FUN FACTS ABOUT JUNE

- U.S. Senator Robert F. Kennedy was shot by an assassin on June 5, 1968 and he died the following day.
- The YMCA was organized in London on June 6, 1844.
- The Continental Congress adopted the Flag of the United States on June 14, 1777.
- The Ford Motor Company was founded on June 16, 1903.
- Congress adopted the design for the Great Seal of the United States on June 20, 1782.
- President Andrew Johnson announced the purchase of Alaska from Russia, June 20, 1867.
- Daniel Carter Beard, founder of Boy Scouts of America, was born on June 21, 1850.

June, named after Juno, the goddess of marriage, is the sixth month of the year, and is one of the four months with a length of 30 days. Just like the month of May, no other month begins on the same day as June. This is also the month with the longest daylight hours of the year.

June's birthstones are the Alexandrite, the Moonstone, and the Pearl. Alexandrite represents health and longevity. Moonstones represents change, new beginnings and the shifting tides of emotion and can help a wearer to alleviate stress, especially due to sudden changes in life. Moonstone is also believed to increase intuition and aid in lucid dreaming. Pearls symbolize purity of heart and faith, as well as growth and transformation through difficult circumstances.

Its birth flowers are the honeysuckle and the rose. Honeysuckle traditionally stands for bonds of devotion, love, fidelity and generosity. Few flowers have as many meanings attributed to them as the rose. Depending on the type of rose, roses can indicate romantic love, secrecy, desire, gratitude, mourning, impossible hopes, modesty, joy, love at first sight, innocence, sacrifice and much more. In the traditional language of flowers, roses are among the most important flowers.

Gemini and Cancer are the astrological signs for June. Birthdays from June 1 through the 20 fall under the sign of Gemini while June 21 through the 30 birthdays fall under the sign of Cancer.

A Bug Named June?

The June Bug, also known as June beetle, is the name for several large beetles seen in the United States during May and June. They are usually seen at night when the light attracts them.

June bugs eat the young leaves of trees and plants. They deposit their eggs in the ground and the young larvae bury themselves in the soil in the autumn and stay there two years. They then come out in May or June as adult beetles.

Next Step Clubhouse  
216 S Washington Ave  
Albert Lea MN 56007

Look Inside for Lots of Programing and Special Activities!

