

NEXT STEP CLUBHOUSE

MARCH 2020

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

Sue Ruble- (O)-377-5475 (C)402-0307
Susan.ruble@co.freeborn.mn.us
Jason Hoiseth- (O)- 377-5489 (C) 383-7550
Jason.hoiseth@co.freeborn.mn.us

NEXT STEP NEWS & NOTES...

- Clubhouse will be closed on the following dates for outings and Holidays: 3/11, 3/12, 3/18, 3/24
- Sue has relocated her full time office space to the Clubhouse. Both Sue and Jason will be doing more on-site activities at the Clubhouse.
- Thank you to our new volunteers Melena and Joab. They will be working Saturday and Sundays. Steve will now be working Fridays. Thank you Steve. We have a couple more openings for volunteer opportunities. Please talk with Jason or Sue if interested.
- Sign-up sheets will be put on the wall at the Clubhouse each month after the board meeting. You will have until the week prior to the activity to sign up. Please remember that if you sign up for an activity you need to follow through with attending that activity.
- We will be doing a weekly activity at the Clubhouse. Please share any ideas you would like to see done at the Clubhouse with Jason or Sue
- Newsletters are posted online at sccbi.info

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>10:00-4:00</i>
<i>Sunday</i>	<i>10:00-4:00</i>

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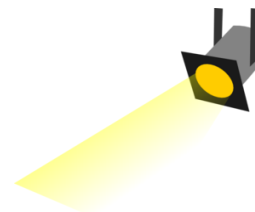
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MISSION STATEMENT

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	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

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

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

Wednesdays 5:00-6:30
216 S. Washington Ave., 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
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

MARCH STAFF AND ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 MeLena and Joab Clubhouse Open 10:00-4:00	2 (Jason Off) Clubhouse Open 11:30-5:00	3 8:30 Humane Society w/Sue Clubhouse Open 11:30-5:00	4 Mike S. Clubhouse Open 11:30-5:00	5 Richard B. Clubhouse Open 11:30-5:00	6 (Sue Off) Steve P Clubhouse Open 11:30-5:00 Jason in Mankato 8:00-1:00	7 MeLena and Joab Clubhouse Open 10:00-4:00 Cooking Group W/MeLena 12:00
8 MeLena and Joab Clubhouse Open 10:00-4:00	9 (Sue Off) Clubhouse Open 11:30-5:00	10 8:30 Humane Society w/Sue Clubhouse Open 11:30-5:00 Staff Meeting Board Meeting 11:30	11 Club Closed Sue and Jason Unavailable for rides	12 Club Closed Mental Health Day on the Hill at the State Capitol 7 AM pick up starts Sack lunch provided	13 (Jason Off) Steve P Clubhouse Open 11:30-5:00	14 .MeLena and Joab Clubhouse Open 10:00-4:00
15 MeLena and Joab Clubhouse Open 10:00-4:00	16 (Jason Off) Clubhouse Open 11:30-5:00	17 8:30 Humane Society w/Sue Clubhouse Open 11:30-5:00	18 Club Closed St. Peter Community Center Speaker: Mount Rushmore Lunch provided Pick up starts at 10	19 Richard B. Clubhouse Open 11:30-5:00 1:00 Crafts at the Club	20 (Sue Off) Steve P. Clubhouse Open 11:30-5:00	21 MeLena and Joab Clubhouse Open 10:00-4:00
22 MeLena and Joab Clubhouse Open 10:00-4:00	23 (Sue Off) Clubhouse Open 11:30-5:00	24 Club Closed 8:30 Humane Society w/Sue Pick up starts at 9:00 Lakeville Movie/ Shopping	25 Mike S. Clubhouse Open 8:00-5:00 12:00 Women's Group Breakfast sandwiches and coloring	26 Richard B. Clubhouse Open 11:30-5:00 12:00 Men's Group Breakfast for lunch	27 (Jason Off) Steve P. Clubhouse Open 11:30-5:00	28 MeLena and Joab Clubhouse Open 10:00-4:00
29 MeLena and Joab Clubhouse Open 10:00-4:00	30 (Jason Off) Clubhouse Open 11:30-5:00	31 8:30 Humane Society w/Sue Clubhouse Open 11:30-5:00		<i>If you need to go to the food shelf please con- tact Jason or Sue to set up a ride during the month.</i>	NAMI MEETING EVERY WEDNESDAY AT THE CLUBHOUSE 5:00-6:30	Clubhouse Hours <i>Monday 11:30-5:00 Tuesday 11:30-5:00 Wednesday 8:00-5:00 Thursday 11:30-5:00 Friday 11:30-5:00 Saturday 10:00-4:00 Sunday 10:00-4:00 0</i>

Next Step Clubhouse Board Meeting Minutes

February 11, 2020

Jean K. welcomed everyone. Present were- Jean K., Leo K., Dawn H., Mike S., Teresa J., Jackie J., Ron L., Richard B., Lynn S., Amy S., Jeanne S., Kim S., Steve P., Maria G., Tammy R., Melena B, Sandy T., Cheryl A., Mark K., Jen W., Megan R., Sue R, Jason H

A motion was made by **Jeanne S.** and seconded by **Jackie J.** to approve the minutes from January 14, 2020 Board Meeting.

Sue gave the treasure report. We currently have **\$3,621.29**

Announcements:

Sue will have her office at the Clubhouse.

We will be doing a weekly activity at the Clubhouse. Please share any ideas you would like to see done at the Clubhouse with Jason or Sue.

Sign-up sheets will be put on the wall at the Clubhouse each month after the board meeting. You will have until the week prior to the activity to sign up. Please remember that if you sign up for an activity you need to follow through with attending that activity.

If you are interested in being a volunteer for the Clubhouse opening and closing, please let Sue or Jason know.

Taking requests for 2020 craft supplies. Let Sue know.

Melena and Joab will be volunteering on Saturday and Sundays. Steve is moving to Fridays.

Clubhouse Newsletter is posted online at sccbi.info

If you need a ride to food shelf contact Sue or Jason to set up a ride.

Weekly Activities Reports

Volunteer- Humane Society-Tuesdays

Clubhouse Cleaning Group-Weekly

February Activities-

- 2/2 Super Bowl Party
- 2/5 Women's Activity-Cooking at Club and Movie
- 2/6 Valentine Coloring Contest
- 2/11 LAC, Volunteer, and Board Meetings
- 2/12 Baking Valentine Cookies
- 2/13 Make Valentine Cards
- 2/14 Valentines Party
- 2/17 CLOSED-Holiday
- 2/18 Albert Lea Movie
- 2/19 Men's Group – Tacos at the Club
- 2/20 Bingo
- 2/21 Food Shelf
- 2/27 Scrabble

WEDNESDAYS-NAMI Group meets at the Clubhouse every Wed from 5:00-6:30

SUGGESTION BOX- Nothing to report this month.

Next Board Meeting will be on March 10, 2020 at the Club.

Birthday Club – Lunch served.

Drawing-Door Prize-Won by **Jackie J.**

Drawing-Clubhouse Utilization-**Leo K.**

Member of the Month Certificate-**Melena B**

Lunch was served after the meeting.

Respectfully submitted,

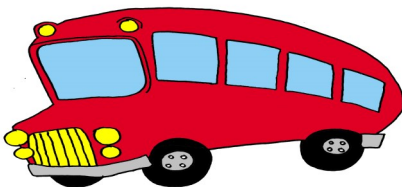
Jason Hoiseth, Secretary



MARCH BIRTHDAYS

Come Celebrate your Birthday with some cake during the Board Meeting.
Held on 2nd Tuesday of each month at the Clubhouse.

- 3/5 Leo Kobinski
- 3/7 John Sayer
- 3/9 Calen Schwarz
- 3/10 Roxanne Van Ryswyk
- 3/14 Salina Bredow
- 3/15 Jenny Worthington
- 3/18 Jay Prizler
- 3/21 Jordan Knutson
- 3/26 Richard Berg
- 3/26 Sandy Carter
- 3./31 Kat Thomas



WHEN YOU NEED A RIDE:

Please plan ahead. Sue and Jason have many clients to work with and need rides. We encourage you to use public transportation and ride services whenever possible.

Next Step Clubhouse
216 S Washington Ave
Albert Lea MN 56007

Look Inside for Lots of Programing and Special Activities!

