

# NEXT STEP CLUBHOUSE

## SEPTEMBER 2018

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

Sue Ruble- (O)-377-5475 (C)402-0307  
Jason Hoiseth- (O)- 377-5489 (C) 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 & NOTES...

- **Club will be closed on the 3rd, 5th, 6th, 13th, 18th, 19th, 26th and 27th for Outings and Labor Day Holiday.**
- **The Clubhouse will be having another Bake Sale fundraiser on 9/12. for NAMI Membership. Please come and help bake some goods on 9/11 to help raise money!**
- **The Clubhouse is a non-profit organization. We do not have funding available for reimbursement of items purchased or donated for the Club. You are welcome to donate items, but unfortunately, will not be able to get reimbursed. If you wish to donate food, crafts etc.. to the Clubhouse it is much appreciated, but not necessary.**
- **Clubhouse will be closed on Sundays thru the month of September.**

### Clubhouse Reminders:

- Please do not borrow, lend or sell items at the Clubhouse.
- Please sign up for outings before the 1st of each month.
- Please let Jason or Sue know if you need to cancel for an outing.
- Jason and Sue rotate Mondays and Fridays. Please look on the calendar to see who is working if you need something on those days.

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.

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.

### *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>

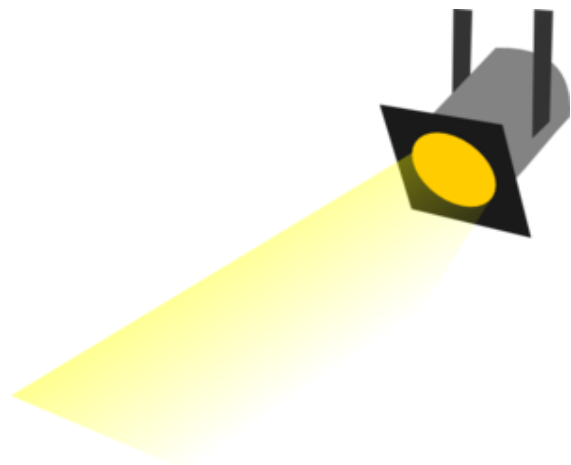
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# MENTAL HEALTH RESOURCES & COMMUNITY SPOTLIGHT



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

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](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

# SEPTEMBER STAFF AND ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NAMI MEETING EVERY WEDNESDAY AT THE CLUBHOUSE 5:00-6:30	<u>Clubhouse Hours</u> <i>Monday 11:30-5:00</i> <i>Tuesday 11:30-5:00</i> <i>Wednesday 8:00-5:00</i> <i>Thursday 11:30-5:00</i> <i>Friday 11:30-5:00</i> <i>Saturday 9:00-1:00</i> <i>Sunday 9:00-1:00</i>					1 <b>Jean/Leo</b>  Clubhouse Open 9:00-1:00
2  Clubhouse Closed	3  Clubhouse Closed  HOLIDAY	4  <b>Teresa</b>  Clubhouse Open 11:30-5:00  12:00 Women's Activity Austin Shopping & Lunch	5  Clubhouse Closed  Shopping & Stakeholder's in Mankato 9-6	6  Clubhouse Closed  9:00 Science Museum	7  <b>Teresa</b> <b>(Sue Off)</b>  Clubhouse Open 11:30-5:00	8  <b>Jean/Leo</b>  Clubhouse Open 9:00-1:00  10:00 Bingo w/Lynn
9  Clubhouse Closed	10  <b>Tara</b> <b>(Sue Off)</b>  Clubhouse Open 11:30-5:00	11  <b>Teresa</b>  8:00 Humane Society Clubhouse Open 11:00-5:00 11:15 Volunteer Meeting 11:30 Board Mtg 1:00 Baking for NAMI	12  <b>Jean/Leo</b> 8:00 Clean @ Club  Clubhouse Open 8:00-9:00  11:00 Bake Sale for NAMI	13  Clubhouse Closed  12:00 Golfing in Owatonna	14  <b>Teresa</b> <b>(Jason Off)</b>  Clubhouse Open 11:30-5:00	15  <b>Jean/Leo</b>  Clubhouse Open 9:00-1:00
16  Clubhouse Closed	17  <b>Tara</b> <b>(Jason Off)</b>  Clubhouse Open 11:30-5:00	18  8:00 Humane Society  Clubhouse Closed  9:00 Lakeville Movie/Shopping  4:00 ALea Movie Overflow	19  Clubhouse Closed  8:00- Arboretum	20  <b>Lynn/Richard</b>  Clubhouse Open 11:30-5:00  1:00 Crisis Education- Goolash & Sweet Corn	21  <b>Teresa</b> <b>(Sue Off)</b>  Clubhouse Open 11:30-5:00	22  <b>Jean/Leo</b>  Clubhouse Open 9:00-1:00
23 /30  Clubhouse Closed	24  <b>Tara</b> <b>(Sue Off)</b>  Clubhouse Open 11:30-5:00	25  <b>Teresa</b> 8:00 Humane Society  Clubhouse Open 11:30-5:00  11:00 Men's Activity	26  Clubhouse Closed  12:00 Shopping Mankato & MSU- Music Man @ 6:30	27  Clubhouse Closed  8:00 Como Zoo	28  <b>Teresa</b> <b>(Jason Off)</b>  Clubhouse Open 11:30-5:00  2:00 Salvation Army Food Shelf	29  <b>Jean/Leo</b>  Clubhouse Open 9:00-1:00

Next Step Clubhouse Board Meeting Minutes  
August 14, 2018

Teresa J. welcomed everyone. Present were Dawn H., Mitch L., Herb W., Lynn S., Cheryl A., Sandy C., Teresa J., Richard B., Jim C., Leo K., Tammy R., Maria G., Mark K., Sue R.

A motion was made by Herb W. and seconded by Richard B. to approve the minutes from July 10, 2018 Board Meeting.

Jason gave the treasurer's report. There is currently \$3967.57 in the checking account. Still waiting to hear back about the possible grant money.

Announcements:

Please look at the calendar before coming to the Clubhouse. There are a lot of days that are closed due to outing and events.

The Clubhouse is a non-profit organization. We do not have funding available for reimbursement of items purchased or donated for the Club. You are welcome to donate items, but unfortunately, will not be able to get reimbursed. If you do wish to donate food, crafts etc. to the Clubhouse it is much appreciated, but not necessary.

Men's Group will move to Wed. 29<sup>th</sup>.

Discussion on State Fair.

Closed on Sundays thru September,

Activities Reports

Volunteer- Humane Society-Tuesdays

Clubhouse Cleaning Group – Weekly

**AUGUST ACTIVITIES**

- 8/15 Twins Game
- 8/16 Owatonna Fair
- 8/17 Sweetcorn Days-Sleepy Eye
- 8/22 Picnic at Edgewater
- 8/24 Baking with Linda
- 8/27 Fishing in Fairmont
- 8/28 Lakeville Movie/Shopping
- 8/29 Men's Activity-KFC
- 8/29 Shopping & Hardees
- 8/30 State Fair
- 8/31 Salvation Army Food Shelf

Wednesdays-NAMI Group meets at the Clubhouse from 5:00-6:30

**Next Board Meeting will be on September 11, 2018 at the Club.**

Birthday Club – Lunch and cake served.

Drawing for Door Prize was won by Sandy C.

Lunch was served after the meeting.

Respectfully submitted,

Sue Ruble

Secretary

# HAPPY BIRTHDAY

## SEPTEMBER BIRTHDAYS

- |     |                    |      |             |
|-----|--------------------|------|-------------|
| 9/5 | Marsiela O Lombida | 9/10 | Nichole S.  |
| 9/6 | Shirley S.         | 9/14 | Robert S.   |
| 9/8 | Tammy R.           | 9/19 | Joab V.     |
| 9/9 | Scott A.           | 9/24 | Jennifer C. |
| 9/9 | Jeanne S.          | 9/28 | Kathy D.    |
|     |                    | 9/28 | Cathy M.    |



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

*Q-What do they serve at Birthday Parties in Heaven?  
A-Angel Food Cake , of course!*

# HAPPY BIRTHDAY



- BALLOONS
- BIRTHDAY
- CAKE
- CANDLES
- CANDY
- CARDS
- DECORATIONS
- FRIENDS

- FUN
- GAMES
- HAPPY
- HATS
- MUSIC
- PRESENTS
- SONGS
- SURPRISE



Next Step Clubhouse  
216 S Washington Ave  
Albert Lea MN 56007

Look Inside for Lots of Programing and Special Activities!

