

THE CLUB GAZETTE

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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IT'S TAX TIME AGAIN!



On Thursdays and Fridays during tax season, the VINE Adult Community Center's 5th floor served as the home of the **AARP Tax-Aide Program**. Last year, 21 highly trained volunteers prepared 1,750 federal tax returns and 1,350 rent and property tax rebates. VINE is pleased to announce that the AARP Tax-Aide Program will again be providing **FREE** tax preparation for older adults and lower-to-middle income taxpayers. Volunteer tax preparers are trained and certified by the IRS and will do federal and state income tax returns as well as Minnesota property tax and rent rebates at the VACC.

Tax preparers will be available by appointment:

February 1st – April 13th

Thursdays and Fridays 8:30 am – 4:30 pm

ALSO Monday, April 16

Beginning January 8 call (507) 386-5570 (our designated tax line), during business hours to schedule your appointment. If a volunteer receptionist is not available, simply leave your name and number and your call will be returned.



ADDRESS:

421 E Hickory St.
Suite 404
Mankato, MN 56001

PHONE #

507-304-4414

HOURS:

Mon-Thurs 1:00 - 5:00
Fri & Sat 1:00 - 5:00
Sunday 1:00 - 5:00







WEBSITES:

www.sccbi.info
www.blueearthcountymn.gov
www.namimankato.org

Next month Activities:

- Mental Health Day on the Hill 15th
- MH Timberwolves 20th
- Planetarium

February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 1px solid black; padding: 5px;"> <p><u>Monday Mental Health Support</u> Group: check in to see how weekend went and any mental health challenges. We also use mental health Recovery cards and/or workbook to help generate discussions.</p> </div>						
<div style="border: 1px solid black; padding: 5px;"> <p><u>Tuesday Groups Self-Esteem</u> Workbook: We will be using a simple, effective workbook to help with liking yourself, conquering self-doubt, seeing you core worth, rational thinking, and much more.</p> </div>						
4  Super Bowl 52 1:00-5:00 Social/Rec	5 1:00 - 2:00 Work Units 2:00 - 5:00 Social / Rec 2:00 <u>Support Group</u>	6 1:00 - 2:00 Work Units 1:00 <u>Game Day</u> in <u>St. Peter</u> 2:00 - 5:00 Social / Rec 2:00 <u>Self - Esteem</u>	7 1:00 - 2:00 Work Units 2:00 - 5:00 Social / Rec	8 1:00 - 2:00 Work Units 2:00 - 5:00 Social / Rec 2:00 <u>Job Club</u>	9 1:00 - 2:00 Work Units 2:00 - 5:00 Social / Rec	10 11:30 Volunteer Mtg. 1:30 <u>Pfeffer</u> 
11 1:00-5:00 Social/Rec	12 1:00 - 2:00 Work Units 2:00 - 5:00 Social / Rec 2:00 <u>Support Group</u>	13 1:00 - 2:00 Work Units 2:00 - 5:00 Social / Rec 2:00 <u>Self - Esteem</u>	14  1:00 - 2:00 Work Units 2:00 - 5:00 Social / Rec	15 1:00 - 2:00 Work Units 2:00 - 3:00 <u>Club mtg.</u> 3:00 - 5:00 Social / Rec	16 1:00 - 2:00 Work Units 2:00 - 5:00 Social / Rec	17 1:30 8-Ball 
18 1:00-5:00 Social/Rec	19  Open 1-4pm	20 1:00 - 2:00 Work Units 2:00 - 5:00 Social / Rec 2:00 <u>Self - Esteem</u>	21 1:00 - 2:00 Work Units 2:00 - 5:00 Social / Rec	22 1:00 - 2:00 Work Units 2:00 - 5:00 Social / Rec 2:00 <u>Job Club</u>	23 1:00 - 2:00 Work Units 2:00 - 5:00 Social / Rec	24 11:30 Volunteer Mtg. 1:30 <u>Skip - Bo</u> 
25 1:00-5:00 Social/Rec	26 1:00 - 2:00 Work Units 2:00 - 5:00 Social / Rec 2:00 <u>Support Group</u>	27 1:00 - 2:00 Work Units 2:00 - 5:00 Social / Rec 2:00 <u>Self - Esteem</u>	28 1:00 - 2:00 Work Units 2:00 - 5:00 Social / Rec			

All Clubhouse meetings are open to both members and staff. This is a great opportunity for everyone to have input on program decisions and how the Clubhouse operates. Together we openly discuss issues, program planning, and decisions about groups and activities offered each month.

January 2018 meeting minutes

	<u>Jan 4th</u>	<u>Jan 18th</u>
Recorded Minutes:	<u>Ron Wilke</u>	<u>Molly D</u>
Read Agenda:	<u>Eva B</u>	<u>Daryl M</u>
Read last minutes:	<u>Molly D</u>	<u>Mike</u>
Attendance:	<u>4</u>	<u>8</u>

Review last meeting minutes:

- No corrections or changes needed

Suggestion box:

1. Have Bingo start up again.
2. Tie-Dye T-shirts for a craft project
3. Snacks for the Super Bowl? Game does not start until after 5:00 and we would need to have a Volunteer willing to keep the Clubhouse open.

Clubhouse Duties:

- Since January 2nd we have been doing our Work Units from 1:00 - 2:00 and everyone agreed that it was working out good.

Social Recreation time:

- Social/Rec time now starts at 2:00 Monday—Friday.
- On the 1st and 3rd Thursday of each month we have our Clubhouse Meeting at 2:00. This is the only time when social/rec does not start until after the meeting is done.

Petty cash:

- At the end of January our balance is: \$11.97. We paid out in January \$4.00 for the winners in Pfeffer, 8-bal, 9-ball, and Skip-Bo.

Coffee donations:

- From January 1st - 23rd we have taken in \$3.73.

Snack Bar:

- We all need to make sure that there is a Clubhouse Member signed up on Wednesdays to go shopping for supplies.

Newsletter:

- Make sure articles are in by the 20th each month.

Next months activities:

- Suggestions for out to eat in February are:
 1. Potbelly's Sandwich Shop
 2. Panda Express
 3. Riverhills Mall
- Plans to go shopping at Barnes and Nobles on Feb 3rd
- Monday, February 19th is Presidents Day and the Clubhouse will be open if we have a Volunteer from 1:00 - 4:00.

10 County Clubhouse Activity Planning Committee:

- We will be meeting on Friday, January 19th to decide on what activities we will be doing together in 2018. We have been given \$7,000 again this year from our South Central Community Based Initiative for all 9 Clubhouse Programs to do activities.
- We will be going over a list of suggested activities generated from the survey at the last Stakeholders meeting as well as from each Clubhouse.

New business and/or other business:

- We now have an MSU intern at the Clubhouse. Her name is Karson and she will be with us mainly on Mondays and Wednesdays (1-5) for about 10 hours a week. She will be done sometime at the end of May.
- Ron Wilke is going to check on how much \$\$ it is to go tubing at Mt. Kato.

MEETINGS IN FEBRUARY ARE 1ST AND 15TH 2:00

Second Step Clubhouse Meeting Minutes

Presidents' Day:

Origin as Washington's Birthday



The story of Presidents' Day date begins in 1800. Following President George Washington's death in 1799, his February 22 birthday became a perennial day of remembrance. At the time, Washington was venerated as the most important figure in American history, and events like the 1832 centennial of his birth and the start of construction of the Washington Monument in 1848 were cause for national celebration.

Did You Know?

President's Day never falls on the actual birthday of any American president. Four chief executives—George Washington, William Henry Harrison, Abraham Lincoln and Ronald Reagan were born in February, but their birthdays all come either too early or late to coincide with Presidents' Day, which is always celebrated on the third Monday of the month.

While Washington's Birthday was an unofficial observance for most of the 1800s, it was not until the late 1870s that it became a federal holiday. Senator Steven Wallace Dorsey of Arkansas was the first to propose the measure, and in 1879 President Rutherford B. Hayes signed it into law. The holiday initially only applied to the District of Columbia, but in 1885 it was expanded to the whole country. At the time, Washington's Birthday joined four other nationally recognized federal bank holidays—Christmas Day, New Year's Day, the Fourth of July and Thanksgiving—and was the first to celebrate the life of an individual American. Martin Luther King Jr. Day, signed into law in 1983, would be the second.

Presidents' Day: The Uniform Monday Holiday Act

The shift from Washington's Birthday to Presidents' Day began in the late 1960s when Congress proposed a measure known as the Uniform Monday Holiday Act. Championed by Senator Robert McClory of Illinois, this law sought to shift the celebration of several federal holidays from specific dates to a series of predetermined Mondays. The proposed change was seen by many as a novel way to create more three-day weekends for the nation's workers, and it was believed that ensuring holidays always fell on the same weekday would reduce employee absenteeism. While some argued that shifting holidays from their original dates would cheapen their meaning, the bill also had widespread support from both the private sector and labor unions and was seen as a surefire way to bolster retail sales.

The Uniform Monday Holiday Act also included a provision to combine the celebration of Washington's Birthday with Abraham Lincoln's, which fell on the proximate date of February 12. Lincoln's Birthday had long been a state holiday in places like Illinois, and many supported joining the two days as a way of giving equal recognition to two of America's most famous statesmen.

McClory was among the measure's major proponents, and he even floated the idea of renaming the holiday "President's Day." This proved to be a point of contention for lawmakers from George Washington's

home state of Virginia, and the proposal was eventually dropped. Nevertheless, the main piece of the Uniform Monday Holiday Act passed in 1968 and officially took effect in 1971 following an executive order from President Richard Nixon. Washington's Birthday was then shifted from the fixed date of February 22 to the third Monday of February. Columbus Day, Memorial Day and Veterans Day were also moved from their traditionally designated dates. (As a result of widespread criticism, in 1980 Veterans' Day was returned to its original November 11 date.)

Presidents' Day: Transformation

While Nixon's order plainly called the newly placed holiday Washington's Birthday, it was not long before the shift to Presidents' Day began. The move away from February 22 led many to believe that the new date was intended to honor both Washington and Abraham Lincoln, as it now fell between their two birthdays. Marketers soon jumped at the opportunity to play up the three-day weekend with sales, and "Presidents' Day" bargains were advertised at stores around the country.

By the mid-1980s Washington's Birthday was known to many Americans as Presidents' Day. This shift had solidified in the early 2000s, by which time as many as half the 50 states had changed the holiday's name to Presidents' Day on their calendars. Some states have even chosen to customize the holiday by adding new figures to the celebration. Arkansas, for instance, celebrates Washington as well as civil rights activist Daisy Gatson Bates. Alabama, meanwhile, uses Presidents' Day to commemorate Washington and Thomas Jefferson (who was born in April).

Washington and Lincoln still remain the two most recognized leaders, but Presidents' Day is now popularly seen as a day to recognize the lives and achievements of all of America's chief executives. Some lawmakers have objected to this view, arguing that grouping George Washington and Abraham Lincoln together with less successful presidents minimizes their legacies. Congressional measures to restore Washington and Lincoln's individual birthdays were proposed during the early 2000s, but all failed to gain much attention. For its part, the federal government has held fast to the original incarnation of the holiday as a celebration of the country's first president. The third Monday in February is still listed on official calendars as Washington's Birthday.

Presidents' Day: Celebrations and Traditions

Like Independence Day, Presidents' Day is traditionally viewed as a time of patriotic celebration and remembrance. In its original incarnation as Washington's Birthday, the holiday gained special meaning during the difficulties of the Great Depression, when portraits of George Washington often graced the front pages of newspapers and magazines every February 22. In 1932 the date was used to reinstate the Purple Heart, a military decoration originally created by George Washington to honor soldiers killed or wounded while serving in the armed forces. Patriotic groups and the Boy Scouts of America also held celebrations on the day, and in 1938 some 5,000 people attended mass at Saint Patrick's Cathedral in New York City in honor of Washington.

In its modern form, Presidents' Day is used by many patriotic and historical groups as a date for staging celebrations, reenactments and other events. A number of states also require that their public schools spend the days leading up to Presidents' Day teaching students about the accomplishments of the presidents, often with a focus on the lives of Washington and Lincoln.

Fitness Memberships at VINE

We have 2 fitness memberships which Clubhouse Members can use for:

- Walking track / Fitness Classes / Water Exercise / Education Classes
- HUR Exercise Machines (*one-time \$ 5.00 training fee you need to pay*)
- To start using the memberships we ask that you first read the details about using the cards. Just talk with Mike or Audrey to help get you on your way.
- **REMINDER:** VINE fitness memberships cannot be used when VINE building is closed.

WE WILL CONTINUE TO OFFER GROUP WALKING ON FRIDAYS AND SATURDAYS AT 3:00

Bus Tokens / Mobility Bus

Having a hard time getting to activities the Clubhouse offers? We have bus tokens and mobility bus passes for Clubhouse Members to use to attend specific activities offered at the Clubhouse and/or in the community. Talk with Mike or Audrey for details.



P.O. Box 1175
Mankato, MN 56002
www.namimankato.org

NAMI Connection - For People Living with a Mental Illness

2nd and 4th Thursday of Each Month
Time: 6:30 p.m.

Contact: Diane at (507) 931-6996

NAMI Family Support Group - For Families & Friends of People Living with a Mental Illness

Day: 2nd and 4th Thursday of Each Month
Time: 6:30 p.m.

Contact: Brian at (507) 317-3595

Groups are led by trained facilitators who have personal experience living with a mental illness or caring for a family member with a mental illness. Groups are free to attend.

Groups location:

*Bethel Baptist Church
1250 Monks Ave, Mankato*