

# 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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## Second Step Clubhouse turns 30 years old!! Brief history of the Clubhouse

### 1988

- MSU Social Work Professor (Dick Winterstein) presents information on Clubhouse Programs
- Proposal for Blue Earth County to get a Clubhouse
- Met with consumers, family members, MSU professor, BEC Supervisor and BEC staff
- Visited existing Clubhouse Programs in Minneapolis / Hopkins (Vail Place)
- Blue Earth County approved funding for Clubhouse Program in Mankato
- Hired Clubhouse Coordinator: (Gary Travis)
- New name (Second Step Clubhouse) and location selected.

### 1989

- January 1989 Clubhouse opens on the corner of Liberty and Front Street in Mankato.
- Clubhouse Hours: Monday – Saturday: 11:00 am to 8:00 pm

### 1992

- New Clubhouse Coordinator: (Kristine Madsen)

### 1993

- Clubhouse moves to 121 East Main Street (2<sup>nd</sup> location)
- New Clubhouse Coordinator: (Mike Hildebrandt)

### **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](http://www.sccbi.info)  
[www.blueearthcountymn.gov](http://www.blueearthcountymn.gov)  
[www.namimankato.org](http://www.namimankato.org)

### **Next Month Activities:**

- Game day in St. Peter on Wednesday, January 20th.

<b>Sunday</b> <b>1:00 - 5:00</b>	<b>Monday</b> <b>1:00 - 5:00</b>	<b>Tuesday</b> <b>1:00 - 5:00</b>	<b>Wednesday</b> <b>1:00 - 5:00</b>	<b>Thursday</b> <b>1:00 - 5:00</b>	<b>Friday</b> <b>1:00 - 5:00</b>	<b>Saturday</b> <b>1:00 - 5:00</b>
<p>Sign up sheets for monthly activities are posted on the day the newsletter is made available. Activities <b><u>UNDERLINED</u></b> require sign up prior and other activities just show up by the time posted.</p>		<p><b>1</b></p> <p><b>2019</b>  <b>HAPPY</b>  <b>NEW YEAR</b>  <b>OPEN</b>  <b>1:00 - 4:00</b></p>	<p><b>2</b></p> <p>1 - 2 Work Units                  2 - 5 Social / Rec</p>	<p><b>3</b></p> <p>1 - 2 Work Units                  2:00 <b>Clubhouse Meeting</b>                  3 - 5 Social / Rec</p>	<p><b>4</b></p> <p>1 - 2 Work Units                  2 - 5 Social / Rec                  2:00                  4:30 <b><u>Out to Eat: Riverhills Mall (new A&amp;W)</u></b></p>	<p><b>5</b></p> <p>1:30 <b>8-Ball</b>                  1:30 <b>Quilting</b></p>
<p><b>6</b></p> <p>1:00-5:00                  Social/Rec</p>	<p><b>7</b></p> <p>1 - 2 Work Units                  2 - 5 Social / Rec                  2:00 Support Group:  <b>“Recovery is Wonderful”</b></p>	<p><b>8</b></p> <p>1 - 2 Work Units                  2 - 5 Social / Rec                  2:00 Group:  <b>“What’s Your Level of Stress?”</b></p>	<p><b>9</b></p> <p>1 - 2 Work Units                  2 - 5 Social / Rec</p>	<p><b>10</b></p> <p>1 - 2 Work Units                  2 - 5 Social / Rec</p>	<p><b>11</b></p> <p>1 - 2 Work Units                  2 - 5 Social / Rec                  2:00</p>	<p><b>12</b></p> <p>1:30 <b>Pfeffer</b></p>
<p><b>13</b></p> <p>1:00-5:00                  Social/Rec</p>	<p><b>14</b></p> <p>1 - 2 Work Units                  2 - 5 Social / Rec                  2:00 Support Group:  <b>“Recovery Planning”</b></p>	<p><b>15</b></p> <p>1 - 2 Work Units                  2 - 5 Social / Rec                  2:00 Group:  <b>“Exercises for Stress Reduction”</b></p>	<p><b>16</b></p> <p>1 - 2 Work Units                  2 - 5 Social / Rec</p>	<p><b>17</b></p> <p>1 - 2 Work Units                  3 - 5 Social / Rec</p>	<p><b>18</b></p> <p>1 - 2 Work Units                  2 - 5 Social / Rec                  2:00</p>	<p><b>19</b></p> <p>1:30 <b>8-Ball</b>                  1:30 <b>Quilting</b></p>
<p><b>20</b></p> <p>1:00-5:00                  Social/Rec</p>	<p><b>21</b></p>  <p><b>Martin Luther King Jr. Day</b>  <b>OPEN</b>  <b>1:00 - 4:00</b></p>	<p><b>22</b></p> <p>1 - 2 Work Units                  2 - 5 Social / Rec                  2:00 Group:  <b>“Plans for Stress Management”</b></p>	<p><b>23</b></p> <p>1 - 2 Work Units                  2 - 5 Social / Rec</p>	<p><b>24</b></p> <p>1 - 2 Work Units                  2:00 <b>Clubhouse Meeting</b>                  2 - 5 Social / Rec</p>	<p><b>25</b></p> <p>1 - 2 Work Units                  2 - 5 Social / Rec                  2:00</p>	<p><b>26</b></p> <p>11:30 <b>Volunteer Meeting</b>                  1:30 <b>Members Pizza Party to celebrate Second Steps 30 years !!</b></p>
<p><b>27</b></p> <p>1:00-5:00                  Social/Rec  <b>2018 Pool tournament of Champions 8-Ball and 9-Ball</b></p>	<p><b>28</b></p> <p>1 - 2 Work Units                  2 - 5 Social / Rec                  2:00 Support Group:  <b>“Staying Strong”</b></p>	<p><b>29</b></p> <p>1 - 2 Work Units                  2 - 5 Social / Rec                  2:00 Group:  <b>“Review of Stress Management”</b></p>	<p><b>30</b></p> <p>1 - 2 Work Units                  2 - 5 Social / Rec                  4:00 <b><u>Minnesota Timberwolves</u></b></p>	<p><b>31</b></p> <p>1 - 2 Work Units                  2 - 5 Social / Rec</p>		

## **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 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](http://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*

**1995**

- New Staff at Clubhouse: (Carla Frederick 20 hours per week)
  - New Hours:
    - Monday – Thursday: 12:30 to 5:30
    - Friday & Saturday: 12:30 to 7:30
    - Sundays (every other): 1:00 to 5:00 (Volunteers)

**1999**

- New items purchased for Clubhouse due to SCCBI funds: (TV stand, 4 bookshelves, 2 sofas, 2 love-seats, 2 chairs, office desks, vacuum, stereo)
- New Staff at Clubhouse: (Hanna Marzinske 20 hours per week)

**2001**

- Clubhouse goes smoke free.
- Smoke room gets redone (new ceiling tiles, painted, carpet, wood trim).
- Blue Earth County buys a 15-passenger van. No longer renting one from MRCL.

**2002**

- New Hours: Open every other Sunday 12:30 – 4:30 (Club Member Volunteers)

**2005**

- New Hours: Now open every Sunday at 12:30 – 4:30 (Club Member Volunteers)
- New Staff at Clubhouse: (Sallie Frahm-Smith: 40 hours per week)

**2008**

- Blue Earth County purchases new 15-passenger van.
- New Staff at Clubhouse: (Kelly Holland hired as part-time ARMHS worker and at the Clubhouse Thursdays 12:30 to 5:30 and Saturdays 12:30 to 7:30)

**2009**

- Second Step Clubhouse starts its 20<sup>th</sup> year.
- New Staff at Clubhouse: (Sheree Palm)
- Hours Changed: (Friday & Saturdays now open 12:30-6:30 with Volunteers 5:30 to 6:30)

**2010**

- Hours Changed: (Monday – Thursday 1:00 to 5:00 / Friday & Saturdays 1:00 to 6:00 with Volunteers covering 5:00-6:00 / Sundays open 1:00 to 5:00 by Volunteers)

**2011**

- Staff Change at Clubhouse: (Hanna Marzinske is back)

**2012**

- Clubhouse open on the Holidays: 1:00-4:00, if a Volunteer signs up.
- Staff Change at Clubhouse: (Jacklyn Westberg)

**2013**

- Decision made to move Second Step Clubhouse to the new VINE Adult Community Center when completed in 2014.
- Blue Earth County purchases new items for the new site funded by SCCBI: (furniture, kitchen appliances, TV's, educational materials, and other essential items to improve the program)
- Staff Change at Clubhouse: (Ashely Kisor)

**2014**

- Move into the VINE Adult Community Center, May 2014.
- We celebrate 25 years.
- Staff Change at Clubhouse: (Emily Rajewsky)

**2015**

- Staff Change at Clubhouse: (Audrey Lenz)

**2019**

- 30 years old!!
- Party for Clubhouse Members on Saturday, January 26th.
- Celebration for the public in May during open house for Mental Health Awareness Month (TBA).