



The Club Gazette

JANUARY 2022

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.

INSIDE THIS ISSUE	Page
Calendar	2
Precautions continued Clubhouse Winter Weather Closing Policy	3
New City Bus Fares	4
Employment Information	5

Effective 1/1/22, Second Step Clubhouse will increase our precautionary measures to help minimize the potential risk of COVID-19 transmission. These practices will be subject to extension or change as needed.

Please help us to keep the Clubhouse a safe environment.

Clubhouse Program protocols will be reviewed on a month-by-month basis:

- **Clubhouse Hours** - The Clubhouse will remain open Monday to Saturday 1:00 to 5:00.
- **Sundays & Holidays** – The Clubhouse will be closed on Sundays and holidays.
- **Health Screening** – Everyone must complete and pass a health screening in order to attend the Clubhouse in-person. Staff will confirm that all members have completed the health screening when checking into the Clubhouse.
- **Masks** - Highly Recommended at all times.
- **Out to Eat** – No out to eat events will be held in January.
- **Transportation** – Staff will not transport Clubhouse members to any outside events during the month of January.
- **Snack Bar** – The snack bar will remain open in January as scheduled.
- **Food** - No eating snacks while playing games. Also, no food to be brought into the Clubhouse.

ADDRESS:

421 E Hickory St. Suite 404
Mankato, MN 56001

PHONE #

507-304-4414

HOURS:

1:00 to 5:00
Monday - Saturday
Closed Sundays & Holidays

WEBSITES:

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

Sunday	Monday 1:00 - 5:00	Tuesday 1:00 - 5:00	Wednesday 1:00 - 5:00	Thursday 1:00 - 5:00	Friday 1:00 - 5:00	Saturday 1:00 - 5:00
		SECOND STEP CLUBHOUSE Open Monday - Saturday: 1:00 to 5:00 Closed on Sundays & Holidays Volunteer Covered Days: Open 1:00 - 4:00				1 CLUBHOUSE CLOSED NO Video Chat or Activities 
		2 CLUBHOUSE CLOSED No In-Person or Zoom Activities	3 ZOOM 1:30 1:00 <u>Work Units</u> 1:30 <u>Social Rec</u> 1:30 <u>Stretching</u> 2:00 <u>Support Group:</u> "What do you hope for this new year?"	4 ZOOM 2:00 1:00 <u>Work Units</u> 2:00 <u>Club Meeting</u> 3:00 <u>Social Rec</u> 3:30 <u>Zoom Activity</u> "Virtual Tour"	5 ZOOM 1:30 1:00 <u>Work Units</u> 1:30 <u>Social Rec</u> 1:30 <u>Stretching</u> 2:30 <u>Employment Discussion</u> 4:00 <u>Volunteers Meeting</u>	6 ZOOM 2:00 1:00 <u>Work Units</u> 1:30 <u>Social Rec</u> 2:00 <u>Creative Expressions:</u> "Quilling"
9 CLUBHOUSE CLOSED No In-Person or Zoom Activities	10 NO ZOOM OPEN 1:00 - 4:00 IN-PERSON ACTIVITIES ONLY	11 ZOOM 2:00 OPEN 1:00 - 5:00 1:00 <u>Work Units</u> 2:00 <u>Social Rec</u> 2:00 <u>Zoom Activity:</u> "Funny Videos"	12 ZOOM 1:30 OPEN 1:00 - 5:00 1:00 <u>Work Units</u> 1:30 <u>Social Rec</u> 1:30 <u>Stretching</u>	13 NO ZOOM OPEN 1:00 - 4:00 IN-PERSON ACTIVITIES ONLY 2:00 <u>Creative Expressions:</u> "Work on projects at the Clubhouse"	14 NO ZOOM OPEN 1:00 - 4:00 IN-PERSON ACTIVITIES ONLY	15 NO ZOOM OPEN 1:00 - 4:00 IN-PERSON ACTIVITIES ONLY 1:30 Pfeffer 
16 CLUBHOUSE CLOSED No In-Person or Zoom Activities	17 CLUBHOUSE CLOSED No In-Person or Zoom Activities 	18 ZOOM 2:00 1:00 <u>Work Units</u> 2:00 <u>Club Meeting</u> 3:00 <u>Social Rec</u> 2:00 <u>Zoom Activity:</u> "Get to Know You Questions"	19 ZOOM 1:30 1:00 <u>Work Units</u> 1:30 <u>Social Rec</u> 1:30 <u>Stretching</u> 2:30 <u>Employment Discussion</u>	20 ZOOM 2:00 1:00 <u>Work Units</u> 1:30 <u>Social Rec</u> 2:00 <u>Creative Expressions:</u> Movie: "Rock Star"	21 ZOOM 2:00 1:00 <u>Work Units</u> 1:30 <u>Social Rec</u> 2:00 <u>Zoom Activity:</u> "Would You Rather"	22 ZOOM 2:00 10:30 <u>Volunteers Meeting</u> 2:00 <u>Zoom Activity</u> "Trivia" 1:30 9-Ball 
23 CLUBHOUSE CLOSED No In-Person or Zoom Activities	24 ZOOM 1:30 1:00 <u>Work Units</u> 1:30 <u>Social Rec</u> 1:30 <u>Stretching</u> 2:00 <u>Support Group</u>	25 ZOOM 2:00 1:00 <u>Work Units</u> 2:00 <u>Social Rec</u> 2:00 <u>Zoom Activity:</u> "Virtual Tour"	26 ZOOM 1:30 1:00 <u>Work Units</u> 1:30 <u>Social Rec</u> 1:30 <u>Stretching</u>	27 ZOOM 2:00 1:00 <u>Work Units</u> 1:30 <u>Social Rec</u> 2:00 <u>Creative Expressions:</u> "Check-In"	28 ZOOM 2:00 1:00 <u>Work Units</u> 1:30 <u>Social Rec</u> 2:00 <u>Zoom Activity:</u> 	29 ZOOM 2:00 2:00 <u>Zoom Activity</u> "Hang Man" 1:30 Skip-Bo 
30 CLUBHOUSE CLOSED No In-Person or Zoom Activities	31 ZOOM 1:30 1:00 <u>Work Units</u> 1:30 <u>Social Rec</u> 1:30 <u>Stretching</u> 2:00 <u>Support Group</u>					

- **Social Distancing** – Recommended for everyone at the Clubhouse.
- **Cleaning, Handwashing & Sanitizing Protocols** – Members and staff together will continue to keep the Clubhouse environment clean and sanitized.
- **Games** – May continue to play games in which the items used are washable. Cleaning protocols apply when any games are played.
- **Zoom Options** – The Clubhouse will continue to offer Zoom options to members for the following groups:
 - Clubhouse Meetings
 - Employment Groups
 - Creative Expressions Group
 - Support Groups
 - Stretching Group
 - Other Designated Chat/Breakout Groups, as scheduled

Second Step Clubhouse Winter Weather Closing Policy:

- If Mankato schools are closed for the day, so will the Clubhouse.
- If Mankato schools are closing before 1:00, the Clubhouse will be closed for the day.
- The Clubhouse may also close due to the weather on the weekends and holidays.
- If you are unsure, always call before making the trip to the Clubhouse. There will be a message on the Clubhouse phone (304-4414) by noon that day.
- **All activities scheduled for that day will also be canceled.**



New City bus fares go into effect January 1, 2022

Post Date: 12/16/2021

New City transit bus fares will go into effect on January 1, 2022. The new fare structure is flexible and affordable.

2022 Bus Fares:

- Cash fare: \$1.50
- 1-day frequent rider pass: \$5
- 15-day frequent rider pass: \$20
- 30-day frequent rider pass: \$40
- 8 tokens: \$10
- Medicare card holder: \$0.75
- Seniors (age 60 or older): \$0.75
- Veteran with a VA health card (service connected): \$0
- Persons with disabilities: \$0.75
- Minnesota State University, Mankato students, faculty and staff: MAVCARD
- Minnesota State University, Mankato campus and student housing areas (U-Zone): \$0.50
- Youth (age 0 to high school with applicable school ID): \$0
- Kato Flex (no ticket deductions): \$2 a ride or \$20 for 11 tickets
- Mobility Bus (no ticket deductions): \$3 a ticket or \$30 for 11 tickets

Bus fares had been suspended to provide some relief to customers when the pandemic began.

Learn more about City transit and view schedules online.

For more information contact staff at 311 or 507-387-8600.



COME VISIT WITH IPS EMPLOYMENT SPECIALIST

Abby Frantsen!

Fall 2021 Newsletter

What is IPS?

Individual Placement and Support (IPS) is an evidence-based model of supported employment for people with serious mental illness. IPS helps people find competitive, integrated jobs that match their interests and offers an individualized level of support throughout the employment process.

Every person who wants to work is eligible: People are not excluded for any reasons such as legal history, symptoms of mental illness, decisions about treatment, substance use disorder, cognitive disorders, homelessness or unstable housing, or past problems with employment.

Contact Us

Abby Frantsen

IPS Employment Specialist
Blue Earth, Nicollet, and Le Sueur
507-420-1271

afrantsen@mymrci.org



When and Where?

Second Step Clubhouse

IPS will be at the Second Step Clubhouse every 1st and 3rd Wednesday of the month at 2:30 pm.

Potential Topics of Discussion:

- What do you want to know about employment?
- Are there specific jobs you want to learn more about?
- How can your benefits be affected by paid work?
- Are you working and have questions about your current job?
- Unsure about when disclosure is appropriate?

IPS drives to empower people. Not to tell them where they must work or what types of services they must receive. Employment specialists try to understand what is most important to each person and what motivates each person.

How is IPS providing services during the COVID-19 Pandemic?

In an effort to prioritize the health and safety of Employment Specialists, Job Seekers and employers, IPS is meeting with clients based on their comfort level. We can provide services in person, over the phone, or Virtually using platforms like Zoom and Teams.