YEAR 37 ISSUE 11

The Club Gazette

NOVEMBER 2026

Blue Earth County Adult Mental Health Community Support Program

MISSION:

Second Step Clubhouse 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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ADDRESS

421 E Hickory St Suite 404

Mankato, MN 56001

PHONE #

507-304-4414

HOURS:

Monday	1:00 – 5:00
Tuesday	1:00 – 5:00
Wednesday	1:00 – 5:00
Thursday	10:00 – 5:00
Friday	1:00 – 5:00
Saturday	1:00 – 5:00
Sunday	1:00 – 4:00
Holidays	1:00 – 4:00

WEBSITES

www.sccbi

www.blueearthcountymn.gov

namimn.org

Mental Health During the Holidays

NAMI

National Alliance on Mental Illness (nami.org/help)

According to data from the National Alliance on Mental Illness (NAMI), 64% of individuals with mental health conditions report that the holiday season makes their symptoms worse

So if you find yourself feeling anxious for the holidays, you are certainly not alone. Here are a few steps you can take to prioritize your mental health during this hectic season:

Accept Your Feelings

The holidays can bring up a range of emotions for people. Sometimes you can even experience seemingly contradictory emotions all at once. Try your best to acknowledge and accept your emotions rather than place judgment on them. It's OK to feel happy; it's OK to feel sad; it's even OK to feel both happy and sad. Give yourself compassion and allow yourself to sit with whatever you're feeling.

Maintain Healthy Habits

For many people, the holidays lead to a massive disruption in your day-to-day routine. But maintaining healthy habits like going to therapy, getting enough sleep and exercising are critical to keeping your mental health on track.

Set Boundaries

People like to be generous during the holidays, but that generosity doesn't have to come at the expense of having healthy boundaries. If hosting an event or buying an expensive gift is too stressful, it's OK to say no. It's also OK to limit the time you spend with family that you may have a complicated dynamic with

Make Time to Connect

Connection and meaning are critical to our mental health. Make time for your important relationships and connect with yourself through self-care. You can even connect with loved ones who are no longer with you through a family tradition or a personal remembrance ritual.

When the season doesn't feel calm or bright

Tips for Managing Your Mental Health During the Holidays

Did the "most wonderful time of the year" turn into the most stressful time of the year?

Of all the things on your holiday preparation to-do list, the most critical one is maintaining your mental health and practicing self-care. **Here are 10 practical ways to protect yourself leading into a busy season:**

1 **Stay in therapy.** If you can, keep your scheduled therapy sessions to ensure that you have built-in time to explore anything that comes up.

2 **Stay hydrated.** Drink plenty of water. Hydration nourishes the brain and can improve your overall mood.

3 **Spend time with loved ones.** Social interaction can help lessen the feelings of loneliness that may come around this time of year.

4 **Find time to decompress.** Make sure you're taking the time to recharge and use your best coping skills. Pay attention to the practices that make you feel your best.

5 **Remember that it's okay to feel the way you feel.** It's healthy to acknowledge your feelings and work through them, rather than suppressing them.

6 **Don't feel pressured to uphold family traditions.** While they might be a comforting way to remember a loved one, sometimes family traditions are too painful to bear. Your family will find new ways to celebrate, and your traditions will adjust with time.

7 **Come up with a plan.** What good are the holidays if you don't have the energy to enjoy them? Make a list, check it twice, and decide if there's anything you can remove.

8 **Find the best time to shop.** Malls are less crowded on weekdays and weeknights. Practicing mindful activities while you wait in line can also help you stay calm among the holiday shopping chaos.

9 **Be kind to yourself.** All you can do is your best, and your best is good enough. It's impossible to please everyone, but we are often our own harshest critics.

10 **Remember that the NAMI HelpLine is available.** Our volunteers are ready to take your call, text, or chat to connect you with helpful resources during the holiday season and beyond. You are not alone.

If you or someone you know needs help facing the challenges of mental illness, the NAMI HelpLine is available Monday through Friday, 10:00 am–10:00 pm, ET. Call **1-800-950-NAMI** (6264), text **"HelpLine"** to **62640**, or chat with us at **nami.org/help**.

In a crisis, **call or text 988** or **chat at 988lifeline.org**.

Second Step Activities in October

Discription of activities by Mary S.

October was Boo-tifull! It started with going out to eat at the Pizza Ranch on Saturday, October 3rd. My favorite is the chicken, but they have pizza, pasta, salad bar and of course everyone's favorite, the dessert pizzas and ice cream machine.

On Friday the 9th, Jen did a Chilli demo to be made in a crockpot. It was delicious! She did an excellent job. Eric provided the tomatoes.

On Tuesday the 13th, we had lunch and then went fishing. There were only five of us Lola, Thomas, Mike, Eric and me. I caught a couple channel catfish, a flathead catfish and a nice size Sheephead. Eric caught a large carp; it looked like a goldfish on steroids. It was very gold and pretty. Then he caught a small shovel headed sturgeon. Thomas and Mike were at the pond. I believe Thomas caught a few pan fish. We always catch and release.

Second Step Clubhouse Membership Application Process

1. **Schedule a tour of the Clubhouse by calling (507-304-4414) or emailing the Clubhouse Coordinator, Mike Hildebrandt, at: mike.hildebrandt@blueearthcountymn.gov. Scheduling a tour is a very important first step which allows prospective members to learn about the Clubhouse program, ask questions, and learn about the membership application process. Planning ahead also allows Clubhouse staff and members to prepare for your tour.**

   ⇒ Tours are scheduled Monday – Friday 1:00-2:00. *We will accommodate additional times/ days if necessary.*

2. **After completing their Clubhouse tour, prospective members may decide whether they want to apply for membership. If membership is desired, applications may be filled out on the day of the tour, or completed and dropped off on a later date.**

   ⇒ (*International Standards of Clubhouse Programs – Membership-Standard #1*) Membership is voluntary and without time limits. This Standard means that becoming a member is a choice, and we respect the right of every prospective member to decide whether or not to apply to for membership.

3. **Membership applications are processed to ensure the prospective members meets the qualification criteria for Clubhouse membership.**

   ⇒ The Clubhouse Coordinator will notify potential members whether their application for membership was approved.

3. **Applicants who qualify for Second Step Clubhouse Membership:**

   ⇒ May begin attending the Clubhouse program.

   ⇒ Must set up a time to attend a New Member Orientation within the next month.

   ⇒ Orientation times scheduled each month:

   - 1st and 3rd Tuesdays from 4:00 - 5:00 &
   - 1st and 3rd Thursdays from 11:00 - 12:00

   ⇒ Orientation covers more information regarding the Clubhouse Standards, Working Together Agreements, Clubhouse Member Responsibilities & Rights, Daily Structure, Daily Guidelines, and use of our VINE Fitness Membership.

   ⇒ After completing Orientation, the new member will have the option to get a key fob, which allows them to enter the VINE building through the side door.

EMPLOYMENT DISCUSSION & ACTIVITIES

Abby will be at the 2nd Step Clubhouse every 2nd & 4th Wednesday of the month from 2:00 - 3:00.

All are welcome!

Everyone and anyone who just wants to hang out! Not looking for work, Come anyways!

Are you retired? Tell us about your work experience!

Potential Topics of Discussion:

- You are not able to work currently. How can you prepare yourself for work in the future
- When is it appropriate to disclose a personal disability to an employer?
- Are on Social Security Disability benefits and considering employment but are concerned about losing your benefits?
- What do you want to know about employment?
- Are there specific jobs you want to learn more about?
- Are you working and have questions about your current job?

What is IPS?

Individual Placement and Support (IPS) is a model of supported employment for people with a mental health illness.

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.

Contact Us

Abby Frantsen
IPS Employment Specialist
Blue Earth, Nicollet, and Le Sueur County
507-420-1271
afrantsen@mymrci.org

MRCI

NAMI CONNECTION: MANKATO

This is a peer-led support group for adults (18+) living with a mental illness.

MEETING LOCATION:
Grace Lutheran Church
110 N 4th Street, Mankato MN 56001
Blue Earth County back door

Meets simultaneously with NAMI Family Mankato

In person participants are strongly encouraged to wear masks and follow COVID-19 protocols, including social distancing. Individuals should stay home if they have any symptoms of illness or have been exposed to COVID-19.

Group size limit is 17 participants

MEETS STANDARDS

A
ADULT

2ND & 4TH THURSDAY
6:30:00 PM to 8:00:00 PM

WITH CHRISTINE MYERS
No registration needed

For more information, contact Kirsten Weiss
651-645-2948 EXT. 127

1-651-645-2948
1-888-NAMI-HELPS

NAMI
National Alliance on Mental Illness
MINNESOTA

www.namimn.org
namihelps@namimn.org

NAMI FAMILY: MANKATO

This is a peer-led support group for family members of a person living with mental illnesses.

GRACE LUTHERAN CHURCH
110 N 4TH STREET, MANKATO MN 56001
BLUE EARTH back door

Meets simultaneously with NAMI Connection: Mankato

In person participants are strongly encouraged to wear masks and follow COVID-19 protocols, including social distancing. Individuals should stay home if they have any symptoms of illness or have been exposed to COVID-19. Group size limit is 17 participants

MEETS STANDARDS

TRUSTED PARTNER

G
GENERAL

2ND & 4TH THURSDAYS
6:30:00 PM 8:00:00 PM

WITH DIANE GERLACH
No registration needed

For more information, contact Kirsten Weiss
651-645-2948 EXT. 127

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1-888-NAMI-HELPS

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MINNESOTA

www.namimn.org
namihelps@namimn.org

CLUBHOUSE OUTINGS AND ACTIVITIES FOR THIS MONTH

**** You can sign-up in person or call the Clubhouse to sign-up at 507-304-4414 ****

MONDAYS: (1:00 – 5:00)

- 1:30 – Stretching with Chris
- 2:30 – Support Group

TUESDAYS: (1:00 – 5:00)

- 2:30 – Clubhouse Meetings (1st & 3rd)

WEDNESDAYS: (1:00 – 5:00)

- 2:00 – Employment Group w/Abby

THURSDAYS: (10:00 – 5:00)

- 10:00-1:00 Work Units (everyone welcomed) Carrying out the daily work that is important to the Clubhouse.
- 1:00 - 5:00 Social / Rec

FRIDAYS: (1:00 – 5:00)

- 2:00 – Play new games (open for anyone)

SATURDAYS: (1:00 – 5:00)

- 1st Saturday 8-Ball Pool tourney @ 1:30
- 2nd Saturday Pfeffer tourney @ 1:30
- 3rd Saturday 9-Ball Pool tourney @ 1:30
- 4th Saturday Hand &Foot tourney @ 1:30

SUNDAYS: (1:00 – 4:00)

- Social / Rec 1-4
- 3rd Sunday of month Skip-Bo tourney at 1:30

SECOND STEP ADDITIONAL ACTIVITIES:

- **Saturday, Nov 7th** - 11:00 out to eat at "**Chick-fill-A"** (*be at Club by 10:30 for ride*)
- **Wednesday, Nov 25th** – Second Step Thanksgiving Potluck – bring a dish to share Clubhouse open 1:00-5:00, eat at 1:30.
- **Friday, Nov 20th** – Jewelery Making

NOVEMBER 2026

Sunday 1:00 – 4:00	**Monday** 1:00 – 5:00	**Tuesday** 1:00 – 5:00	**Wednesday** 1:00 – 5:00	**Thursday** 10:00 – 5:00	**Friday** 1:00 – 5:00	**Saturday** 1:00 – 5:00
1	**2 Zoom @ 2:30**	**3 Zoom @ 2:30**	**4**	**5**	**6 Eric**	**7 Mike**
OPEN **1:00 – 4:00**	1:00 Work Units 1:30 Stretching 2 – 5 Social /Rec 2:30 Support Group	1:00 Work Units 2 – 5 Social /Rec 2:30 Clubhouse Meeting 4 – 5 **Orientation**	1:00 Work Units 2 – 5 Social /Rec 2:00 **Diamond Art**	*10:00 to 1:00 Work Units* 11:00 **Orientation** 1 – 5 Social /Rec	1:00 Work Units 2 – 5 Social / Rec 2:00 GAME: "Dominos"	11:00 **Out to Eat @ "Chick-fil-A"** 1 – 5 Social / Rec 1:30 **8 - Ball**
8	**9 Zoom @ 2:30**	**10**	**11 VETERANS DAY**	**12**	**13 Mike**	**14 Eric**
OPEN **1:00 – 4:00**	1:00 Work Units 1:30 Stretching 2 – 5 Social /Rec 2:30 Support Group	1:00 Work Units 2 – 5 Social /Rec 4 – 5 **Orientation**	**OPEN** **1:00 – 4:00** 1:00 Work Units 2 – 4 Social /Rec 2:00 Employment	*10:00 to 1:00 Work Units* 11:00 **Orientation** 1 – 5 Social /Rec	12:00 Volunteers Meeting 1:00 Work Units 2 – 5 Social / Rec 2:00 GAME: "Pictionary"	1 – 5 Social/Rec 1:30 **Pfeffer**
15	**16 Zoom @ 2:30**	**17 Zoom @ 2:30**	**18**	**19**	**20 Eric**	**21**
OPEN **1:00 – 4:00** 1:30 **Skip-Bo**	1:00 Work Units 1:30 Stretching 2 – 5 Social /Rec 2:30 Support Group	**11:30 – 1:30 Fish/Nic Gathering** 1:30 – 5 Social /Rec 2:30 Clubhouse Meeting	1:00 Work Units 2 – 5 Social /Rec	**OPEN** **1:00 – 4:00** 1 – 4 Social /Rec	1:00 Work Units 2 – 5 Social / Rec 2:00 GAME "Yahtzee" 2:00 **Jewelery Making**	**OPEN** **1:00 – 4:00** 1 – 4 Social/Rec 1:30 **9 - Ball**
22	**23 Zoom @ 2:30**	**24**	**25**	**26**	**27**	**28**
OPEN **1:00 – 4:00**	1:00 Work Units 1:30 Stretching 2 – 5 Social /Rec 2:30 Support Group	1:00 Work Units 2 – 5 Social /Rec 4 – 5 **Orientation**	1:00 – 5:00 **Second Step Thanksgiving Potluck** *"Bring a dish to share if you can"*	**OPEN** **1:00 – 4:00** **THANKSGIVING DAY**	**OPEN** **1:00 – 4:00**	**OPEN** **1:00 – 4:00** 1:30 **Hand & Foot**
29	**30 NO Zoom**					
OPEN **1:00 – 4:00**	**OPEN** **1:00 – 4:00** 1:00 Work Units 1:30 Stretching 2 – 4 Social /Rec					

Activities in "BOLD" require sign-up prior to the start of the activity.

You can call (507-304-4414) for more information and/or to sign-up for an activity.