



Getting Together in May 2021 County Connection Clubhouse

212 Third Street, Gaylord, MN 55334

507-237-4133

County Connection Clubhouse OPEN with limited hours! Tuesdays, Wednesdays and Thursdays.

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*Around the
Clubhouse*

Mothers Day:

MayWord

Searches:

*Mental Health
Awareness Ac-
tivities info:*

May calendar:

You will see information inside this newsletter regarding Mental Health Awareness Activities. By participating in these activities, clients will have a chance to earn a \$25 gift card, as they would have if Stakeholders would have been held. There are two informational sheets included that spell out how to go about earning the gift card, and learning more about mental health. Please call any case manager, CSP staff or myself if you have any questions. You will see some time set aside on the activity calendar to help you with this project. Happy Mental Health Month!

What Moms Really Want for Mother's Day



Freedom!

They want a day of freedom. Some said they wanted to be able to be spontaneous. The chance to do whatever they wanted. Others wanted some alone time. Now, this is where there were differences among the women and you'll have to get a feel for yours. Some wanted that alone time at home where they could enjoy their home without being tugged at by the needs of kids (or husbands). Others wanted alone time away from the house because the house is a constant reminder of all of the things they have to do.

Time With Family

This one is big for my wife. It seems weird to spend Mother's or Father's Day without our kids since they are the reason we are parents. So many moms want to have a fun day with their kids, but they don't want to have to plan it or execute it. They just want to come along for the ride. It will take some thought and maybe some probing to figure out the types of activities your wife would like to do. Some might include going out to lunch, playing games, miniature golf, the beach, the movies (or a drive-in) or a picnic at a park. Whatever you do, make sure you take care of it all and talk to your kids beforehand about their attitudes. This is a no fighting day. It's a fun day for mom.

A Day Free Of Duty

Our wives and moms handle a million details every day. It's much easier for us to compartmentalize everything so we can deal with one thing at a time. They have everything rush to their brains at once, including all the things they feel responsible for having to do with the kids, the house, and perhaps their job. It's probably going to be impossible for them to unplug mentally from those duties, but take on whatever you can whenever you can that day. Try to think about the top 5 things that give her stress and just do them. Listen to her the week before Mother's Day. Take notes about the things she complains about or makes her upset.

To Be Pampered

Make an appointment for her to get a massage, have a spa day or have her nails done. If money is an issue then do it yourself. Clean and prepare the bedroom. Make it beautiful and burn scented candles. Set out her favorite magazines and her favorite music. Then give her a full body massage or foot massage. Leave her in the room for as long as she wants. Perhaps bring her a mimosa, tea or her favorite drink as she relaxes afterward. Just make her feel pampered.

To Do Something New

Some moms said they wanted to do [something fun in their city or town they had never done before](#). You may have to do some research, but every place has hidden gems. If you can't find anything then search for something within a reasonable distance. Ask others, especially other women what fun new things they have done in your town recently. Then surprise her. She'll love it, especially if she likes adventures.

Acknowledgment

“All moms simply want this: To be acknowledged for all they do.”

All moms simply want this: To be acknowledged for all they do. Moms work hard and love their families, managing a million caring details. Most of those details go unnoticed. The thing they want is for all of their love and hard work to be noticed and appreciated. This is something that should be done every day, but especially on Mother's Day. Many moms shared that they would love homemade cards or [a cute card with a sweet handwritten note](#).

Exercise



S	E	I	R	O	L	A	C	I	T	P	I	L	L	E
T	R	A	I	N	E	R	S	T	H	G	I	E	W	R
N	O	I	S	N	E	T	E	N	N	I	S	E	A	U
I	S	W	A	T	E	R	D	O	P	I	S	L	L	S
R	C	B	S	T	R	E	T	C	H	W	U	C	K	S
P	I	U	L	A	S	H	I	K	E	C	F	S	C	E
S	N	L	L	R	T	I	Y	A	S	L	I	U	I	R
U	E	C	I	G	A	M	T	A	L	A	T	M	B	P
O	H	I	M	E	M	B	V	C	U	O	W	I	O	D
U	T	B	D	T	G	O	J	W	P	G	O	K	R	O
N	S	O	A	M	I	W	S	Y	N	U	R	S	E	O
E	I	R	E	D	E	N	E	R	G	Y	M	C	A	L
R	L	E	R	C	O	O	L	D	O	W	N	R	N	B
T	A	A	T	R	O	U	T	I	N	E	C	N	A	D
S	C	H	E	D	U	L	E	T	U	O	K	R	O	W

AEROBIC	ENERGY	ROW	TENNIS
ANAEROBIC	FIT	RUN	TENSION
BLOOD PRESSURE	GOAL	SCHEDULE	TRAINER
BMI	GYM	SKI	TREADMILL
CALISTHENICS	HIKE	SPRINT	WALK
CALORIES	IPJD	STAIRS	WARM UP
CARDIOVASCULAR	JOG	STRENUOUS	WATER
CLUB	MAT	STRETCH	WEIGHTS
COOL DOWN	MUSCLE	SWEAT	WORKOUT
DANCE	PULSE	SWIM	YMCA
ELLIPTICAL	ROUTINE	TARGET	YWCA



MEMORIAL DAY

MAY 31st

Word Search

S	K	F	R	E	E	D	O	M	I	G	H	W	N	P
N	M	A	Y	A	I	G	I	E	C	I	V	R	E	S
A	J	Y	M	S	K	A	K	S	M	U	N	E	L	O
C	F	A	H	E	R	O	E	S	E	J	Q	M	I	N
I	L	D	F	E	J	W	J	E	M	E	A	E	K	O
R	O	I	S	G	A	L	F	I	O	C	S	M	E	I
E	W	L	G	U	R	I	R	U	R	I	D	B	R	T
M	E	O	W	J	G	U	G	J	I	F	F	E	U	A
A	R	H	Q	H	W	J	W	H	A	I	J	R	D	R
V	S	K	A	K	O	H	Q	K	L	R	K	S	J	O
M	W	V	S	V	A	N	A	V	S	C	L	A	K	C
P	X	M	W	M	S	V	O	M	W	A	V	Z	C	E
L	C	P	X	P	W	M	W	R	X	S	O	Y	A	D
O	V	E	T	E	R	A	N	S	C	M	E	V	C	F
I	G	O	V	Y	N	O	M	E	R	E	C	B	A	O

See how many of these newspaper related words you can find in the puzzle.
The words can be forward, backward or diagonal.

- | | | | |
|---------------|-------------|---------------|---------------|
| 1. Veterans | 5. Flowers | 9. Remember | 13. Ceremony |
| 2. Decoration | 6. Memorial | 10. May | 14. Sacrifice |
| 3. Day | 7. Service | 11. Americans | 15. Heroes |
| 4. Flags | 8. Honor | 12. Holiday | 16. Freedom |

MAY IS MENTAL HEALTH AWARENESS MONTH

In lieu of the April Stakeholders Meeting, the South Central Community Based Initiative is providing several opportunities for education, celebration and promotion of **May is Mental Health Awareness Month**.

MENTAL HEALTH AWARENESS ACTIVITIES

More information on completion sheet, participants requested to spend approximately 90 minutes on any combination of activities.

EDUCATION AND AWARENESS

- View a scheduled TED Talk/webinar/video presentation through your clubhouse or on your own.
- View a PowerPoint of regional mental health providers and their services.
- Attend the Zoom presentation “*Nutrition and Mental Health*” on May 18 at 10:00 a.m.
- View the presentation by Eric Lundin, “*Positive Psychology*”

MH AWARENESS PROMOTION

- Create a Mental Health Awareness Display outside your home/apartment or somewhere else in the community. Take a pic of your display, and submit it to your Clubhouse Coordinator or Case Manager.
- Come up with a slogan promoting Mental Health Awareness and create a visual piece with the slogan (i.e., flyer, poster, bumper sticker, t-shirt, table tent, etc.), and submit it to your Coordinator or CM.

SHARING KINDNESS THROUGH COMMUNITY SERVICE

- Find or create an opportunity to give back to the community, “pay it forward,” or participate in a service project. Report that activity to your CH Coordinator or Case Manager in a creative format. For example:
 - Submit a short story or report about the activity
 - Submit a creative project that tells the story (i.e., photo story, comic strip, artwork, video)

Fill out the completion sheet and return to a Case Manager or Clubhouse Coordinator.

HAVE FUN! You are not limited to the above examples! BE CREATIVE!

FAQ's

Q: *Can projects be completed by a group instead of individual?*

A: ABSOLUTELY! (please be mindful of recommended social distancing guidelines)

Q: *Who is able to participate?*

A: Anyone with an SPMI diagnosis who is receiving mental health services.

Q: *Can I use online images if I do a creative project?*

A: You may use images that have NOT been copyrighted. If you are unsure if an image is copyrighted, play it safe. Don't use it in your project.

MH Awareness Promotion projects are due to your Clubhouse Coordinator or Case Manager by May 31, 2021.

***PARTICIPANTS WITH A *CFR IN THE 10-COUNTY SCCBI REGION
WILL RECEIVE A GIFT CARD FOR THEIR PARTICIPATION***



***CFR = County of Financial Responsibility**

May is Mental Health Month Awareness Month

SCCBI Completion Sheet

Please check activities you completed and fill out information, you can do any combination that you choose, then return to a Case Manager or Clubhouse Coordinator by May 31st. Thank you for participating!

Please Print Your Name: _____

Gift Card Preference (if applicable*): Hy-Vee Wal-Mart

**to receive a \$25 gift card you must: have one of the 10 counties in the SCCBI as your county of financial responsibility, be a participant in county-based mental health services (like the clubhouse or case management) and have spent approximately 90 minutes minimum on any of the below:*

<u>EDUCATION AND AWARENESS</u>	
<input type="checkbox"/>	How not to take things personally? https://www.youtube.com/watch?v=LnJwH_PZXnM 17:36 Frederik Imbo: It's not about "me." It's about "we." When I look at the other person's intention it is harder to take it personally. But if it doesn't work, then it is also about "me." I need to give myself empathy.
<input type="checkbox"/>	More than Funny https://www.youtube.com/watch?v=twSvd5bQLDw 19:45 Comedian Michael Jr. shows how to take your life's setups and then change direction in a way that brings fulfillment, revelation, and joy not only to you but also to those around you.
<input type="checkbox"/>	How to stop feeling anxious about anxiety https://www.youtube.com/watch?v=ZidGozDhOjg 18:17 Tim Box: Do you feel anxiety? Good! That means you're alive! "Anxiety is not an illness. It is an emotion." When we accept anxiety as a natural part of the human experience, we will become less anxious about anxiety.
<input type="checkbox"/>	The Best Mental Health Advice I've Ever Heard https://www.youtube.com/watch?v=4lYY4ggfSJ4 11:21 Johann Hari
<input type="checkbox"/>	View a PowerPoint of regional mental health providers and their services. (This will be posted on the SCCBI website cover page at the beginning of May: www.sccbi.info).
<input type="checkbox"/>	Attend the Zoom presentation "Nutrition and Mental Health" on May 18 at 10:00 a.m. To join the Zoom meeting: https://zoom.us/j/95645265432?pwd=b2xVUFBSb1c2RUlaV3U4SnRqUEhlQT09 Meeting ID: 956 4526 5432 Passcode: 1234 Dial by your location: 1(312)626-6799
<input type="checkbox"/>	View the presentation by Eric Lundin, "Positive Psychology" (This will also be posted on the front page of the SCCBI website www.sccbi.info , in May).
<u>MH AWARENESS PROMOTION</u>	
<input type="checkbox"/>	Create a Mental Health Awareness Display outside your home/apartment or somewhere else in the community. Take a pic of your display and submit it to your Clubhouse Coordinator or Case Manager.
<input type="checkbox"/>	Come up with a slogan promoting Mental Health Awareness and create a visual piece with the slogan (i.e., flyer, poster, bumper sticker, t-shirt, table tent, etc.), and submit it to your Coordinator or CM.
<u>SHARING KINDNESS THROUGH COMMUNITY SERVICE</u>	
<input type="checkbox"/>	Find or create an opportunity to give back to the community, "pay it forward," or participate in a service project. Report that activity to your CH Coordinator or Case Manager in a creative format. For example: <ul style="list-style-type: none"> • Submit a short story or report about the activity • Submit a creative project that tells the story (i.e., photo story, comic strip, artwork, video)
<input type="checkbox"/>	OTHER (please use additional paper to describe)

May 2021

<u>Sun</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
Jon 507-237-4133 (CCC) Jon cell 507-479-3384 Ashley 507-327-0644 Dawn 507-327 0645			<u>*** Mental Health Talk Topics on schedule count toward your Mental Health Awareness Activities.....</u>			1
2	3	4 Open 10-2 with Support group at 10:30 and a Mental health talk topic at 1p.m.	5 Open 9:30-2 with Coffee group w Ashley at 9:30 and a walk at 1:00	6 Open 10-2 with Thera-band exercise at 10:30a.m. and at 1p.m a Mental Health talk topic.	7	8
9	10	11 Open 10-2. Work on Mental Health Awareness project and Med Ed at 1p.m.	12 Open 9:30-2 with coffee group w Ashley at 9:30a.m and a walk at 1:00p.m.	13 Open at 9:45am with Dawn. Basic First Aid will be at 10:00am. Closed at 11:00am	14	15
16 Jon off this week	17	18 Open 10-2 with Support group at 10:30 and craft at 1:00p.m. (fairy gardens) all with Ashley	19 Open 9:30-2 with coffee group at 9:30 and work on Mental Health projects. Walk at 1p.m.	20 Open at 9:45a.m. with Dawn. Safety group will be at 10:00. Closed at 11a.m.	21	22
23 30	24 31 Holiday	25 Open 10-2 with Thera-band exercise at 10:30a.m and at 1p.m a Mental Health talk topic.	26 Open 9:30-2 with coffee group w Ashley followed by grilled hotdogs and chips for Mental Health Month.	27 Open 10-2 with Thera-band exercise at 10:30 and "A Piece of History at 1p.m. (Lewis and Clark")	28	29