

JULY 2026

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Horizon Homes, Inc.

Mobile Crisis Services

South Central Crisis
Center

**Call: Crisis Services,
at 877-399-3040**

Friendship House Voice



*The Friendship House no longer has a landline call
Dana's or Lynda's cell*

Great Day for a Walk! May is Mental Health Walk



*Extreme heat events
can be deadly for people with serious mental
illness. What do I need
to know?*

Heat waves are occurring more often than they used to in the United States; extreme heat events have also become more severe over time. The average heat wave season has become longer, increasing health risks for people who are more likely to experience overheating or heat-related illness.



(cont.)
CON



Left:
Plummer House
RT;
Mary Jo caught
40+ Fish!
Let's go Fishing



Dr. Rick Hanson has spent decades gathering research, information, practices, and other resources to help people just like you turn everyday experiences into a powerful sense of *lasting well-being that stays with you even amidst life's many challenges.*



Do you got to?

The Practice: Enjoy the freedom not to.

Why?

We're pulled and prodded by financial pressures, commuter traffic, corporate policies, technology, advertising, politics, and the people we work with and live with. As well, internal forces yank the proverbial chains, including emotional reactions, compelling desires, "shoulds," and internalized "voices" from parents and other authority figures.

Sometimes these pressures are necessary, like a flashing light on your car's dashboard telling you to get gas. Even a broken clock is right two times a day.

But on the whole, these pressures are stressful and breed a sense of helplessness. Plus, a lot of the internal forces come from childhood, irrational fears, unfair self-criticism, ancient tendencies in the brain (e.g., its negativity bias), or the darker corners of human nature; acting out these forces is bad for us and others.

Giving oneself over to these pressures is un-free, like being a puppet tugged by many strings. It's the opposite of well-being to be "hijacked," "obsessed," "addicted," "plugged in," or "compelled" – which all imply mental servitude if not slavery.

On the other hand, a sense of inner freedom is a hallmark of emotional healing, mental health, self-actualization, and the upper reaches of human potential. For example, a common term for enlightenment is "liberation."

In plain English, we all know what it feels like to be pushed around . . . and what it feels like to have choices and be autonomous.

So, lately, I've been softly saying this phrase in my mind – the freedom not to – and seeing what happens. And what's been happening is great. A feeling of ease, of room to breathe, of not needing to jump to some task or to agree or disagree immediately with someone. A sense of shock absorbers between me and my emotional reactions, of not making a mess that I've got to clean up later, of not embarrassing myself, of not swapping a minute of pleasure for an hour of pain.

Being intimate with life while feeling free within it.

How?

For one or more of the items just below, imagine what it would feel like for you to have the freedom not to:

- Press your point home
- Struggle to get someone to change his or her mind
- Have a second drink. Or a first one.
- Worry what other people think about you
- React to what is swirling around you
- Act on an impulse
- Get into an argument
- Be swept along by anger
- Identify with a mood or point of view passing through awareness
- Take something personally
- Take responsibility for the experiences of other people
- Criticize yourself for not being able to fit into a pair of jeans
- Resist what's unpleasant
- Drive toward what's pleasant
- Cling to what's heartfelt

For one or more of the items just above, imagine how your greater freedom would help others. Also, let others be freer themselves with you; give them room to breathe, time to think, and feel.

Faced with things that grab you in daily life, play with phrases like these in your mind: I'm free not to . . . I'm free not to _____ . . . I'm free . . . there is a choice . . . Slow things down, pause, buy yourself some time, that space of freedom between stimulus and response. If others are getting intense, try gently talking to yourself, reminding yourself: You are free . . . you can choose your response . . . they are over there and you are over here . . . there is freedom . . .

Notice what it's like to feel freer. Enjoy it. Let this experience sink in.

Be at peace.

Extreme Heat continued:

People with schizophrenia are at particular risk; research has shown that the illness triples the risk of death during a heat wave. Heat health awareness is vitally important for individuals living with a mental health condition and their loved ones.

Heat and Mental Health

People with mental illness and those using medications to treat mental health conditions such as schizophrenia, depression, and anxiety are particularly vulnerable to extreme heat.

Hospital admissions have been shown to increase for those with mental health conditions as a result of extreme heat, rising temperatures, and humidity.

Hotter temperatures also seem to worsen the symptoms of mental illnesses and contribute to heightened negative emotions like anxiety, anger and irritability.

Extreme heat can also lead to social isolation; feeling uncomfortably hot may make it difficult to go out or keep health appointments. Warmer nighttime temperatures may interfere with getting a good night's sleep. Difficulty concentrating can also be an effect of extreme heat; a person may feel like they can't think clearly and have trouble staying on task.

Medical and Medication Impacts

If you or a loved one are taking certain medications to manage a mental health condition, you may be more at risk for heat-related illness than people who are not taking these medications.

People with schizophrenia and other mental health conditions face increased risks from extreme heat. Certain antipsychotic and antidepressant medications can affect the ability to sweat and regulate body temperature, heightening the individual's risk of heat exhaustion or heat stroke.

Some of the symptoms that people with psychosis experience impair their perception of reality, which can lead to behaviors like wearing too many layers of clothing in hot weather or not recognizing when their body temperature is rising.

Vulnerable Populations

Many individuals with serious mental illness are more likely to experience housing insecurity and are more exposed to harmful conditions caused by extreme heat events. Lack of access to basic comfort measures like water, shade, or a place to cool off make unhoused individuals with serious mental illness very vulnerable to the effects of extreme heat.

Isolation and fewer social supports may also keep individuals with serious mental illness from learning about and using preventive strategies such as temporary cooling centers and showers to manage the effects of extreme heat.

Ways to Reduce Risks of Extreme Heat

Have a plan for keeping yourself or a loved one safe during an extreme heat event

- Learn about spaces like libraries, shopping centers or temporary local cooling centers where you or your loved one can cool down
- Speak to a doctor about how extreme heat may affect you or a loved one when using certain mental health medications
- Learn to recognize signs that you or a loved one may be experiencing heat-related distress
- Drink plenty of fluids to stay hydrated
- Wear loose, lightweight, light-colored clothing
- Take cool showers or baths
- Avoid being outdoors in extreme heat; cancel or reschedule activities for the coolest part of the day
- Check in; let important people in your life know you're OK or check in with people who may need your support during extreme heat events

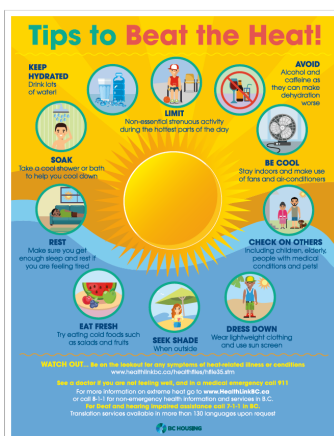
Resources about preparing for and staying safe during extreme heat events:

Information about preparing for and staying safe during extreme heat events and recognizing heat-related illness may be found on Ready.gov.

National Center for Healthy Housing has compiled resources at the state level that includes a comprehensive list of cooling center locations by state. To learn how to find a cooling center near you, visit this link.

Substance Abuse and Mental Health Services Administration (SAMHSA) offers a tip sheet about coping with hot weather for people who use medication to manage mental health conditions. Download it here.

To learn about symptoms of heat-related illness, visit the U.S. Centers for Disease Control and Prevention website.



July Activities

Ongoing Activities:

Clubhouse Breakfast on Sunday's	Ceramics
Board, Bingo and Meal	Walking Group
LAC and Meal (Quarterly)	Men's Group
Women's Group	

Volunteering Activities:

Furball	Meals on Wheels	St. Vincent Food Shelf
CAC Food Shelf	Adopt a Trail	<u>FARMERS MARKET!</u>
Community Café	Paradise Center	Furball Hotdog Fundraiser

New Activities:

Let's Go Fishing

Baking Days for Farmers Markets

10 County activity—Sota Street Ceramics.. in New Ulm!

10 County activity—Moon Dogs Game.. in Mankato!

Minneopa State Park/Buffalo.. in Mankato!

Kolacky Days – in Montgomery

Faribault Splash Pad Picnic

Itasca Rock Garden—in Albert Lea

Concerts in the Park—Faribault

★HAPPY★
BIRTHDAY!

JULY BIRTHDAYS

Maja M.

Phillip E.

Mark W.

Brandon Z.

Danielle S.





JULY

HOLIDAYS

1-Canada Day
4-Independence Day
4-Sidewalk Egg Frying Day
4-Independence Day
9-National Sugar Cookie Day
10-Pick Blueberries day
12-Pecan Pie Day
13-Barbershop Music Appreciation day
13-National French Fries Day
14-Bastille Day
16-Fresh Spinach Day
16-World Snake Day
22-Hammock Day
24-Pioneer Day
24-Amelia Earhart Day
26-Aunt & Uncle Day
27-Take Your Houseplants for a Walk
28-National Milk Chocolate Day
29-National Lasagne Day
30-National Cheesecake day
30-Father-in-Law Day