

October 2026

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507-330-5682

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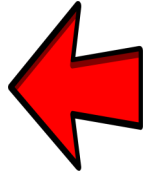
Horizon Homes, Inc.

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*

Big Events Coming Soon!

October =

- ⇒ Halloween Costume Contest & Bingo @ Clubhouse
- ⇒ 10 County Halloween Mixer @ Le Sueur Co. Clubhouse

November =

- ⇒ Thanksgiving Tea @ Clubhouse

December =

- ⇒ 10 County Year End Mixer @ Cathedral in Faribault
- ⇒ Membership Drive @ Cathedral in Faribault

What are Midterm General Elections?

Midterm General Elections are all about Congress. While Presidential General Elections are every four years, the Mid-term elections fall in between at the 2-year mark. "General" election basically means it is an election that happens in all states and territories at the same time. While the Mid-term Primaries ran earlier in the year and determined the nominees who would run, the Midterm General Election is on the second Tuesday in November, just as the Presidential Election is, every 4 years.



Cont...



Friendship House Members
Made a Trip down to the
Freeborn County Clubhouse
for a Karaoke Party!



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 care?
The Practice:
Have compassion.

Why?

Compassion is essentially the wish that beings do not suffer – from subtle physical and emotional discomfort to agony and anguish – combined with feelings of sympathetic concern.

You could have compassion for an individual (a friend in the hospital, a co-worker passed over for a promotion), groups of people (victims of crime, those displaced by a hurricane, refugee children), animals (your pet, livestock heading for the slaughterhouse), and yourself.

Compassion is not pity, agreement, or a waiving of your rights. You can have compassion for people who've wronged you while also insisting that they treat you better.

Compassion by itself opens your heart and nourishes people you care about. Those who receive your compassion are more likely to be patient, forgiving, and compassionate with you. Compassion reflects the wisdom that everything is related to everything else, and it naturally draws you into feeling more connected with all things.

Additionally, compassion can incline you to helpful action. For example, one study showed that motor circuits in the brain lit up when people were feeling compassionate as if they were getting ready to do something about the suffering they were sensing.

How?

Compassion is natural; you don't have to force it; just open to the difficulty, the struggle, the stress, the impact of events, the sorrow and strain in the other person; open your heart, let yourself be moved, and let compassion flow through you.

Feel what compassion's like in your body – in your chest, throat, and face. Sense the way it softens your thoughts, gentles your reactions. Know it so you can find your way back again.

Moments of compassion come in the flow of life – maybe a friend tells you about a loss, or you can see the hurt behind someone's angry face, or a hungry child looks out at you from the pages of a newspaper.

Also, you can deliberately call in compassion a minute (or more), perhaps each day; here are a few suggestions:

- Relax and tune into your body.
- Remember the feeling of being with someone who cares about you.
- Bring to mind someone it is easy to feel compassion for.
- Perhaps put your compassion into words, softly heard in the back of your mind, such as: "May you not suffer . . . may this hard time pass . . . may things be alright for you."
- Expand your circle of compassion to include others; consider a benefactor (someone who has been kind to you), friend, neutral person, difficult person (a challenge, certainly), and yourself (sometimes the hardest person of all).
- Going further, extend compassion to all the beings in your family . . . neighborhood . . . city . . . state . . . country . . . world. All beings, known or unknown, liked or disliked. Humans, animals, plants, even microbes. Beings great or small, in the air, on the ground, under water. Including all, omitting none.
- Going through your day, open to compassion from time to time for people you don't know: someone in a deli, a stranger on a bus, crowds moving down the sidewalk.
- Let compassion settle into the background of your mind and body. As what you come from, woven into your gaze, words, and actions.
- Omitting none.

THE
YOGI
PRESS

"In separateness
lies the world's
greatest misery; in
compassion lies the
world's true
strength."

BUDDHA

Congress is the Legislative Branch of our government, made up of 435 members of the House of Representatives and 100 Senators. Congress provides a check and balance on the Executive Branch of our government, led by the President and Vice President. A change in the composition of congress can create a dramatic power shift in the function of an administration.

Why are midterm elections important?

- Midterm elections give YOU, the voter, the opportunity to decide which party controls both the House of Representatives and the Senate.
- Midterms take place in the middle of a Presidential term: the midterms empower YOU to voice your approval or dismay at how the current administration is governing.
- Midterms are a face-off between our two major parties – Democratic and Republican. These elections can be just as heated as a presidential race, because of what is to be won. That winning party will gain control of the legislature, which holds the power to enact laws, declare war, and much more.
- The party represented by the President hopes to gain majorities in both the Senate and the House of Representatives in the midterms. This will smooth the way for the President's legislative agenda to be approved by Congress.

Midterm Election Numbers at a Glance

House of Representatives	Senate
435 members	100 members
Representatives/state based on state population	Two Senators/state
2-year terms	6-year staggered terms
All seats are up for election every 2 years	One-third (33 or 34) are up for election every 2 years



Who's up for election?

- 35 of our 100 seats in the Senate will be up for election to 6-year terms. Currently, the Republicans control the Senate, but only by a very slim margin. With 35 Senate races on ballots across the nation, a power shift in the Senate is possible.
- There are 2 Senators from each state, and because of staggered terms, same-state Senators are never up for election in the same year.
- All 435 seats of the House of Representatives will be on the ballot, as these members serve 2-year terms.
- The state's population determines the number of representatives in each state.
- Through what is called "apportionment" state maps are drawn into congressional districts and each is assigned one Representative seat. This year, each congressional district represents approximately 761,000 people.
- In General elections, other races are also on the ballot. Note that 36 of 50 states and 3 territories will also hold Gubernatorial elections in the 2018 Midterm General Elections. That's the top executive office in more than half the states: the office of the Governor.
- What this means: Governors hold a lot of power in the states for new and revised policies and programs including executive orders, executive budgets, and legislative proposals and vetoes. Governors may also control the appointment of department and agency leaders as well as state court judges.
- States with gubernatorial elections will also vote for state-wide officers who serve under the Governor. These may include the Secretary of State, Attorney General, and Lieutenants Governor along with the vote for State and County Judges.

Register, Request Your Ballot, and Vote in the Midterm General Elections!

For information on registering to vote visit:

Office of the Minnesota Secretary of State

<https://www.sos.mn.gov/elections-voting/register-to-vote/>



OCTOBER 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	FARMERS MARKET!
Community Café	Paradise Center	

New Activities:

6th—St. Peter Clubhouse M.H. Walk and Candy Store in Jordan

7th—Bowling

10—Keyon Fall Fest

11—Padelford Cruise and Lunch

15th—Rice Lake State Park and Picnic

16th—Halloween Costumes and pumpkin pies

17th—Halloween mixer—bingo and costume contest

29th—10 County Halloween Mixer in Le Center

31st—Day of the Dean in Mankato

★HAPPY★
BIRTHDAY!

OCTOBER BIRTHDAYS

MARK B.
SARAH D.
JAKE F.
TED K.





MENTAL HEALTH AWARENESS

Walk

A walk to break stigma
& raise awareness



Tuesday, October 6



12:30 pm - 2:00 pm



Minnesota Square Park Pavilion
1000 S. Minnesota Ave. St. Peter



All are welcome!

Speakers:

- Local Mental Health Providers
- Clubhouse members sharing their recovery stories



We encourage you to bring signs/wear clothing
that shows support for mental health





JOIN US
FOR A
SPOOKTACULAR
TIME!

ALL
MEMBERS
WELCOME!

MEANINGFUL CONNECTION CLUBHOUSE

★ UNDER ★ ★ THE ★ ★ BIG TOP ★

GAMES ★ FUN ★ COMMUNITY ★ CONNECTION

THURSDAY
OCTOBER
29TH

11:00 AM
TO
2:00 PM

• GAMES

• PRIZES

TREATS

FUN!

CARNIVAL
VIBES
SPOOKY
SMILES
BRIGHTER
TOMORROWS

PUMPKIN
JUDGING
Competition!

BEST
COSTUME
Contest!

MEAL
PROVIDED!

COME FOR THE FUN,
STAY FOR THE CONNECTION!

★ A SAFE PLACE. REAL CONNECTIONS. MEANINGFUL SUPPORT. ★