

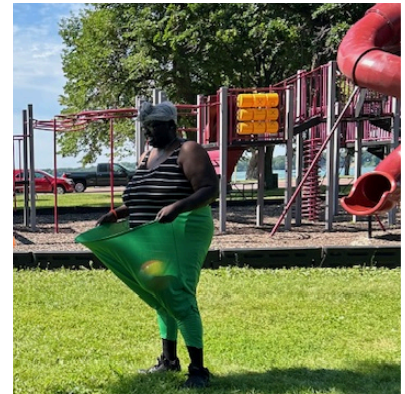


# News & Views Support & Healing Person to Person

Newsletter by and for Mental Health Consumers

August 2026

## Activity Spotlight





## AUGUST BIRTHDAYS

Karole F. 8th  
Laurel S. 8th

Kati S. 19th  
Jodi M. 23rd

### New Snack Bar Operations

We're making a few adjustments to the snack bar operations. As you may have noticed, there's now a cash box hanging on the wall by the snack bar. It has a small slot at the top where you can deposit money for your purchases. With this new setup, please be sure to bring exact change beforehand—staff are happy to help supply change if needed. The staff will open the snack bar 15 minutes before and after each activity, and sometimes during activities if time permits—staff will let everyone know when that's happening. We understand this new system might take a little getting used to, so please don't hesitate to ask if you have any questions! We truly appreciate your patience as we make this transition.



2026 Annual Picnic

10 CO. PICNIC-FREBORN COUNTY

Tuesday, August 18th from 11:00-2:00PM

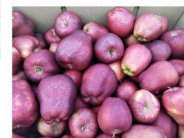
Edgewater Park Pavilion

Edgewater Drive, Albert Lea MN 56007



**First Lutheran Church  
Parking Lot  
Estacionamiento de  
la Primera Iglesia  
Luterana**

1114 W Traverse Road  
St. Peter, MN 56082



**2026  
FREE  
FRESH  
FOOD**

**10:30 AM - 12:30 PM  
ON THE FOLLOWING  
WEDNESDAYS:  
LOS SIGUIENTES MIÉRCOLES**

**June 10**  
10 de junio - juun 10

**July 8**  
8 de julio - 8ka Luulyo

**August 12**  
12 de agosto - Agoosto 12

**September 9**  
9 de septiembre - Eyl 9

**October 14**  
14 de octubre - Oktoobar 14

Sponsored By:



second harvest  
**HEARTLAND**

# FREE COMMUNITY EVENT



**AUGUST 6, 2026 1-4pm**  
**ST. PETER COMMUNITY CENTER**

60+ AREA PROVIDERS  
including:  
Financial assistance,  
including MA renewal  
Medical  
Haircuts  
Shoe Bus

**CONNECT WITH OTHERS**  
**LEARN ABOUT SERVICES**  
**ACCESS RESOURCES**

FREE TRANSPORTATION  
TO EVENT

INTERPRETERS AVAILABLE

FREE PERSONAL CARE ITEMS  
WHILE SUPPLIES LAST



**MORE  
INFO**



*A free event where people who are struggling to make ends meet  
can access resources and support to create a healthier community.*



**\*\*\* Friendly reminder - Please sign up at least two days before the activity, as we need to plan accordingly (purchase supplies, order food, etc). You are more than welcome to sign up late as well; we just cannot guarantee there will be enough supplies or food. \*\*\***

| August 2026 Phone: (507) 934-7200 Website: lighthouseonmarshall.sccbi.info |                                                                                         |                                                          |                                                            |                                                              |                                             |                     |
|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|----------------------------------------------------------|------------------------------------------------------------|--------------------------------------------------------------|---------------------------------------------|---------------------|
| SUNDAY                                                                     | MONDAY                                                                                  | TUESDAY                                                  | WEDNESDAY                                                  | THURSDAY                                                     | FRIDAY                                      | SATURDAY            |
|                                                                            |                                                                                         |                                                          |                                                            |                                                              |                                             | 1<br>LOM<br>Closed  |
| 2<br>LOM<br>Closed                                                         | 3<br>10a-12p<br>LOM<br>Social                                                           | 4<br>9a-11a<br>Coffee &<br>Walking<br>Group              | 5<br>11a-12p<br>Connections<br>Lunch<br>12p-1:30p<br>Bingo | 6<br>1p-4p<br>Project<br>Community<br>Connect<br>(St. Peter) | 7<br>12p-2p<br>Men's<br>Group<br>&<br>Lunch | 8<br>LOM<br>Closed  |
| 9<br>LOM<br>Closed                                                         | 10<br>11a-12:30p<br>NM Produce<br>Distribution<br>12p-2p<br>Women's<br>Group<br>& Lunch | 11<br>9a-11a<br>Anxiety<br>Group                         | 12<br>12p-2p<br>Swimming<br>at St Peter<br>Pool            | 13<br>10a-12p<br>LOM<br>Social                               | 14<br>12p-2:30p<br>Nicollet Cty<br>Fair     | 15<br>LOM<br>Closed |
| 16<br>LOM<br>Closed                                                        | 17<br>10a-12p<br>LOM<br>Social                                                          | 18<br>9:30a-2:30p<br>10 County<br>Picnic<br>(Albert Lea) | 19<br>9a-12p<br>Fishing                                    | 20<br>9a-3p<br>Steele<br>County<br>Fair<br>(Owatonna)        | 21<br>12p-1:30p<br>Therapy<br>Dog Visit     | 22<br>LOM<br>Closed |
| 23<br>LOM<br>Closed                                                        | 24<br>12:30p-2:30p<br>Haircuts<br>w/<br>Angie                                           | 25<br>11a-1p<br>Fun with<br>Food<br>withTammy            | 26<br>12:30p-2:30p<br>LOM<br>Social                        | 27<br>10:30a-12:30p<br>Clear<br>Limits                       | 28<br>9a-11a<br>Visiting<br>Friends         | 29<br>LOM<br>Closed |
| 30<br>LOM<br>Closed                                                        | 31<br>1p-3p<br>Monday<br>Meditation<br>w/Kandace                                        |                                                          |                                                            |                                                              |                                             |                     |

**Drop-In Details:** If you would like to stop by outside of the scheduled activities listed above, please note that the doors to the clubhouse lobby will be open from 9a-4p, Monday through Friday. Staff may not be available to you; therefore, if you hope to visit with staff or be able to access the activity room, please call ahead to see if someone will be available.

Please note: the "LOM Social" times on the calendar do not require a call ahead or sign-up.



## **August Activity Details**

If an activity is not listed below, it will be held at LOM, and there is no specific information to relay.

**4th Coffee & Walking Group** - Meet at LOM by 9am for coffee and a walk around the neighborhood. If it's too hot, we can plan to walk at the Community Center. Please have transit pick you up from LOM at 11am.

**5th Connections Lunch** - Please join us for lunch with members of our Behavioral Health team!

**6th Nicollet County Project Community Connect** - We will not be going as a clubhouse activity due to LOM staff working at the event; however, we encourage you all to attend. Please see the flyer on page 3 for more details on how to arrange transportation, or ask LOM staff for assistance.

**10th Produce Distribution** - If you live in North Mankato and can drive, we ask that you pick up produce on your own. If you live in St. Peter and can drive, we can pick up your produce, and you can pick it up at the clubhouse afterward. It should arrive to LOM by 12:30pm.

**\*If you do not drive, we will deliver the produce to your home and ask that you be home between 11am and 1pm.**

**12th Swimming at St. Peter Pool** - Meet us at the Roy T. Lindenberg Memorial Pool (300 North 4<sup>th</sup> St., St. Peter) at noon to enjoy some fun in the sun. LOM will cover the entrance fee to the pool! We need to pay everyone at the same time, so please be on time or let staff know if you are running late.

**14th Nicollet County Fair** - Please join us for some fun and ice cream at the fair! Please pack a lunch or bring money to purchase lunch. Meet at LOM at 12pm and have transit pick you up from LOM at 2:30pm.

**18th 10 County Picnic in Albert Lea** - Please meet at LOM by 9:30a. Transportation will be provided to and from Albert Lea, and to your home after the activity.

**19th Fishing** - Please meet at LOM by 9am. If you plan to meet us there, reach out to LOM, and we can share the location with you! Transportation home will be provided.

**20th Steele County Fair** - Please meet at LOM by 9am. Transportation will be provided to and from Owatonna, and to your home after the activity. Please bring money for lunch and for anything you would like to purchase while at the fair. Also, please bring water or beverages to help keep you hydrated, and good walking shoes.

**24th Haircuts with Angie** - Join us for our quarterly FREE haircuts. We have limited spots available, so please sign up by Wednesday, August 19<sup>th</sup>. If there's a waitlist, we'll be sure to get in touch with everyone who signs up (even if you signed up above the waitlist) to let you know if a timeslot is available for you.

**31st Monday Meditation w/ Kandace** - Join us for chair yoga and meditation led by our very own Kandace!



## Active Listening

By Tammy Fienen

Active listening means fully tuning in, absorbing, and reflecting on what someone shares with you. It goes much deeper than just hearing words because it means noticing body language, holding back judgment, and responding with genuine empathy. In supportive settings, this practice builds a safe space of trust, which ensures that individuals feel truly heard and therefore helps prevent hurtful misunderstandings. An example would be chatting with a member from the clubhouse or another volunteer worker in a different setting, such as being stressed out about an upcoming opportunity in making a presentation to a group this week. The individual may say "I'm terrified that I'll freeze up" at the presentation. Therefore, a response could be that you turn away from your computer screen to look at the audience and nod. Then, in the verbal feedback, it would sound like "this is an incredibly stressful situation." Because this is a high-pressure issue, one can ask "how can I help you prep," rather than minimizing fear or talking about your own past presentations. As such, you are now focused entirely on current anxiety and the offered support available. You are now looking past an aggressive tone in identifying the underlying pain and an unmet need, which helps the speaker feel safe enough to calm down. In this scenario, the approach builds trust, therefore ensuring clear communication and resolving misunderstandings ([www.verywellmind.com](http://www.verywellmind.com)).

There are key components of active listening such as being fully present, nonverbal cues, and withholding judgment. Being fully present means that phones or internal monologues are eliminated to give the speaker your undivided attention. Then, in nonverbal cues, these are maintained for appropriate eye contact, nodding, leaning in, and observing the speaker's body language and tone. The final component of active listening is withholding judgment. Withholding judgment means keeping an open mind and allowing the speaker to finish without interrupting or without forming judgment ([www.verywellmind.com](http://www.verywellmind.com)).

When people are fully engaged with others by focusing on their words and emotions rather than just formulating a reply. Mental health is supported by making individuals feel validated and reducing isolation. As such, cultivating this skill anchors you in the present to build a foundation of inner calmness and empathy. Active listening is a tool used to create safe and supportive environments. For instance, when someone is experiencing anxiety, depression, or distress, being truly heard will help them lower their emotional guard, thus making them more receptive for help ([www.serenehealth.com](http://www.serenehealth.com)). Active listening enhances mutual understanding by fostering a deeper understanding of individuals' perspectives. People are able to be more effective communicators and manage conflict resolution. Therefore, active listening supports everybody's mental health.



# MINNESOTA STATE FAIR

The Clubhouse received free tickets to the Minnesota State Fair to give away! As of now, we have 12 tickets. Please reach out to staff if you would like a ticket!



Please note that we will not be going as a clubhouse; therefore, you will be on your own for transportation, food, etc.

## **Lighthouse on Marshall's Friendly Reminders:**

- Please sign up at least two business days in advance for activities. This allows LOM staff enough time to prepare the necessary supplies for everyone.
- If you have questions about activities and can't find the answers on the Activity Details page, don't hesitate to get in touch with LOM staff.
- For the remainder of 2026, we plan to offer free haircuts in the following months: August & November.
- If you have items you no longer want and feel your peers may benefit from them, we have a small space for you to bring them to set out for free. We ask that any donations be left for only two weeks, and that you are responsible for removing any unwanted items after two weeks. All donated items need to be gently used—no open or expired food items.
- When LOM provides meals, we do our best to honor allergies, but cannot honor preferences. Please plan accordingly.
- Please note that when signing up for an activity that has a “waitlist” attached, that activity is not a “first-come, first-served” sign-up. LOM staff take into account many factors when choosing who will attend. If you have further questions about what goes into these decisions, please ask Missy or Kelly.

## Transportation for LOM Activities

We want to make sure you all have access to LOM activities. Please see the Activity Details, and if it says “Transportation Provided,” LOM will pick you up. When LOM plans to pick you up for an activity, we typically call the business day before the activity with your pick-up time.

**North Mankato Residents** — please use True Transit (800-560-1575) for all in-house activities and drop-in times. If you typically drive but don’t want to, you are always welcome to use True Transit.

**St. Peter Residents** — please use St. Peter Transit/MRVT (888-880-4696) for all in-house activities and drop-in times. If you typically drive but don’t want to, you are always welcome to use MRVT. They are open on Saturdays!

**All Members** — if you plan to use True Transit or MRVT but haven’t registered with us yet, please talk to the clubhouse staff so we can add you. As always, if you run into issues with the Transit and they can’t pick you up for any reason, please let us know more than 24 hours in advance so we can help get you here. There may be times when LOM staff cannot help due to staff schedules.

**When you call to sign up with Transit, please tell the dispatcher that the ride should be billed to the clubhouse account. If you forget, you may be responsible for paying for the ride, and LOM cannot reimburse this cost. Remember to call early!**



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