



News & Views Support & Healing Person to Person

Newsletter by and for Mental Health Consumers

July 2026

Activity Spotlight



2026 Mental Health Recognition Award Recipients



Linda N.
(Member)



Laurel S.
(Member)



Angie Schafer
(Hairstylist who provides
quarterly haircuts at LOM)

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.





JULY BIRTHDAYS

Adolfo V. 16th



Pop Can Tabs



Hello - Please save your pop can tabs for me, as I collect them for a friend who provides them to the Ronald McDonald House. The tabs are recycled to fund programs that provide housing and support for families with critically ill children. I will set up a small container in the activity room. If you wouldn't mind depositing your pop can tab in the container, prior to recycling your can, it would be much appreciated! Thanks, Mario.



Deadline for MoonDogs Sign Up

Please note that the deadline to sign up for the 10 County Activity at the MoonDogs game is the end of the day Friday, July 10th.



Monday Mediation with Kandace

Join July's Monday Meditation with Kandace and enjoy some Blueberry Almond Bliss Balls!

Blueberry Almond Bliss Balls Recipe:

1 cup dates

1/2 c almonds

1/2 c dried Blueberries

1 T almond butter

1/2 t vanilla

Pinch of sea salt

Blend everything in a food processor. Roll into balls. Store in refrigerator.

LOM's 2026 Open House

Thank you so much to everyone who stopped by our Open House! We were thrilled to have around 75 people join us. It was nice visiting with you all! A big shout-out to our clubhouse members and staff who helped make the event run smoothly — we truly appreciate your support!



*** 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. ***

July 2026

Phone: (507) 934-7200 Website: lighthouseonmarshall.sccbi.info

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 11a-1p Lunch w/the Law 12p-1p Member Meeting	2 9a-11a Clear Limits	3 Observance of Independence Day LOM CLOSED	4  LOM Closed
5 9a-11a Mental Health Recovery Group	6 9a-10:30a Visiting Friends	7 9a-11a Coffee & Walking Group	8 10:30a-12:30p If It Sounds Too Good.... (Scam Discussion)	9 12p-2p Tie-Dye Activity	10 12p-2p Swimming at St Peter Pool	11 LOM Closed
12 LOM Closed	13 11a-12:30p NM Produce Distribution 12p-2p Women's Group & Lunch	14 7a-1:30p 10 County Pottery Painting (New Ulm)	15 9a-11a Gardening Group	16 1p-3p LOM Social	17 9a-12p Fishing	18 LOM Closed
19 LOM Closed	20 1p-2p LAC Meeting	21 11a-4p 10 County at MoonDogs Game	22 10a-12p Anxiety Group	23 10a-12p LOM Social	24 12p-2p Men's Group & Lunch	25 LOM Closed
26 LOM Closed	27 1p-3p Monday Meditation w/ Kandace	28 10a-12p LOM Social	29 11a-1p Fun with Food withTammy	30 9a-11a Clear Limits	31 9a-5p Valleyfair w/Adam	

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.

July Activity Details

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

3rd Lunch with the Law - Lunch provided - Join us for some lunch with our local law enforcement staff, followed by our LOM Member Meeting!

5th Men's Group & Lunch - Lunch Provided - We will plan to meet at LOM.

7th Coffee & Walking Group - Meet at LOM by 9am for coffee, after which we will head over to the Community Center to walk. Please have transit pick you up from the Community Center at 11am.

8th If It Sounds Too Good....Scams Discussion - We will be talking about trending scams, what to watch out for, and overall, how to protect yourself from falling victim to scams.

9th Tie-Dye Activity - LOM will supply some items for you to tie-dye; however, you are welcome to bring your own items as well.

10th Swimming at St. Peter Pool - Meet us at the Roy T. Lindenberg Memorial Pool (300 North 4th St., St. Peter) at noon to enjoy some fun in the sun. LOM will cover the entrance fee to the pool! We will need to pay for everyone at the same time, so please be on time or stay in touch with staff if you are running late.

13th 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.**

14th 10 County Pottery Painting - New Ulm - Transportation Provided - Please note (as stated in the June newsletter), the deadline for this activity was in June, as the numbers needed to be submitted to Sota Street early enough to purchase the supplies. However, if you missed the deadline and are interested in going, please talk with LOM staff to be added to the waitlist.

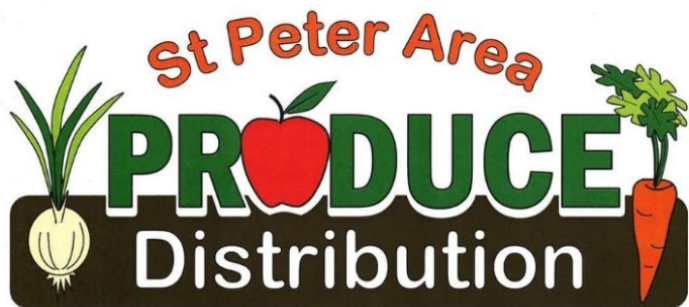
17th Fishing - Please meet at LOM by 9am. If you plan to meet us there, reach out to LOM, and we can share the location with you!

20th LAC Meeting - The Nicollet County Local Advisory Council Meeting will be held at LOM. This meeting happens quarterly and is a place for mental health providers, clubhouse members, people receiving mental health services, county staff, law enforcement, etc., to come together and discuss mental health services provided throughout Nicollet County, legislative updates, and plan mental health-related events. Please join us if you're able - we value your feedback!

21st 10 County MoonDogs Game - Lunch Provided - Join us for our annual 10 County gathering at the MoonDogs Stadium. Please note that the deadline to sign up for the 10 County Activity at the MoonDogs game is the end of the day Friday, July 10th.

27th Monday Meditation w/ Kandace - Join us for chair yoga and meditation led by our very own Kandace!

31st Valleyfair with Adam - Please note that this is a red-level activity because it will involve a lot of walking and will more than likely be very hot that day. Please meet at LOM by 9am. Transportation home will be provided after the activity. Please plan to pack a lunch or bring money to purchase food. Valleyfair is cashless and only accepts cards. You can use one of their machines to convert your cash to a card, if needed.



**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
WEDNESDAY'S:
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:



**Saint Peter Area
Food Shelf**



Kandace's word of the month:

Eunoia

Pronounced: you-NOY-uh

Eunoia is a beautiful Greek-derived word meaning “beautiful thinking” or “a well mind.” It’s often used to describe a state of balanced, positive, and healthy thinking.

Example:

Walking quietly in nature often brings me back to a state of eunoia.

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 regarding activities and you 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 will 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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