



News & Views Support & Healing Person to Person

Newsletter by and for Mental Health Consumers

October 2026

Activity Spotlight





OCTOBER BIRTHDAYS

Linda N. 5th
Jacob S. 7th

Diane M. 26th
Brittany M. 29th



BUNDLE ME WARM FREE WINTER WEAR PROGRAM

All items distributed have been gently used

Wed. Oct. 14: 9am – 3pm
Thu. Oct. 15: 9am – 3pm

Location: **Worship CENTER**

Behind Subway at 700 S. Riverfront Dr. – **door G**

PROGRAM DETAILS:

- I.D. preferred - but not required
- Open to anyone in need of winterwear
- Only ONE VISIT permitted this season
- No exchanges will be accepted

Coat DONATIONS ACCEPTED at:

The Family Thrift Store - 201 Star Street, Mankato
The Family Thrift Store accepts gently used winterwear year-round.
Call the Family Store at (507) 345-7074 for donation times!

Please note that donations **cannot be accepted at the 700 S Riverfront Drive location.



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

PUMPKIN JUDGING Competition!

BEST COSTUME Contest!

MEAL PROVIDED!

COME FOR THE FUN, STAY FOR THE CONNECTION!

A SAFE PLACE. REAL CONNECTIONS. MEANINGFUL SUPPORT.



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



***** 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. *****

October 2026 Phone: (507) 934-7200 Website: lighthouseonmarshall.sccbi.info						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 12:30p-2:30p Mental Health Sign Making	2 10a-11:30a Levee Park Cleaning & Coffee	3 LOM Closed
4 LOM Closed	5 10a-12p Games	6 12:30p-2p Mental Health Awareness Walk	7 11a-12p Member Lunch 12p-1:30p Bingo	8 10a-12p Hope Boxes	9 11a-1p Men's Group & Lunch	10 LOM Closed
11 LOM Closed	12 11a-12:30p NM Produce Distribution 12p-2p Women's Group & Lunch	13 10a-12p Anxiety Group	14 10a-1p Bundle Me Warm (Mankato)	15 1:30p-3p Word Games w/Tammy	16 9a-12p Card Making with County Attorney Michelle	17 LOM Closed
18 LOM Closed	19 1p-2p LAC Meeting	20 1p-3p Spelling Bee	21 10a-12p Halloween Trivia	22 9a-2p Odin Mill Craft Fair (Odin)	23 LOM Closed	24 LOM Closed
25 LOM Closed	26 1p-2:30p Monday Meditation w/Kandace	27 9a-11a Walking & Coffee	28 12:30p-2:30p Games	29 11a-2p 10 County Halloween Party (LeCenter)	30 9a-11a Visiting Friends	31  LOM Closed

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.

October Activity Details

Please be advised that the LOM building remains closed for maintenance. As a result, all "in-house" activities, except October 6th, will be held at the Health & Human Services (HHS) Building (622 S. Front St, St Peter) until further notice. If an activity is not listed below, it will be held at HHS, and there is no additional information to provide. Staff will meet attendees in the HHS lobby for 15 minutes prior to the start of the activity. If you arrive outside of this timeframe, please contact staff to notify them of your arrival.

1st Mental Health Sign Making - Join us in making new signs for our mental health walk!

2nd Levee Park Cleaning & Coffee - Please help us fulfill the clubhouse's biannual park cleaning and enjoy some coffee! Please have transit drop you off and pick you up at Levee Park (101 South Front St., St. Peter).

6th 10 County Mental Health Walk - Please plan to utilize your typical transportation to Minnesota Square Park (1000 S Minnesota Ave, St Peter) and arrive at 12:30pm. Please wear your mental health or LOM T-shirt!

7th Member Lunch & Bingo - This activity will be held at the St. Peter Community Center. The address is: 601 South Washington Ave. Enter through Door B, walk straight down the hallway, and look for Room #217.

8th Hope Boxes - Sign up to decorate and make a Hope Box to use at home. We will have items including stickers, fidgets, chapstick, etc.

12th 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 Bundle Me Warm - Transportation Provided - See flyer on page 2.

16th Card Making with Michelle - See page 7 for details.

19th LAC Meeting - The Nicollet County Local Advisory Council Meeting will be held at HHS. 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!

22nd Odin Mill Craft Fair - Transportation Provided - This craft fair is typically crowded. There is a sitting/eating area in the building where you can take a break if needed. Please bring money for lunch or plan to pack one.

27th Walking and Coffee - Weather permitting, we will walk to River Rock Coffee and Tea for a warm drink.

29th 10 County Halloween Party in Le Center - The party will be at the American Legion in Le Center (97 S Park Ave, Le Center, MN 56057). Please have True Transit drop you off and pick you up from the Legion. Limited room due to it being a 10 County event. See flyer on page 2 for details.

30th Visiting Friends - Come visit a friend with us. Please have transit drop you off at the HHS building by 8:45am. Transportation home will be provided after the activity.

Science of Savoring

By Tammy Fienen

Positive psychology is an approach that scientifically understands human well-being, thus moving beyond traditional psychology's focus on mental illness. In positive psychology, human well-being focuses on cultivating psychological strengths, positive emotions, and meaningful life experiences (www.goodtherapy.org/learning). As such, I would like to introduce the science of savoring. The art of savoring: how to stretch fleeting moments such as joy for lasting fuel.

Savoring is not just empty "positive thinking." All individuals could apply savoring skills since it is a learnable, evidence-based psychological skill. There is deliberate amplification of positive experiences from various moments: past, present, and future, and studies show that regular practice of savoring one stops letting life happen to themselves, rather individuals choose what to focus on (<https://www.reachlink.com/advice/happiness/savoring-positive-experiences/>).

For this reason, pick one little moment of joy that gives you an energy boost, thus making it easier to handle stress. I pick the two choirs I participate in, workouts, hiking, biking, and walking, as these give me distractions from whatever chaos is happening. Your interests may be anything that gives you instant joy, or maybe there is another feeling you can pick that helps in the moment. By picking one little thing, this will provide you with a shield against everyday anxiety.

There are easy ways to practice savoring today:

- 1) **Look forward to the future.** Make sure you give yourself something small to look forward to later today. Making a meal. Doing your nails. Going out with friends or with a community group you may belong to.
- 2) **Dive into the present.** When something nice happens, hit the pause button. Use your senses. What does the coffee or warm drink smell like? How soft is your pet's fur? What does the music sound like? Tell yourself, "I am here, and this is very nice."
- 3) **Look at the past.** When you scroll through photos on your phone or a device, look until you find a memory that makes you smile. Try closing your eyes and remember how you felt, who you were with, and what made that day special. When you relive a happy memory, this treats your brain to the same exact feelings all over again.

Just remember that there are 3 fundamental concepts: **positive emotions:** building experiences of joy, gratitude, interest, hope, and fostering optimism; **engagement:** developing states of flow and deep involvement in activities that use personal strengths; and **meaning and purpose:** creating a sense of significance through connection to something larger than oneself, thereby having feelings of purpose, gratitude, and hope (www.Reachlink.com).

The science is simple: well-being is not about a perfect life but anchoring your attention to the good stuff in it. By choosing to savor only one thing today, you are actively retraining your brain for happiness. Pause, take a breath, and let the good things happen!!

Happy World Mental Health Day (October 10th)!

**SAVOR
THE
MOMENT**

Card Making with Michelle

If you like sending your pals greeting cards, this is the activity for you! Come make your own beautiful greeting cards with us Oct 16th. Michelle uses her talent (and a Cricut - shh) to put together a fun and creative activity.



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 have one more month when we are offering haircuts: 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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