

The Bridge Connection

Bridge On Center

1113 Center Street

PO Box 788

New Ulm, Minnesota 56073

November, 2022

COORDINATOR'S CORNER

The month of November is a time when many of us gather with our family and friends to celebrate Thanksgiving. You may not have given this much thought, but being thankful actually has many mental health benefits. Studies have shown that people who regularly express gratitude tend to have lower rates of stress and depression and live overall happier lives. Practicing and expressing gratitude has a remarkable effect on your mind, body and spirit. Expressing gratitude improves overall psychological health by reducing toxic negative emotions and increasing endorphins (feel good chemicals) in your brain.

Expressing gratitude can:

- **Improve your overall mood and encourage an optimistic outlook.** Research confirms that gratitude effectively increases happiness and reduces depression.
- **Enrich social relationships and build social supports.** Gratitude opens the door to more relationships. Not only does saying “thank you” constitute good manners, but also showing appreciation can help you win new friends. Therefore, whether you thank a stranger for holding the door or send a thank-you note to that colleague who helped you with a project, acknowledging other people’s contributions can lead to new opportunities.
- **Enhance empathy and reduce aggression.** Grateful people are more likely to behave in a prosocial manner, even when others behave less kindly. Grateful people are less likely to retaliate against others and experience more sensitivity and empathy toward other people. It also causes a decreased desire to seek revenge.
- **Improve sleep.** Spend just 15 minutes jotting down a few grateful sentiments before bed, and you may sleep better and longer.
- **Improve physical health.** Grateful people experience fewer aches and pains and report feeling healthier than others. Not surprisingly, grateful people are also more likely to take care of their health. They exercise more often and are more likely to attend regular check-ups, which is likely to contribute to further longevity.
- **Give hope.** Research shows that focusing on the positive can boost our mood more than we expect, which in turn produces hope for the future.
- **Allow us to ground ourselves.** Remembering what is going well in my life and being grateful for the good things in my life reminds me there is still good in a world full of chaos and struggles.
- **Encourage moral behavior.** Gratitude motivates the grateful person to behave socially positively toward the benefactor and other people.
- **Increase mental strength.** For years, research has shown gratitude not only reduces stress, but it may also play a major role in overcoming trauma. Recognizing all that you have to be thankful for—even during the worst times—fosters resilience.

The good thing is that gratitude is a skill that can easily be learned by anyone. Simply starting with little gestures of kindness can lead to more impactful ways to express gratitude. People who are grateful feel better about themselves and their lives and have higher levels of happiness. In the end, the more gratitude we display the more grateful we are likely to be.

The Bridge Connection

Bridge On Center

1113 Center Street
PO Box 788
New Ulm, Minnesota 56073

November, 2022

Saturday Rides:

- If you would like to come to Bridge on Center on a Saturday, please call the coordinator's office at 507.233.6880 before noon on Friday or before staff are gone for the week.
- You may also call the Clubhouse number at 507.359.6541 after hours or Saturday morning, for staff to pick you up.

Walk in Hours: The clubhouse is open 8 to 4:30 on weekdays when Jackie is working.



Brown County Local Advisory Council

The purpose of the Brown County Local Advisory Council (LAC) on Mental Health is to bring awareness and education of mental health issues to community, families, and individuals. The LAC is state-mandated to identify gaps in services and discrepancies of mental health services and report these to the commissioners. The LAC identifies and advocates for Brown County and its needs for mental health services.

- ❖ The LAC is open to any consumer of mental health services, family member of an adult or child with mental illness, or community member with interest in mental health service availability.
- ❖ Quarterly meetings, open to the public, are held in the Brown County Community Services Building. **Next meeting is January 18th at 3:30 in the New Ulm room.**
- ❖ If you have questions or are interested in becoming a consumer or community member, please call Emily at 507.233.6850 or Claire at 507.233.6851

The Bridge Connection

Bridge On Center

1113 Center Street

PO Box 788

New Ulm, Minnesota 56073

November, 2022

Thanksgiving Word Search with Riddle

Find the words in the Word Search. Color each word a different color. When you have found them all, go across the rows, and write the letters that are left on the lines below. This will give you a riddle and the answer to the riddle.



pilgrim



Indian



turkey



cornucopia

p	w	h	i	c	h	l	c
i	t	c	o	r	n	n	o
l	k	u	e	y	w	d	r
g	o	a	r	n	'	i	n
r	t	p	o	k	p	a	u
i	e	p	p	n	e	n	c
m	a	l	n	i	y	y	o
l	o	e	c	k	e	a	p
t	u	s	r	k	e	y	i
p	u	m	p	k	i	n	a



pumpkin



apples



corn



pie

----- ?

Answer -----

The Bridge Connection

Bridge On Center

1113 Center Street

PO Box 788

New Ulm, Minnesota 56073

November, 2022

OUTREACH / UPCOMING EVENTS



MN Warm Line
Peer Support Connection
Call or Text: 844-739-6369



Set your clocks back 1 hour
Sunday November 6

SCCBI Thanksgiving Dinner & Bingo

When: November 16, 2022

Time: Arrive at 11:30 am, Dinner at 12p followed by Bingo

Where: Cathedral of Our Merciful Savior
515 2nd Ave NW, Faribault, MN 55021



NATIONAL SUICIDE PREVENTION HOTLINE

988

CALL OR TEXT



Laundry Love is a national initiative that offers use of washers and dryers to people in need. It is held the 4th Tuesday of each month at Maytag laundry New Ulm from 11-3 and Sleepy Eye laundromat from 3-4 pm

The Bridge Connection

Bridge On Center

1113 Center Street
PO Box 788
New Ulm, Minnesota 56073

November, 2022

Free activities include:

Bingo	Morning Joe	Wii Bowling
Board Games	Bowling	Card Club
Arts & Crafts	Open Hours	10 Co "A Christmas Carol"
Music Hall of Fame	Bridge on Broadway	Walking at Vogel
Pamper Yourself/ DYOT	Better Me	10 Co Thanksgiving Meal

Nov 3: 10 County MSU play "A Christmas Carol" and supper. Pick up at 4 pm. We will come to the clubhouse and have a catered meal then attend the Minnesota State University Mankato play. On a cold Christmas Eve, Ebenezer Scrooge is visited by the ghosts of Christmas Past, Christmas Present and Christmas Future who show him the error of his ways throughout his life. After seeing how he treated people in the past, the negative effects of his actions in the present, and the grim prospect of his future, Scrooge wakes up with generosity in his heart on Christmas morning. Limit 9

Nov 7: Shopping and lunch in Mankato. Pick up at 10:30 am. You will need money for lunch and any purchases made.

Nov 8: Minnesota's Music Hall of Fame with Jackie. Pick up at 1 pm. Memorabilia of individual musicians and musical groups as well as photographs of all who have been inducted into the Minnesota Music Hall of Fame may be seen and appreciated here. Bridge on Center will pay the \$6 fee to attend. Limit of 5 in van unless you can drive yourself and meet us there.

Nov 12: Tie Dye at the clubhouse with Angie. You will need to bring your own item to tie dye.

Nov 14: Project Lunchbox with Jackie. Pick up at 8:30 am. Come help us unpack pallets of food to provide meals for children in our area schools to take home on weekends.

Nov 16: 10 County Thanksgiving meal and party. Pick up at 9:30 am. You will need to bring your own beverage. Enjoy a wonderful turkey meal with all the fixings at Cathedral of our Merciful Savior in Faribault. Then have some fun playing bingo with friends. Limit 8

Nov 21: Hometown Place and Hahn's Café. Pick up at 10:30 am. You will need money for lunch and any purchases made. Hometown Place showcases local crafters and artists work to purchase. We also hope to stop at Black's Antiques while in the small town of Gibbon.

Nov 29: Bowling at Concordia Lanes with Jackie. Pick up at 1 pm. Bowling will start at 1:30pm. Bridge on Center will pay for bowling and shoes.

The Bridge Connection

Bridge On Center

1113 Center Street

PO Box 788

New Ulm, Minnesota 56073

November, 2022

ACTIVITY CALENDAR

November 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 1-3 Card Club Jackie	2 1-4 Better Me Open Hours Jackie	3 4 PU 10 Co MSU Play "A Christmas Carol" and Supper	4 1-4 Walking and Open Hours Jackie	5 Closed
7 10:30 PU Shopping and lunch Mankato	8 1-3 Music Hall of Fame Jackie	9 11-2 Birthday Party and lunch Jackie	10 1-3 Wii Bowling Jackie	11 Closed Veterans Day	12 8-12 Tie Dye Angie
14 8:30 PU Project Lunch Box Jackie	15 1-4 Walking and Open Hours Jackie	16 9:30 PU 10 Co Thanksgiving meal/ party See flyer	17 1-3 Public Health Class/ Open Hours Jackie	18 1-3 Puzzles and games Jackie	19 8-12 Fall Crafts Amanda
21 10:30 PU Hahns Café Hometown Place	22 1-3 Bingo Jackie	23 1-3 Bridge on Broadway Jackie	24 Closed Thanksgiving	25 Closed Thanksgiving	26 8-12 Open Hours Angie
28 9-11 Morning Joe Jackie	29 1 PU Bowling at Concordia Lanes Jackie	30 1-3 Pamper Yourself/ DYOT Jackie			

Clubhouse: 359-6541

Jackie: 233-6880

Case Managers	
Claire.....233-6851	Baylee.....233-6884
Emily.....233-6850	Christie.....359-6559
Jeff.....359-6536	Stephanie.....359-6534
Julie.....359-6591	