

The Bridge Connection

Bridge On Center

1113 Center Street

PO Box 788

New Ulm, Minnesota 56073

June, 2023

COORDINATOR'S CORNER

Life is full of ups and downs. Perhaps you recently ended a relationship, got negative feedback on something, or fell into a bout of stress, anxiety, or depression. Because our brains are wired to pay attention to the negative, losses like these are often magnified and/or rehashed over time, with the result that they become fertile ground for self-criticism. Adopting a learning mindset will help you shift from focusing on the negative so that you are more open to recognizing how these experiences can actually be steps for growth and future happiness.

Every single experience in life contains information to help us further align with our intentions. Did you recently fall short in a relationship, or are you trying to create better habits? Rather than dwell on the slip or mishap, look at it as a learning opportunity. You can bring a learning mindset to an experience with just a few simple steps. Forgive, investigate and invite!

You can forgive yourself for what happened. That was the past, you did the best you could with what you knew and what was going on. Hindsight is 20/20, you can't undo or change what's already happened.

This isn't meant to be self-indulgent, and we don't want to let ourselves off the hook. This is an opportunity to learn and grow. Look what happened, investigate to see what new understanding might help you the next time you encounter a similar situation.

Now that you are in the present moment, with this new understanding, make the choice to begin again. From a larger perspective, you can't possibly lose in life if you look at everything that comes your way as an experience from which to learn and grow.

This learning mindset is something to intentionally practice and repeat in life, turning it from a state of mind to a trait of your character. This can be done in the same way you learned how to walk, talk, and ride a bike. As you bring it into your life over and over again, the brain memorizes it as a procedural approach to life, so it becomes more automatic.

What would the days, weeks and months ahead be like for you if you came from a learning mindset? Could you learn to get better at communicating in relationships, as a friend, or at work? Could your commitment to exercise more or bring more play into your life become more of a reality?

Things that happen in life are never a mistake, if you look at them as a learning experience and can grow from it.

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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.
- You may also call the Clubhouse number 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 July 19th 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

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OUTREACH / UPCOMING EVENTS



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



Horizon Homes, Inc.

Warm/Crisis Line: 877-399-3040

Available 24 hours, seven days a week

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*June
national days
word search
printable
from Always
the Holidays*

G O F I S H I N G D A Y Y A D
E L P O C Y T E G G D A Y L Y
Y Y S Y O H A N D E D D E K O
E A A A Y D E D E V I M I S Y
W D F D R A T E T E C A N A O
E S E T I N D R S A T R D P D
A R D U R N O E U E E E D O A
R E A N K L I M V C D P N A Y
D H Y O O A K T Y I K A E U Y
A T R C L E G A R H L D Y R J
Y A D O H I D P S A G O A M K
E F S C N O T D A Y M T S Y A
G I M D F B S E L F I E D A Y
A L A U G A Y A D S W O D I W
P Y B L O O D D O N O R D A Y

**COCONUT DAY
JUNETEENTH
LGBT PRIDE DAY
GO FISHING DAY
VCR DAY
COLOR TV DAY
MARTINI DAY**

**SELFIE DAY
EYEWEAR DAY
YOYO DAY
REPEAT DAY
UFO DAY
BLOOD DONOR DAY
GIN DAY**

**FOOD TRUCK DAY
FATHERS DAY
EGG DAY
WIDOWS DAY
CHEESE DAY
OLIVE DAY
SAFE DAY**

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Please help me in welcoming Ashley to our Bridge on Center team. Ashley will be working Saturdays here at the clubhouse. She was born and raised in New Ulm. She has two children, a dog named Ginger and a cat named Demon. Ashley enjoys reading, spending time outside going for walks, planting flowers and watching TV, but mostly she likes spending time with her family and friends.

Be kind
whenever
possible.
It is always
possible.

Dalai Lama

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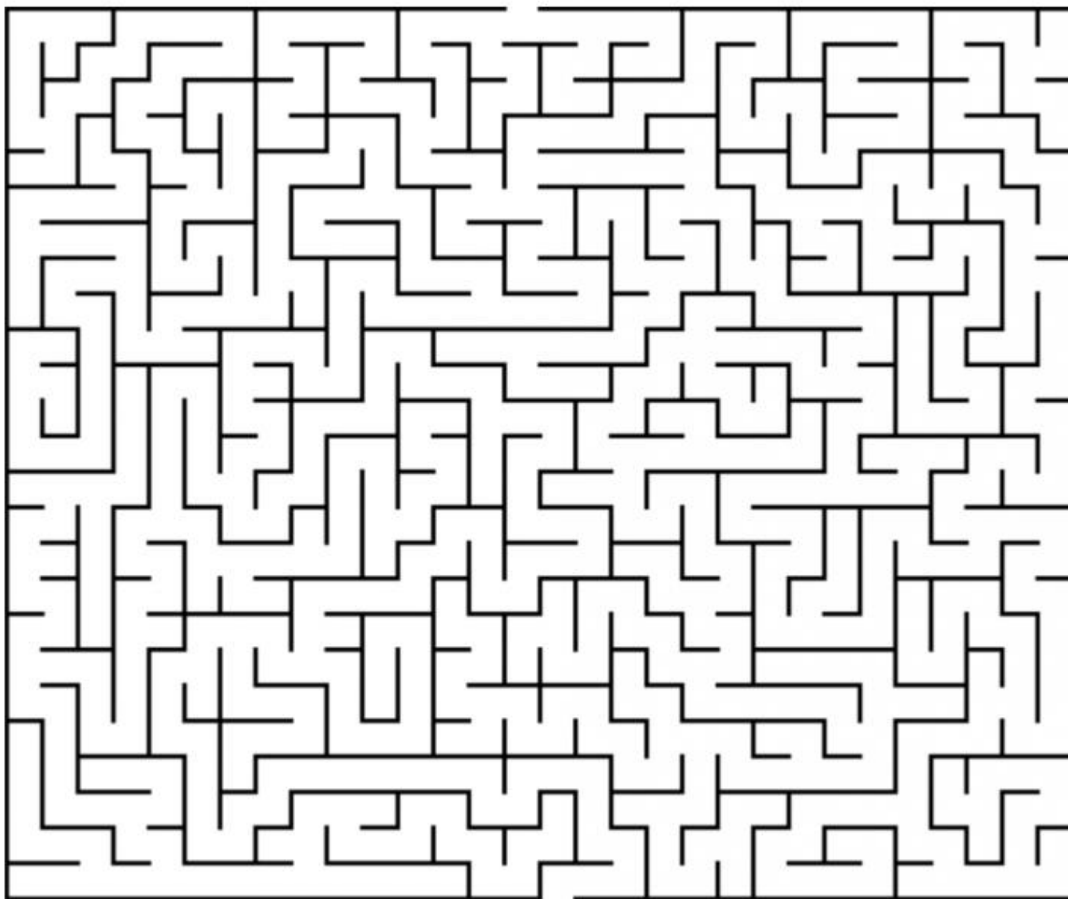
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**HAVE AN
A-MAZE-ING
SUMMER!**



FROM: _____

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Free activities include:

Bingo

Puzzles/ Games

Arts & Crafts

Music group

Morning Joe

Wii Bowling/ Bowling

Open Hours/Walking

Mindfulness Journey

Pamper Yourself/ DYOT

Card Club

10 Co Picnic 7-mile par

Mn Zoo and picnic

June 1: 10 County Planetarium and supper with Claire and Jackie. Pick up at 2:30 pm. You will need money for supper. The Andreas observatory (planetarium) located at Mankato East High School, is to help learn astronomy in the use of modern telescope, the telescope is capable of supporting research projects and offers the opportunity to the public for viewing the night skies through a research quality telescope. Here you will learn about the solar system and more!

June 5: Shopping in Mankato and lunch with Claire and Jackie. Pick up at 10:30 am. You will need money for lunch and any purchases made.

June 12: Birthday Party and lunch with Jackie from 11-3. There is a \$1 free will offering for the meal. Come celebrate your birthday or a clubhouse friend's birthday.

June 14: 10 County Minnesota Zoo and picnic lunch with Claire and Jackie. Pick up at 8:30 am. Created by the State of Minnesota, the Minnesota Zoo opened in 1978 with a mission *to connect people, animals, and the natural world to save wildlife*. Cutting-edge exhibits provide exciting experiences with animals and their habitats, introducing guests to species from around the globe. Education programs engage audiences at the Zoo, throughout the region, and around world. Conservation programs protect endangered species and preserve critical ecosystems. Learn more about the Minnesota Zoo—our mission, leadership, and history.

June 21: 10 County picnic at 7-mile park with Claire and Jackie. Pick up at 10 am. Lunch will be provided but you may want to bring your own beverages. Come enjoy time with clubhouse friends and play some yard games or take a walk on the trails in this beautiful park located between St Peter and Mankato right off of highway 169.

June 22: Mindfulness journey with Jackie from 1-3. Mindfulness meditation is the practice of purposefully focusing our attention on the awareness of the present moment as it relates to our thoughts, feelings, sensations in our body and our sense of the environment around us. This is a new group, so I hope to see you there!

June 23: Thrift stores in New Ulm and Sleepy Eye with Jackie from 1-4. You will need money for any purchases. Limit 5

June 26: Grill out and games with Jackie from 11-3. There is a \$1 free will offering for the meal.

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

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ACTIVITY CALENDAR

June 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 PU 2:30 10 Co Planetarium and supper	2 1-3 Card Club	3 8-12 Open Hours Amanda
5 PU 10:30 Shopping and lunch in Mankato	6 1-4 Walking and Open Hours	7 9-11 Morning Joe	8 1-4 Arts & Crafts	9 1-3 Bingo	10
12 11-3 Birthday Party and lunch	13 1-4 Open Hours	14 PU 8:30 10 Co MN Zoo and picnic lunch	15 1-3 Wii Bowling	16 1-3 Puzzles and Games	17 8-12 Open Hours Ashley
19 Closed Juneteenth	20 1-4 Walking and Open Hours	21 PU 10 10 Co picnic at 7 Mile Park	22 1-3 Mindfulness Journey	23 1-4 Thrift stores in NU and SE	24 8-12 Open Hours Angie
26 11-3 Grill out and games	27 1-4 Open Hours	28 9-11 Pamper Yourself/ DYOT	29 PU 1 Bowling at Concordia Lanes	30 1-3 Music Group	

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	