The Bridge Connection

Bridge On Center
1113 Center Street
PO Box 788
New Ulm, Minnesota 56073

November 2026

COORDINATOR'S CORNER

The holiday season is often a time of joy, celebration, and togetherness, but it can also bring stress, sadness, and feelings of being overwhelmed. Between gatherings, the hustle and bustle, and trying to meet everyone's expectations, it is easy to forget to take care of ourselves.

Taking time to care for our physical, mental, and emotional well-being helps us manage stress, maintain balance, and enjoy the season in a healthier way. Taking care of our mental health is just as important as taking care of our physical health. The holidays can sometimes increase stress, anxiety, loneliness, and sadness. Practicing self-care can help us:

- **Reduce stress and anxiety:** Taking breaks, getting enough rest, and slowing down can help us feel less overwhelmed.
- **Improve our mood:** Enjoying activities we love, spending time outdoors, and connecting with supportive people can help lift our spirits.
- **Protect our emotional well-being:** Giving ourselves permission to feel our emotions without judgment can help us cope with difficult situations.
- **Prevent burnout:** Setting realistic expectations and learning to say no can help us avoid taking on more than we can handle.
- **Build healthy boundaries:** It is okay to limit activities, conversations, or commitments that negatively affect our mental health.
- **Improve sleep and energy:** Maintaining a regular sleep schedule and making time to relax can support our mood, concentration, and overall well-being.

Self-care does not have to be complicated or expensive. It can be as simple as taking a short walk, enjoying a quiet moment, listening to music, reading a book, practicing deep breathing, or spending time with people who make us feel supported. Eating regular meals, staying active, getting enough sleep, and asking for help when needed are also important ways to care for ourselves. Remember that everyone experiences the holidays differently. You do not have to attend every gathering, meet every expectation, or make every moment perfect. Give yourself permission to slow down, take breaks, and focus on what matters most to you.

If feelings of sadness, anxiety, or hopelessness become overwhelming or continue to interfere with daily life, reaching out to a mental health professional can be an important step toward feeling better.

This holiday season, remember that your mental health matters, too**.** Taking care of yourself is not selfish; it is necessary. When you make time for your own well-being, you give yourself a better opportunity to experience the season with greater peace, balance, and joy.

Give yourself the gift of self-care this holiday season. You deserve kindness, rest, and understanding, too!

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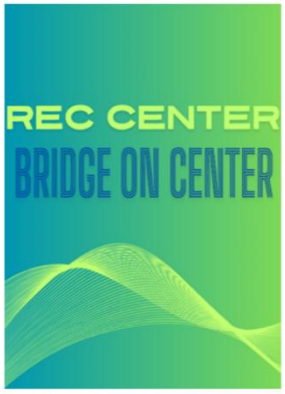
Saturday Attendance

Call the coordinator's office 507-233-6880 before noon on Friday	**If you call after hours or Sat AM, Call the Weekend Cell number 507-766-9461 for staff to pick you up.**



Are you a BOC member?

Would you like to use areas of the New Ulm Rec Center like the pool, weights or the machines?

Would you like to find out if you'd use your own annual membership?

Make arrangements with Jackie to use the BOC pass!

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

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Local Advisory Council/ Mental Health Wellness & Action Team

LAC began meeting jointly with MHWAT in January 2026. MHWAT is a joint committee of Human Services, Public Health, and Heart of New Ulm to promote mental health awareness and education across Brown County. **MHWAT/LAC meets monthly on the first Wednesday of every month at 2pm in the New Ulm Room located in the Community Services Building.** All LAC Members are welcome to be part of these monthly meetings and projects to increase mental health awareness and education in Brown County.

Please reach out to Baylee at 507-233-6884 or Stephanie at 507-359-6534 with any questions.

Our next meeting is:

November 4th , 2026, at 2pm

New Ulm Conference Room | 1117 Center St. New Ulm

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Happy Thanksgiving Crossword

ACROSS

3. Thanksgiving mealtime
5. Thanksgiving morning television
6. Popular casserole vegetable
9. Pressed apple juice
10. Fruit baked in crust
12. Bring food to the table
13. Harvest season
14. Red, tart fruit
16. Flavor of food
17. Traditional Thanksgiving bird
21. Prepare food with heat
22. Furniture to eat around
24. Journey for Thanksgiving holiday

DOWN

1. Baked covered dish
2. Turkey vocalization
4. Second to last month
7. Group of related people
8. Gather ripe produce
10. Mashed root vegetables
11. Thanksgiving Day game
12. Blend ingredients
13. Celebratory harvest meal
15. Food preparation guide
18. Consume food
19. Maize
20. Showing gratitude

© Puzzle Cheer

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Veteran's Day Word Search

AIR FORCE
ALLEGIANCE
AMERICA
ARMY
BRAVE
FREEDOM
HERO
JUSTICE
LIBERTY
MARINES
NAVY
PATRIOTIC
RESPECT
SACRIFICE
SOLDIER
VALIANT
VETERAN

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

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Free Activities include:

"Turkey" Bingo	**Morning Joe**	**Switch Bowling/Bowling**
Open Hours/Walking	**Puzzles & Games**	**"Best Buds"**
NU Roots haircuts	**Merry Makers**	**Card Club**
Keurig & Coloring	**Cribbage Tournament**	**Music Group**
Movie at BOC	**Carmel Apple making**	**Ceramics**

Nov 4: Hutchinson shopping and lunch. Pick up at 10 am. You will need money for lunch and any purchases made. We will be going to Hutchinson mall, and possibly a couple of other stores in that area.

Nov 5: Grocery Gang. Pick up at 1pm. You may choose to shop at Cashwise, Aldi, or Walmart. You will need money for any purchases made. Please plan to carry your own groceries, and feel free to bring reusable shopping bags if you would like.

Nov 9: Birthday Bash and lunch from 11-3. There is a $1 donation for the meal. Come celebrate your birthday or a friend's.

Nov 12: Merry Makers at the Clubhouse from 1-4. Join Mery Makers for a fun, creative time making handmade holiday gifts to keep or share with family and friends. No experience needed, just bring your holiday spirit and enjoy creating something special.

Nov 16: Shopping and lunch in Mankato. Pick up at 10:30 am. You will need money for lunch and any purchases made.

Nov 19: Grocery Gang. Pick up at 1pm. You may choose to shop at Cashwise, Aldi, or Walmart. You will need money for any purchases made. Please plan to carry your own groceries, and feel free to bring reusable shopping bags if you would like.

Nov 23: Turkey Bingo from 1-3 at the Clubhouse. It's like regular bingo, only with Thanksgiving themed cards, and you have to gobble to win 😊.

Nov 25: Lunch Bunch and Games at the Clubhouse from 11-3. Come join us for a meal as we come together to share good food, friendship and gratitude. There is a $1 donation for the meal.

Nov 30: Thriftmas Shopping in New Ulm from 1-4. Join us for a fun and festive Thriftmas Shopping Adventure! We'll explore thrift stores, search for unique treasures, and enjoy the excitement of finding great deals. Thrifting is a wonderful way to shop on a budget, discover one-of-a-kind items, and give pre-loved treasures a new home. Come ready to browse, save, and enjoy some holiday fun with friends. You never know what special treasures you might find! You will need money for any purchases made.

Dec 2: 10 County Year End Mixer. Please sign up by November 23rd for this event.

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ACTIVITY CALENDAR

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 1-4 Cribbage Tournament	3 9-11 Open Hours	4 10:00 PU Hutchinson Shopping and lunch	5 1-4 Grocery Gang Open Hours	6 1-3 Switch Bowling and games	7 8-12 Puzzles Open hours Geri
9 11-3 Birthday Bash and Lunch	10 9-11 Walking/Open Hours	11 Closed 	12 1-4 Merry Makers	13 1-3 Music Group	14 8-12 Caramel Apples Open Hours Amanda
16 10:30 PU Shopping and lunch in Mankato	17 9-11 Open Hours	18 1-3 Card Club	19 1-4 Grocery Gang Open Hours	20 1-3 Best Buds Candy Corn	21 8-12 Movie Open Hours Amanda
23 1-3 Turkey Bingo	24 9-11 Morning Joe	25 11-3 Lunch Bunch Game Day	26 Closed 	27 Closed 	28 8-12 Ceramics Open Hours Angie
30 1-4 Thriftmas Shopping New Ulm	1	2 10 Co Year End Mixer Need numbers by Nov 23rd			

Jackie: 233-6880 **Weekend Cell: 766-9461**

Mental Health Staff	
Claire.....233-6851	Baylee.....233-6884
Emily.....233-6850	Christie.....359-6559
Julie.....359-6591	Stephanie.....359-6534
Kelsey.....359-6662	Ashley.....359-6536