

# The Bridge Connection

## Bridge On Center

1113 Center Street  
PO Box 788  
New Ulm, Minnesota 56073

April 2024

### COORDINATOR'S CORNER

Stress Awareness Month has been recognized every April since 1992. Learning to cope with our stress and finding healthy ways to deal with these situations can go a long way towards living a healthy and positive life. After all, stress can impact many aspects of your body.

We all experience stress – yet we may each experience it in very different ways. Because of this, there is no single definition for stress, but the American Institute of Stress states the most common explanation is a “physical, mental, or emotional strain or tension.” Long-term stress can prove to be more than just a mental issue. From headaches to stomach disorders to depression – even very serious issues like stroke and heart disease can come because of stress.

When you are placed in a stressful situation, specific stress hormones rush into your bloodstream leading to an increase in heart rate, blood pressure, and glucose levels. This is helpful in emergency situations but having this “rush” for extended periods of time can be dangerous and make you susceptible to the issues mentioned previously.

Additionally, stress can impact your ability to get a good night’s sleep. Your sleep plays a key role in your health, both physical and mental, as well as your mood. In this way, stress can really snowball into other complications.

Sometimes the stress in our lives is not something we have any power to change – it is during these times that we must do these following tips: Recognize when you don’t have control, and let it go. Avoid getting anxious about situations that you cannot change. Take control of your reactions and focus your mind on something that makes you feel calm and in control. Develop a vision for healthy living, wellness, and personal growth, and set *realistic* goals to help you realize your vision.

The CDC provides some basic ideas to help you cope with stress...Take care of yourself – eat healthy, exercise regularly, get plenty of sleep, and give yourself a break if you feel stressed. Discuss your problems with a neighbor, friend, or another trusted source. Avoid drugs and alcohol. Recognize when you need more help – know when to talk to a psychologist, social worker, or counselor if things continue.

Potentially the most valuable takeaway here is knowing how to talk to others about your stress. This goes both ways, as you need to know how to discuss your problems with others as well as talk to anyone who comes to you with their issues.

Source: <https://integracareclinics.com>

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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 April 17th at 3:30 in the New Ulm room.**
- ❖ If you have questions or are interested in becoming a consumer or community member, please call Baylee at 507-233-6884 or Stephanie at 507-359-6534.

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## OUTREACH / UPCOMING EVENTS



Scan the code to the left with the camera on your smart phone to take you to the NAMI website for additional mental health resources!



**Horizon Homes, Inc**

Warm / Crisis Line

877-399-3040

Available 24 hours,  
seven days a week



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



### INDIVIDUAL PLACEMENT AND SUPPORT (IPS)

Individual Placement and Support (IPS) is an evidenced-based model of supported employment to assist people with serious mental illness find and maintain employment.

Click the link to go to the MRCI website for additional information.

<https://www.mymrci.org/ips>

**Jackie is out of the office**

**April 18 until May 6<sup>th</sup>**

**Please call Claire during those dates for activity changes.**

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SOUTH CENTRAL COMMUNITY BASED INITIATIVE PRESENTS:

STAKEHOLDERS EVENT- APRIL 11, 2024

“WE CAN’T CONTROL THE WINDS, BUT WE CAN ADJUST OUR SAILS”

12:00PM	DOORS OPEN
	LUNCH (PRE-ORDER BY 3/28)
12:30	EVENT REGISTRATION
1:00-1:10	WELCOME
1:10-1:50	DR. VETTER
1:50-2:00	2024 10- COUNTY ACTIVITIES- PRESENTED BY FRIENDSHIP HOUSE
2:00-2:15	BREAK
2:15-2:35	“WALK THE PLANK” TRIVIA
2:35-2:50	RECOVERY STORY
2:50-3:05	RECOVERY STORY
3:05-3:25	DOOR PRIZE DRAWING
3:25-3:30	WELLNESS ENHANCEMENT DRAWING
3:30	ADJOURNMENT

### REMINDERS:

- REGISTRATION WILL CLOSE PROMPTLY AT 1:00PM.
  - NO PETS, ONLY REGISTERED SERVICE ANIMALS.
  - MILEAGE REIMBURSEMENT AVAILABLE WITH PROPER DOCUMENTATION.
- FREE PARKING IS AVAILABLE IN THE CITY PARKING RAMP WITH SKYWAY ACCESS TO THE EVENT CENTER.

DOORS WILL NOT OPEN BEFORE 12PM- PLEASE DON'T ARRIVE BEFORE THEN

PLEASE, NO SMOKING WITHIN 25 FEET OF THE ENTRY WAY. *THANK YOU!*

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1113 Center Street

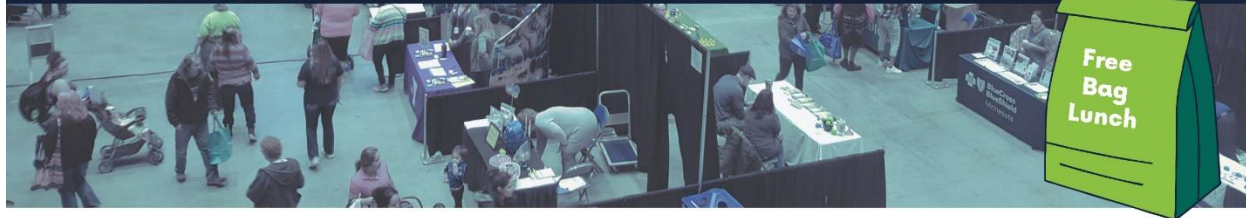
PO Box 788

New Ulm, Minnesota 56073



FREE

Community Resource Event



Access resources. Learn about services. Connect to get help.

## RESOURCES

- > Children/Youth
- > Disability
- > Employment
- > Government ID Vouchers
- > Haircuts
- > Housing
- > Legal
- > Medical/Dental

Be part of the MANKATO COMMUNITY COLLAGE with photos taken by Josh Madson!

Mayo Clinic Health System's Mobile Health Clinic will be onsite to provide health education and cancer screenings in partnership with SAGE

PLUS

**FREE CHILD CARE!**

Visit the  
**SHOE** Bus



Shoes cost \$2 - \$5 with a limited number of free shoe vouchers available.

## PROJECT COMMUNITY CONNECT



**Tuesday, April 16, 2024**

**1:00 - 4:00 PM**



Mayo Clinic Health System Event Center  
1 Civic Center Plaza, Mankato

City of Mankato will provide free transit rides.  
Contact Kate at 507-995-9259 with transportation questions.

Supported by:



Leadership by:

Blue Earth County Supportive Housing; City of Mankato; College of Allied Health and Nursing - Minnesota State University, Mankato; Greater Mankato Area United Way; Lloyd Management; Lutheran Social Service of Minnesota; Mankato Family YMCA; MN Valley Action Council; Refocus Recovery; Southwest MN Housing Partnership

Like us on Facebook



[MankatoUnitedWay.org/pcc](https://www.MankatoUnitedWay.org/pcc)





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## APRIL

APRIL FOOLS  
ARBOR DAY  
BIRDS  
BUNNIES  
DAFFODILS  
EARTH DAY  
GRASS  
GROWTH

JACKET  
JOKES  
MISCHIEF  
PRANK  
TREES  
TULIPS  
RAINDROPS  
SHOWERS

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

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Bingo

Better Me

Pay It Forward

Music Group

Stakeholders

Morning Joe

Cola & Coloring

Card Club

Movie at BOC

Pinball Place

Switch Bowling/Bowling

Open Hours/Walking

Arts & Crafts

Mindfulness Journey

Project Community Connect

**\*\*\*Jackie will be out of the office April 18<sup>th</sup> until May 6<sup>th</sup> please call Claire during those dates for activities. \*\*\***

**April 1:** Fools Café from 1-3. You are invited to the clubhouse for a fun afternoon of snacks. There will be a menu from which to order, but what you see might not be what you get!

**April 4:** Cards and games in St James with Forever Friends. Pick up at 12 noon. Please eat lunch before group. Limit 5

**April 8:** Shopping and lunch in Mankato. Pick up at 10:30 am. You will need money for lunch and any purchases made.

**April 9:** Better Me from 9-11 at the clubhouse. Brown County Public Health will be speaking on the use and abuse of Narcan in our community.

**April 10:** Birthday Party and lunch from 11-3. There is a \$1 donation for the meal if you are able. Come celebrate your birthday or a friend's birthday.

**April 11:** Stakeholders and lunch in Mankato. Pick up at 11 am. You needed to be registered in March to receive a meal. See insert for agenda.

**April 15:** Eagle Viewing and lunch with Brian, Claire, and Jackie. Pick up at 11 am. You will need money for lunch. We will have lunch in New Ulm and view a nest outside of the New Ulm area.

**April 16:** Project Community Connect. Pick up at 12 pm. See insert for details. Free lunch will be served at this event.

**April 17:** 10 County Pinball Place in New Ulm. Come enjoy some free games of pinball and friendship with the other clubhouses. There will be pop for sale at a cost to you for \$1.50, Water \$1.00 and 1919 root beer for \$2.50. They take cash or cards. If a card is used a 3% charge will be applied. Limit 5

**April 27:** Pack your own picnic lunch with Amanda from 10-2. Bring a picnic lunch with you to the clubhouse and Amanda will take you on a fun ride to a park and enjoy the picnic, weather permitting, so dress accordingly!

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## ACTIVITY CALENDAR

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1-3 Fools Café at BOC	2 9-11 Open Hours	3 1-4 Arts & Crafts	4 12 PU Cards & Games w/Forever Friends	5 1-3 Bingo	6 8-12 Civic Center Garage Sale Amanda
8 10:30 PU Shopping and lunch in Mankato	9 9-11 Better Me Public Health Narcans Use	10 11-3 Birthday Party and lunch	11 11 PU Stakeholders	12 1-3 Card Club	13 8-12 Open Hours Angie
15 11 PU Eagle Viewing and lunch	16 12 PU Project Community Connect	17 1-3 Pinball Place 10 County 3:30-4:30 LAC Meeting	18 1-3 Mindfulness Journey Claire	19 1-3 Cola & Coloring Claire	20 8-12 Open Hours Angie
22 1-3 Pay It Forward Rock Painting Claire	23 9-11 Open Hours Claire	24 1-3 Music Group Claire	25 1-3 Switch Bowling Claire	26 1-4 Movie & Popcorn Claire	27 10-2 Pack Your Own Picnic Lunch Amanda
29 9-11 Morning Joe Claire	30 9-11 Open Hours Walking Claire				

Clubhouse: 359-6541

Jackie: 233-6880

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