

The Bridge Connection

Bridge On Center

1113 Center Street
PO Box 788
New Ulm, Minnesota 56073

January 2024

COORDINATOR'S CORNER

Below are the Clubhouse Rules and Polices for you to review. The Clubhouse is a place for members to feel comfortable, welcome and have fun. Please be kind to one another and show respect for each member as well as the Clubhouse property.

1. Members have the responsibility to be welcoming and inclusive to all other members.
2. Members are welcome to come to Bridge on Center (BOC) during the hours posted. You can choose to come during our group time, drop-in time, or both. If you wish to attend during a group time, please sign up with the BOC Coordinator.
3. Please sign in each day you drop into BOC. This is done so that we can identify how many people use the clubhouse and report back to SCCBI and the Brown County Board.
4. Members have the right to a safe and secure environment which supports their mental health. We will not allow fighting, abusive language, sexual harassment, threats, or intimidating behaviors (e.g. bullying or negative comments about another consumer). Any weapons or items considered to be weapons will not be allowed at BOC. **BOC staff have the right to take whatever steps are necessary to ensure that BOC is a safe and secure place for every member to visit.**
5. Members may not use or be under the influence of mood-altering substances while at the clubhouse or on outings (e.g. alcohol, illegal substances, overuse of prescription medications). You will be asked to leave or law enforcement may be called.
6. Smoking is not allowed on Brown County property or in county vehicles.
7. No borrowing or loaning of money or cigarettes while at BOC. This includes purchasing of items for others & buying, selling and/or trading of any items/products including doing any business/ soliciting while at the clubhouse.
8. Members are expected to be independent and able to be unsupervised. BOC staff cannot assist with personal cares, medication administration or transfers. If a member is no longer able to ambulate independently during outings or is unable to get in and out of the vehicle, activities will be limited to the clubhouse, and the member is responsible to coordinate transportation. BOC staff cannot assist with transfers due to liability of injury. If a member needs immediate medical attention while at group, you may be asked to be cleared from your provider to return to groups.
9. Members are expected to practice good hygiene. Everyone must be appropriately dressed, including shoes, shirt, etc. that are free of odor or stains. Members should have clean hair and no body odor.

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10. Conversations with BOC members should be limited to non-controversial or non confrontational subjects.
11. No bringing pets to BOC. If reading this, call the coordinator for a prize.
12. We ask that everyone follow and help enforce the rules. **Violation of any of these rules will result in your dismissal from Bridge on Center for at least the remainder of the day. Returning is pending dependent on meeting with BOC staff; Case Manager; and /or being staffed at the Adult Mental Health Team Meeting.**

The Adult Mental Health Unit works hard to plan activities and coordinate times, dates and multiple schedules to provide you with fun and worthwhile activities. We want all consumers to be able to participate in their activities of choice. We need your help and cooperation in making the activities run smoothly for everyone. We ask each consumer to do their part in being respectful to the other consumers and case managers by simply following a few guidelines stated below.

Attendance

We understand that sometimes you may forget you have an appointment the day you signed up for an activity or you may become ill and are not able to attend. We are asking that you provide at least **24 hours'** notice when **canceling** an activity or as much notice as you can (in the case of unexpected illness or situation). Someone on the waiting list will be able to go in your place if we have enough notice for them.

If you are canceling within a half hour of the scheduled pick up time – make sure you talk to someone in person.

No Show

Our goal is to avoid suspending anyone from participating in activities, however; to ensure things run smoothly for everyone we have come up with the following policy for future “no shows” to activities.

1. The first 3 "no shows" will be forgiven.
2. The 4th “no show” you will automatically be placed on the waiting list for all activities for 3 months. This means when you call to sign up for an activity – you will be placed at the end of the waiting list and on the day of the activity if there is a space available for you then you can attend; otherwise, you will not go.
3. Additional “No Shows” will be reviewed and addressed by the Adult Mental Health Team.

Presentation:

How you present yourself to others is important when you are attending activities as a group. Your

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presentation includes your attitude; your words; your clothes; and your hygiene. It will be left up to the discretion of the coordinator to determine if your presentation is appropriate for the activity. To avoid being asked to go home please consider these tips:

1. Stay home if you are feeling ill or under the weather.
2. Check your attitude. Are you angry and upset about something? Activities are for everyone to enjoy and have fun, including you. If you cannot have fun due to your circumstance, then those around you are going to have a difficult time having fun also. You may need to make an appointment with your case manager to discuss your concerns.
3. Watch your language/words. Let us all watch the words that come out of our mouth and make sure they are appropriate. No swearing. No threats. No negativity to the point that it interferes with another's enjoyment.
4. Hygiene. When out in the community and in contact with others, you should present yourself in the best way possible. This includes looking presentable. Practicing good hygiene is a sign of respect for ourselves and those around us.

Medication:

Bridge on Center staff is not responsible for administration of medication.

Cell Phone Policy:

The purpose of Bridge on Center is to be social and among friends. When you are at Bridge on Center or on an outing with the group, we ask that you refrain from using your cell phone. Cell phones should be set to silent, so they are not a distraction during all Bridge on Center activities (especially while traveling in the vehicles). If you have an emergency and feel you must use your cell phone, please remove yourself from the group and use your phone in private.

Legal Policy:

When a BOC member is known to have active or pending legal proceedings occurring, that the AMH team deems a safety risk to the existing members, a 6-month suspension shall be administered. This policy is meant for continued protection and safety of all BOC members.



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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 January 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 Emily at 507.233.6850 or Claire at 507.233.6851

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OUTREACH / UPCOMING EVENTS

Bridge on Center will be closed
January 1st and 15th.



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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NAME: _____

DATE: _____

January Word Search

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

Winter

Cold

New year

Gloves

Chimney

Sweater

Skate

Hoodie

Blanket



Blizzard

Coat

Snowfall

Mittens

Freeze

Penguin

Hibernate

Sniffle

Frosty

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Free Activities include:

Bingo

Switch Bowling/Bowling

Open Hours/Walking

Mindfulness Journey

Morning Joe

Better Me

Pay It Forward

Music Group

Puzzles/Games

Arts & Crafts

Card Club

Movie at BOC

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

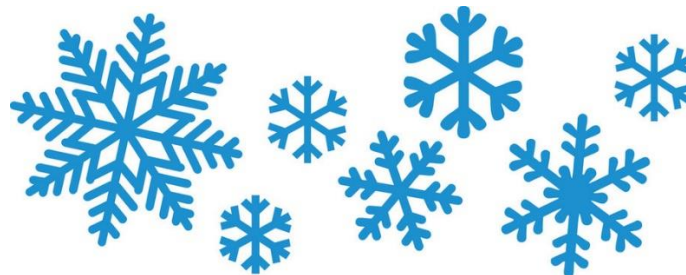
Jan 8: Birthday party and lunch from 11-3. There is a \$1 free will donation for the meal. Come celebrate your birthday or a friend.

Jan 11: Thrift stores in New Ulm with Jackie. Pick up at 1 pm. You will need money for any purchases made.

Jan 12: Movie and lunch in Mankato. Pick up at 10:30 am. You will need money for lunch and your ticket to the movie.

Jan 24: "The Garage" for lunch and bowling at Springfield Lanes. Pick up at 10:30. You will need money for lunch. Bridge on Center will pay for bowling and shoes.

Jan 29: Chili Cookoff and games 11-3 at the clubhouse. Please call the coordinator to enter your special recipe before this date. The clubhouse will provide cornbread, sour cream, cheese and crackers. We will all sample and vote on our favorite chili and then enjoy a meal together and finish with some games. There is a \$1 free will donation for the meal. All are welcome to come, even if you do not make a chili to share.



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ACTIVITY CALENDAR

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Closed for New Year's	2 1-4 Open Hours New Year's Party	3 1-3 Card Club	4 1-3 Puzzles and Games	5 10:30 PU Shopping and lunch in Mankato	6 8-12 Open Hours Angie
8 11-3 Birthday Party and lunch	9 1-4 Walking Open Hours	10 9-11 Morning Joe	11 1-4 Thrift Stores in New Ulm	12 10:30 PU Movie and lunch in Mankato	13 12-4 Games with Amanda
15 Closed MLK Day	16 1-4 Open Hours	17 1-3 Open Hours 3:30-4:30 LAC meeting	18 1-4 Arts & Crafts	19 1-3 Pay It Forward Claire	20 8-12 Open Hours Angie
22 1-3 Mindfulness Journey Claire	23 1-4 Walking Open Hours	24 10:30 PU The Garage and Bowling at Springfield Lanes	25 1-3 Switch Bowling	26 1-3 Music Group	27 8-12 Movie with Amanda
29 11-3 Chili Cook off and games	30 1-4 Open Hours	31 1-3 Bingo			

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