

The Bridge Connection

Bridge On Center

1113 Center Street
PO Box 788
New Ulm, Minnesota 56073

July, 2022

COORDINATOR'S CORNER

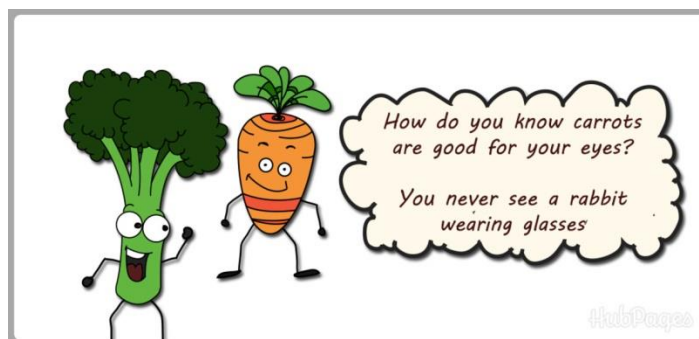
Finding humor in the circumstances of life can lift moods with laughter and help people better deal with and overcome difficult experiences. When we laugh our stress hormone levels decrease, our heart, lungs and muscles are stimulated. There is increased activity in parts of the brain's reward system.

Endorphins, the body's natural pain blockers, are released. Our immune system grows stronger. Our mood improves, and anxiety decreases. We have better interactions with others. We have less burnout on the job or in life in general.

Stress and the hormones it produces can do a lot of damage to the mind and body over time. Since humor and laughter reduce the amounts of these hormones, it has also been shown that they can help reduce the risk of blood clots, heart conditions, and other stress related diseases.

Below are 10 tips for incorporating humor into your life:

1. List 3 funny things that happened to you each day before going to bed.
2. Find a TV show or movie that tickles your funny bone.
3. Watch stand-up comedy.
4. Reach out to someone who gets your sense of humor. Share funny stories, even texting jokes can help.
5. Get online. There is something funny for everyone on the internet. Comics, memes, videos. If it gets you to smile or laugh spend 15 minutes just checking things out.
6. Have a game night.
7. Try laughter yoga.
8. Read a funny book.
9. Spend time with an animal or child.
10. Incorporate funny things into your environment. It could be a funny picture of family or pets or even a witty mug!



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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 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 July 20th at 12:30 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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4th of July

Word Search



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CrayonFreckles.com

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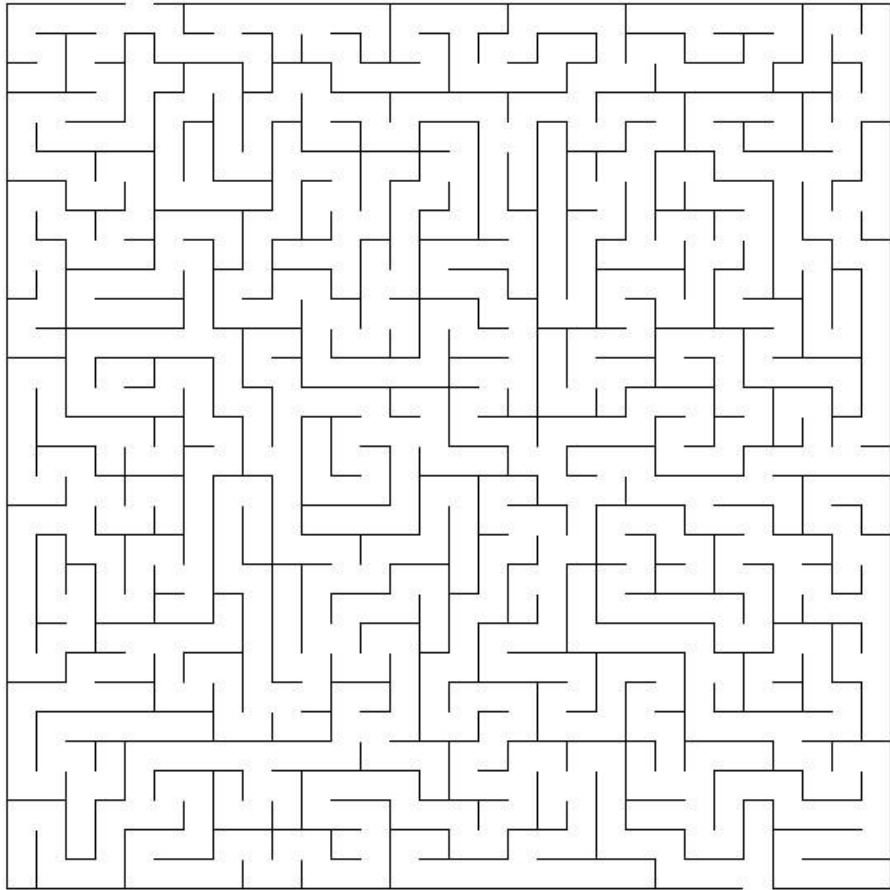
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Free activities include:

Bingo

Concert in the Park

Card Club

Pay It Forward

Pamper Yourself/ DYOT

Morning Joe

Board Games

Arts & Crafts

Music Group

Lyric 3 Movie

Wii Bowling

Bowling

Open Hours

Walking at Vogel

Bridge on Broadway

July 6: Birthday Party and lunch with Jackie from 11-2. There is a \$1 free will offering if you can for the meal. Come celebrate your birthday or friends!

July 11: Shopping and lunch in Mankato with Claire and Jackie. Pick up at 10:30 am. You will need money for lunch and any purchases made.

July 13: Boating and Bobbers and lunch with Claire and Jackie. Pick up at 10:30 am. You will need money for lunch. We will be enjoying a pontoon ride and some fishing on beautiful Lake Sleepy Eye. Boating and Bobbers will supply all the rods, tackle, license and life jackets. This is a catch and release program. Just bring some sunscreen, a water bottle and a great attitude!

July 22: Lower Sioux Agency and lunch with Claire and Jackie. Pick up at 10 am. You will need money for lunch. The **Lower Sioux Agency**, or **Redwood Agency**, was the federal administrative center for the Lower Sioux Indian Reservation in what became Redwood County, Minnesota, United States. It was the site of the Battle of Lower Sioux Agency on August 18, 1862, the first organized battle of the Dakota War of 1862. Today it is a historic site managed by the Lower Sioux Community in partnership with the Minnesota Historical Society. In February 2021, ownership of half of the site was transferred from the historical society to the Lower Sioux Community. The site contains an interpretive center, self-guided trails, and a restored 1861 stone warehouse that is listed on the National Register of Historic Places.

July 25: Grill out and Concert in the park with Claire and Jackie. Pick up at 4pm. There is a \$1 free will donation for the meal if you can. We will have a grill out supper at the clubhouse, and then go to German Park for National Night out and Schell's Hobo band.

July 27: Free movie at Lyric 3 in New Ulm with Jackie. Pick up at 9 am. Choices of shows are Despicable Me or Abominable. You will only need money if you want to purchase any concessions.

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

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ACTIVITY CALENDAR

July 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 1-3 Wii Bowling Jackie	2 9-12 Open Hours Angie
4 BOC Closed	5 1-4 Walking and Open Hours Jackie	6 11-2 Birthday Party and lunch Jackie	7 1-3 Arts & Crafts Jackie	8 1-3 Card Club Jackie	9 9-12 Open Hours Angie
11 10:00 PU Shopping and lunch in Mankato Claire/Jackie	12 1-3 Games/Puzzles Jackie	13 10:30 PU Boating & Bobbars and lunch Claire/Jackie	14 1-3 Music Group Jackie	15 1-3 Bingo Claire	16 8-11 Painting/Crafts Amanda
18 9-11 Morning Joe Claire	19 1-3 Pay It Forward Claire	20 LAC meeting No ride available	21 1-4 Walking and Open Hours Jackie	22 10 PU Lower Sioux Agency and lunch Claire/Jackie	23 8-11 Open Hours Kristen
25 4 PU Grill out and Concert in the Park Claire/Jackie	26 1-3 Bridge on Broadway Jackie	27 9 am PU Free Movie at Lyric 3 Jackie	28 1-4 Open Hours Farmers Market Jackie	29 1 PU Bowling at Concordia Lanes Jackie	30 8-11 Open Hours Amanda

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	