



Seasons Greeting



Holiday Gifts



We are wishing you a fun-filled 2021 holiday season that brings you closer to all of your loved ones (and best wishes for a Happy New Year!). We appreciate all the meaningful and hard work you did during 2021. Your dedication shines through in everything that you do, and we thank you for it.

An email was sent to you from snappy.com or from OurProShop. Either email gives you instructions on how to receive your holiday gift. Open and choose your gift by **December 24th**. If you did not receive one of these messages, please contact Taylor as soon as possible at tayloro@bridgesmn.com or tohara@northstarbhmn.com

Thank you again for a wonderful year!

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At NorthBridge Child Development we are getting ready for winter. We are all learning about the cold weather and what we wear to keep ourselves warm and safe outside. We are practicing putting on jackets and snow pants and we can't wait to play in the snow!



Updates:



NorthBridge
CHILD DEVELOPMENT

We have a new teacher!

Ms. Denita has joined the team and this has allowed us to separate the preschool kids into different rooms, which allows for us to make sure that those toddler kiddos are ready for Kindergarden next fall!

We also had a remodel in the gym and some new paint on the walls!



Toddlers:

The toddlers are working on colors, shapes, counting and having tons of fun each day. They love going outside to play and are so happy to try to put jackets on by themselves. They love to learn!

Preschoolers:

The preschool kids are working on letter and number recognition and writing their names everyday. They have also been learning all about kindness, sharing and being a good friend. They are counting, matching, and sorting to work on cognitive skills that they will need for school in the future. But most of all they are having fun!!



Recently, George and his Supportive Roommate, Julie volunteered at Feed My Starving Children.

As Julie said: "We made a difference by volunteering. So far our group provided 780 meals. We started packing up 2 1/2 boxes (36 packs) and quickly moved to packing 6 boxes (216 packs). We continue to volunteer because we believe no one should go hungry and it excites us so much that we want to go back at least twice a month to volunteer."

"The day you hear someone call me captain will be the day I buy a boat." Captain Michael finally got his ship! His supportive roommate, Leighsa surprised him with an awesome gift that he loves. Michael and Leighsa met through the Rumi platform. Michael has a very rare diagnosis. He has a master's degree in Human Resource Development and loves to eat. Leighsa has been in the direct care field for over 20+ years. She loves being outdoors and is very adventurous - talk about a perfect connection!



Visit MeetMyRumi.com to learn more



MEAL-A-THON

On the 23rd of November Northstar Behavioral held their 3rd annual Meal Kit Giveaway. When founder, Luke Wendlandt, came up with this idea three years ago he wondered how NBH could support those in our recovery community and he came up with the Meal Kit Giveaway. The infamous Turkey Mascot makes an appearance every year along with a large group of employees who volunteer their time to help do the shopping, make the kits, and hand them out. It is such a great feeling to be able to support our communities and put a smile on their faces. We love being able to create positive memories for families to provide a Thanksgiving meal with their family every year for anyone in the community in need of some extra help.





\$2,1082
raised this year!!!
and over **300 meal kits**
were given to help feed
MN this Thanksgiving!
Thank you to
everyone for your
generosity!





Northstar Behavioral Health is currently holding a winter clothing drive through December!! Help to keep our community warm this winter and donate gently used or new items.

Northstar Behavioral Health **WINTER**

CLOTHING DRIVE

Help our community stay warm this winter by donating some of the following gently used or new items:

Hats, mittens, scarves, gloves, jackets, etc.

Now through January 1st 2022

Drop off Locations:

1174 Western Ave, Fergus Falls, MN 56537 1350 Arcade Street, Saint Paul, MN 55106

Thank you for your generosity!!

We had a fun Halloween party for the residents and families of staff members at a park in St. Paul! There was a bunch of food, candy, and music. We spent a lot of time participating in a ton of activities like pumpkin painting, a costume contest, face painting, and dancing! We had so much fun and we cannot wait for next year!





In the middle of November, BridgesMN employees took their annual women's leadership trip to Cozumel, Mexico! There were 67 women consisting of residential supervisors, managers, and directors who attended the trip. They all got to know each other much better and they had a ton of fun on the beach and had some time to relax and enjoy the sun!

At the beginning of December, the leadership team got to celebrate strategic growth goals by taking a trip to Belize! They had a ton of fun laying in the sun, getting to know each other, and exploring the country. It was incredibly beautiful and they had a great time! Congratulations to the team on reaching those goals and thank you for all of your hard work!



If joining this awesome team sounds like something you would be interested in, then apply to an open position in your area here → www.bridgesmn.com/employment



Success story



This is Craig and Char, a beautiful couple who have been married for over 17 years. In the past they have had some instability with housing, since most group homes do not have open spots for two people. So, for a very long time they had different care providers and they lived in completely different households.

Once we were put into contact with the couple, we were able to talk to them about what their goals were when they started receiving care from BridgesMN. We came up with an awesome plan for both of them individually, so that they both can receive all the care they need, all while living together as a couple, which was their ultimate dream!

Welcome home Craig and Char!

401-(K) Retirement Benefit

As we are approaching the New YEAR very soon, it's a great time of the year to consider planning for your financial wellness in 2022.

If you are not already investing into your future, this may spark your interest to begin contributing. If you are choosing not to invest, you are leaving free money on the table. Bridges MN provides an employer match up to 4%. This means more money going to YOU!

How does it work?

Employee 401-(K) contributions receive 100% company match on the first 3%
Employee 401-(K) contributions receive 50% company match on 4% and 5%;
with a total company match of 4%

This match will be 100% vested immediately.

Eligibility requirements: 21 years old,
three(3) months of service, monthly entry.

HOW DO YOU ENROLL?
CALL EMPOWER RETIREMENT:
1-800-338-4015 OR AT
WWW.EMPOWERMYRETIREMENT.COM





Bridges' St. Croix Region

Colloques from the St. Croix Region volunteered to decorate a room in the Folsom House Museum located in Taylors Falls, MN. The Folsom House was built in 1855 and is owned by the Minnesota Historical Society. Each room of the museum is decorated by a local business for the Lighting Festival. During the Lighting Festival, the Folsom House is open for self-guided tours and gives the proceeds to the Taylors Falls Historical Society.

Those that were able to participate in this fundraiser showed great teamwork. It is great to see colloques volunteering together outside of the work sites to promote BridgesMN. Perhaps decorating at the Folsom House can become an annual tradition!



Winter Safety

Winter is here! With the slippery and icy roads out there, we would like to make sure you are safe working in the winter weather. Please follow the tips below to prevent any slips and falls.

- Focus on your footing. Watch where you walk. Concentrate on getting from point A to point B safely.
- Walk like a penguin. Use short, slow steps.
- Don't use your cell phone while walking from the parking lot or on stairs.
- Use handrails on stairways and don't rush.
- Be aware of changes in walking surfaces. Many falls are caused when people don't realize they're leaving non-slippery surfaces for slippery ones.
- Free up your hands. Use a carrying case with a shoulder strap for laptops and files.
- Wear appropriate footwear — no high heels or smooth-soled shoes.
- Step down and not out when getting out of a vehicle. Swing both legs out. Place both feet on the ground and use hands for support.
- Step down off curbs, not out. Landing on your heel first instead of flat footed can cause a fall.
- Use authorized paths. If it's not clear of snow, don't use it. No shortcuts.
- Report unsafe conditions to a supervisor or maintenance person.

Activities To Do This Winter...

Go ice skating

Minnesota, the land of 10,000 ice rinks!

Lake of the Isles in Minneapolis rents skates for free in all sizes.

See Christmas lights

- "Glow" holiday festival at the Minnesota State Fairgrounds
- Christmas in Color Drive Thru at Valley Fair
- Nature Illuminated at the MN Zoo



Holidazzle

After last year's virtual Holidazzle event the 2021 Holidazzle in-person event is back on December 17th-19th in Loring Park. From fireworks to a Ferris wheel there are many things to partake in this year's event!

The Northern Express

Enjoy crafts, games, tree decorating, see Santa and more in Excelsior, MN.

Hockey Day Minnesota

The five-day event in Mankato, MN will begin on Wednesday, Jan. 19th through Sunday, Jan. 23rd. Bally Sports North's telecast event is set for Saturday, Jan. 22 at Minnesota State University's Blakeslee Field.

Visit www.exploreminnesota.com for more activities, places, and things to do this win

