

# NEWSLETTER

2023 WINTER EDITION

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Rumi and Bridges are attending MSSA March 15th-17th

The Minnesota Social Service Association (MSSA) supports the health and human service profession through education, advocacy, and member benefits.





# Success Story

When Pat was referred to us, he was working through some anxiety and aggression and he would get increasingly anxious in specific environments. Eventually, his team started to notice a pattern of what made him anxious and more aggressive. Unfortunately, before changes were made, Pat was arrested and went to jail for two weeks. During this time, the Bridges team was fighting hard to get Pat back. They knew that for his well-being, it was important he received help from a provider that he trusted.



Pat

After the judge gave Bridges approval, the staff went to visit Pat and moved him to one of our crisis sites. As Pat approached them, there was a huge smile on his face and his eyes began to tear up and said "You didn't give up on me", which is something that the staff members will never forget.

When they picked him up from jail, he said "I never want to go back there", and after that moment, Pat continued to do very well. His medication was regulated, he stayed busy participating in activities he enjoyed like snow blowing, weed wacking and fixing things around the house.

He then moved out of the crisis home and into one of our residential houses. He has become an amazing mentor for the other two people that he lives with. Pat often says that he likes to mentor them since he can see a bit of his younger self in them.

Since then, Pat started working with our Employment Services team and was placed with the Property crew, which he absolutely loves! He has had so many successes, and all of them were due to him deciding to make better choices on his own. He still calls that same staff member once a week to chat about life and update them on what book he is currently reading. We are so proud of Pat and excited to see where the future takes him!



## *Chris and Dylan*

Two of our Crew members Chris and Dylan recently completed a project. There was a vacant stairway at 107 that seemed like it could be converted into something more useful. The guys decided to turn it into a pantry, so they planned the project, cut and installed the materials, taped off the drywall, painted the walls, installed adjustable shelves, installed a floor and trimmed it out. They are very proud of this project, and it warms our hearts to see their dedication and commitment result in something that will be put to good use and that they can be proud of for a long time!

## *Tanner*

Tanner started with The Crew back in October of 2021 and we are thrilled to have him as a part of Bridges! Since starting with the Property Management team, he has completed the demolition of multiple houses, built a wheelchair ramp, assisted with landscaping, and more! He is an incredibly hard worker that gains confidence with each task that he completes. We are so happy to have him on our team and we are excited to see how he continues to excel!







# FIRST AID & CPR TRAINING

Joey expressed to HR that he wanted to get FA/CPR training so that he can put it on his resume. Jamie scheduled a time for training that went on for 4 hours. They went over what Joey's role will look like in an emergency, how to recognize an emergency, what actions to take, how to perform CPR, provide first aid assistance to different medical emergencies, and more. Joey asked some really great questions and really took the time to practice and perform CPR on a mannequin so that he can one day save a life.





# Rumi outings this winter!



Rumi's Anthony and Nancy took their friends and family snowshoeing at Lebanon Hills Regional Park on a beautiful sunny day this winter!



Rumi's Michael and Katie attended the Night to Shine Prom this year where thousands of people come together to honor those with disabilities. Michael and Katie had a wonderful time!



Garry had the opportunity to go to Alan Page's "Testify" art exhibit at the Minneapolis Central Library!

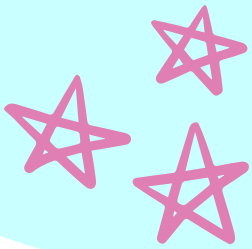




Our Silver Lake Supervisor and Leadership team volunteered at Feed My Starving Children for their team activity, where they packed nutritious meals for hungry children around the world. We love the people that we work with because they want to give back to others, even during their free time. Thank you Silver Lake Region for all that you do!







# NorthBridge

CHILD DEVELOPMENT

The kids from NorthBridge Child Development have been having so much fun learning about winter activities and playing in the snow! We have welcomed some new friends and opened our infant room!



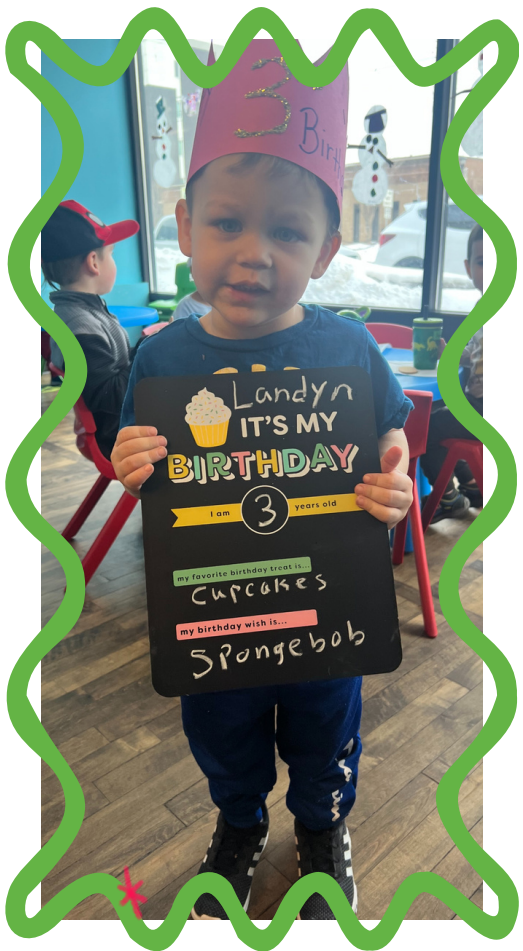
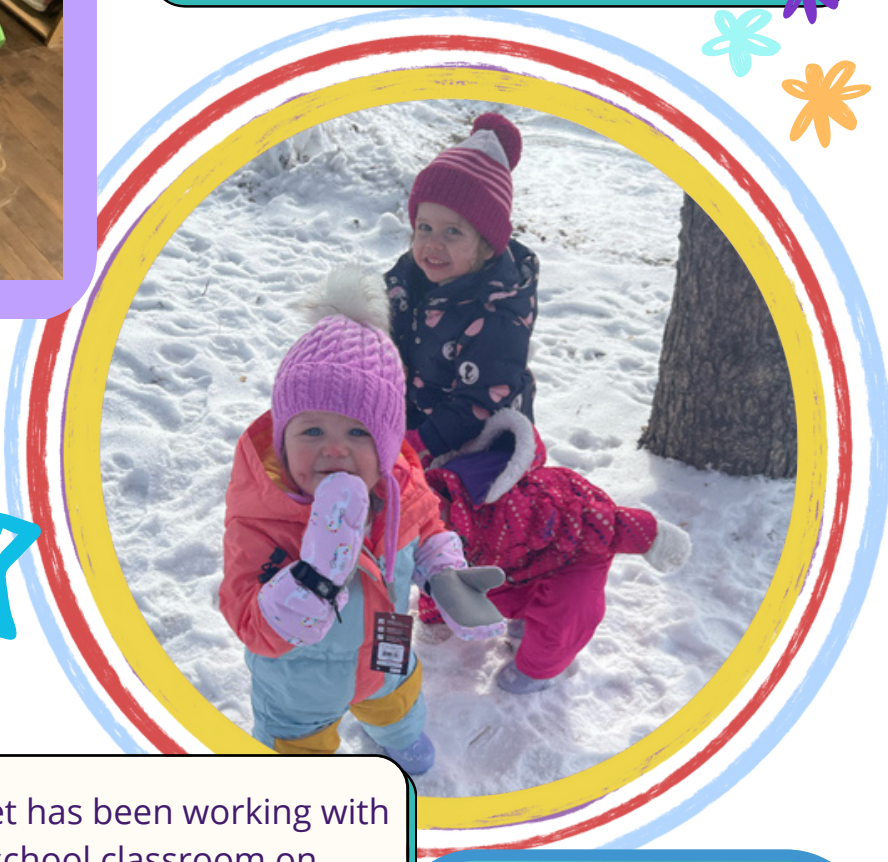
The infants are getting used to their new environment and getting to know their teacher, Ms. Mariah. They are learning new sign language words each week and working on their large motor skills with push toys and jumpers. They are also being provided fun sensory activities to help develop their fine motor skills.







The toddlers are putting a lot of focus into recognizing shapes. They are painting shapes, coloring shapes, building things with different shapes and finding shapes throughout their classroom. Ms. Clarissa has been coming up with different activities to make learning fun for the toddlers and also providing them with plenty activities that allow them to move their bodies and get that extra toddler energy out!

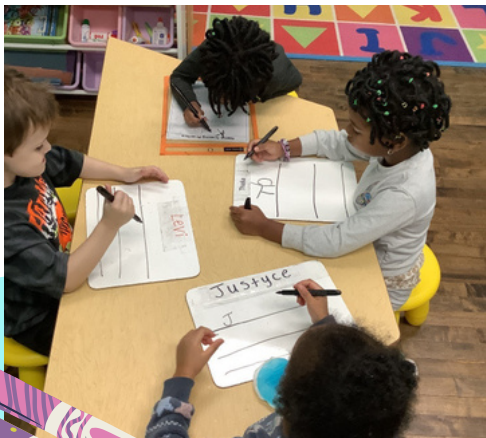


Ms. Janet has been working with the preschool classroom on their cutting skills, letter recognition, writing their names, counting and name recognition. They are doing art projects, and games that help them work on these skills. They are also loving the winter weather and going outside to build snowmen and go sledding!





Ms. Lillie has been working hard to prepare the pre-k kids for kindergarten in the fall! They work on recognizing and writing sight words. They have learned to recognize these words by finding them in the books that they read and they learn to write them too. They have also been learning about themselves, their families and each others families. This teaches them about similarities and differences that people can have.





# HAPPY Holidays



Our Corporate and Hennepin office hosted a holiday party for our residents, staff, and their families! There were activities, prizes, food, music, and more. They got to decorate cookies, create beautiful ornaments, eat some delicious food, and spend time together. Everyone had so much fun and we are already looking forward to next year!







Our Mankato Region held their annual Christmas party, this year the theme was "A Griswolds Christmas", and anyone who dressed up in character got their name put into a drawing! In classic Minnesota fashion, the weather was not very cooperative, but they had a great turnout. There was good food, fun activities and a ton of laughter!

