



**EXCEPTIONAL
SUPERVISION
AND EDUCATION
FREE OF COST**

Childcare

NorthBridge Child Development is now open for ages 16 months and up. The kids are having a great time and learning so much. The school-aged children are attending their classes online and getting all of their schoolwork done before they go home each day. After they're finished with their work, they are doing science experiments, art projects, sensory activities and getting outside to burn some energy! The toddlers and preschool children are learning to recognize letters and numbers; they are also learning shapes and colors. All of their learning activities are fun, hands on and educational. They do science and sensory daily, and they're learning new sign language words each week.

We have openings available and would love for everyone to come check it out! If you are interested in signing up your child(ren), please email our center director, Amanda Lanahan, at amandal@bridgesmn.com.

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Happy Parents:

"My experience with NorthBridge Child Development has been nothing short of amazing. From the very first day, my daughter loved it. When distance learning started, she completed her assignments, had encouragement in her teachers at the center and had a great time. My daughter has enjoyed making new friends, learning new things, and has enjoyed distance learning. I highly recommend NorthBridge Child Development!" - Julie Fredrickson

"Success sorry for you all! Last night Violet wanted to sit down and show me she can write some letters. If you look at the black folder in her bag, you can see all of the letters. She was so proud! And I once again, have to thank you all for all of your time spent with her and helping her learn her letters!" - Sara Nelson.

"We are loving the childcare at NorthBridge! It has been so good for Clara to be with other kids during the day through distance learning, and they have done a great job helping her complete her school assignments. Desmond (3-year-old) just started this week and wakes up so excited to go to 'school!'" - Brittney Zeller

COVID-19 Vaccination Clinic

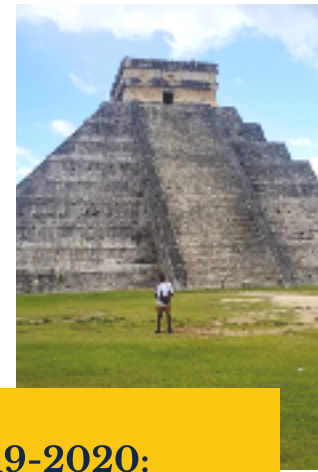
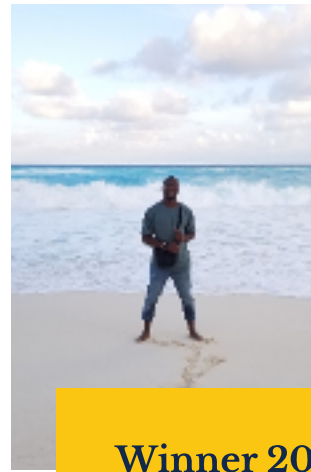
As each county in the state of Minnesota provides the vaccinations to our clients and residents, our nursing department will be communicating the dates and times for the COVID-19 vaccination clinic. The vaccine is not mandatory. However, in addition to social distancing and masking, it is the best thing you can do to protect yourself as well as those we serve.

Once again, we want to thank all of you for your dedication and hard work during this time.

If you have any questions, please feel free to reach out to the Nursing Director for your region.



**THE CONTEST IS ALMOST OVER!
KEEP UP THE GOOD WORK.**



Health and Wellness Challenge

Final weigh in 2020 - 2021 challenge THIS WEEK

The contest is almost over! **Keep up the good work** and feel proud of yourself for making the decision to live a healthier lifestyle.

To set up a time for your final measurements, please contact the Nursing Director at your region or check the email sent to you by Ashley Humphrey.

The winners will whisk away with one guest of their choice to a warm-weather vacation!

Mankato - Nurse Amy:

South - Nurse Shannon

Hennepin - Nurse Shannon

Ramsey - Nurse Ashley

NorthEast - Nurse Ashley

Central - Justin Rannow

Winner 2019-2020:

Evan Clark

.....

"I went to Cancun, Mexico, with my girlfriend! It was beautiful weather for mid-November, low 80s-high 70s the whole week. We enjoyed beautiful views of the ocean and awesome seafood! We went sightseeing to the Mayan ruins and swam in a cenoté in Tulum! Lots of R and R at the beach and resort's pool! 10/10 trip!"

NorthStar -

Fergus: Heidi

Cranberry: Megan

Water: Anna

North End: Nicole

Geneva: Heather

Outpatient: Jenny

Arcade: Cahly



Intensive Outpatient and Sober Living Continue to Grow

- We can now support over 100 individuals in both St. Cloud and the Metro area with our sober living homes, which are free of charge to our clients for their nine-month stepdown journey.
- The Northstar Behavioral Health IOP census is growing fast. We have added a new property for Sober Living on Ross street in Saint Paul.
- St. Cloud IOP has added a second track in the afternoon to keep up with the growth we are experiencing. We also have a fourth sober living property ready to roll for individuals to move into as our current locations are full.



Fergus Falls

"NBH Fergus Falls will be putting a bow on our brand-new commercial kitchen in January! The finished product will be a large kitchen with the capacity to feed fresh nutritious meals to more than 60 clients. NBH Fergus Falls also opened a second group room in December, which allows our program to serve more clients. The counselors have been working hard and doing a great job expanding our service delivery model, and clients have provided positive feedback regarding the growth". - Jason Fush




Holiday Gifts

what you seek is seeking you

Thank you to all of you who liked, commented, and shared our holiday post in late December that resulted in donations. Rumi was able to donate enough money from your engagement to give a gift to someone with disabilities. The results speak for themselves! Happy belated holidays from your Rumi Team!



THANK YOU TO ALL WHO LIKED, COMMENTED, AND SHARED OUR HOLIDAY POST!



Exciting News

Welcome to Bridges

We are excited to announce that Bridges has acquired **Partnerships for Minnesota Futures**, a disabilities services provider that has been in business for over two decades. Partnerships has 10 homes (4 in Washington County, 3 in Scott County, 2 in Hennepin County, and 1 in Ramsey County). We are so excited to have these team members become part of Bridges, and to have those living in the homes get our very best in terms of services.

- The Central Minnesota Region is splitting, and we are introducing a new region called Great River that will serve Wright and Sherburne counties. The Central MN Region will continue to provide services to Benton and Stearns counties.

- Congratulations Melissa Saucke on your promotion to Regional Executive Director of the East Metro Region. We are so lucky to have you on our team!
- The first round of management bonuses is going out soon. Residential supervisors get the bonus every six months. If you are a Direct Support Professional, we hope you see this as a motivation to climb the ladder.





Everyone, Meet Andrew!

Andrew "Drew" Wilmot: Happy 5-year anniversary!

Attended: Minnesota State University Mankato

- **Major: Sports Management; Minor: Marketing**
- **I am passionate about many things - my love for my family, friends, job, sports, and my puppy, Keebler.**
- **Favorite sport to play is baseball. My love for sports goes into any sport except cricket. I just don't understand the concept of the game.**
- **If I had a superpower it would be technopathy.**

I never thought I'd see myself working in this field. It started as a part-time job to make some extra money while I finished up school for sports management. Five years later, I can happily say I am proud of what I do. It brings me joy and heartfulness that I can be in the guys' lives day in and day out. I hope to have found myself a new career field.

Note from his supervisor:

Andrew invests his time and energy into ensuring that each one of the guys at Site 5 receives the support they need and deserve. He has a great sense of humor, and the minute you give him a compliment his face turns red then he is immediately quiet! Andrew, you deserve to be acknowledged. Thank you for all of your hard work. Here's to the next five years!

Your favorite boss, Shannon Wagy DD 507

Ramsey Talent Show

Our Ramsey Regional Management team made a commitment in June to do at least six community events by the end of the year. With the unbelievable year 2020 was turning out to be (COVID, social unrest, riots, etc.), our team was determined to keep spirits up and do whatever it took to build a sense of community during our most trying times. With a lot of determination and creativity, we hit our target and then some! In addition to a food drive (after the riots), a professional photo shoot for our residents, a picnic and planting party, eight separate community trash cleanup events, and two mural events, Ramsey ended the year with a bang by having our first ever virtual talent show! A common thread we heard all year at our various events was that people wanted a talent show! With the restrictions of COVID, we didn't see

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it happening. But never say never to this team of "make it happens." (I might coin that new phrase!) The call for ALL talent was put out there with the request to record it and send it to our amazing Vicki Knott, who would edit it together in a sweet video compilation. The submissions started coming in: singing, guitar playing, dancing, even how to be a horticulture master. A date was set for the

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Ramsey Talent Show (cont.)

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"live" Zoom event, and sites that submitted an entry got a "goodie bag" of fun to enjoy on the big day – encouragement signs to display during the Zoom event to cheer on their peers and co-workers, as well as some popcorn and candy to enjoy during the show. In truth, our team didn't know how successful this would be and simply crossed our fingers that "a few" people would log on. The big day came, and off to the "theater" we all went. Boy, were we surprised! Different Bridges MN offices, sites, peers, and even the NorthBridge day care logged on to

watch the awesome talent that was being played over Zoom. Watching the faces of some of the people who submitted talent videos while they watched themselves "on screen" was one of the best gifts we could have wished for. I think we can confidently say it was a success. All in all, our Ramsey Region ended our crazy year effectively taking those lemons and making some seriously sparkling lemonade!

Jen Cadwell-Parker, Regional Executive Director - Ramsey

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LEMONS AND MAKING
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Employment Services Success Story

In March, the CDC COVID-19 guidelines made it nearly impossible to continue the Employment Services program, which was devastating to our at-risk individuals who depend on this program to enhance their lives, develop healthy routines, stabilize and improve mental health, and also be financially sufficient and independent. The Crew continued its mission to serve everyone who wanted to both work and look for work and has even increased the program's monthly growth.

The crew creatively implemented several new accommodations, including adapting our operations to keep the people served and Bridges ESPs safe while providing services. Employment Services worked side by side with The Crew on any roadblocks and created even



more jobs to fill the new needs we have today with COVID-19, such as vehicle cleaning/detailing and sewing/making masks.

The Crew went above and beyond, and outside of their normal day-to-day job duties, to accomplish this huge feat. The mental health and daily lives of the individuals we serve are greatly enriched by The Crew.

Carri Stout, Employment Services Director

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Gallery from Hennepin, Central, and North



Jim Platten, Executive Director of our Central MN Region, dropping holiday meals to our residents.



North and East Metro Management team holiday card.



Hennepin Region holiday activities.

