

## BRIDGES AND RUMI HOLIDAY NEWSLETTER

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*Holiday gifts*

The holiday season is the perfect moment for us to express our gratitude for all that you have contributed to our company this year. We couldn't have done it without you. Thank you.

An email was sent to you from [snappy.com](http://snappy.com) with instructions on how to receive your holiday gift. Open it and choose which gift you would like by Tuesday December 27th.

If you did not receive the message, contact Taylor as soon as possible at [tayloro@bridgesmn.com](mailto:tayloro@bridgesmn.com) or [tayloro@meetmyrumi.com](mailto:tayloro@meetmyrumi.com)

Happy Holidays, from the Bridges and Rumi family to yours!



**CAREGIVER**  
Long-term Care Services & Supports

Caregiver and family would like to wish you  
Happy Holidays and best wishes for the  
New Year! We have enjoyed meeting you all  
over the last few weeks and are thrilled to  
continue working together to become one  
Caregiver. We pride ourselves on  
maintaining a high standard of safety and  
well-being for the most vulnerable  
members of our communities, and we look  
forward to welcoming and extending that  
level of care to the residents and to you, the  
team of Bridges MN and Rumi!

**[WWW.CG-IDD.COM](http://WWW.CG-IDD.COM)**



JOIN US FOR A  
HOLIDAY PARTY  
2022

**FRIDAY DECEMBER 16TH**

**11:30AM-2:30PM INDIVIDUALS**

**3:30-10PM STAFF AND FAMILY**

**HENNEPIN REGIONAL OFFICE**

**5881 CEDAR LAKE ROAD**

**ST LOUIS PARK, MN 55416**

**UGLY SWEATER CONTEST, COOKIE  
DECORATING, AND MORE!**

# SUCCESS STORIES



## SKYLER

Meet Skyler and Jacob. We would like to recognize Skyler because of how thoughtful he is towards his Rumi Jacob. He makes sure he has many opportunities to engage in events in the community. Skyler helps Jacob navigate life with acceptance, flexibility, compassion and empathy. Skyler has so much patience for Jacob and really understands him as a person and finds creative ways to help him process and cope through difficult times. Skyler and Jacob have cultivated a real bond and built a friendship for life.



## GEORGE

Meet George! George joined Bridges Transitional home over the summer. His Bridges team made a 30 day plan with him as he talked about wanting to go to his hometown which is about 3 hours away. He successfully completed those first 30 days with Bridges, so George chose to go to Lac Du Flambeau and go to Crickets Pub and Cafe, which used to be George's place of employment. George was excited to show Kim Belger (RED) and Amber Brandt (CLD) how excellent the fish fry was there. After dinner George's other request was to go to the casino, Lake of Torches where he enjoyed playing a few slot machines! George's Bridges family is so proud of him, keep up the good work!!

## TAMBRA

Tambra started working with The Crew in April 2021. When she first started with Bridges MN, she was working with the Property Management team. Since then she has been working as a Receptionist at our Central office, and we are so grateful to have her as a part of our team! She is an absolute joy to work with, super helpful, and always has a positive attitude, so we love seeing her smiling face at the front desk!



# TEAM BUILDING

## NORTH VS SOUTH REGION COMPETE IN WHIRLYBALL

The North and South regions participated in a friendly, combo team builder consisting of Whirlyball! Ultimately the North region took home the win with lingering questions as to whether the scoreboard operator may have been paid off in some nefarious manner.



## MARKETING & OUTREACH CHEER ON THE WILD

Our Marketing and Outreach teams got together and enjoyed each others company on a night out at the Xcel Energy Center to cheer on the Minnesota Wild!



## MANKATO REGION GOES TO JD'S HIDEAWAY

The 507 regional office went to JD's Hideaway in Mankato, where they have games, axe throwing, food, and drinks. They had so much fun throwing the axes in some friendly competition!



## HENNEPIN REGION PLAYS PICKLEBALL

Our Hennepin regional office took to the pickleball courts for some team bonding time in place of their weekly regional meeting!



## ST. CROIX TEAM GOES TO TOP GOLF

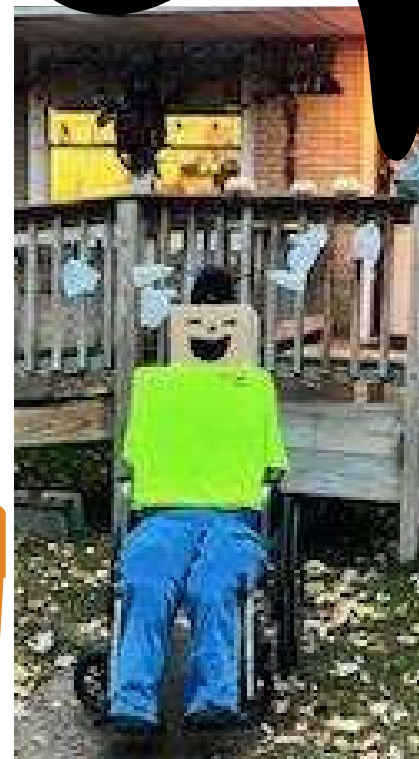
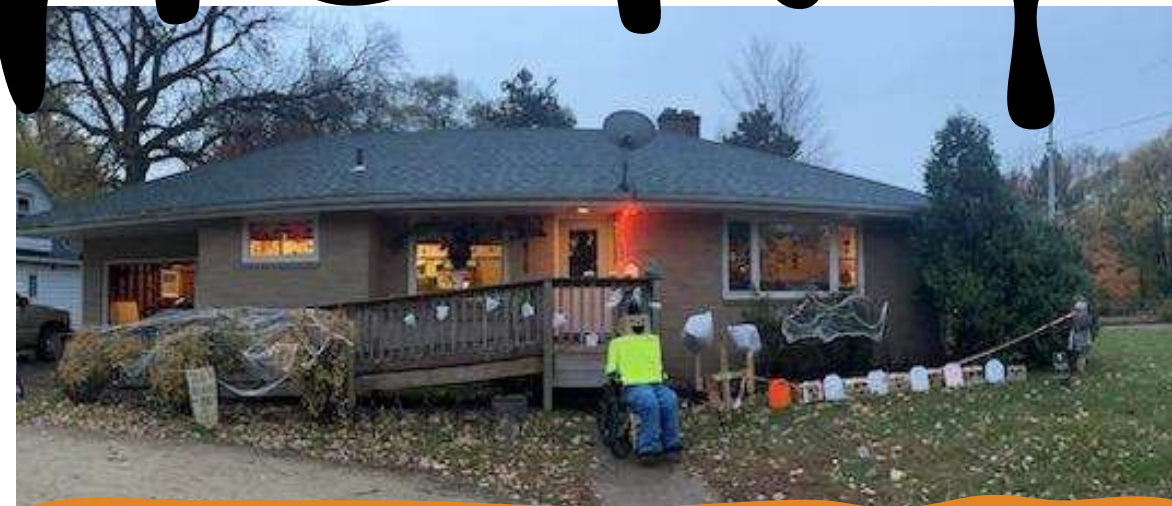
Our St. Croix team had a blast at Top Golf! They played a couple of games and ate some good food. This was a great team activity before it started snowing a ton. Now, they can't wait for their next team bonding activity!



# BRIDGES MN & RUMI HALLOWEEN PARTY



**This year was our biggest Halloween party turn out yet! We had face painting, games, costume contests and so much more. Thank you to everyone for making this a day to remember!**



**Bridges Wisconsin also celebrated Halloween with a picnic and pumpkin painting followed by a house decorating contest and this house was the winner!**

# Classroom News



Through the last couple of months, the kids have been having fun learning about fall weather and holidays. We welcomed a new teacher, Ms. Lillie to the team. She is working with Janet in the preschool room while she gets to know the kids. The teachers just finished up fall conferences where they met with families to go over each child's development and to discuss what they will be working on, so that they can continue to progress.

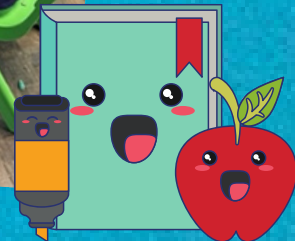






The preschool kids have been working hard on spelling, writing their names, letters, number recognition, and matching upper and lower case letters. They love playing outside in the cooler weather and can't wait to build snowmen and have snowball fights!

The toddlers have been learning about leaves changing colors, holidays around the world and have had so much fun with sensory activities! They are working on learning shapes, colors and counting each day and preparing for when they move up to the preschool room.



# EMPLOYEE ASSISTANCE PROGRAM (EAP)



**Life happens and sometimes we can all use some extra support. We are proud to offer an EAP service free of cost to our employees. We encourage all employees to utilize this 100% confidential service any time a need arises. Some of the things our EAP can help you with are:**

- Emotional health (grief, depression, anxiety, relationship difficulties, domestic violence and substance abuse)
- Parenting (new mothers, education services and locating child care)
- Legal and financial planning (debt problems, personal finance and retirement planning)
- Daily needs (moving/relocation and automotive services)
- Health & Wellness (safety, general health, diet and nutrition)

**Call the EAP at 1-800-854-1446 and tell them you work for Bridges MN. This service is available to you 24/7.**



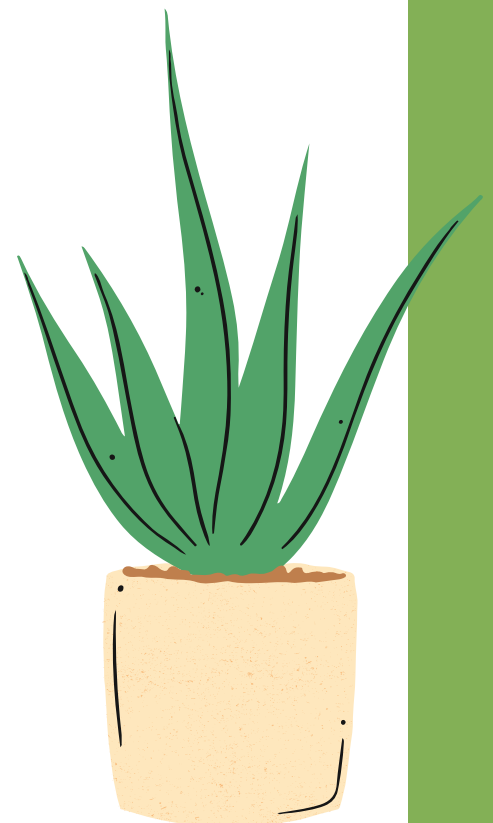
**[www.unum.com/employees/services/life-balance](http://www.unum.com/employees/services/life-balance)**

# WELLNESS DURING THE HOLIDAYS

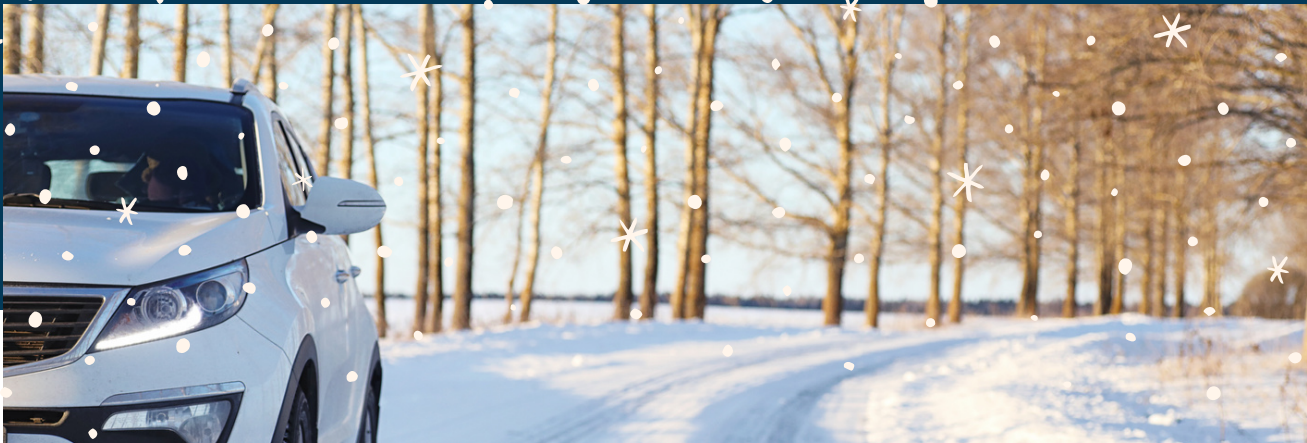


**The holidays can be a joy-filled season, but they can also be stressful. Here are some suggestions from the National Alliance of Mental Illness for how you can reduce stress and maintain good mental health during the holiday season:**

- Accept your needs. Be kind to yourself! Put your own mental and physical well-being first.
- Manage your time and don't try to do too much. Prioritizing your time and activities can help you use your time well.
- Set boundaries. Family dynamics can be complex. Acknowledge them and accept that you can only control your role. If you need to, find ways to limit your exposure.
- Exercise daily. Whatever you do, make sure it's fun. Daily exercise naturally produces stress-relieving hormones in your body and improves your overall physical health.
- Set aside time for yourself and prioritize self-care. It's okay to prioritize alone time if you need to recharge.
- Get enough sleep. Symptoms of some mental health conditions, like mania in bipolar disorder, can be triggered by getting too little sleep.



# THE TOP 10 WINTER DRIVING TIPS FROM THE MN STATE PATROL



**Snow and ice can make driving a bit more challenging, even if you grew up in MN. Based on the typical wintertime crashes they see every year, here are the Minnesota State Patrol's top winter driving tips according to DPS.**

## **IF YOU CRASH;**

1. Steer where you want the car to go. If you hit a patch of ice, stay calm and turn the steering wheel in the direction you want the car to go.
2. Get off the road. If you do crash, try to get off the road to a safe location, such as a parking lot.
3. Stay inside. Once you're off the road, don't leave your car. You'll want to conserve as much heat as possible without running the engine so that you can stay warm until help comes.

## **WHILE YOU'RE DRIVING;**

1. Buckle up and put distractions away.
2. Slow down. When you're driving in snow and ice, don't drive to the speed limit; drive to conditions.
3. Turn your lights on. In the wintertime, headlights are as much for being seen as they are for seeing.

## **BEFORE YOU LEAVE;**

1. Grab your emergency kit and charge your phone.
2. Tell someone where you're going.
3. Top off your tank and clean off the snow and ice.
4. Check weather and road conditions to make sure the roads between you and your destination are safe enough to travel.