

The Bridge Connection

1113 Center Street, PO Box 788, New Ulm, MN 56073
(507) 359-6501, (507) 359-6541 or 1-800-450-8246 x. 501

February 2012
Warm Line – 1-877-399-3040

Sioux Trails Crisis Line – 1-800-247-2809

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Come walking with Mary Lou and Kelsie at Vogel arena for one hour, twice a week! Mary Lou and Kelsie can provide transportation to and from Vogel. You can go at your own pace and there are benches to rest if you need to. You can walk and talk with others to make an hour of exercise fun! Everyone is welcome and there is no cost. Sometimes it's nice to get out of the house for even an hour and socialize with others. Please give Mary Lou a call at 359.6525 or Kelsie 359.6559 a call to sign up! Hope to see you there!



BOC SIGN~UP's

*Hello Bridge on Center folks~
Remember when signing up for activities,
Call the social worker that is having the
group.*

*Example: Kelsie is having walking group
on Thursday, please call Kelsie at 359-6500
and ask Kelsie to sign you up for walking
group.*

*Example: Brian & Mary Lou are taking a
group to lunch, call Brian or Mary Lou at
359-6500 to sign up for lunch. If you leave
a voicemail for only Wendi, she may not be
in the office to enter all of your requests for
activities.*

***And remember to call 24 hours in
advance if you are unable to attend what
you've signed up for. Thank you!**
Brian, Beth, Ronda, Mary Lou, Steve,
Kelsie, and Wendi*

**Happy
Valentine's
Day**

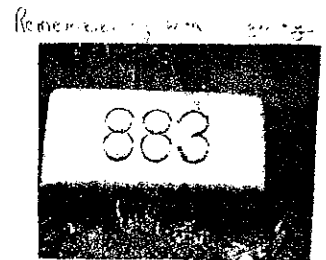
Awareness of Mental Health Issues through ART

Saturday, January 14th, as part of the State Network of Artists, Mike Kastner and his art was spotlighted. This event located at Larkspur was open to the public to view displays relating to mental health issues and to show art created by one of New Ulm's own. Halle O'Falvey runs the art shows and gathers the artists to do these awareness projects. Wilbur Frink who works for ARC of MN SW was on hand to answer any questions. ARC of MN SW is an advocacy organization and leadership development for those with intellectual and developmental disabilities.

Along with the art work on display created by Mike, there were two other projects that highlighted issues and brought awareness about those with mental health issues.

The **Open and Shut Case** project is about Human Rights for people with disabilities and is sponsored by **Self-Advocates of MN**. Mike participated in this project that demonstrates doors that open for people and doors that remain closed to those who have a mental illness.

See Their Faces is another project that has portraits of people who lived and died in MN State Institutions. Artists create portraits on display, but much of the work is done behind the scenes with the countless hours of research to find those individuals and tell their story. Their goal is to bring awareness and dignity to those individuals. This project is a part of **Remembering with Dignity**. Remembering with Dignity is a project that is funded by the State of MN to replace the numbered grave stones at institutions with the names of individuals who died. When an individual died in an institution their number was placed on a stone tablet instead of their name. Remembering with Dignity wants to replace those with the names of the individuals in order to create the person. This work has been going on for 14 - 15 years and they have many numbered grave stones yet to replace.



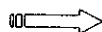
Bridge on Center was honored to attend this event and to support the artist. We thank Mike for all his passion for art and his hard work in bringing awareness to those with mental health problems.

Keep up the good work!

Brown County has a Local Advisory Committee that meets monthly to discuss how we can bring awareness to Brown County about mental health issues and concerns. If you are a family member of someone with a mental illness or are diagnosed with a mental illness and interested in being apart of this please contact Wendi at 507-233-6880.



Mike with Wilbur displaying his art work.





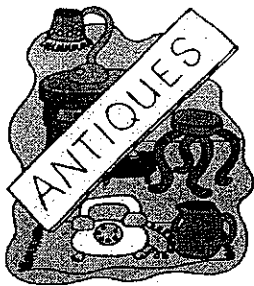
Superbowl



Sunday, February 5, 2012 at 5:30 pm on NBC
Super Bowl XLVI at Lucas Oil Stadium in
Indianapolis, Indiana

BOC Open 1 - 4pm

Come and make your predictions for the Superbowl
Champion; Snacks provided.



Have you ever wondered how
much your antique was worth?
Well, wonder no more.

Come and find out the value.

Carole Bode of Cherry Lane
Antiques and Appraisals in New Ulm will
appraise your antiques and collectibles.
Please limit one item per person;
gems will not be appraised.

This program is sponsored by
Friends of the New Ulm Public Library.

Thursday, February 16, 2012
7:00 pm
Library Meeting Room
New Ulm

New Ulm Life Living Series 2012

Monday, February 6th, 2012.
7:00 – 8:30 pm

District Administration Center Auditorium
on Center and State Street.

Mike McGinnis, program director for
Addiction Recovery Technologies,
Inc. of Mankato, will speak about
substance abuse and non-
traditional substances that are being
abused. He will provide information
about substance abuse issues
facing communities today.

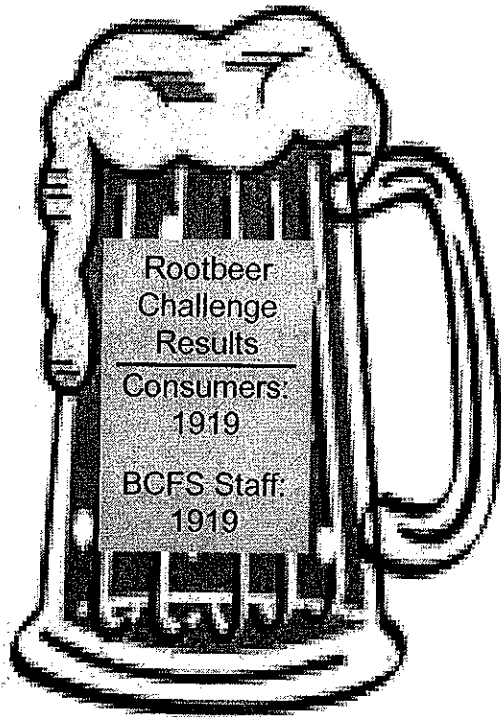
We need to be aware!



Nutrition Group with Jan
Thursday, February 2nd
10:00 a.m.

Bridge on Center

Come learn about healthy eating with hands-on experience!
Group size limited to 8. Sign up soon.

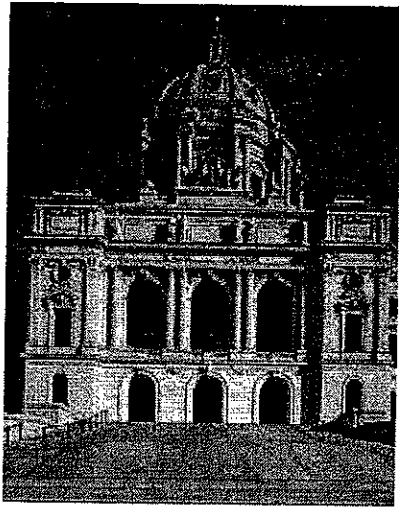


Valentines Party at BOC

Spending time with people we care about is very important. Bridge on Center is a warm, safe, and fun place to get together and spend time with people.

We will be open from 1 - 6 pm with a pizza supper at 4:00 pm.

Come and play games; talk; laugh; eat pizza; and make some fun Valentine crafts.



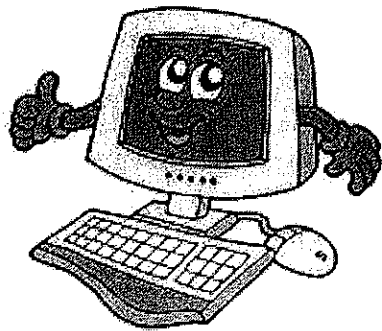
Day on the Hill

Don't miss your opportunity to have your voice be heard. Be the voice for someone else. Come and join the Rally and meet your legislatures. Join with others to make sure mental health issues are heard loud and clear at the state level.

What an appropriate day to have Day on the Hill. Valentines Day. A day for the heart.

February 14th; Tuesday. We will be leaving New Ulm by 8:30 am to meet up with St. Peter's Clubhouse and caravan to the Twin Cities. The Rally is at noon and we will meet our legislatures after the rally. Sign up now. We have a limit of 5 consumers.

To sign up or for more information call Wendi at 507-233-6880.



Computers 4 Life

A course for learning Basic Computer Skills

Bridge on Center consumers take advantage of this great class offered by MRCI Work Source at the New Ulm Workforce Center.

This 4 week class is offered FREE OF CHARGE.

You will learn:

Week 1: Computer start up

Week 2: E-mail

Week 3: Internet Skills

Week 4: Leaner Web and Flash Drives



Dates: Tuesdays 11:30 am -1:30 pm

Thursdays 10:00 am – 12:00 pm

Contact: Nicole Dummer at 507-340-7364.

Don't Wait!!!

Sign up Now!!!

They fill up Fast!!!



Yes! It's that time of year again **TAXES**

Minnesota Valley Action Council is offering free tax help and filing for those who meet the income guidelines.

If you are single and make less than \$33,000 per year or
If you make \$48,000 or less for families.

Steve; Kelsie; and Marylou will be offering dates to transport consumers who would like help with their taxes. Please call them at their numbers below to set up appointments with them for a day that works for you.

Information and Forms to Bring:

- Valid picture I.D.
- Social Security Number card or Individual Taxpayer Identification Number (ITIN) cards/letters for all persons listed on the tax return.
- Birth dates for all persons listed on the tax return
- Prior year tax return
- Direct Deposit information showing account and routing numbers for bank
- Income Forms:
 - * Wages from each job (Form W-2)
 - * Interest (Form 1099-INT)
 - * Dividends (Form 1099-DIV)
 - * Retirement Plans (Form 1099-R)
 - * Gambling Winnings (Form W2-G)
 - * Unemployment (Form 1099-G)
 - * Social Security Benefits (Form SSA)
- Yearend Statements
 - * Supplemental Security Income (SSI)
 - * MN Family Investment Program (MFIP)
 - * MN Supplemental Aid (MSA)
 - * General Assistance (GA)
 - * Veterans Benefits
 - * Workers Compensation
- Homeowners: Bring in your Statement of Property Tax Payable in 2012.
- Renters: Bring in your 2011 Certificate of Rent Paid (CRP) provided by your landlord.

Steve


Call to sign up: 359-6534
February 25th: Saturday
Pick Up at 11:00 a.m.
Lunch at Pizza Ranch in
Mankato at noon; and
Taxes at 1:00 p.m.
Limit: 5 consumers

Kelsie & Marylou

Call to sign up: 359-6559 Kelsie or
Call to sign up: 359-6525 Marylou
February 21st: Tuesday
Pick Up at 3:30 pm
Supper in Mankato.
Supper first; then taxes.
Limit: 10 consumers

If there is still a
need for tax
help; we will
make some
dates
available in
March.


February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 <i>Illness</i> Management & Recovery Group 9-10:30 am	3	4
5	6	7 DBT 1-3:00 pm	8	9 <i>Illness</i> Management & Recovery Group 9-10:30 am	10	11
12	13	14  DBT 1-3:00 pm	15	16 <i>Illness</i> Management & Recovery Group 9-10:30 am	17	18
19	20	21 DBT 1-3:00 pm	22	23 <i>Illness</i> Management & Recovery Group 9-10:30 am	24	25
26	27	28 Refresher Group 10:30-12 noon	29			

SIoux TRAILS

2012

February

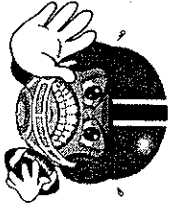




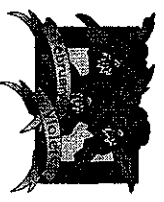
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Illness Management and Recovery Grup 1:00-2:00 PM	3	4
5	6	7	8	9 Illness Management and Recovery Grup 1:00-2:00 PM	10	11
12	13	14 Valentine's Day	15	16 Illness Management and Recovery Grup 1:00-2:00 PM	17	18
19	20	21	22	23 Illness Management and Recovery Grup 1:00-2:00 PM	24	25
26	27	28	29			

NUMC ARMHS CALENDAR: GROUPS FOR NUMC
ARMHS PARTICIPANTS ONLY. Please contact
Sue (276-4244) or Lorie (276-4983) if you need a ride

2012

February

2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>5</p> <p>SUPER BOWL BOC open 1-4pm w/ Andrea For ride call 359-6541</p> 	<p>6</p> <p>9-3pm - Shopping in Mankato w/ Ronda</p> 	<p>7</p> <p>10:30 Pickup for JACKPOT BUFFET w/ Brian & Mary Lou. Bring your Express Card along!</p> 	<p>1</p> <p>4:30 -- Stamping w/ Mary Lou</p>	<p>2</p> <p>10-11:30am Nutritionist @ BOC. Call 233-6880 to sign up.</p>	<p>3</p> <p>10-11 am Walking Group w/ Kelsie BOC Open 2-7pm Supper @ 5:00pm For ride call 359-6541</p>	<p>4</p> <p>BOC open 1-6pm Supper at 4 pm. For ride call 359-6541</p>
<p>12</p> <p>BOC open 1-4pm w/ Jackie For ride call 359-6541 Making Valentine Cookies!</p>	<p>13</p>	<p>14</p> <p>P/U 8:15 am for MENTAL HEALTH DAY ON THE HILL Linh: 5 Consumers</p>	<p>15</p> <p>4:30 -- "DO YOUR OWN THING" w/ Mary Lou</p>	<p>16</p> <p>10:00 am - Journey Group</p>	<p>17</p> <p>9-10 - Walking w/ Kelsie 10am P/U-Hobby Lobby shopping & lunch w/ Kelsie & Mary Lou. BOC open 2-7pm</p>	<p>18</p> <p>BOC open 1-6pm Supper at 4 pm. For ride call 359-6541</p>
<p>19</p> <p>BOC open 1-4pm w/ Andrea For ride call 359-6541</p>	<p>20</p> <p>CLOSED President's Day</p> 	<p>21</p> <p>10:00 am-Walking w/ Mary Lou P/U 3:30 -MVAC Tax Prep. w/ Mary Lou & Kelsie + supper</p>	<p>22</p>	<p>23</p> <p>10:00 am - Journey Group</p>	<p>24</p> <p>10-11 -- Walking w/ Kelsie Lunch at MLC after walking BOC Open 2-7pm Supper @ 5:00pm For ride call 359-6541</p>	<p>25</p> <p>BOC open 1-6pm P/U 11:00 - MVAC Tax Prep. w/Steve & Pizza Ranch in Mankato Supper at 4 pm. Con't....</p>
<p>26</p> <p>BOC open 1-4pm w/ Andrea For ride call 359-6541</p>	<p>27</p>	<p>28</p> <p>1:00 pm LAC Mtg. at BOC-call for ride 233-6880</p>	<p>29</p> <p>5:00pm -- Klossner House w/ Ronda & Beth * Dinner Specials*</p>			<p>25</p> <p>Con't... For ride call 359-6541 BIRTHDAY CELEBRATION</p>

Please call the Social Worker leading the group you want to attend at 354-8246.

If you need someone to talk to after hours or on weekends, call the South Central Crisis Center, Horizon Homes Inc. at 1-877-399-3040

NOTICE: If New Ulm Area Schools are closed on Friday due to severe weather-BOC will be closed. If unsure if BOC will be open due to bad weather call 359-6541 and listen to message or call Wendi at 766-6686.