

The Bridge Connection

September 2026

Bridge On Center

1113 Center Street

PO Box 788

New Ulm, Minnesota 56073

COORDINATOR'S CORNER

September is recognized as Suicide Prevention Month, a time to raise awareness, reduce stigma, and encourage open conversations about mental health. Suicide affects individuals, families, workplaces, schools, and communities. By learning the warning signs and knowing how to respond, each of us can play a role in supporting someone who may be struggling.

One of the most important things you can do is simply be present. If someone seems withdrawn, overwhelmed, or different from their usual self, check in with them. A simple, "How are you really doing?" can open the door to an honest conversation.

If someone shares that they are having a difficult time:

- Listen without judgment or interrupting.
- Take their feelings seriously.
- Let them know they don't have to face their struggles alone.
- Encourage them to reach out to a trusted friend, family member, counselor, or healthcare professional.
- Offer practical support, such as helping them make an appointment or staying with them while they contact someone they trust.

Be aware of warning signs that may indicate someone needs immediate support. These can include talking about feeling hopeless, expressing that they are a burden, withdrawing from loved ones, giving away important belongings, or significant changes in mood or behavior.

If you believe someone is in immediate danger of harming themselves, stay with them if it is safe to do so and contact emergency services right away. If they are able, encourage them to contact a local crisis service for immediate support.

Suicide prevention is not just about responding during a crisis, it is also about building connections, showing compassion, and creating environments where people feel safe asking for help. Small acts of kindness, regular check-ins, and genuine conversations can make a meaningful difference.

This September, take a moment to reach out to someone you care about. Your willingness to listen, support, and encourage hope could have a lasting impact. Together, we can help create communities where no one feels they have to struggle alone.

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Saturday Attendance

Call the
coordinator's office
507-233-6880
before noon on
Friday

If you call after hours or
Sat AM, Call the
Weekend Cell number
507-766-9461
for staff to pick you up.



Are you a BOC member?

Would you like to use areas of the New
Ulm Rec Center like the pool, weights or
the machines?

Would you like to find out if you'd use
your own annual membership?

**Make arrangements with
Jackie to use the BOC pass!**

NATIONAL SUICIDE PREVENTION HOTLINE

988

CALL OR TEXT

MN Warm Line
Peer Support Connection
Call or Text: 844-739-6369



Laundry Love is a national initiative that offers use of
washers and dryers to people in need. It is held the 4th
Tuesday of each month at Maytag laundry New Ulm from
11-3 and Sleepy Eye laundromat from 3-4 pm

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Local Advisory Council/ Mental Health Wellness & Action Team

LAC began meeting jointly with MHWAT in January 2026. MHWAT is a joint committee of Human Services, Public Health, and Heart of New Ulm to promote mental health awareness and education across Brown County. **MHWAT/LAC meets monthly on the first Wednesday of every month at 2pm in the New Ulm Room located in the Community Services Building.** All LAC Members are welcome to be part of these monthly meetings and projects to increase mental health awareness and education in Brown County.

Please reach out to Baylee at 507-233-6884 or Stephanie at 507-359-6534 with any questions.

Our next meeting is:

September 2nd, 2026, at 2pm

New Ulm Conference Room | 1117 Center St. New Ulm



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Clubhouse Fishnic

Riverside Park- 1025 S Front St in St. Peter

September 15th at 11 am.

- Pack a picnic lunch along with tables and chairs.
- Come enjoy fishing on the river, socializing with county friends, and an “electrofishing” presentation by Minnesota DNR.
- Anyone who wants to fish please bring your own equipment and you **MUST** have a fishing license.



Electrofishing is a fishing technique that uses direct current electricity flowing between a submerged cathode and anode. This affects the movements of nearby fish so that they swim toward the anode, where they can be caught and stunned.

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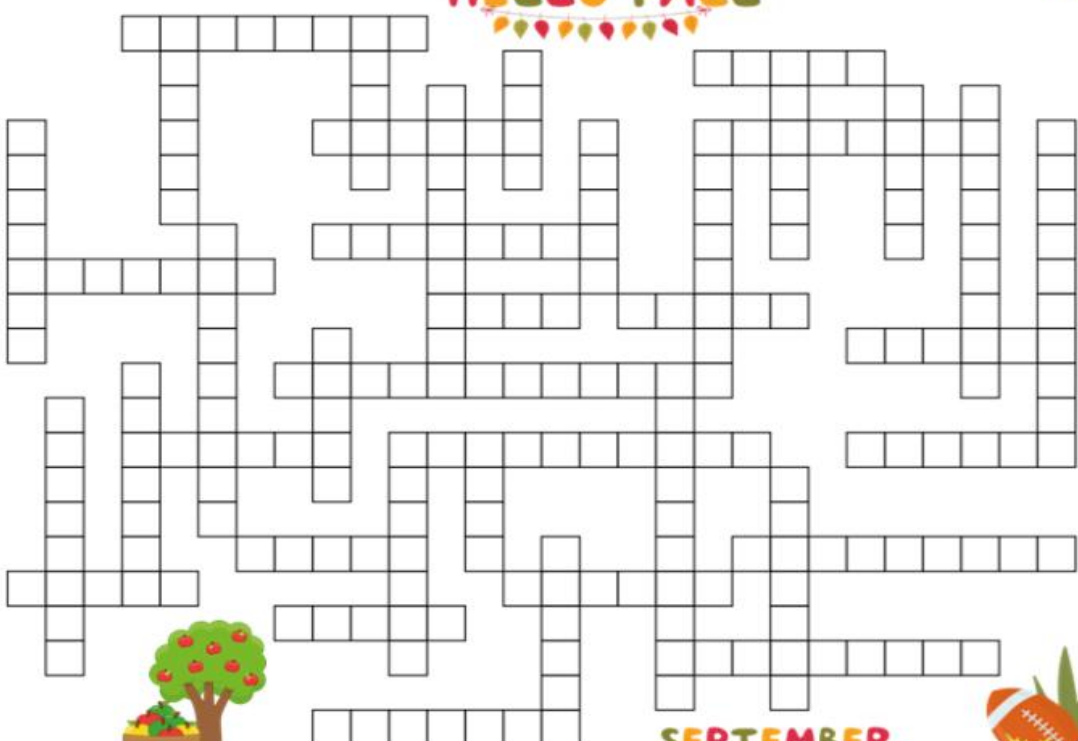
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September Word Fill In



Write the words in the correct place on the grid based on the number of letters. Spaces included in answers.



4 letters

- mums
- rake
- fall

5 letters

- frost
- crisp
- coach
- study
- crops
- books



games

ninth

cider

6 letters

- sports
- school
- orange
- apples
- yellow
- leaves
- gourds

autumn

7 letters

- hayride
- flannel
- pencils
- foliage
- equinox
- harvest

8 letters

- pumpkins

practice

homework

backpack

football

9 letters

- festivals
- notebooks
- goldenrod
- labor day
- corn maze

10 letters

- tailgating
- homecoming
- sunflowers

12 letters

- grandparents



© Puzzle Cheer

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Social Etiquette in a Group Setting

Social etiquette is important in group settings because it helps people interact respectfully and work well together. It creates an environment where everyone feels valued and communication is smoother.

Some key reasons include:

- **Build respect:** Good manners, such as listening when others speak and being polite, show respect for everyone in the group.
- **Improve communication:** Taking turns speaking, avoiding interruptions, and being clear helps reduce misunderstandings.
- **Encourages teamwork:** When people cooperate, share responsibilities, and support one another, the group is more likely to achieve its goals.
- **Reduces conflict:** Following social norms like being considerate and respectful can prevent unnecessary arguments and tension.
- **Creates inclusion:** Good etiquette helps ensure everyone has a chance to participate and feel welcome, regardless of their background or opinions.
- **Leaves a positive impression:** People who practice good etiquette are often seen as trustworthy, reliable, and pleasant to work with.

In short, social etiquette helps groups function more effectively by promoting respect, cooperation, and positive relationships among members.

5 rules to follow when in a social group setting:

- **Take turns speaking** in larger groups, not everyone can talk at once. Wait for an appropriate moment to contribute, reading the room for cues. Also to be aware of your tone and volume.
- **Avoid dominating:** Follow the “3 -before-me” rule in discussions. Let at least three others speak before you add your opinion.
- **Respect and courtesy:** Always use “please” and “thank you”, smile, maintain polite tone.
- **Listen actively:** In a group talk, let others finish before responding and avoid interrupting.
- **Recognize group norms:** Some groups have unspoken rules, no phones during groups and activities, or at least silence them.

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CHANGING THE NARRATIVE ON MENTAL HEALTH AND SUICIDE

Talking about mental health and suicide can be an uncomfortable and uncertain topic that brings up different feelings, beliefs, and attitudes for everyone.

CHANGING THE NARRATIVE is an interactive conversation that empowers participants to change perceptions of mental health towards hope and resilience.

Throughout the session, participants will engage in dialog about being intentional in the words we are using. Certain ways of talking about mental health and suicide can alienate members of any community, sensationalize the issue, contribute to a decrease in help seeking behavior or even present suicide as a glamorous, preferred way of dealing with problems. Having healthy conversations about mental health and suicide avoids harmful messages that might increase suicide risk in individuals or undermine suicide prevention goals. By doing this safely, it reduces stigma, mitigates risks, promotes help-seeking, and respects all individuals.

**JOIN US at Bridge on Center
on
TUESDAY, SEPTEMBER 1ST
from 9-11am**

**to kick off suicide prevention
month and learn how we can
change the narrative.**



NATIONAL
**SUICIDE
PREVENTION
MONTH**

**This session will be led by
Erin Schwab,
Public Health Educator**



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Free Activities include:

Bingo

Open Hours/Walking

Arts & Crafts

Changing the Narrative

Morning Joe

Puzzles & Games

Blend & Bloom

10 Co Fishnic

Switch Bowling/Bowling

"Best Buds"

Merry Makers

U of M Arboretum

Sept 1: Changing the Narrative at the Clubhouse from 9-11, presented by Erin Schwab. **See insert for details.**

Sept 3: **NEW** Merry Makers at the Clubhouse from 1-4. Join Merry Makers for a fun, creative time making handmade holiday gifts to keep or share with family and friends. No experience is needed—just bring your holiday spirit and enjoy creating something special!

Sept 8: Chinese Brush painting from 9-11. Barbara Kae's artistic work is held in private and public collections in 11 countries across five continents, including the Puke Ariki Museum and Library in New Plymouth, New Zealand. She has participated in international online exhibitions, including the solo exhibition *In Hidden Gardens*, and has also exhibited internationally in the International Collage Exhibit from 2013–2018. For many years, she has also been invited to demonstrate sumi-e brush painting at Japanese festivals, most recently in April 2026.

Sept 9: Birthday bash and lunch 11-3. There is a \$1 donation for the meal. Come celebrate your birthday or a friends.

Sept 10: Grocery Gang/ Open hours. Pick up at 1pm. You may choose to shop at Cashwise, Aldi, or Walmart. You will need money for any purchases made. Please plan to carry your own groceries and feel free to bring reusable shopping bags if you would like

Sept 11: Shopping and lunch in Mankato. Pick up at 10:30 am. You will need money for lunch and any purchases made.

Sept 14: Blend & Bloom is a group that brings people together to enjoy healthy smoothies and hands-on gardening. Participants learn about growing fruits, vegetables, herbs, and flowers while exploring simple, nutritious smoothie recipes. It's a fun way to connect, learn, and promote healthy living

Sept 15: Clubhouse Fishnic. Pick up at 10 am. BOC will provide a picnic lunch. **See insert for details**

Sept 17: Laura Ingalls Wilder Museum and lunch. Pick up at 9:30 am. You will need money for lunch. Bridge on Center will pay the admission fee to museum. The Museum includes 7 exhibit buildings plus the old Walnut Grove jail cell. We are in the process of developing a plan for our Masters Store & Hall project. Visitors can see this building however it is not ready for tours at this time. Our museum is home to several of Laura's belongings plus an original letter.

Sept 22: 10 County- U of M Arboretum and picnic lunch. Pick up at 9 am. Lunch will be provided. Founded in 1958, the University of Minnesota Landscape Arboretum is a 1,200-acre public garden in Chaska, Minnesota, that attracts nearly 700,000 visitors per year. Best known for its beautiful display gardens, nationally recognized tree collections, protected natural areas and research activity, the Arboretum is easy to explore via paved paths, such as Three-Mile Walk and Three-Mile Drive, which are open year-round. Many miles of wooded trails, stone pathways and routes for cross-country skiers and snowshoers provide access to the healing power of nature in all seasons.

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ACTIVITY CALENDAR

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9-11 Changing the Narrative	2 1-3 Park Playoffs	3 1-4 Merry Makers NEW	4 1-3 Switch Bowling and Games	5 8-12 Open Hours Angie
7 Closed Labor Day	8 9-11 Chinese Brush Painting with Barbara Kay	9 11-3 Birthday Bash and lunch	10 1-4 Grocery Gang/Open Hours	11 10 :30 PU Shopping and lunch in Mankato	12 8-12 Open Hours Angie
14 1-3 Blend & Bloom	15 10 PU Clubhouse Fishnic	16 1-3 Puzzles and Games	17 9:30 PU Laura Ingalls Wilder Museum	18 1-3 Bingo	19 8-12 Open Hours Amanda
21 1-4 DYOT	22 9 PU U of M Arboretum	23 1-3 Best Buds Taste testing Marshmallows	24 1-4 Grocery Gang/Open Hours	25 1-4 Jackbox	26 8-12 Open Hours Geri
28 9-11 Morning Joe	29 9-11 Open Hours Claire	30 1-3 Card Club Claire			

Jackie: 233-6880

Weekend Cell: 766-9461

Mental Health Staff	
Claire.....233-6851	Baylee.....233-6884
Emily.....233-6850	Christie.....359-6559
Julie.....359-6591	Stephanie.....359-6534
Kelsey.....359-6662	Ashley.....359-6536