

BRIDGEWAY NEWS

A Ministry of Saint Francis Community Services

Bridgeway Apartments | 503 Seal Street #7 | Picayune, MS 39466 | (601)-749-4848

From the Director's Desk

I would like to encourage everyone to spend more time outdoors and enjoy the beautiful weather we are having. This is a time to admire the beautiful scenery that the good Lord has provided us.

*When the trees their summer splendor
Change to raiment red and gold,
When the summer moon turns mellow,
And the nights are getting cold;
When the squirrels hide their acorns,
Then we know that it is autumn,
Loveliest season of the year.
~Charlotte L. Riser~*

We want to welcome Virginia Parnell, Shelia Penton and Edna Schommer to our staff at Bridgeway.

I would also like to congratulate the following staff on their years of service.

Stepheny Batcho	5 years
Carla Cagle	3 years
Faron Lee	2 years
Adam Degges	2 years

I would like to recognize the following clients for years of residency at Bridgeway.

Paul Breland, Carl Davenport, Earl Dragon, Johnny Finney, Lucia Hinton, Bob McAdoo, Cassie McLeod, Tim Rafanello	11 years
Stephanie Pegram	4 years
Eddie Feeley	2 years
Bret Mitchell	2 years

A special recognition to Johnny Finney for being employed at Winn Dixie for fifteen years.

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July and August were spent going to Gulf Islands Water park. Residents used their summer passes and enjoyed each trip to the water park.

Labor Day was enjoyable. We had the annual Bridgeway Labor Day cookout. Mr. Faron cooked the pork ribs, which we enjoyed with some other great food. It was a great day for all.

During September we resumed a varied activity schedule. Residents had the opportunity to attend a Billy Ray Cyrus and Rick Springfield concert. Other activities included the Pearl River County Fair and Rodeo. Residents also attended Fire Safety Day at Mill Creek Community Services where they enjoyed seeing their peers from other facilities and watching an exhibition by Joanie the Arson dog.

We finished September with a Field Day with USM students and Dr. Green, which happens to be the residents favorite activity. This year we joined the USM students and Dr. Green at the coast campus in Long Beach



FIRE SAFETY DAY

where they played Charades and enjoyed some snacks. Everyone had a great time interacting with the USM students. Along with the regular Saturday night in-house movies, Friday night bingo and arts and crafts, residents enjoyed their regular full activity schedule during July, August and September.

YOU CAN MAKE A DIFFERENCE

Every resident at Bridgeway has a great success story to share. Over the years, the generosity of our donators, friends, and volunteers has enable these individuals to gain independence and reach their full potential.

You can make a difference by:

- Introducing Bridgeway and Saint Francis to the leadership of your church.
- Considering a financial contribution that will give you the satisfaction of knowing you've helped a Bridgeway resident reach their full potential for independence.
- Leaving a lasting legacy for the residents of Bridgeway through a gift from your estate.
- Sponsoring cookouts, social outings, holiday gatherings, and organized activities for the residents.
- In kind gifts are welcome, please call for a list of items that can be used by the residents.
- Celebrating a loved one in a very special way by making a gift to Bridgeway "in honor of" or "in memory of".

HIGHLIGHTS FROM SUPPORTED EMPLOYMENT



This quarter we would like to feature Stephanie Pegram and her employer First Baptist Church of Picayune. Ms. Sally Campbell, who is in charge of Special Events at First Baptist Church, has employed several of our residents for different events. Although Stephanie works at the special events she also works two days a week as a part time employee. Stephanie's job duties include: setting up salad bar, decorations, washing dishes and cleaning up after the meal.

Ms. Sally became interested in hiring our residents when she read a Supported Employment brochure that was dropped off at the church by our Supported Employment Coordinator. Ms. Sally had worked with individuals with special needs in Louisiana for twenty five years and was very pleased with their work ethic.

Stephanie and Ms. Sally have a very good working and personal relationship, which is important to Stephanie. All of our Job Trainers enjoy working with Stephanie and Ms. Sally at First Baptist Church of Picayune. A special thank you to Ms Sally from all the residents you have worked for special events at the church.

We would like to welcome our new Supported Employment member Edna Schommer to our team. Also joining us is Mary Loveless who has been with Bridgeway for five years.

Isaiah 40:31

But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint



Sally and Stephanie



Stephanie at work

Heart Healthy Recipe

Cooking a hearty main-dish soup is quick and easy with a Hamburger Helper® mix

- 1 lb lean (at least 80%) ground beef
- 1 medium onion, chopped (1/2 cup)
- 1/4 cup chopped green bell pepper
- 5 cups hot water
- 1 box Hamburger Helper® chili macaroni
- 1 teaspoon chili powder
- 1/2 teaspoon garlic salt
- 2 cups diced tomatoes (from 28-oz can)
- 1 can (11 oz) Green Giant® Mexicorn® whole kernel corn with red and green peppers, undrained
- 2 tablespoons sliced pitted ripe olives



In 4-quart Dutch oven, cook beef, onion and bell pepper over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked; drain. Stir in hot water, sauce mix (from Hamburger Helper box), chili powder, garlic salt and tomatoes. Heat to boiling, stirring occasionally. Reduce heat; cover and simmer 5 minutes, stirring occasionally. Stir in uncooked pasta (from Hamburger Helper box), corn and olives. Cover; cook 10 minutes longer. Different ideas: Ladle this soup over a mound of corn chips and shredded taco cheese, or sprinkle each serving of soup with corn chips or coarsely crushed tortilla chips. Or coarsely crushed tortilla chips. You can use 1 cup of Green Giant® Valley Fresh Steamers™ Niblets® frozen corn instead of the canned corn

Serving (1 Serving) Calories 330 (Calories from Fat 90), Total Fat 10g (Saturated Fat 3 1/2g, Trans Fat 1/2g), Cholesterol 45mg; Sodium 990mg; Total Carbohydrate 40g (Dietary Fiber 3g, Sugars 8g), Protein 18g; Percent Daily Value*: Vitamin A 15.00%; Vitamin C 15.00%; Calcium 6.00%; Iron 20.00%; Exchanges: 2 1/2 Starch; 0 Fruit; 0 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 1/2 Fat; Carbohydrate Choices: 2 1/2; *Percent Daily Values are based on a 2,000 calorie diet.

It's Time to Get Your Flu Shot! Prevention is Key!

Take time to get a flu vaccine



Everyone, 6 months of age and older, is recommended to get vaccinated against the flu. A flu vaccine reduces your risk of illness, hospitalization, or even death and can prevent you from spreading the virus to your loved ones. Protect your family from flu: get vaccinated.

Get vaccinated as soon as vaccine becomes available in your community. Vaccination before December is best since this timing ensures that protective antibodies are in place before flu activity is typically at its highest. However, flu season can last as late as May so getting vaccinated later in the flu season could still provide protective benefit. About 2 weeks after vaccination, antibodies that provide protection against the influenza viruses in the vaccine develop in the body. Flu vaccines are offered in many doctors' offices and clinics. Even if you don't have a regular doctor or nurse, you can get a flu vaccine at other places like your local health department, a pharmacy, an urgent care clinic, and maybe your school, college health center, or workplace. CVS, Walgreens and Winn Dixie offer the flu shot.

Vaccine Side Effects (What to Expect) Different side effects can be associated with the flu shot and LAIV. **The flu shot:** The viruses in the flu shot are killed (inactivated), so you cannot get the flu from a flu shot. Some minor side effects that could occur are: Soreness, redness, or swelling where the shot was given, Fever (low grade) and aches. If these problems occur, they begin soon after the shot and usually last 1 to 2 days. Almost all people who receive influenza vaccine have no serious problems from it. However, on rare occasions, flu vaccination can cause serious problems, such as severe allergic reactions.