



## **Message from our Director**

I hope this newsletter finds you well and enjoying the fall. November brings us many initiatives, programs, recognitions and events, many of which are highlighted on our web site. There is the day set aside to give thanks, Thanksgiving, which may be celebrated very differently this year in many homes. The BRiDGES Board and Staff give thanks every day for all the individuals in our community, the region, the state and the nation who are working on promoting health and wellness.

The changes we have faced since March of this year have been dramatic and often changing on a daily basis. There are going to be some big changes at BRiDGES with my retirement after 30 years. The Board has selected Associate Director, Maureen Campanie, as my successor, a wise choice. This will take place at the end of the year.

There are many valuable resources on our web site and out there on the internet for information on health and safety, self-care and support. Many services and supports both at BRiDGES and in the community are being delivered virtually and by telephone with face to face when necessary. We continue to provide information and referral services for those concerned about an alcohol, tobacco, drug or problem gambling issue. Our EAP is busy serving companies and their employees. We have educational presentations, support groups, even a Parenting Group available for you. Support is just a phone call away.

My thanks to you for your support and for all you do for our community.

Stay safe, stay well,

*Susan*