



When you visit the exhibition of art by Maureen Slamer, you will find the room filled with delightful elephants delivering heartfelt messages about the artist's mental health journey and about life.

One of the pieces you will find is a striking piece among many in a poster sized collection featuring tiny individual elephants surrounding a quote by Gabrielle Chanel "Beauty begins when you decide to be yourself."

The exhibition ***Embrace the Elephant in the Room*** will make you smile, perhaps incessantly, while you walk through the Atrium in the Performing Arts Building at Sussex County Community College. You may end up smiling for days thinking about the range of passion and humor Ms. Slamer has shared with the world through her art.

"I create to make it known that I exist... to be seen... to have a voice... to be heard, to take back my dignity to take back my self-respect, and in the end to be true to myself." - Maureen Slamer

Experience ***Embrace the Elephant in the Room*** through July 2023.



Pictured left to right, guests of the opening reception for *Embrace the Elephant in the Room*, an Exhibition of Art by Maureen Slamer: Cindy Armstrong, Sussex County Division of Community and Youth Services; Ron Allen, Director of Bridgeway Sussex Community Support Team; Maureen Slamer, Artist; Alyssa Hoekstra, Sussex County Community College; Kristen Lauber, Center for Family Services; Ingrid Vaca-Bullaro, Center for Family Services; Carrie Parmelee, Mental Health Association



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Spotlight on Excellence!



Bridgeway strives for excellence in every program and service we deliver to our fellow New Jerseyans. In this issue of the Bridgeway Newsletter, we are publishing links to surveys that will give the family members of the people we serve, and the agencies that refer people to Bridgeway the ability to guide us to excellence! If you are able to access this newsletter online, by visiting www.bridgewaybhs.org, please click on the **News** tab, and use the drop-down menu to get to **Newsletters**. When you click on **2023 Summer**, you will be able to see the newsletter in pdf format and the links provided below will be clickable. Another option is to open a browser like Chrome  or Firefox  and type the address starting with <https://> into the search bar or the browser to get to the survey. However you get there, we thank you in advance for taking a little time to give us important feedback!

Family Members Click Here: <https://www.surveymonkey.com/r/Familyfy23>

Referral Agencies Click Here: <https://www.surveymonkey.com/r/ReferralAgency23>

The Great and Powerful Wizard of Oz Was Not a Total Fraud

by Mark Williams, Bridgeway Board Trustee, President of the NAMI NJ Board, Member of the Stigma Free Somerset County Initiative

The Wizard didn't give the Lion courage ... he provided an opportunity to be courageous. He didn't give the Tin Man a heart ... he provided an opportunity to show his love. He didn't give the Scarecrow a brain ... he provided an opportunity for him to think outside the box ... or in his case outside the cornfield.



So, today when you leave our event and travel your individual yellow brick roads to small towns in Somerset County ... I need you to be courageous in your fight against stigma. Think not only outside the box ... but *as if there is no box at all*, and, love one another with a heart as big as Oz!



Chair Dinner 2023

Peace, Love & Wellness

Thank You!





SUMMER IS HERE

Please be aware of summer heat and sun risks! Risk factors such as anti-psychotic medication usage, chronic medical conditions, obesity, diabetes, alcohol use, and age can place individuals we care about at higher risk of heat-related illness. Take precautions:

- stay hydrated
- keep plenty of cool drinking water available
- monitor the outside temperature
- plan activities accordingly
- stay in air-conditioned facilities when possible

Symptoms of heat stroke that may require emergency medical attention include:

- High body temperature
- Altered mental state or behavior
- Alteration in sweating
- Nausea and vomiting
- Flushed skin
- Rapid breathing
- Racing heart rate
- Headache



Medication Management

by Martha Wolfe, Bridgeway Counselor, LMFT

I am not a medical doctor or psychiatrist and I am unable to prescribe medication. However, I do help the people I serve identify symptoms and side effects on a regular basis. Those taking medication should speak directly to their prescriber also.

A common first question I'm asked is, "How do I know if I need medication?" This is a great starter question, because you're already thinking about how medication may or may not be the right path for you. Don't always assume medicine is the ONLY answer, it is only one solution to consider. I typically ask "Are your symptoms severe enough that they are interfering with your daily living?"

That can mean a lot of things, but typically the follow up questions are: "Can you attend work or school regularly?"

"Are you able to maintain a social life with family and friends?"

"Are there any physical impairments, sleep disturbance, and/or weight loss/gain?"

"Do you have thoughts of harming yourself or others?"

If your answer to the first two follow up questions are "no," and the rest are "yes," I would recommend seeking a psychiatric evaluation to assist individuals in identifying whether they are a good candidate for psychiatric medication.

JUNETEENTH

CELEBRATION of Freedom

Saturday, June 17th

12pm - 7pm

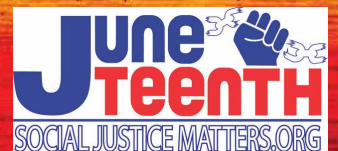
Look for Bridgeway's table!

Shady Rest Golf and Country Club

820 Jerusalem Road

Scotch Plains, NJ

www.socialjusticematters.org



This history, education and arts program is made possible in part by a 2023 HEART (History, Education, Arts Reaching Thousands) Grant from the Union County Board of County Commissioners.

Antinomy is a paradox,

A contradiction in terms,

But Bridgeway helps people find their

way,

And that's something that always

affirms.

So when you're feeling lost and alone,

And don't know what to do...

Remember that Bridgeway is always

there,

To help you to make it through.

And though antinomy may seem like a

mystery,

Bridgeway is there to help you find

victory.

Special Thanks to Rich Kutney

50/50

A Fun Way to Support Bridgeway Programs and Services

This month, as we prepare for Bridgeway's Annual Golf Tournament, we are happy to share a fun opportunity to help Bridgeway raise funds through a licensed raffle called a 50/50 Cash Raffle. Between June 1st and June 12th, we will sell raffle tickets online. They are \$20 each. The total funds raised will be shared equally between Bridgeway and one winner to be randomly chosen electronically at the Golf Tournament luncheon. ***The winner does not need to be present.*** We will notify the winner by phone and email by 3:00pm on June 12, 2023. Tickets are available online:

Click Here:

BUY RAFFLES ONLINE!

Federal ID# 22-2257891 Donations to Bridgeway are tax-deductible as allowable by law.

To enter the url into your browser manually: <https://rafflecreator.com/pages/64574/june-5050-affle-benefits-bridgeway-mental-health-services>



PLEASE JOIN US!
RIBBON CUTTING CEREMONY
The Center for Integrated Behavioral Health Care
Wednesday, June 28, 2023 at 12PM
506 3rd Street, Hoboken, NJ 07030



RSVP to lisa.giannascoli@bridgewaybhs.org



2023 Peace, Love and Wellness Chair Dinner



Special thanks to honorees: Meredith Blount and NAMI NJ, Mike Frost and the Somerset Team, and Jim O'Connor, Bridgeway Board Trustee and Chair of Fund Development

<https://www.bridgewaybhs.org/events.html>

Anonymous Compliance Hotline - If you suspect fraud, waste, or abuse call 732-317-5098

* If you would like to be removed from our mailing list, please call 732-913-9666 or email erica.smith@bridgewaybhs.org