

VIRTUAL BRIDGEVIEW

LIMITED RE-OPENING EDITION

Stay Connected, Stay Supported, Stay Well

NEW THINGS ARE HAPPENING!

We are so excited to have completed a few weeks of our limited in-person programming! We are happy to start to expand the in-person to more times during the week and have some fun activities planned for each day! If you haven't already, please call Kaitlyn to set up a time to renew your membership and get signed up for your in-person shift! As of right now, we are allowing members to sign up at least twice a week to make sure we are able to allow all members to come in. Our goal is to continue to expand our in-person as time continues and CDC guidelines keep changing to get back to being in person full time. To see all of the in-person offerings, check out the insert for more information! If you have any questions or want to get signed up, give Kaitlyn a call at 763-783-7440!

ONLINE COOKING DEMO!

Do you want to learn how to make some easy healthy meals at home? Well, look no further than this amazing opportunity to attend a virtual cooking demonstration in June and get the ingredients to be able to try it yourself! Space is limited for this incredible offer, so call Kaitlyn to get signed up!

Goodbye
and
Goodluck!

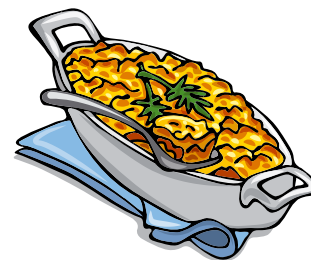
LISA

We would like to thank Lisa for her many years of work with us at Bridgeview! Lisa's work has come to an end at Bridgeview, and we wish her the best of luck in her next chapter!



BEST TUNA CASSEROLE

<https://www.allrecipes.com/recipe/17219/best-tuna-casserole/?printview>



Ingredients:

- 1 (12 ounce) package egg noodles
- ¼ cup chopped onion
- 2 cups shredded Cheddar cheese
- 1 cup frozen green peas
- 2 (5 ounce) cans tuna, drained
- 2 (10.75 ounce) cans condensed cream of mushroom soup
- ½ (4.5 ounce) can sliced mushrooms
- 1 cup crushed potato chips

Directions:

1. Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water for 8 to 10 minutes, or until al dente; drain.
2. Preheat oven to 425 degrees F (220 degrees C).
3. In a large bowl, thoroughly mix noodles, onion, 1 cup cheese, peas, tuna, soup and mushrooms. Transfer to a 9x13 inch baking dish, and top with potato chip crumbs and remaining 1 cup cheese.
4. Bake for 15 to 20 minutes in the preheated oven, or until cheese is bubbly.

ON GOING BRIDGEVIEW PROJECTS!



LET'S CREATE A COOKBOOK!

Do you have a favorite recipe that you would love to share with your friends at Bridgeview? We want to create a cookbook with recipes submitted by you guys! Give us a call and we can help get your recipe added!

BRIDGEVIEW THANKFUL MURAL

We are continuing our thankful mural project! We will be doing thankful posters that we can then hang up and create a thankful mural for all to see in the windows at Bridgeview. If you are interested in creating your own thankful poster, there will be paper and markers, crayons, pens, or colored pencils to use during an in-person shift! How you do your poster is completely up to you! Write a poem, use words, use drawings, etc. anything that appeases your creativity!

GET A HOLD OF BRIDGEVIEW STAFF!

Bridgeview: 763-783-7440
Monday-Friday 9am-3pm

- Alyssa, Director:
 - 763-780-3036 ext. 832
- Kaitlyn, Care Coordinator:
 - 763-780-3036 ext. 526

ACTIVITY PAGE!

CRYPTOGRAM!

A cryptogram is a short quote that has been encrypted by taking each letter in the quote with a number. Your challenge is to decrypt it back using your linguistic intuition.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
6				25										17			21		10						

“ E E R A A O T E O O

25 19 25 21 8 23 6 8 13 6 8 16 17 10 26 25 20 17 17 23

T T E R E O E T O O

26 24 10 10 4 25 21 25 11 11 17 13 25 10 4 3 16 20 20 17 17 23 3 16

E E R A ”

25 19 25 21 8 23 6 8

- A E O R E E A R E

6 14 3 2 25 13 17 21 11 25 25 6 21 14 25

HIDDEN MESSAGE!

This puzzle is a word search puzzle that has a hidden message in it. First find all the words in the list.

Words can go in any direction and share letters as well as cross over each other.

Once you find all the words. Copy the unused letters starting in the top left corner into the blanks to reveal the hidden message.

N W W E I V E G D I R B E L C O G M J E
 N O B R A C G K W T Y F C Q M Z R M E M
 S U I W I A S H P I S F C E P X O D O Y
 I Y F T M T C J F R I E N D S I U B P O
 B M S E A N I M Q G X T M E U M P Y A P
 T V S S U Z W N V E A I W L C D S K R G
 V A I L E Z I N G L T R O P P U S J D Y
 G A T O D N U L H P P R D J D C P R Y Z
 D A Y V U Y L E A B W K W E D Q Q N Y R
 R K Q E T S A L P I E R L O N N M P O M
 S L M E I L Y N E C C R B A S Y A P V G
 J F W E T T J A N W S O K R W R W B J N
 F E S H A H A Z R S D R S S E N D N I K
 H I Y R R L K S R T V Z A H X C B W F C
 R I C K G K Q A M S S B T T N A O P P D

- | | | |
|------------|--------------------|---------------|
| Art | Groups | Rise |
| Bridgeview | Healthy | Socialization |
| Friends | Jeopardy | Support |
| Fun | Kindness | Therapy |
| Games | Lee Carlson Center | Walk |
| Garden | Lunch | Wellness |
| Gratitude | Mental Health | Writing |

NUMBER BLOCKS!

- Fill in the missing numbers
- The missing numbers are integers between 0 and 5.
- The numbers in each row add up to totals to the right.
- The numbers in each column add up to the totals along the bottom.
- The diagonal lines also add up the totals to the right.

				11
	0			7
0				7
5				13
		5		14
15	7	14	5	11

MAILING ADDRESS:
LEE CARLSON CENTER FOR
MENTAL HEALTH & WELL-BEING

Non-Profit
Org.
U.S. Postage
PAID
Permit #217
Anoka, MN

BRIDGEVIEW CSP
7954 UNIVERSITY AVE.
FRIDLEY, MN 55432

RETURN SERVICE REQUESTED

Bridgeview Donation Network

To contribute to the Bridgeview Community Support Program, please complete this form and return it to Bridgeview.

Yes! I would like to donate funds to Bridgeview. Date: _____

What I would like it to be used for: _____

I would like to contribute: ___\$5 ___\$10 ___\$15 ___\$20 Other amount \$___

Name: _____ Signature: _____

Address: _____

Please mail donation to:
Bridgeview CSP - Lee Carlson Center
7954 University Ave.
Fridley, MN 55432
Please donate online at our website!

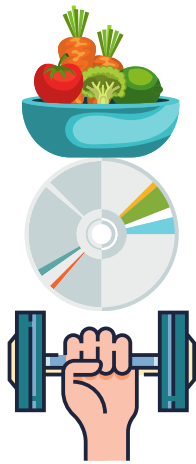
THErapy GROUP STARTING SOON!

Gardening and Well-Being group is coming back this summer! If you are interested in this opportunity, reach out to get signed up and get your insurance checked!

EXERCISE & COOKING DEMO DVDS

Not able to attend the virtual cooking demo? No worries!

We have some cooking demo DVDs to rent from Bridgeview! We also have an exercise DVD too! Talk to Kaitlyn to learn more!



**Curious about working?
Can I work during Covid?
What jobs are out there?
Will I lose my benefits?**

We have answers! Call Lisa Carlson, Rise Employment Consultant.

This year Rise Anoka Co programs have helped 11 people find and maintain new jobs.

Call today to get more information about working and if it is right for you!

Lisa Carlson
612-999-7702

Lmcarlson@rise.org

IN-PERSON PROGRAMMING

Important things to remember about in-person.

- You have to sign up to attend. Give Kaitlyn a call!
- If you sign up on Tuesdays, you **must** be an active part of the group to keep it a safe and confidential space.
- Social distancing and masks must be worn the entire time inside at Bridgeview
- Bridgeview is tobacco free!
- You get a box lunch to go at the end of your shift!
- If you have any questions or to sign up, call 763-783-7440!



May

VIRTUAL GROUPS: 11:30A-12:30P

Tuesday: Gratitude Journaling
Thursday: Mental Health Support Group
Friday: Fun Fridays

monday

tuesday

wednesday

thursday

friday

17

In-person:
Fun Day
Morning 9-11
Afternoon 1-3

18

In-person:
Mental Health
Support
Group
Afternoon 1-3

19

In-person:
Art Day
Morning 9-11
Afternoon 1-3

20

In-person:
Gratitude
Journaling/
Writing Day
Afternoon 1-3

21

In-person:
Fun Day
Morning 9-11
Afternoon 1-3

24

In-person:
Fun Day
Morning 9-11
Afternoon 1-3

25

In-person:
Mental Health
Support
Group
Afternoon 1-3

26

In-person:
Art Day
Morning 9-11
Afternoon 1-3

27

In-person:
Gratitude
Journaling/
Writing Day
Afternoon 1-3

28

In-person:
Fun Day
Morning 9-11
Afternoon 1-3

31

**° SORRY! WE'RE
CLOSED**

Anoka County
Crisis Lines
Call 763-755-
3801
Text MN to
741741

Call CRISIS (274747)
From anywhere in
the State of
Minnesota
to reach the local
County crisis team.

Hennepin
County
Crisis Lines
Call 612-
596-1223

