

VIRTUAL BRIDGEVIEW

COME BACK TO BRIDGEVIEW / 4TH OF JULY EDITION

Stay Connected, Stay Supported, Stay Well



COME BACK TO BRIDGEVIEW

We are finally ready to open the doors back to regular programming at Bridgeview! But first, let's celebrate! Join us for a Come Back to Bridgeview Event. Bring your family and friends to showcase all the amazing things Bridgeview has to offer once again. The event will be on Wednesday, July 28th from 11a-2p, this is our kick off to being fully reopened. Starting Monday, August 2nd Bridgeview will be back open Monday-Friday, 9-3! We will have support groups, art, lunches, and of course BINGO will all be back in action!

 Welcome Ruth!

“Hello everyone! My name is Ruth and I am a new care coordinator at Bridgeview. I am excited to meet everyone and to have a job where I get to hang out with people every day. In my previous jobs, I've worked to coordinate a wide range of activities for people to participate in, including weekly singing groups, exercise & physical fitness, and creative writing & poetry. When I'm not at work, I like to read, hang out with my animals (two dogs and one cat), and spend as much time as possible outside with my husband.”



SYMPTOM MANAGEMENT KNITTING GROUP!

Check out this new therapy group! Never knitted before or an expert knitter? Doesn't matter! All levels of expertise are welcome! Give Bridgeview a call to sign up and make sure that your insurance covers the group!



GAZPACHO SOUP

<https://www.foodnetwork.com/recipes/anne-burrell/gazpacho-recipe-1917656>

Ingredients:

- 8 slices white bread, crusts removed, bread broken into big chunks
- 2 pounds tomatoes, seeded
- 1 English cucumber, peeled
- 1 large white onion
- 1 green bell pepper, seeds and pith removed
- 2 garlic cloves, smashed
- Kosher salt
- High quality extra-virgin olive oil
- 2 to 3 tablespoons sherry vinegar
- 1/2 cup to 1 cup tomato juice, if needed



Directions:

1. For the soup: Soak the bread, in a medium bowl of water to soften, about 15 to 20 minutes. Squeeze out the excess water and place in a large bowl. Coarsely chop the tomatoes, 2/3 of the cucumber, 1/2 the onion, and 1/2 the pepper and add to the bread. Add the garlic, season with salt, and drizzle with olive oil. Mix to combine and let sit for about 20 to 30 minutes to allow the flavors to marry and to let the salt pull some moisture out of the tomatoes.
2. Meanwhile, for the garnish, dice the remaining cucumber, onion and green pepper into perfect 1/4-inch dice and reserve.
3. Working in batches, puree the tomato/bread mixture in a blender with the vinegar. Blend in tomato juice to loosen the mixture, if needed. Remove soup to a large bowl and stir in about 1/2 cup of high quality olive oil. Taste for salt and add more, if needed.
4. Chill. Serve cold garnished with the diced cucumber, pepper and onion. Drizzle with a little more olive oil, if desired.

POLL: WHAT IS THE ONE THING THAT YOU ARE THE MOST EXCITED TO DO WHEN BRIDGEVIEW IS FULLY RE-OPENED AGAIN IN AUGUST?

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
- Ruth, Care Coordinator:
 - 763-780-3036 ext. 364
- Sou Vang, Therapist:
 - 763-780-3036 ext. 609



ACTIVITY PAGE!

- American
- Blue
- Celebrating
- Festive
- Free
- Fun
- Grateful
- Happy
- Historical
- Honorable
- Hot
- National
- Outdoor
- Patriotic
- Proud
- Red
- Star Spangled
- Summertime
- White

WORD SEARCH

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



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
23		8											6	14			19		11						

" C O N T A N T A T O
 8 14 17 17 3 6 13 11 5 17 2 23 6 15 11 7 23 11 1 2 14 1 26 2
 C O T O T R A R O N T
 8 14 17 2 11 14 9 2 11 7 2 19 23 19 14 3 6 18 11 7 2
 T A N O T T T O T R
 11 23 24 26 2 6 14 11 16 3 15 11 11 14 10 2 2 18 11 7 2 13 19
 O T T O T R
 24 14 18 13 2 15 24 3 11 11 14 10 2 2 18 11 7 2 13 19
 N A N T R
 17 13 6 18 15 23 6 18 11 7 2 13 19
 R A T O N
 19 2 26 23 11 13 14 6 15 7 13 1 15
 N R N O N
 7 2 6 19 13 16 17 6 14 3 22 2 6

All Puzzles created on <https://puzzlemaker.discoveryeducation.com/>



ARE YOU INTERESTED IN WORKING? NOT SURE WHAT THAT MEANS FOR YOUR BENEFITS? CONTACT LISA FROM RISE!

Considering a Job Worksheet

Name: _____

Phone : _____

This worksheet is designed to help you and the person you are working with think about the decision to work, or not to work. You can use this worksheet as a way to discuss job goals and think about the best ways to get started with employment if the person is ready.

What are your hopes regarding a job?

How will employment benefit your life?

What are your concerns about working?

Do you know how your benefits would be affected by a part or full-time job?

What type of assistance would be most helpful to you?

- Help contacting employers
- Help finding job leads
- Practice answering job interview questions
- Information about different types of jobs
- Help explaining a legal history to employers
- Help managing benefits while working
- Someone to talk to about my job
- Help building a career

How soon would you like to begin looking for a job?

- Within a week**
- Next month**
- In a few months**
- In six months**

I am not sure—I would like to keep talking about this

Do you need:

- Help contacting employers
- Help finding job leads
- Practice answering job interview questions
- Help explaining a legal history
- Explaining employment gaps to employers
- Information about different types of jobs
- Help managing benefits while working
- Help building a career
- Someone to talk to about my job

Rise
LISA CARLSON
 EMPLOYMENT CONSULTANT
 Phone: ~~763-792-2449~~ | Cell: 612-999-7702
 Fax: 763-786-0008
 LMCarlson@rise.org
 8406 Sunset Road NE | Spring Lake Park, MN 55432
 WWW.RISE.ORG

If you checked yes to any of these, a referral is recommended. Please send all referrals to Lclauson@rise.org If the person you have in mind does not fit any of these situations, please talk to your employment consultant to determine the quality of the fit.




July

monday tuesday wednesday

thursday

friday

<p>5</p> 	<p>6</p> <p>In-person: Mental Health Support Group Afternoon 1-3</p>	<p>7</p> <p>In-person: Art Day Morning 9-11 Afternoon 1-3</p>	<p>8</p> <p>In-person: Gratitude Journaling/ Writing Day Afternoon 1-3</p>	<p>9</p> <p>In-person: Fun Day Morning 9-11 Afternoon 1-3</p>
<p>12</p> <p>In-person: Fun Day Morning 9-11 Afternoon 1-3</p>	<p>13</p> <p>In-person: Mental Health Support Group Afternoon 1-3</p>	<p>14</p> <p>In-person: Art Day Morning 9-11 Afternoon 1-3</p>	<p>15</p> <p>In-person: Gratitude Journaling/ Writing Day Afternoon 1-3</p>	<p>16</p> <p>In-person: Fun Day Morning 9-11 Afternoon 1-3</p>
<p>19</p> <p>In-person: Fun Day Morning 9-11 Afternoon 1-3</p>	<p>20</p> <p>In-person: Mental Health Support Group Afternoon 1-3</p>	<p>21</p> <p>In-person: Art Day Morning 9-11 Afternoon 1-3</p>	<p>22</p> <p>In-person: Gratitude Journaling/ Writing Day Afternoon 1-3</p>	<p>23</p> <p>In-person: Fun Day Morning 9-11 Afternoon 1-3</p>
<p>26</p> <p>In-person: Fun Day Morning 9-11 Afternoon 1-3</p>	<p>27</p> <p>In-person: Mental Health Support Group Afternoon 1-3</p>	<p>28</p> <p>Back to BV Event! 11a-2p</p>	<p>29</p> <p>In-person: Gratitude Journaling/ Writing Day Afternoon 1-3</p>	<p>30</p> <p>In-person: Fun Day Morning 9-11 Afternoon 1-3</p>

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

Thursday: Mental Health Support Group
Friday: Fun Fridays

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.

Mental Health Coalition:
Text: COALITION to 741741



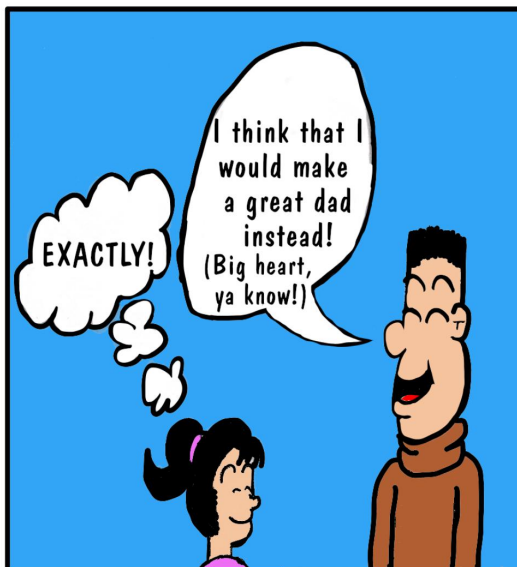
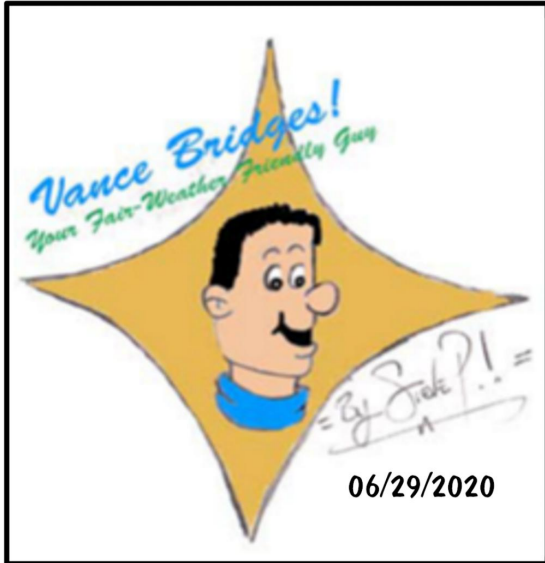
2020
BIPOC MENTAL HEALTH MONTH

BIPOC communities face disproportionate inequities in mental health care due to systemic barriers, uninformed or inappropriate care, and trauma resulting from historical adversity.

#ImpactOfTrauma MHA Mental Health America

Learn more at mhanational.org/july

Comic courtesy of Steve P.

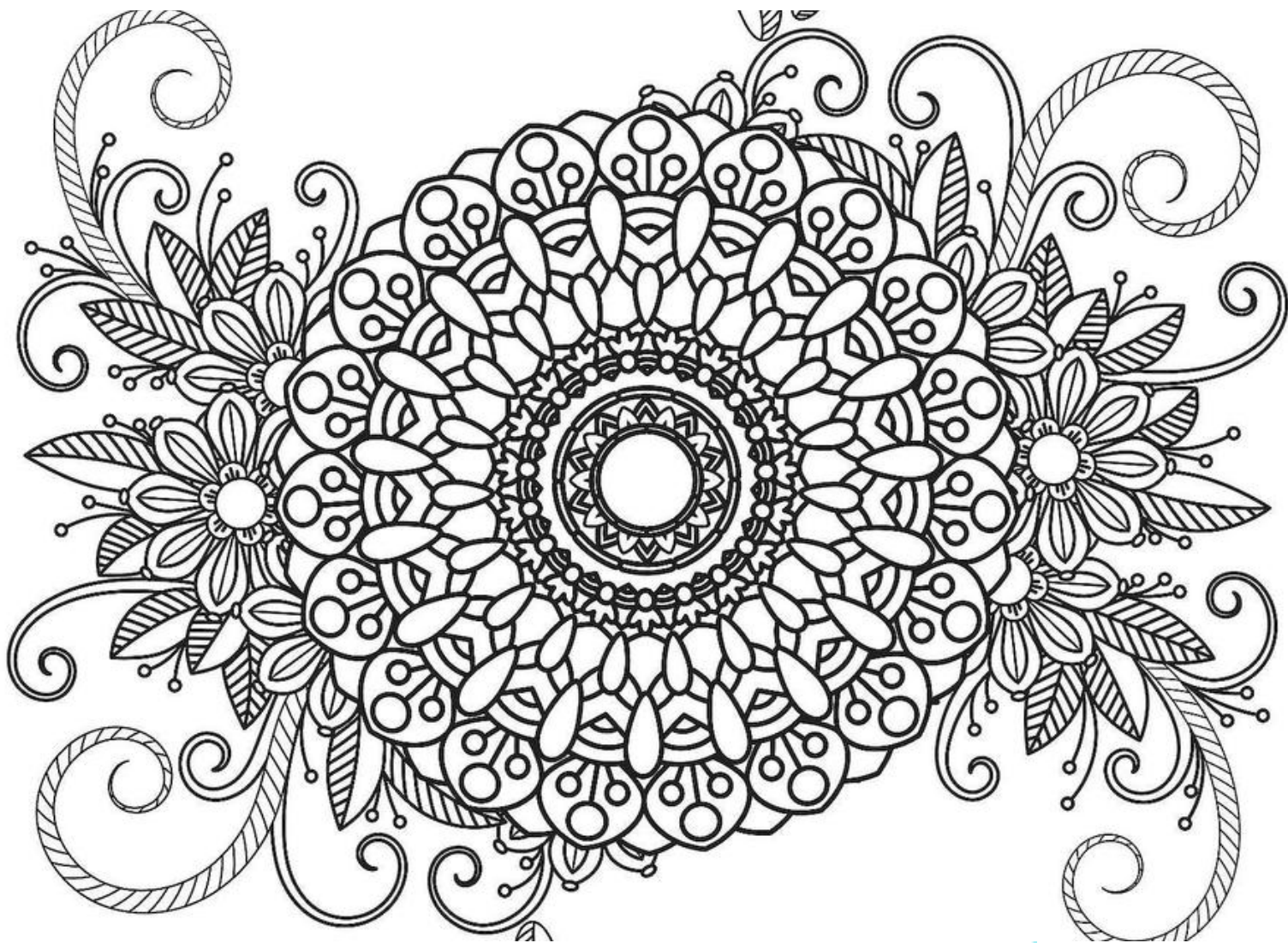


Are you interested in showcasing your art, writing, or would like to contribute something to the newsletter? Reach out to Kaitlyn to submit something!

JOKE CORNER!

Q: What do sheep do on a sunny day?
A: They have a baa-baa-que!





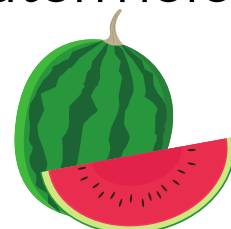
THREE THINGS I AM GRATEFUL FOR TODAY

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Today's date _____

JOKE CORNER!

Q: When should you go at red, but stop at green?
A: When eating a watermelon!



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!