

VIRTUAL BRIDGEVIEW VALENTINE'S DAY EDITION

Stay Connected, Stay Supported, Stay Well

****Brain Booster cancelled Monday, Feb. 15th
due to staff training!****

What is happening in February!

Valentine's Week

- Monday, Feb 8th – Art project during Art 101 at 11am!
- Tuesday, Feb 9th – Game Show at 2pm with BreAnn!
- Wednesday, Feb 10th – food activity during Wellness Wednesdays at 11am!
- Thursday, Feb 11th – Game Show at 2pm with Kaitlyn!
- Friday, Feb 12th – Fun activity in Fun Friday at 1pm!

Black History Week

- Monday, Feb 22nd – Art project during Art 101 at 11am!
- Tuesday, Feb 23rd – Game Show at 2pm with BreAnn!
- Wednesday, Feb 24th – food activity during Wellness Wednesdays at 11am!
- Thursday, Feb 25th – Game Show at 2pm with Kaitlyn!
- Friday, Feb 26th – Fun activity in Fun Friday at 1pm!

Goodbye and Goodluck!

Ben Laura

Ben from Rise has officially retired! We want to thank Ben for all of his work with Rise and working with Bridgeview members that sought employment. We hope he enjoys his retirement and visits often.



Laura's last day with Lee Carlson Center was at the end of January, and we would like to thank her for her work at Bridgeview as well as wish her the best of luck in her future endeavors! We look forward to introducing our new staff member when the time comes.



Strawberry Valentines Chex Mix

https://butterwithasideofbread.com/wprm_print/25290

Ingredients:

- 4-6 cups Rice Chex cereal
- 1 8- oz bag Strawberry Candy Melts OR
- 1 bag of white chocolate baking chips {12 oz} AND
- 1 box of Strawberry Creme Jell-O Pudding** {pudding NOT gelatin!}
- Valentines M&M's and/or Sprinkles

Directions:

1. Measure out Chex cereal into a large bowl. Note: if you're using the Strawberry Candy Melts, you'll use 4 cups of cereal. If you're using the white chocolate chips + pudding mix, you'll use 6 cups of cereal.
2. Pour chocolate into a small glass dish. Add 1/2 tsp shortening, if desired, to help the chocolate coat the cereal easier. Microwave for 1 minute 20 seconds. Let sit in the microwave for 3 minutes. Remove and gently stir. If chocolate loves its shape and looks smooth, it's done. If not, return to the microwave in 15 second increments, letting it sit for 2-3 minutes each time, until melted and smooth.
3. If you used White Chocolate Chips + Pudding Mix: Add 4 TBSP of the strawberry creme pudding into the white chocolate and stir gently until smooth. Add 2 drops of red food coloring, if desired.
4. Pour the chocolate mixture over the Chex cereal and stir gently to coat.
5. Transfer cereal mixture to a large piece of wax paper. Sprinkle with M&M's and Valentines sprinkles, if desired. Let cool to set. Break pieces and store in an airtight container to save. Candy can be made up to 3-4 days ahead, if desired. It saves well!

Ongoing 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, we will supply the paper, so give us a call and let us know! If you aren't able to attend one of the groups but would like to participate, let us know! How you do your poster is completely up to you! Write a poem, use words, use drawings, etc. anything that appeases your creativity!

Women's Anger Management starting in February! Call and sign up with Kaitlyn for this therapy group at 763-783-7440!



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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				21									3	2					16						

" T E O N A T O A E E N E
 16 11 21 2 3 5 19 26 6 19 16 2 7 6 10 21 14 21 3 14 21
 O T O A N E T O N E
 2 13 16 2 12 9 11 6 3 23 21 4 14 16 2 20 5 13 3 23 21
 N T O T O E T T A N
 4 3 16 2 4 16 7 2 22 21 26 4 16 11 4 16 6 3 25
 O N T E A N E
 24 2 4 3 16 11 21 25 6 3 9 21
 A A N A T T
 6 5 6 3 26 6 16 16 14

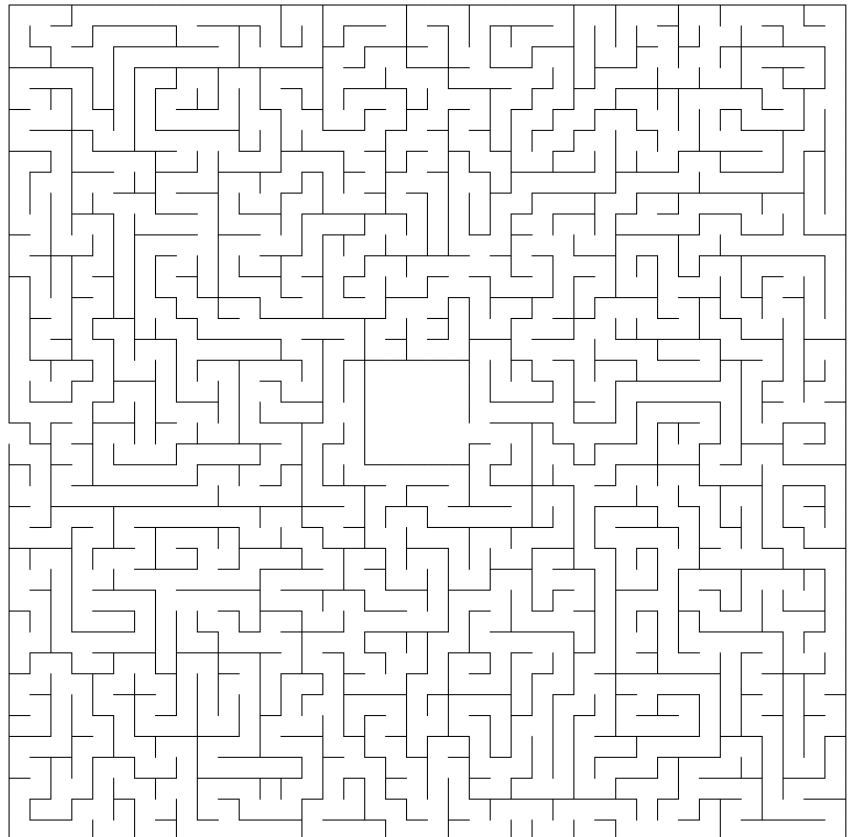
Number Blocks Puzzle

				8
				5
		1		7
3				17
				12
10	11	12	8	10

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 TO THE TOTALS TO THE RIGHT.

Maze



All puzzles created with Puzzlemaker at
<https://puzzlemaker.discoveryeducation.com/>



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

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FRIDLEY, MN 55432

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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!

Looking for art online? Look no further than Artability's On-Demand Video Workshops!

Thanks to a wonderful member for reaching out and letting us know about this great opportunity!

"On-Demand videos include creative activities that encourage expression, exploration, and reflection. A variety of themes and topics will be explored through both visual art and music offerings. Artability On-Demand provides our community with opportunities to engage in art-making and music exploration from the safety and comfort of your computer, phone, or tablet. This program is accessible, regardless of the types of art supplies or media you have available on-hand."

- Check them out at their website,

<https://www.peopleincorporated.org/get-involved/artability/on-demand/>

BreAnn's Blog

According to therapist Judith Belmont, humor has been correlated with increased energy, elevated mood, lower blood pressure, lower anxiety, a healthier heart, an increased immune system and increased sense of well-being. Take the following humor inventory quiz to find out where your sense of humor is at: Rate each item on the scale of 1 to 5 (1 being most false, 5 being most true)

- ____ I take myself too seriously.
- ____ I am too busy to find the humor in things.
- ____ I am too involved with "important things" to be able to see the lighter side of life.
- ____ I am worried what others think about me.
- ____ On average, I do not laugh a lot.
- ____ There is not much that strikes me as funny.
- ____ I have not had a good laugh in quite some time.

Now, take your total score and divide it by 7:

Total score ____ divided by 7 equals your score: ____.

Last interpret your score

1. Superb: Your humor quotient is unusually high! Keep up the good work!
2. Very good: You have a very good ability to see the lightness in life!
3. Average: Your humor quotient could use some boosting.
4. Needs work: Look for more opportunities to lighten your load.
5. Needs quite a bit of work: Life is too serious to be taken so seriously! Try to find more lightness in life and if your mood is low, consider reaching out to a friend or Bridgeview staff to brighten your day!

Quiz adapted, copyright 2015, Judith Belmont



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Support Groups!

Monday:

- **11am - Art 101:**
 - A group to learn more about different art techniques in a fun environment.
- **1pm - Anxiety:**
 - This group will focus on ways to calm your anxiety with psycho-education and coping skills.
- **2 pm - Brain Boosters**

Tuesday:

- **11am - Gratitude Journaling:**
 - Focuses on gratitude, random acts of kindness , and thoughtfulness.
- **12:30pm - Mental Health Support Group:**
 - Peer support, psycho-education and encouragement.

Wednesday:

- **10am - Women's Self Esteem:**
 - Provides support and encouragement for women. The group will help you recognize your skills, abilities, and potential
- **11am - Wellness Wednesdays:**
 - A support group that focuses on different aspects of wellness!
- **12:30pm - Art 101:**
 - A group to learn more about different art techniques in a fun environment.
- **2pm - Grief and Loss:**
 - A support group to help navigate the world without those that we have lost.

Thursday:

- **12:30pm - Mental Health Support Group:**
 - Peer support, psycho-education and encouragement.
- **2pm - Gratitude Journaling:**
 - Focuses on gratitude, random acts of kindness , and thoughtfulness.

Friday:

- **11am - Anxiety Group:**
 - This group will focus on ways to calm your anxiety with psycho-education and coping skills.
- **1pm - Fun Fridays**
- **2pm - Mental Health Support Group**
 - Peer support, psycho-education and encouragement.

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

Q: What do you call a very small Valentine?
 A: A valentiny.

Q: What did the drum say to the other drum on Valentine's Day?
 A: My heart beats for you.

Q: What kind of flowers do you never give on Valentine's Day?
 A: Cauliflowers.

