

April 2020, Vol. 4

VIRTUAL BRIDGEVIEW

Stay Connected, Stay Supported, Stay Well

WE WANT TO HEAR FROM YOU!

We miss you guys and we want to hear your thoughts and ideas during this virtual time. There will be member polls on the activity page and we hope you will give us a call and let us know your answer! All answers will be confidential and no names will be used!

Do you have an idea for a poll question? Is there something you would like to see in the newsletter? Idea about an online support group? Have any other ideas? Give us a call and tell us!

ONLINE SUPPORT GROUPS

If you are experiencing any issues with Bridgeview's online support groups, give us a call!

We want to help you troubleshoot any issues you may be having! Whether it is simply not receiving the invite or not being able to join the group. We want to make sure that you all have the opportunity to attend any and all support groups of your choosing!



Our Mental Health Services are Operating

During #StayHomeMN we have immediate openings for #Telehealth
Two-way on screen and Telephonic care available under qualifying health plans

CALL 763-780-3036
leecarlsoncenter.org

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For Mental Health & Well-Being



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Spaghetti alla Carbonara

<https://www.foodnetwork.com/recipes/tyler-florence/spaghetti-alla-carbonara-recipe-1914140>Ingredients:

Ingredients

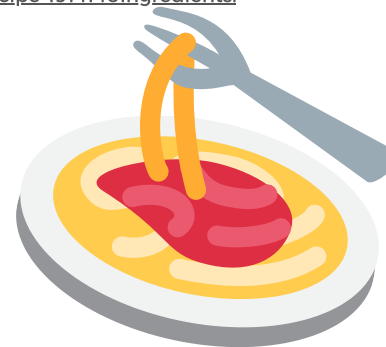
- 1 pound dry spaghetti
- 2 tablespoons extra-virgin olive oil
- 4 ounces pancetta or slab bacon, cubed or sliced into small strips
- 4 garlic cloves, finely chopped
- 2 large eggs
- 1 cup freshly grated Parmigiano-Reggiano, plus more for serving
- Freshly ground black pepper
- 1 handful fresh flat-leaf parsley, chopped

Total: 25 min

Prep: 15 min

Cook: 10 min

Yield: 4 to 6 servings



Instructions:

1. Prepare the sauce while the pasta is cooking to ensure that the spaghetti will be hot and ready when the sauce is finished; it is very important that the pasta is hot when adding the egg mixture, so that the heat of the pasta cooks the raw eggs in the sauce.
2. Bring a large pot of salted water to a boil, add the pasta and cook for 8 to 10 minutes or until tender yet firm (as they say in Italian "al dente.") Drain the pasta well, reserving 1/2 cup of the starchy cooking water to use in the sauce if you wish.
3. Meanwhile, heat the olive oil in a deep skillet over medium flame. Add the pancetta and saute for about 3 minutes, until the bacon is crisp and the fat is rendered. Toss the garlic into the fat and saute for less than 1 minute to soften.
4. Add the hot, drained spaghetti to the pan and toss for 2 minutes to coat the strands in the bacon fat. Beat the eggs and Parmesan together in a mixing bowl, stirring well to prevent lumps. Remove the pan from the heat and pour the egg/cheese mixture into the pasta, whisking quickly until the eggs thicken, but do not scramble (this is done off the heat to ensure this does not happen.) Thin out the sauce with a bit of the reserved pasta water, until it reaches desired consistency. Season the carbonara with several turns of freshly ground black pepper and taste for salt. Mound the spaghetti carbonara into warm serving bowls and garnish with chopped parsley. Pass more cheese around the table.

Resource Corner:

Food:

- Hunger Solutions offers the statewide Minnesota Food HelpLine to help you find food resources for your family. Call 1-888-234-1268 or visit their website at hungersolutions.org
- Help at Your Door is a nonprofit that helps seniors and individuals with disabilities to maintain their independence and continue living in their homes.
 - <https://helpatyourdoor.org/>
 - 651-642-1892
- Concerned about your county services or need resources for food? Check out the Anoka County website for updates during this time!
 - <https://mn-anokacounty2.civicplus.com/3862/COVID-19-Impact-on-Anoka-County-Services>

Medical/Mental Health:

- Minnesota Department of Health has set up a public hotline that is open every day 7 a.m. to 7 p.m. The hotline number is 651-201-3920.
- If you lost health insurance or need health insurance, Call the MNsure Contact Center at 651-539-2099 (855-366-7873 outside the Twin Cities). Hours: 8 a.m. to 4 p.m., Monday-Friday.
- Crisis Lines:
 - If you are experiencing a mental health crisis and live in Anoka County please contact Anoka County Crisis Line: 763-755-3801 or text MN to 741741. If you are experiencing a mental health crisis and live in Hennepin County please contact COPE at 612-596-1223. If you are experiencing a mental health crisis and live in Isanti County please contact the crisis line at 800-523-3333. Minnesota Warmline: call toll-free 877-404-3190 or text "Support" to 85511 from 5pm - 10pm !



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Activity Page!

Member Poll:

If you could have one of these superpowers, which one would you choose?

Super Strength

Super Speed

Mind Reader

Flying

We want to hear from you, so send us your answers!

Give us a call at
763-783-7440



Nature Scavenger Hunt!

Go outside and explore!

- | | |
|--|---|
| <input type="checkbox"/> Bird  | <input type="checkbox"/> A Rock  |
| <input type="checkbox"/> Tree  | <input type="checkbox"/> A Clover  |
| <input type="checkbox"/> Flower  | <input type="checkbox"/> Butterfly  |
| <input type="checkbox"/> Ants  | <input type="checkbox"/> Car  |
| <input type="checkbox"/> Animal tracks  | <input type="checkbox"/> Leaf  |
| <input type="checkbox"/> Squirrel  | <input type="checkbox"/> Cloud  |
| <input type="checkbox"/> Feather  | <input type="checkbox"/> Dragonfly  |
| <input type="checkbox"/> A dog  | <input type="checkbox"/> Form of Water  |
| <input type="checkbox"/> Sunshine  | <input type="checkbox"/> Mushroom  |

Let's go to the Zoo, Virtually!

We may not be able to physically go to the zoo, but thanks to the San Diego Zoo we can see the animals with their live cams!

<https://zoo.sandiegozoo.org/live-cams>



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

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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!

Support Groups!

Monday:

- Art 101 at 11am
- Anxiety at 1:00pm
- Healthy Lifestyles at 2:00pm

Tuesday:

- Gratitude Journaling at 11a
- Mental Health Support Group at 12:30p
- Relaxation at 2:00p

Wednesday:

- Women's Self Esteem at 10:00a
- Wellness Wednesdays at 11:00a
- Art 101 at 12:30p
- Grief and Loss at 2:00p

Thursday:

- Anxiety at 11
- Mental Health Support Group at 12:30p
- Gratitude Journaling at 2:00p

Friday:

- Men's Group at 10a
- Fun Fridays at 1:00p
- Mental Health Support Group at 2:00p

Get a hold of

Bridgeview Staff!

Bridgeview: 763-783-7440

Monday-Friday 9am-3pm

- Alyssa, Director:
 - 763-780-3036 ext. 832
- Lindsey, Therapist:
 - 763-780-3036 ext. 859
- Lisa, Program Assistant:
 - 763-780-3036 ext. 364
- Laura Wallace, Certified Peer Support Specialist:
 - 763-780-3036 ext. 377
- Kaitlyn, Care Coordinator:
 - 763-780-3036 ext. 526
- Dani, Intern:
 - 763-780-3036 ext. 366

To sign up for a support group, give us a call with your email address and we will get you set up!



LEE CARLSON CENTER™
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MEET YOUR ARMHS TEAM

Adult Rehabilitative Mental Health Services



MEGHAN THOENNES

Lead CSP/Housing & ARMHS Specialist

Education: AA, Alexandria Technical & Community College

Meghan has worked in the mental health field since 2006 in a variety of settings including: in-patient, community behavioral health hospital, residential services, and in-home services. When working with clients, she follows a person centered approach with mindfulness, radical acceptance, emotional regulation, and motivational interviewing. Meghan has experience working with adults, 18 and older. She has a special interest in PTSD and Schizophrenia.



AMBER DAVIS

CSP/Housing & ARMHS Specialist

Education: BA, Rasmussen College

Amber has 6 years of experience working within the mental health field. Her clinical interests include working with personality disorders and autism.



EVA BLAINE-BURLEY

CSP/Housing & ARMHS Specialist

Education: AS, Minneapolis Community & Technical College

Finishing BA, St. Mary's University

Eva has worked in the mental health field since 1994 in a variety of settings from residential, to Children's Therapeutic Services & Support (CTSS) to community based services. While supporting clients Eva's goal is to make a difference in each life she is allowed to take a part into. She follows an individualized approach in assisting her clients. By doing these support services she utilizes tools of mindfulness, motivational interviewing while also being respectful and having compassion with empathy for the individuals she is servicing



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If you are interested in services, call us at (763) 780-3036

Member instructions for using Teams for Telehealth

Member instructions for using Teams for Telehealth

Why Virtual?

Whether you are receiving Virtual therapy, exclusively or an adjunct to office visits, it is an easy way to get the support you need. Virtual Counseling is similar to FaceTime, and allows you to have access to support from the comfort of your own home.

1. Before your session
 - You will receive an email invitation for your group time.
 - Please RSVP "Yes" to the invitation.
2. At the scheduled time, please click the link in the email and it will take you to the App or website.
 - Accessing Microsoft Teams
 - If using a phone or tablet: Download "Microsoft Teams" from your app store.
 - You do not need to make an account. Select "Join as guest."
 - If using web browser (Microsoft Edge and Google Chrome only): click the link in your email from the invitation. You will not need to download the app.
 - Select "Join on the web instead"
 - Select "Allow" to let Microsoft Teams use your mic and camera for calls and meetings on this browser.
 - Make sure video and audio are enabled (white circle is on the right).
 - Click "Join as Guest"
 - Enter in your FIRST name only
 - Once the group leader has also joined, you will be given the option to start your video.

Tips for a great Online Group appointment:

- Make sure you are in a quiet environment and free of distractions
 - Optional: Download a white noise app and place it outside of the room for privacy and confidentiality.
- Use headphones for better call audio
- Make sure you are using a fast internet speed or Ethernet cable
- Close out of unused programs
- Use the latest version of your web browser
- Adjust the lighting so you can be seen clearly

