

VIRTUAL BRIDGEVIEW

SPRING EDITION

Stay Connected, Stay Supported, Stay Well



There have been a lot of questions regarding when Bridgeview will be offering in-person programming again.

We want to say that we hear you and are very understanding for the need for face-to-face interactions. As of right now, we are continuing to follow the CDC guidelines and will remain operating support groups virtually. We are hoping that the weather continues to stay warm so we can start offering our outdoor programming again. Continue to check the newsletters for information about any outdoor activities and we will let all of you know when it is safe to return to in-person at Bridgeview.

APRIL 11TH IS NATIONAL PET DAY!

One thing that we have enjoyed is being able to see all of your pets during the past year. Whether it was in groups and they decided to join or when we dropped off a meal at your home. Pets provide us with so much joy and purpose. So send us a picture of your pet celebrating National Pet Day to be featured in the next newsletter! Reach out to Kaitlyn to make your pet the next Bridgeview Pet Star!

APRIL 22ND IS EARTH DAY!

While Earth Day approaches in April, we must remind ourselves that everyday is Earth Day!

Everyday we can choose to make small changes to help the environment and also to celebrate nature and all of it's glory! Here are a few ideas:

- Ride a bike or walk to your destination if able.
- Use reusable bags when shopping.
- Plant your favorite herbs, fruits, veggies, flowers, etc.
- Use a refillable water bottle.
- Go to Farmers Markets! At most farmers markets you are able to use your EBT card to purchase fruits and veggies! Just look for the EBT booth at the farmers market!

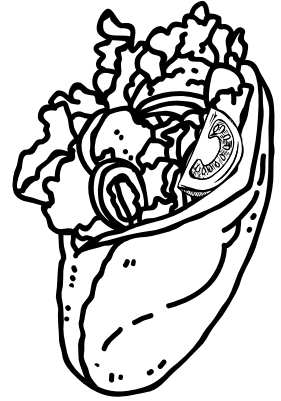


CHICKEN PITA WITH TZATZIKI

<https://www.realsimple.com/food-recipes/browse-all-recipes/chicken-pita-tzatziki>

Ingredients:

- 2 tablespoons olive oil
- 1 ½ pounds boneless, skinless chicken thighs (about 8)
- ¼ teaspoon cayenne pepper
- kosher salt and black pepper
- 1 cup low-fat Greek yogurt
- 1 cucumber, seeded and grated (about 1 ¼ cups)
- ¼ cup chopped fresh mint
- ½ small clove garlic, finely chopped
- 4 flat breads or pocketless pitas, warmed
- 1 small romaine heart, leaves torn if large
- 8 cherry tomatoes, quartered



Directions:

1. Heat the oil in a large skillet over medium-high heat. Season the chicken with the cayenne, ½ teaspoon salt, and ¼ teaspoon black pepper. Cook until an instant read thermometer inserted in the center of each piece registers 165° F, 6 to 7 minutes per side. Cut into bite-size pieces.
2. Meanwhile, mix together the yogurt, cucumber, mint, garlic, ½ teaspoon salt, and ¼ teaspoon black pepper in a medium bowl.
3. Top the flat breads with the romaine, chicken, tomatoes, and tzatziki.

ONGOING BRIDGEVIEW PROJECTS!

We have an idea to bring back a little bit of member lead groups. We are reaching out to see if there is interest from any members to lead a virtual art project, cooking demo, writing activity, or something else, give Kaitlyn a call at 763-783-7440! We are hoping to have our first group at the beginning of April! Look for announcements and for the supplies needed so you can follow along with during the group!



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!

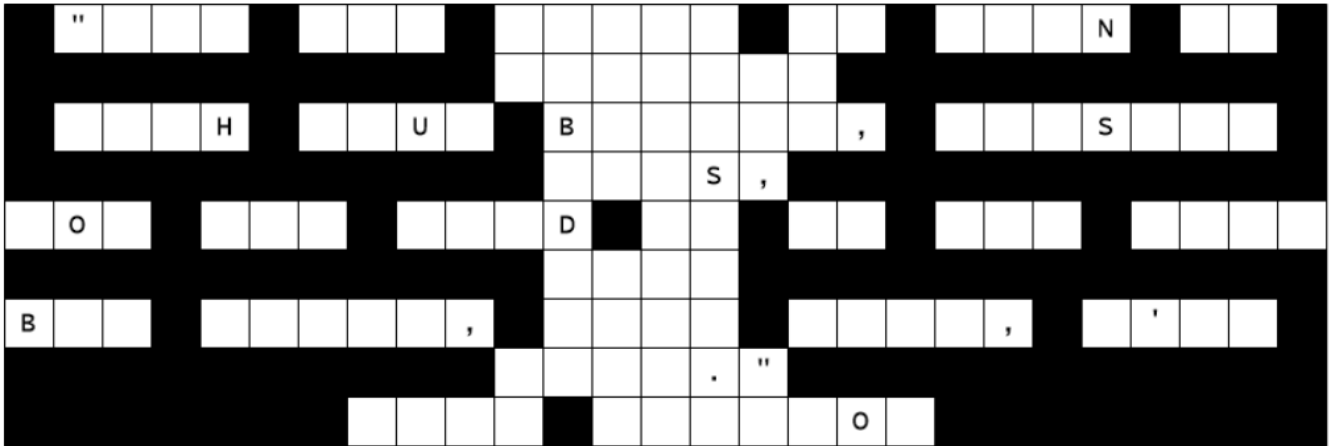
LET'S CREATE A COOKBOOK!

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!



ACTIVITY PAGE!

Try to rebuild the message.
The letters from each cell are below the puzzle.
Try to rebuild the original message by choosing
the letters for each cell.



E
S T
I M T
I I R E M
R D S T E Y
Y M A L A R I E G L D E L
T M Y O T R W L I N E E I U T O W I N
U U O S T I L A R O L A K O R R E U T H I T L D
Y W I T U A Y M Y Y H I I T T E D N S T W E I V E R Y

NEWSLETTER SCAVENGER HUNT

Throughout the newsletter you will find various objects and animals. Can you find them all?

- Ladybug
- Bunny
- Bubbles
- Tomato (x2)
- Spoon
- Mailbox
- Baseball
- Button
- Wrench
- Scissors
- Glasses
- Crown
- Wood Log
- Broom
- Vase
- Plane
- Hook
- Signature
- Bird
- Bike
- Dog
- Pen
- Dime
- Train
- Pig
- Bag
- Cat

Fill in the missing numbers

The missing numbers are integers between 0 and 7.
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.

						15
3					4	18
			1		0	11
		6		6		24
						13
6						19
	5		7		2	19
19	22	23	19	10	11	17

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



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

BRIDGEVIEW CSP 
7954 UNIVERSITY AVE.
FRIDLEY, MN 55432

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Anoka, MN

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!

CELEBRATE NATIONAL POETRY MONTH!

There are many different types of poetry to be explored and celebrated! This newsletter we will focus on Haikus!

Haiku is a Japanese poetry form. A haiku uses just a few words to capture a moment and create a picture in the reader's mind. It is like a tiny window into a scene much larger than itself.

Traditionally, haiku is written in three lines, with five syllables in the first line, seven syllables in the second line, and five syllables in the third line.

Example, written by a poetry student:
The last winter leaves
Clinging to the black branches
Explode into birds.

The following are typical of haiku:

- A focus on nature.
- A "season word" such as "snow" which tells the reader what time of year it is.
- A division somewhere in the poem, which focuses first on one thing, than on another. The relationship between these two parts is sometimes surprising.
- Instead of saying how a scene makes him or her feel, the poet shows the details that caused that emotion. If the sight of an empty winter sky made the poet feel lonely, describing that sky can give the same feeling to the reader.

<https://www.creative-writing-now.com/how-to-write-a-haiku.html>

Practice Space!



BREANN'S BLOG

Automatic thoughts are images, words, or other kinds of mental activity that pop into your head in response to a trigger.

These thoughts can seem mundane or unimportant, but they can, in fact, be extremely impactful. The types of automatic thoughts a person has can affect their health outcomes as well as their overall quality of life.

Some examples of automatic negative thoughts (ANTs):

- "I can't stand this anymore"
- "There must be something wrong with me"
- "I feel like I'm up against the world"
- "I can't finish anything"
- "It's just not worth it"

Some positive thoughts we can use to challenge ANTs:

- "I'm proud of the challenges I've overcome"
- "I have many good qualities"
- "I've accomplished a lot in the past"
- "I won't give up"
- "There's no problem that is hopeless"

The next time you notice yourself getting discouraged by automatic negative thoughts, try replacing them with positive thoughts, like listed above and notice the new feelings that may come with the new beliefs!

Source: positivepsychology.com

Practice Space! Reword some of your common ANTs on the lines provided!



VIRTUAL SUPPORT GROUPS!

Monday:

- **11am - Mental Health Support Group:**
 - Peer support, psycho-education and encouragement.
- **1pm - Art 101:**
 - A group to learn more about different art techniques in a fun environment.
- **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
- **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: (occurs every other Thurs)**
 - 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**

Each month has dedicated awareness for various issues, diagnoses, addictions, social issues, etc. Here you will find a few for April and some phone numbers and websites to seek out if you or someone you know is needing help!

NATIONAL ALCOHOL AWARENESS MONTH **SAMHSA's National Helpline – 1-800-662-HELP (4357)**

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

SEXUAL ASSAULT AWARENESS MONTH

Telephone: When you call 800.656.HOPE (4673), you'll be routed to the sexual assault service provider that serves your community. Online: Visit online.rainn.org to chat one-on-one with a trained RAINN support specialist. It's simple to use — it's just like instant messaging, only much more secure. The chat is completely confidential and you will not be asked for any personally-identifying information. Both the telephone and online services are available 24/7 and are completely free.

