

August 2020, Vol. 14

VIRTUAL BRIDGEVIEW

Stay Connected, Stay Supported, Stay Well

Art 101 is painting rocks!

Join Laura on Mondays at 11am. All you need is rocks and something to color them with! That can either be paint, sharpies, markers, etc.



Our First Social Group in person!

We hear you! We want Bridgeview to open but we are going to continue with our safe pace by offering a once a week in-person group with Kaitlyn. Give Kaitlyn a call to sign up at 763-783-7440!



Samantha's Self Care Tips:



GET SOME SLEEP

benefits to getting a good amount of sleep include:

- Increased memory
- Boosts your mood
- Increases motivation
- Steadies blood sugar
- Decreases hunger
- increased learning capacity
- lowers blood pressure
- increases energy
- boosts your immune system

Tips for a better night of sleep:

- Increase bright light exposure during the day
- Reduce caffeine intake in the afternoon
- Reduce blue light exposure in the evening
- set your thermostat to a low temperature in your bedroom
- Reduce daytime naps
- sleep & wake at consistent times
- exercise regularly

Information found at:

<https://www.webmd.com/sleep-disorders/benefits-sleep-more>

<https://www.healthline.com/nutrition/17-tips-to-sleep-better#:~:text=%2017%20Proven%20Tips%20to%20Sleep%20Better%20at, and%20is%20consumed%20by%2090%25%20of...%20More%20>

[90%25%20of...%20More%20](https://www.healthline.com/nutrition/17-tips-to-sleep-better#:~:text=%2017%20Proven%20Tips%20to%20Sleep%20Better%20at, and%20is%20consumed%20by%2090%25%20of...%20More%20)

**Samantha was nice enough
to make a few more
Samantha's Self Care Tips
before she went back to
school!**



Irish Potato Nachos

https://cookingwithcurls.com/wprm_print/76907

Ingredients:

- 1 1/2 pounds russet potatoes (cleaned, and sliced 1/4 inch thick)
- 2 tablespoons olive oil
- 1/2 teaspoon dried rosemary (crushed)
- 1/2 teaspoon dried thyme leaves (crushed)
- sea salt and black pepper (to taste)
- 1 cup shredded sharp cheddar cheese
- 5 slices uncured bacon (cooked and chopped)
- 1/4 cup sour cream or Greek yogurt (plus more for serving)
- 1/4 cup pico de gallo style salsa (plus more for serving)
- 2 minced green onions 1 Tablespoon chopped cilantro leaves



Directions:

1. Preheat oven to 450 degrees.
2. Wash and dry potatoes, leaving skin on.
3. Slice potatoes into 1/4 inch rounds and place in a large bowl.
4. Drizzle olive oil, rosemary, and thyme over potatoes. Stir to combine.
5. Place potatoes, in a single layer, on a greased baking sheet. Bake for 20 minutes, turn over, and continue baking for an additional 20 minutes.
6. Remove potatoes from baking sheet and place on a flat-sided cast iron skillet, slightly overlapping the edges.
7. Sprinkle with cheese and bacon, and return to the oven for 3 to 4 minutes, or until cheese is completely melted.
8. Sprinkle with green onions and cilantro, and serve with Greek yogurt or sour cream and salsa.

Check out the MN Zoo!

Did you know that you can call and make a reservation and get free tickets with the use of your EBT card? You just have to call a week ahead of time and pay for parking! Give them a call at 952.431.9200 and find out more information!

Rockin' on the Rum

Check out some free concerts on Wednesdays at the Riverfront Memorial Park from 6:00p-8:00p! Located at 2201 2nd Ave Anoka, MN 55303



LEE CARLSON CENTER™
For Mental Health & Well-Being

ACTIVITY PAGE!

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. Try a letter in a space that you think it might belong in, and see if it works for the rest of the quote!

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
	9			7							1											12			

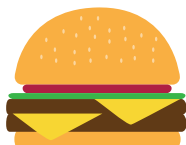
"W E ' E L L
 12 7 8 22 17 21 10 15 14 7 21 22 8 22 15 1 1 22 26
 L E . W E W E E E E E
 4 21 15 1 22 17 7 12 7 12 7 13 7 17 7 14 7 13 11 7 15 17 21
 . " - B E E B W

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
	7			24				6			1							12				3			

"W W E ' E E I E
 3 10 5 8 3 24 18 16 4 8 4 24 24 18 6 4 8 10 24
 I S S L E I S S E
 9 6 18 12 8 16 20 12 8 19 25 11 11 1 24 6 12 12 10 5 9 24
 B E I . " - B E E
 20 16 19 7 24 6 4 11 10 25 9 5 4 7 19 24 4 24
 B W
 7 19 16 3 4

Member Poll:

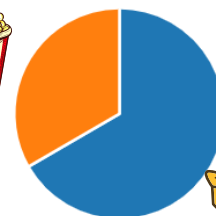
Would you prefer
a hotdog or a
hamburger?



We want to hear
from you, so send
us your answers!
Give us a call at
763-783-7440



Previous Poll Results:
Do you prefer sweet
treats or salty treats?



LEE CARLSON CENTER™
For Mental Health & Well-Being

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!

Support Groups!

Monday:

- 11am - Art 101
- 1pm - Anxiety
- 2 pm - Game Show Monday

Tuesday:

- 10am - Coffee with Laura
- 11am - Gratitude Journaling
- 12:30pm - Mental Health Support Group

Wednesday:

- 10am - Women's Self Esteem
- 11am - Wellness Wednesdays
- 12:30pm - Art 101 - Watercolor Wednesdays
- 2pm - Grief and Loss

Thursday:

- 12:30pm - Mental Health Support Group
- 2pm - Gratitude Journaling

Friday:

- 11am - Virtual Walking/Anxiety Group
- 1pm - Fun Fridays
- 2pm - Mental Health Support Group

Are you looking for resources related to Mental Health or Substance Abuse?

Check out Fast-Trackers website

<https://mentalhealth.fasttrackermn.org/> for help finding exactly what you need. You can also contact licensed professionals for 20 minutes daily!

Get a hold of Bridgeview Staff!

Bridgeview: 763-783-7440

Monday-Friday 9am-3pm

- Alyssa, Director:
 - 763-780-3036 ext. 832
- Laura, Certified Peer Support Specialist:
 - 763-780-3036 ext. 377
- Kaitlyn, Care Coordinator:
 - 763-780-3036 ext. 526

UPDATE YOUR INFORMATION!

Don't forget to call us and let us know if you moved or changed phone numbers! We want to stay connected to you! To sign up for a support or therapy group, give us a call with your email address and we will get you set up! So, give us a call 763-783-7440!

GET SUPPORT THROUGH GROUPS!

Give us a call and ask about our therapy groups! If you are struggling and need help accessing services or groups, please reach out! Have any questions about what the groups entail or to find out if you are eligible, give us a call and we can help answer any questions you may have at 763-783-7440!

List of our Therapy Groups:

- DBT - Starting Soon!!
- Music Therapy
- Women's Anger Management
- Anxiety
- Symptom Management WRAP
- Art Therapy



Coffee With Laura

Join Laura Tuesday mornings at 10am virtually through Microsoft Teams to enjoy a cup of coffee and great conversations!

COVID Skills Group

Join for an outdoors skills group focusing on staying safe in the community with COVID! Call and sign up with Kaitlyn at 763-783-7440.

Game Show Monday!

Join Kaitlyn for a fun way to end a Monday! We will play different games, such as Jeopardy, Family Feud, and so much more

DBT GROUP



Lee Carlson Center is offering Dialectical Behavior Therapy (DBT) Groups for Adults. Participants will learn a variety of practical techniques.

Group sessions will focus on:

- Identifying and managing emotion
- Learning and practicing distress tolerance
- Learning mindfulness skills
- Improving relationships through effective communication, including parent/teen relationship
- Help manage suicidal and self-harming behaviors

check
this
out!

