

# VIRTUAL BRIDGEVIEW WINTER EDITION

Stay Connected, Stay Supported, Stay Well



**MASK UP,  
MINNESOTA**  
STAY SAFE MN

mm MINNESOTA mn.gov/covid19

**SYMPTOM CHECKER  
COVID-19, Flu & Cold**

## 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!

## STARTING SOON!

Get ready for DBT and Women's Anger Management! If you are interested in either therapy group, give our intake line a call at 763-783-7440 to sign up and make sure that your insurance is all up to date!

WE ARE GIVING AWAY HOLIDAY MEAL KITS! GIVE US A CALL AND LET US KNOW THAT YOU ARE INTERESTED AT 763-783-7440!

Symptom	COVID-19	Flu	Cold
Loss of Smell/Taste	Common	Rare	Rare
Fever or feeling Feverish/Chills	Common	Common*	Rare
Cough	Common usually dry	Common usually dry	Mild/Moderate
Shortness of Breath	Sometimes	No	No
Muscle Pain	Sometimes	Common	Common
Sore Throat	Sometimes	Sometimes	Common
Runny or Stuffy Nose	Rare	Sometimes	Common
Headaches	Sometimes	Common	Rare
Fatigue	Sometimes	Common	Sometimes
Sneezing	No	No	Common
Nausea/Vomiting	Sometimes	May occur in some, but is more common in children	No
Diarrhea	Sometimes		No

\* Not everyone with the flu will have a fever

Published Aug. 31, 2020

If you have concerns about your symptoms, see our Symptom Checker at [bannerhealth.com](https://www.bannerhealth.com)



<https://www.bannerhealth.com/healthcareblog/-/media/images/project/healthcareblog/hero-images/2020/09/symptom-checker-infographic.ashx?h=944&w=750&hash=1417665CB029454678D6020B9EDB82AB>



LEE CARLSON CENTER™  
For Mental Health & Well-Being

# QUICK AND EASY CHICKEN NOODLE SOUP

<https://www.allrecipes.com/recipe/26460/quick-and-easy-chicken-noodle-soup/?printview>



## Ingredients:

- 1 tablespoon butter
- ½ cup chopped onion
- ½ cup chopped celery
- 4 (14.5 ounce) cans chicken broth
- 1 (14.5 ounce) can vegetable broth
- ½ pound chopped cooked chicken breast
- 1 ½ cups egg noodles
- 1 cup sliced carrots
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- salt and pepper to taste

## Directions:

1. In a large pot over medium heat, melt butter. Cook onion and celery in butter until just tender, 5 minutes. Pour in chicken and vegetable broths and stir in chicken, noodles, carrots, basil, oregano, salt and pepper. Bring to a boil, then reduce heat and simmer 20 minutes before serving.

## 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!

## 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! Don't have the technology to be able to access online groups? Let's knock down that barrier and help you reserve a telehealth space at our Fridley clinic to be able to attend any online groups!

### List of our Therapy Groups:

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



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# ACTIVITY PAGE! WINTER WONDERLAND WORD SEARCH

- ARTIC
- BLANKET
- BLIZZARD
- BOOTS
- BRISK
- CHILLY
- CHIMNEY
- COAT
- COLD
- COUGH
- DECEMBER
- DOG SLED
- DREARY
- EARMUFFS
- EGGNOG
- FIREWOOD
- FLANNEL
- FLEECE
- FLURRIES
- FREEZING
- FRIGID
- FROSTBITE
- FROSTY
- FRUITCAKE
- GINGERBREAD
- GLACIER
- GLOVES
- HIBERNATE
- HOCKEY
- HOODIE
- HOT CHOCOLATE
- ICESKATES
- LONGJOHNS
- MITTENS
- NIPPY
- POLAR
- REINDEER
- SCARF
- SKI
- SLED
- SLEET
- SNOWBOARD
- SNOWMEN
- SNOWPLOW
- SNOWSHOE
- TOBOGGAN
- TURTLENECK
- WINTER
- WOOL

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



Want to get out of the house? Check out this blog post about different places to see some Christmas lights! <https://www.twincitiesrugalmom.com/2020/11/holiday-lights-drive-thru-events-in-minnesota-2020/>

### Mood Booster Inspiration

*Suzy Reading*



Pause and take time to breathe.



Listen to a podcast, watch a Ted Talk or buy fresh flowers.



Treat yourself with compassion, as you would a dear friend.



Spend time in nature.



Text a loved one a picture of a happy memory.



Move your body in ways you enjoy for mental health, and not the diet culture.



Try a sleep mantra such as, "I give myself permission to rest."



Bonus tip, think of something you are grateful for.

<https://www.teacherspayteachers.com/FreeDownload/FREE-Self-Care-During-a-Winter-with-COVID-19-PAREN6207558>

Ways I can show myself kindness:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

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!**

## I'M JUST HERE FOR THE FOOD... PART TWO

A couple of weeks ago I shared a tip from writer Holly Leibowitz Rossi regarding positive ways we can alleviate stress surrounding the holidays. I wanted to come back and share another idea she's found helpful regarding holiday cooking.

Tip two: "Preparing Thanksgiving (holiday) dinner is a lot of work, and not everything will go exactly according to plan. If you can accept those two realities, your ability to sit down to dinner with a genuine smile on your face will rise significantly. Start planning early. Create detailed shopping lists and make and freeze anything you can prepare in advance. Pull out serving dishes and decorations early so you won't be digging through cabinets with a houseful of guests. Create a timeline for your oven so you have enough space for everything that needs to cook on Thanksgiving Day (holiday). Also, recruit kitchen help mindfully, inviting friends or family members who will encourage you, follow directions, and take initiative when they notice you've piled up the silverware but haven't set the table yet. Don't forget to take a private moment to feel proud of the gift you have given your family by preparing this meal"

## WE HAVE MADE IT THE END OF 2020!

Let's end the year with some fun activities! Join the fun activities via Microsoft Teams! If you don't already get group invites, reach out and get setup! Call the Bridgeview Line at 763-783-7440 and let Laura or Kaitlyn know you are interested in getting setup with our online groups!

### Week of Dec. 21-24

- Monday, Dec 21 – Art 101 activity
- Tuesday, Dec 22- Gameshow with Kaitlyn
- Wednesday, Dec 23 – Food Activity during Wellness Wed
- Thursday, Dec 24 – Karaoke

### Week of Dec. 28-31

- Monday, Dec 28 – Food Activity during Brain Booster
- Tuesday, Dec 29 – Gameshow with Kaitlyn
- Wednesday, Dec 30 – Art 101 Activity
- Thursday, Dec 31 – New Year Goals in Gratitude Journaling





# 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:

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

- **11am - Armchair Tourist:**
  - Lets you vicariously enjoy the sights of well-known and obscure travel locations from around the world. Bringing the world into your home. Exploring without physically having to travel.
- **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
- **Laura, Certified Peer Support Specialist:**
  - 763-780-3036 ext. 377
- **Kaitlyn, Care Coordinator:**
  - 763-780-3036 ext. 526

