

March 2020, Vol. 2

VIRTUAL BRIDGEVIEW

Stay Connected, Stay Supported, Stay Well

WE AREN'T GOING ANYWHERE!

Shelter in place order is in place and we are ready for it! We have attached an insert on how to access our support groups, calendar of when the groups are, and contact information to Bridgeview staff! We are still going to be operating to the best of our abilities and continue to support all of you. We all miss seeing you Monday-Friday, but that will not stop us from connecting with you over the phone, email, or support groups!

BE MINDFUL!

With the shelter in place order, we may feel we are getting cabin fever.

Remember you are able to go outside and get fresh air, as long as you are continuing with the practice of social distancing. Take a few deep breaths of fresh air, and enjoy the sunshine on your skin!



We are here.
Support is just a phone call away.

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

Minnesota Tater Tot Hotdish

<https://www.nelliebellie.com/tater-tot-hotdish-recipe/>

Minnesota Tater Tot Hot dish (or casserole) is an easy family favorite! A great ground beef dinner idea.

Ingredients:

- 1 lbs ground beef
- 2 cans cream of mushroom soup
- 1 cup corn 1 cup peas and carrots mixed veggies
- 1 pkg tater tots
- 1 large onion
- 1 cup cheddar cheese optional

Instructions:

Preheat oven to 350. Put the diced onion in a skillet over medium-high heat. Add the ground beef and saute until ground beef is cooked and onions are translucent. Grease a 9x13 pan. Pour the cooked meat and onions into the 9x13 pan. Spread the veggies evenly over the top. Add the cheddar cheese. Spread the cream of mushroom soup over the veggies. Some people mix it here, some people don't. It's up to you. Place the tater tots evenly on top of the mixture in straight lines. (It's okay if you're lazy and don't put them in straight lines, just make sure they're pretty even or they won't cook properly) Bake for 1 hour. Check. If tater tots are not golden brown and the veggies are still crunchy, put in over for another 20 minutes. Let cool and enjoy!

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
- Do you have SNAP? Call and apply for SNAP benefits.
 - Find the nearest SNAP outreach partner by calling the Minnesota Food HelpLine at 651-486-9860 in the Twin Cities metro area or 888-711-1151 outside the metro area.
- YMCA and NACE are partnering up to hand out food bags. Contact your nearest YMCA to find out if they are offering the bags! Stop at the front door of to get a bag of food from 8:30a-5p. Supplies are limited and remember to practice social distancing!

Medical:

- 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.
- 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 !



Prep Time: 20 minutes

Cook Time: 45 minutes

Total Time: 55 minutes

Servings: 8 Calories:

283kcal

Nutrition

Calories: 283kcal | Carbohydrates: 12g |

Protein: 18g | Fat: 18g | Saturated

Fat: 8g | Cholesterol: 59mg |

Sodium: 682mg | Potassium: 366mg |

Fiber: 2g | Sugar: 2g | Vitamin A: 1854IU |

Vitamin C: 4mg |

Calcium: 124mg | Iron: 2mg



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Activity
Page!

Bridgeview Under the Sea



Let's explore National Parks! Google has put together a wonderful experience to travel and not only see some of our national parks but also hear! Check it out!
<https://artsandculture.withgoogle.com/en-us/national-parks-service/welcome>



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For Mental Health & Well-Being

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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!

- Art 101
 - Monday's at 11:00a
- Anxiety
 - Monday's at 1:00p
 - Thursday's at 11:00a
- Healthy Lifestyles
 - Monday's at 2:00p
- Gratitude Journaling
 - Tuesday's at 11:00a
 - Thursday's at 2:00p
- Mental Health Support Group
 - Tuesday's at 12:30p
 - Thursday's at 12:30p
 - Friday's at 2:00p
- Relaxation
 - Tuesday's at 2:00p
- Women's Self Esteem
 - Wednesday's at 10:00a
- Wellness Wednesdays at 11:00a
- Grief and Loss
 - Wednesday's at 2:00p
- Men's Group
 - Friday's at 10:00a
- Fun Fridays at 1:00p

Get a hold of Bridgeview Staff!

Bridgeview: 763-783-7440

- Alyssa, Director:
 - 763-783-3036 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!



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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

