

VIRTUAL BRIDGEVIEW

ST. PATRICK'S DAY EDITION

Stay Connected, Stay Supported, Stay Well



WOMEN'S HISTORY MONTH

There are always things to celebrate and be excited about. Women's History Month is another way to put more direct focus on celebrating the women in your life that have made a positive impact for you or the world.

Not sure on how you are going to celebrate National Women's History Month? Here are some ideas:

- write a letter to a woman that has made a huge impact in your life
- write a poem/create art celebrating woman that inspire you
- Have a dance party with a playlist of your favorite female singers/artists
- Have a movie marathon watching movies that celebrate women
- Read a book about a woman that inspires you

We would love to hear or see about what you are doing to celebrate Women's History Month! Give us a shout out at 763-783-7440!

BELIEVE IN YOURSELF

GET INVOLVED!

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!

Join Kaitlyn for a special St. Patrick's day virtual Jeopardy on Wednesday, March 17th at 2pm!

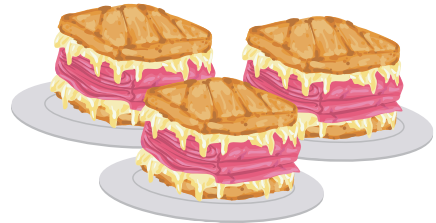


RUEBEN SANDWICH

<https://www.allrecipes.com/recipe/47717/reuben-sandwich-ii/>

Ingredients:

- 2 tablespoons butter
- 8 slices rye bread
- 8 slices deli sliced corned beef
- 8 slices Swiss cheese
- 1 cup sauerkraut, drained
- ½ cup Thousand Island dressing



Directions:

1. Preheat a large skillet or griddle on medium heat.
2. Lightly butter one side of bread slices. Spread non-buttered sides with Thousand Island dressing. On 4 bread slices, layer 1 slice Swiss cheese, 2 slices corned beef, 1/4 cup sauerkraut and second slice of Swiss cheese. Top with remaining bread slices, buttered sides out.
3. Grill sandwiches until both sides are golden brown, about 5 minutes per side. Serve hot.



ONGOING BRIDGEVIEW PROJECTS!

Are you interested in attending Art Therapy? Call and sign to attend this group that will take place Fridays from 9a-10:30a!



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!

CRYPTOGRAM ANSWER

THE ONLY WAY
TO MAKE SENSE
OUT OF CHANGE
IS TO PLUNGE
INTO IT, MOVE
WITH IT & JOIN
THE DANCE.

Alan Watts

SUDUKO PUZZLE

	8	3		7				5
	4		3	9	5			8
1						7		2
	9			5				4
4								1
2		5	1	8	4		9	6
			4					7
8	3		7		2		5	
9		7		6		4	2	



CROSSWORD PUZZLE

Across

7. The first American woman in space
8. First Prime Minister of England
11. Didn't move to the back of a segregated bus
12. First woman to win a Nobel Peace Prize and also, first person to win the Nobel Peace prize in two different fields
13. A conductor on the Underground Railroad

Down

1. A novelist who won the Pulitzer and Nobel Prizes
2. A nun who lived/worked in India
3. The first woman to fly across the Atlantic by herself
4. Fought for women's suffrage in the early 20th century
5. While First Lady she wrote a newspaper column called 'My Day' where she told about the daily life in the White House.
6. A leader of the feminist movement in the 1960s and 1970s
9. Whose diary of her time during Nazi Germany was published in 1947
10. One of England's greatest Queens, ruled without a husband

Created using the Crossword Maker on TheTeachersCorner.net

YOU CAN DO IT!

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

WORD SEARCH



Clover Irish Luck Ireland Reuben Blarney Limerick
Drum Jig March Potato Corn Beef Celtic Pot of Gold
Dublin Legendary Patrick Seventeenth Cabbage Coins Rainbow
Green Leprechaun Pinch Shamrock Bagpipe Gold

All Puzzles created on
<https://worksheets.theteacherscorner.net/>

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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!

As vaccines become more available, you may wonder where you stand. Minnesota has the vaccine connector that you can sign up for and be notified when a vaccine is available for you! Or reach out to your health provider to see when they will be able to get a vaccine for you or if you have any questions about the vaccine itself!



How do I sign up?

Signing up for the Vaccine Connector is easy, safe, and secure. All Minnesotans should sign up, regardless of whether they are currently eligible to get vaccinated.

Online

Sign up at:
mn.gov/vaccineconnector

By Phone:

Translation is available.

If you are unable to sign up online, you can sign up over the phone. Translation is available by phone in all languages.
Call: 833-431-2053.

[HTTPS://WWW.HEALTH.STATE.MN.US/DISEASES/CORONAVIRUS/VACCINE/COMMUNITYTK.HTML](https://www.health.state.mn.us/diseases/coronavirus/vaccine/communitytk.html)

BREANN'S BLOG

Harvard health reports that in positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity and build strong relationships.

Here are some questions you can ask yourself to prompt feelings of gratitude:

- Something that I've accomplished:

- Something nice I've done for someone else recently:

- Something I've done that makes me proud:

Harvard health also suggests the following ways to cultivate gratitude on a regular basis:

- Write a thank-you note
- Thank someone mentally
- Keep a gratitude journal
- Count your blessings
- Meditate and practice mindfulness



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
- **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:

- **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
- **Kaitlyn, Care Coordinator:**
 - 763-780-3036 ext. 526

WHY CAN'T YOU
PLAY THE FINAL
FOUR IN THE
JUNGLE?
BECAUSE THERE
ARE TOO MANY
CHEETAHS.

WHAT DID THE
MARCH SAY TO
ALL THE
MADNESS?
WHAT'S ALL THAT
BRACKET

WHY IS THE
BASKETBALL
ARENA HOT AFTER
THE GAME?
BECAUSE ALL THE
FANS HAVE LEFT.

WHY DID THE
TOURNEY TEAM
HAVE A FROG IN
THE STARTING
LINEUP? BECAUSE
HE COULD MAKE
JUMP SHOTS.

HTTP://WWW.JOKES4US.
COM/SPORTSJOKES/MAR
CHMADNESSJOKES.HTML



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For Mental Health & Well-Being