

VIRTUAL BRIDGEVIEW SPOOOOOKY EDITION!

Stay Connected, Stay Supported, Stay Well



HAPPY HALLOWEEN BRIDGEVIEW!

We want to gather all the witches and ghouls for a party! Come and join us for a fun Halloween Party on Wednesday, October 27th from 11a-2p! We will be having Spooky Joes for lunch. There will be a costume contest at 11:45a so please come dressed up (reminder that costumes need to be appropriate and not scary for Bridgeview, if you have questions please ask first!). There will be an art activity happening in the art studio and some other fun things happening throughout the day!

Bring some snacks for Halloween Movies! Check the calendar to find out what movie and date!

We will be closed on Thursday, Oct. 21 due to staff training! There will be **no** transportation on Thursday, Oct. 7th; Wednesday, Oct. 27th; Thursday, Oct. 28th; Friday, October 29th; Monday, Nov. 1st!

Bridgeview Friday's are looking a little bit different!

Bridgeview will be open from 9a-11:30a on offsite Fridays with lunch at 11a. Bingo Friday will be open 9a-3p with lunch at 11a and Bingo at 12p!



PUMPKIN SEEDS

<https://www.foodnetwork.com/recipes/food-network-kitchen/pumpkin-seeds-recipe-2105941>



Directions:

1. Seed the pumpkin: Preheat the oven to 300 degrees F. Using a spoon, scrape the pulp and seeds out of your pumpkin into a bowl.
2. Clean the seeds: Separate the seeds from the stringy pulp, rinse the seeds in a colander under cold water, then shake dry. Don't blot with paper towels; the seeds will stick.
3. Dry them: Spread the seeds in a single layer on an oiled baking sheet and roast 30 minutes to dry them out.
4. Add spices: Toss the seeds with olive oil, salt and your choice of spices (see below). Return to the oven and bake until crisp and golden, about 20 more minutes.
5. Sweet Toss with cinnamon and sugar (do not use salt in step 4).
6. Indian Toss with garam masala; mix with currants after roasting.
7. Spanish Toss with smoked paprika; mix with slivered almonds after roasting.
8. Italian Toss with grated parmesan and dried oregano.
9. Barbecue Toss with brown sugar, chipotle chile powder and ground cumin.

WORD SEARCH

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

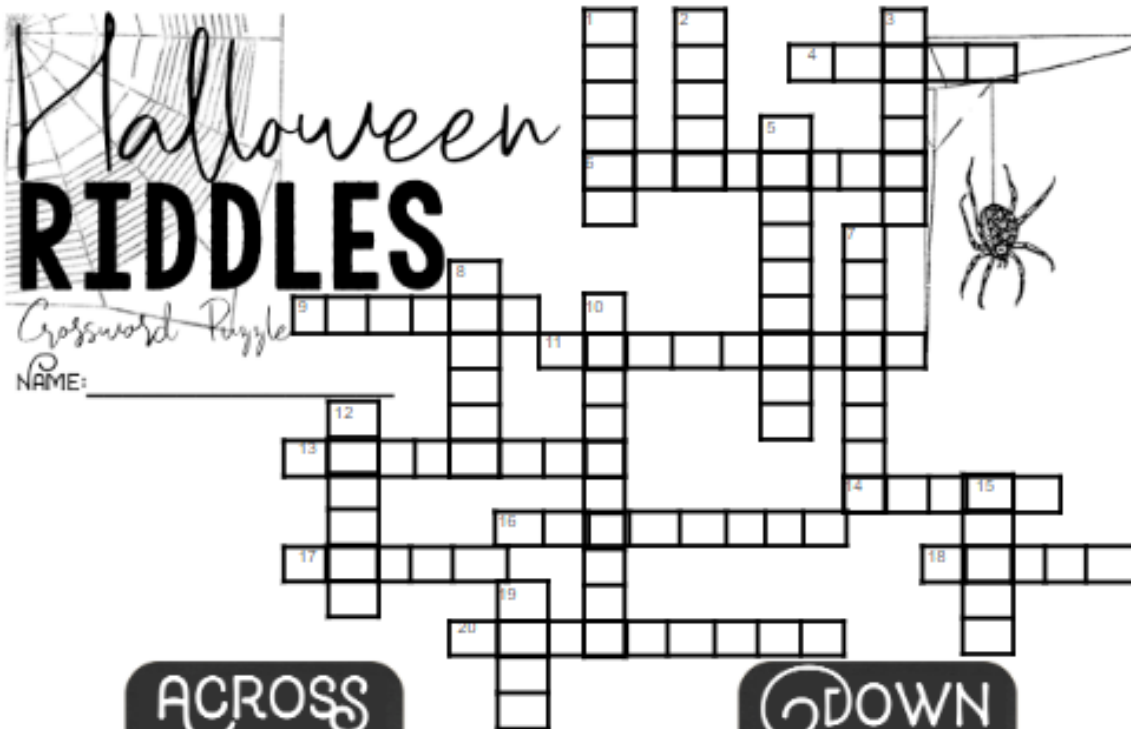


DARK
TRICK
CHILDREN
GHOST
MOON
PUMPKIN
JACK-O-LANTERN
HALLOWEEN
HAUNTED HOUSE

WITCH
CREEPY

SPIDER
BOO
CANDY
OCTOBER
MASK
BAT
COSTUME
AUTUMN
MONSTER
BONES
SPOOKY
SCARY
ORANGE





ACROSS

DOWN

4. Why are there fences around cemeteries?
Because people are _____ to get in.
6. I am a body with a leg, an arm and a head but I look like I am bare. What am I?
9. Each morning I appear to lie at your feet. All day I will follow no matter how fast you run, yet I nearly perish in the midday sun.
11. I have hundreds of ears, but I can't hear a thing. What am I?
13. When you have me more, you can see only less. What Am I?
14. Some people believe in me and others don't. At night I roam around and sometimes I float.
16. What instrument does a skeleton play?
17. Dracula loves to draw this, as well as put it in the bank. What is it?
18. I am wrapped but I am not a gift, I am kept neatly in a chamber and Archeologists find me as a great treasure. What am I?
20. What do you get when you cross a snowman with a vampire?



WORD BANK

1. What do you get when you drop a pumpkin?
2. It's bad luck to see a black cat if you are a _____
3. What room do ghosts avoid?
5. What is a vampire's favorite fruit?
7. What is a Witch's best subject in school?
8. The person who built it sold it. The person who bought it never used it. The person who used it never saw it. What is it?
10. What kind of rocks does Frankenstein have in his collection?
12. I'm tall when I'm young, I'm short when I'm old. Every Halloween, I stand up inside Jack O'Lanterns. What am I?
15. I don't have eyes, but once I did see. Once I had thoughts, but now I'm white and empty.
19. What type of music is a mummy's favorite?

COFFIN TOMBSTONES BLOOD NECTARINE TROMBONE
GHOST DYING LIVING DARKNESS SKELETON
CANDLE SQUASH MOUSE SHADOW MUMMY
CORNFIELD FROSTBITE WRAP SKULL SPELLING



JOKES!

What do you call two witches sharing an apartment?
Broommates!



Why didn't the ghost dance at the party?
She had noBODY to dance with!



How do monsters tell their future?
They read their Horrorscope!



Why do ghosts make good cheerleaders?
Because they have a lot of spirit!



What kind of jeans to ghosts wear?
Boo-Jeans

STARTING SOON!

Get ready for Anxiety, Art Therapy, and Symptom Management COVID! If you are interested in any of the therapy groups, give our intake line a call at 763-783-7440 to sign up and make sure that your insurance is all up to date!

GET A HOLD OF BRIDGEVIEW STAFF! BRIDGEVIEW: 763-783-7440 MONDAY-FRIDAY 9AM-3PM

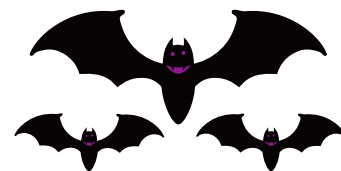
- Alyssa, Director:
 - 763-780-3036 ext. 832
- Kaitlyn, Care Coordinator:
 - 763-780-3036 ext. 526
- Ruth, Care Coordinator:
 - 763-780-3036 ext. 364
- Transportation Line:
 - 763-783-3578
- Sou Vang, Therapist:
 - 763-780-3036 ext. 609
- Lee Carlson Center Main:
 - 763-780-3036



LEE CARLSON CENTER™
For Mental Health & Well-Being



COLORING PAGE



Are you interested in being writer or artist of the month? Come see Kaitlyn or Ruth to submit your writing or artwork!

ARTIST OF THE MONTH!

Mary V.

For Mary, art is about creation; creating beautiful paintings and collages representing things she sees in nature. While she typically uses butterflies as inspiration, this art piece, *Colorful Doodlefish*, focuses on a fish using a technique she learned in an Artability on-Demand workshop. She focused on not lifting her pen very often and drew one continuous line and then colored in the sections.



WRITER OF THE MONTH!

Maria D.

For Maria, writing is a way to express herself. She is inspired by her faith, nature and her loving dog Payday. Her poem titled *The Storm*, is her comparison of her mental health challenges to that of a storm. Where she recognizes that while she has challenges, she is still strong and will get through anything.

I can be as strong as a storm
Ready to unleash my wrath
I can be as strong as a hurricane.

Pay attention to my furious wind
I will unleash my hailstorm but I am also
the calm before and after the storm.
I can be strong in ways you don't expect.

I can be as strong as a bear
Able to protect its cubs
My strength can be gentle.

I can be as strong as Moses
Ready to part the sea
I can be strong and save the world.
I can be timid, but if you step on me, beware:
I'm not a bug.
I can bounce back from the eternal abyss.



LEE CARLSON CENTER™
For Mental Health & Well-Being



Anoka County
Crisis Lines
Call 763-755-3801
Text MN to 741741

Call CRISIS (274747)
From anywhere in
the State of
Minnesota
to reach the local
County crisis team.

Mental
Health
Coalition:
Text:
COALITIO
N to 741741

Anoka
County Adult
Mental
Health Intake
Line:
763-324-1420

October

Bridgeview Hours:
Monday - Thursday: 9a-3p
Friday: 9a-11:30a

Monday

4

10a - Grief and Loss
11a - Arts and Crafts
12p - Lunch - Fiesta Tator Tot Hotdish
1p - Self Esteem

5

10:30a - Anxiety Group
12p - Lunch - Cheeseburger Mac
1p - Mental Health Support Group

6

10:30a - Wellness Wednesday
12p - Lunch - Fried Chicken
1p - Gratitude Journaling

7

10a - Writing Group
12p - Lunch - Walking Tacos
1p - Mental Health Support Group

8

11a - Lunch - Sandwiches
11:45a - Offsite Activity - Waldoch Farm (\$10)
Bridgeview will be closed from 11:30a-3p!

11

10a - Grief and Loss
11a - Arts and Crafts
12p - Lunch - Tuna Melts
1p - Self Esteem

12

10a - Movie: It's the Great Pumpkin Charlie Brown
10:30a - Anxiety Group
12p - Lunch - Mock Chow Mein
1p - Mental Health Support Group

13

10:30a - Wellness Wednesday
12p - Lunch - Beef Stew
1p - Gratitude Journaling

14

10a - Writing Group
11a - Music Group
12p - Lunch - Egg Bake
1p - Mental Health Support Group

15

11a - Lunch - Sandwiches
11:45a - Offsite Activity - Waldoch Farm (\$10)
Bridgeview will be closed from 11:30a-3p!

18

10a - Grief and Loss
11a - Arts and Crafts
12p - Lunch - Hot Dogs
1p - Self Esteem

19

10a - Casper
10:30a - Anxiety Group
12p - Lunch - Tator Tot Hotdish
1p - Mental Health Support Group

20

10:30a - Wellness Wednesday
12p - Lunch - Goulash
12:15p - **Member Meeting**
1p - Gratitude Journaling

21

SORRY! WE'RE CLOSED

22

Bridgeview will open at 9:30a!
11a - Lunch - Chicken Caesar Salad
11:45a - Offsite Activity - Como Zoo!
Bridgeview will be closed from 11:30a-3p!

25

10a - Grief and Loss
11a - Arts and Crafts
12p - Lunch - Spaghetti Pie
12:30p - Spooktastic Game
1p - Self Esteem

26

10:30a - Anxiety Group
12p - Lunch - Chicken ala King
1p - Mental Health Support Group

27

Halloween Party 11a-2p!
11:45a - Costume Contest Vote
12p - Lunch - Spooky Joes!

28

10a - Writing Group
11a - Music Group
12p - Lunch - Fried Chicken
1p - Mental Health Support Group

29

11a - Lunch - Pizza
12p - BINGO

Friday

9:30a - Movie: Hocus Pocus
11a - Lunch - Pizza Casserole
11:45a - Offsite Activity - Bowling at Blairbrook (\$6)
Bridgeview will be closed from 11:30a-3p!



MEMBER MEETING MINUTES:

- Reminder about no smoking on the grounds of Bridgeview, or having cigarettes out while you are inside Bridgeview.
- Please refrain from asking people for cigarettes, money or rides!
- We got new technology coming! We will soon be able to offer our support groups hybrid style! Look for more information when we get the cameras!
- Masks are now strongly encouraged while at Bridgeview and they are required while in the van!
- Anyone and everyone can do any cleaning, there are cleaning materials around! If you are not sure where they are, please ask staff to assist you!
- Oct Halloween Party – OCT 27th – costume contest, Spooky Joes for lunch, art activity
- Arts and Crafts will be focused on making different Halloween decorations for the party.
- Oct offsite activities – bowling, pumpkin patches, Como Zoo
- Therapy groups starting – Anxiety, Art therapy, and Symptom Management COVID reach out to Kaitlyn or Ruth to get signed up!
- Halloween movie days! Look for some days to watch Halloween themed movies, bring in your own snacks!
- Come on in and meet the new interns, BreAnn and Charlie!

SUPPORT GROUPS!

Arts and Crafts with Kaitlyn: Join Kaitlyn for some basic arts and crafts. First rule in Kaitlyn's Arts and Crafts is that there is no wrong to any of the art activities!

Music Group with Ruth: Join Ruth for singalongs, songwriting, and discussion about various types of music. All background & abilities are welcome!

Anxiety Group: This group will focus on ways to calm your anxiety, with a focus on social anxiety.

Mental Health Support Group: Peer support, education and encouragement.

Self Esteem: Provides support and encouragement for each other. The group will help you recognize your skills, abilities, and potential.

Grief and Loss: A support group to help navigate the world without those that we have lost.

Wellness Wednesday: This support group will focus on positive thinking and different ways to include wellness in daily life.

Gratitude Journaling: This group allows a person to experience the good things in life.

Writing Circle: An informal group that covers various styles of writing.





Ruth's Ramblings

Hello, everyone! I'm sad to see summer leave, but I absolutely *love* fall. The changing colors, the cooler evenings, the crunching leaves, drinking apple cider: I love it all!

This will be my first year at Bridgeview for Halloween, so I'm excited to see everyone (and your costumes!) at our party on Wednesday, October 27th.

I put together a list of some of my favorite songs about fall. If you have any favorite songs about fall, I would love to add them to my list – feel free to stop by my office anytime you're here at Bridgeview.

1. Autumn Leaves
2. Autumn in New York
3. Shine on Harvest Moon
4. Monster Mash



Just a reminder for you that I will be gone on Thursday, October 7th, so no music that day.

-Ruth

Gratitude Journaling Prompt

DESCRIBE YOUR FAVORITE
HALLOWEEN MEMORY!

POSITIVE
VIBES

October is Positive
Attitude Month!



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!