

# VIRTUAL BRIDGEVIEW

## FULLY RE-OPENED!

*Stay Connected, Stay Supported, Stay Well*

We are so happy to be open again! Thank you to everyone that came out to our Come Back to Bridgeview event and the Bridgeview Block Party. It was nice to be around Bridgeview members once again! We are excited to see more and more members coming back each day that we are open. Offsite activities for September include: bowling, movies, and Como!

Phone Reminders! We have been having issues with receiving voicemails. If you have been trying to get a hold of us and haven't heard anything back, please try giving us a call again or just stop in and say hi!

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 12p.

### 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!



Welcome  
Charlie!



Hello, my name is Charlie and I've been working in the realm of mental health and wellness for about six years now. In the past, I have worked in assisted living facilities and group homes and I currently work as an ARMHS specialist in addition to interning at Lee Carlson Center. In my spare time, I enjoy playing with my four pet chinchillas, listening to music, and going for runs. I am incredibly excited to begin my internship here and I look forward to supporting each of you in working towards your goals!

Reminders!  
There will be no transportation **Sept 21, 22, 27, and 28th.**  
Bridgeview will be opening at **9:30a on Friday, Sept 3rd.**



SEPTEMBER IS  
SELF ♥ CARE  
AWARENESS  
MONTH



LEE CARLSON CENTER™

For Mental Health & Well-Being

# RASBERRY CRUMBLE BARS

<https://pinchofyum.com/raspberry-crumble-bars/print/46265>

## Ingredients:

- Raspberry Filling
  - 2 12-ounce bags of frozen raspberries (see notes)
  - 1/2 cup granulated sugar (more depending on tartness of your berries)
  - 2 tablespoons flour
  - 1 tablespoon cornstarch
  - juice of one lemon
- Crumble Layer
  - 3 cups rolled oats
  - 3 cups flour
  - 2 cups brown sugar (loosely packed)
  - 1 teaspoon baking powder
  - 1 1/2 cups melted butter (I prefer salted)
  - 1/2 teaspoon salt



## Directions:

1. Prep Raspberries: Preheat the oven to 350 degrees. Place raspberries in a large colander. Run warm water over them for a minute, and then let the liquid drain out for about an hour until softened and thoroughly drained (see notes). Mix raspberries with sugar, flour, cornstarch, and lemon juice.
2. Soft Delicious Crust: Mix the oats, flour, sugar, baking powder, butter, and salt together into a crumble-like mixture. Press two thirds of the crumble into the bottom of a 9x13 pan lined with parchment paper. Bake for 10 minutes.
3. Bake: Arrange the raspberry layer on top of the baked bottom layer. Sprinkle with remaining crumble. Bake for another 25-30 minutes.
4. Finish: Remove from oven. They will need a little time to set up into "bar" formation, so chill them for a few hours to get them really solid. Orrrr... cut into it right away and eat it like a soft fruit crisp! You should be able to remove them from the pan easily by pulling up on the edges of the parchment paper.

**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



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 For Mental Health & Well-Being

# ACTIVITY PAGE!

## NUMBER BLOCKS!

10

Fill in the missing numbers  
The missing numbers are  
integers between 0 and 5.  
The numbers in each row  
add up to totals to the right.  
The numbers in each  
column add up to the totals  
along the bottom.  
The diagonal lines also add  
up the totals to the right.

5			0	7
3	5		4	16
	4		0	9
	4	3	1	10
14	15	8	5	12

<https://puzzlemaker.discoveryeducation.com/number-blocks/result>

## WORD SEARCH!

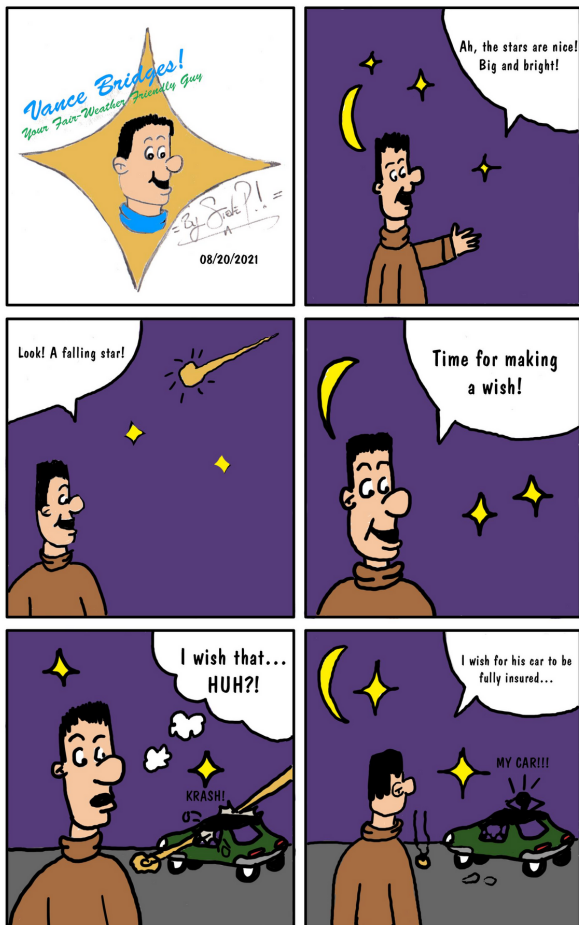
BATTLESHIP  
LUDO  
PICTIONARY  
SCRABBLE  
YAHTZEE  
OPERATION  
JENGA  
STRATEGO  
RISK  
GUESS WHO  
TWISTER  
SORRY  
CRANIUM  
CHESS  
OTHELLO

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

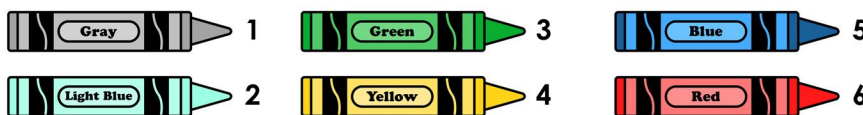
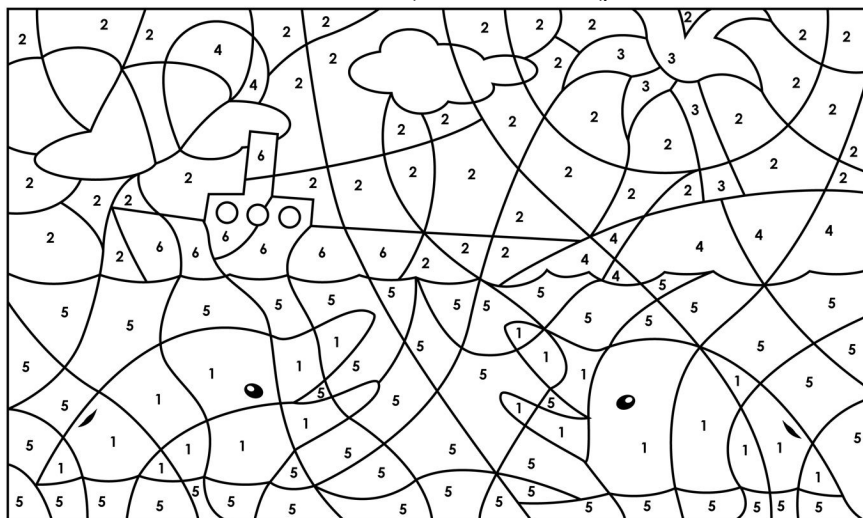
<https://thewordsearch.com/puzzle/115/board-games/>







## COLOR BY NUMBER!



www.timvandevall.com  
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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!

Ethel H.

Ethel's art work means the world to her. It is her medicine, happiness and her joy. Ethel is inspired by coming to

Bridgeview and being around people, hearing them laugh. She enjoys using mixed medium and focusing on people and children. The name of the piece is Standing Tall as a Strong Woman!



## WRITER OF THE MONTH!

Leona P.

Leona's poem is about her late husband and she is able to express her grief through writing. She is inspired by dreams.

### My Teddy Bear

For a long time I looked for a caring man and then David Poling came into my life. He was a big teddy bear with a big heart.

He cared a lot about his friends and family, his wife and his kids. We were his life. He always told me that I was number one in his life, and his daughter Christina, and his son Daniel. He never worried too much about himself, he wanted to make sure that his family was taken care of, so that is why he was my Teddy Bear, and a wonderful husband and dad... sadly missed by all.





SEPTEMBER  
**SUICIDE  
PREVENTION  
MONTH**

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

# September

Bridgeview Hours:  
9a-3p

**Monday** **Tuesday**



6

**13**  
10a - Grief and Loss  
11a - Arts and Crafts  
12p - Lunch - Chicken ala  
King  
1p - Self Esteem

7

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

14

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

20

10a - Grief and Loss  
11a - Arts and Crafts  
12p - Lunch - Mock Chow  
Mein  
1p - Self Esteem

21

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

27

10a - Grief and Loss  
11a - Arts and Crafts  
12p - Lunch - Sloppy Joes  
1p - Self Esteem

28

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

29

10:30a - Wellness  
Wednesday  
12p - Lunch - Hot Dogs  
1p - Mental Health  
Support Group

22

10:30a - Wellness  
Wednesday  
12p - Lunch - Egg Bake  
1p - Mental Health  
Support Group

23

10:30a - Music Group  
Classical  
12p - Lunch - Spaghetti  
Pie  
1p - Mental Health  
Support Group

30

10:30a - Music Group  
12p - Lunch - Beef Stew  
1p - Mental Health  
Support Group

**wednesday**

1

10:30a - Wellness  
Wednesday  
12p - Lunch -  
Cheeseburger Mac

2

10:30a - Music Group:  
Country/Rock  
12p - Lunch - Spaghetti  
Pie  
1p - Mental Health  
Support Group

**thursday**

8

10:30a - Wellness  
Wednesday  
12p - Lunch - Chicken  
Caesar Salad  
1p - Mental Health  
Support Group

9

10:30a - Music Group  
Songwriting  
12p - Lunch - Tater Tot  
Hotdish  
1p - Mental Health  
Support Group

15

10:30a - Wellness  
Wednesday  
12p - Lunch - Fiesta Tater  
Tot Hotdish  
12:15p - **Member Meeting**  
1p - Mental Health  
Support Group

16

10:30a - Music Group  
Blues/Jazz  
12p - Lunch - Fridley PD  
Serving - Hot Dogs  
1p - Mental Health  
Support Group

17

11a - Lunch - Sandwiches  
11:45a - Offsite Activity -  
Como Zoo!  
**Bridgeview will be  
closed from 11:30a-3p!**

**friday**

3

**Bridgeview Open at  
9:30a!**  
11a - Lunch - Tuna Melts  
11:45a - Offsite Activity -  
Bowling at Blairbrook  
(\$6)  
**Bridgeview will be  
closed from 11:30a-3p!**

10

11a - Lunch - Sloppy Joes  
11:45a - Offsite Activity -  
Movies at Andover  
Cinema (\$10 for movie  
ticket)  
**Bridgeview will be closed  
from 11:30a-3p!**

24

12p - Lunch - Pizza  
1p - BINGO



# MEMBER MEETING MINUTES:

- Phone issues - Bridgeview is having technical difficulties with the phone system and we haven't been receiving voicemails. This has been brought to the attention of our IT Team who is working on it.
- Closed on Monday, Aug 30th for Mental Health Day at the State Fair.
- Closed on Monday, September 6th for Labor Day.
- Reminder: you may bring in to-go containers if there is leftovers and placed in the fridge until you depart!
- Bingo Prizes - bingo for August and September is sponsored by Northeast Bank. Asked what kind of prizes members would like to have:
  - hygiene kits/bath kits
  - art supplies: canvas, gel pens, etc.
  - soda/food
- Reminders to clean up after yourself. If you made a mess please clean up! There are cleaning supplies around. Ask staff if you need help!
- Reminder that transportation is limited until we find a full time driver. If you need a ride, sign up early as we only have a few spots available!
- Wanting an Art/Craft Sale before the holidays/before it gets too cold.
- Reminder - if you are not feeling well, please stay home!!
- Offsite/group ideas - apple orchard, walking group at the mall in the winter time, dance/yoga group, create a Bridgeview band/have a talent show



**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.







# Ruth's Ramblings

Hello everyone! Meeting so many new and returning Bridgeview members this August was fantastic. It's amazing to see just how vibrant and wonderful Bridgeview is when it's full of our incredible members.

Our music group started meeting once a week in August. So far, we've done a group singalong, a songwriting group, and a lot of discussion about our favorite types of music. I've learned about several new musical artists and can't wait to start learning some new tunes. I've come up with a few themes for the different groups: country/rock, blues/jazz, songwriting, and a classical music group. We have also talked about doing karaoke! In all of these groups, we will play music, listen to music, and discuss different types of music and different artists. Please come see me with any and all suggestions that you have!

Music is a powerful tool that we can all use and benefit from, no matter our age or musical ability. If you'd like to explore how you can use music in your daily life, feel free to use these questions as a guide:

1. What music do I listen to when I'm feeling energized?
2. What music do I listen to when I'm feeling down?
3. What music do I listen to when I exercise?
4. What sort of music relaxes me?

I would love to hear any and all of your answers to these questions! Feel free to stop in my office or join us during our weekly music group.

## Gratitude Journaling Prompt

DESCRIBE SOMETHING THAT MADE  
YOU LAUGH IN THE PAST WEEK.

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MAILING ADDRESS:  
LEE CARLSON CENTER FOR  
MENTAL HEALTH & WELL-BEING

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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!**