

November 2020, Vol. 18

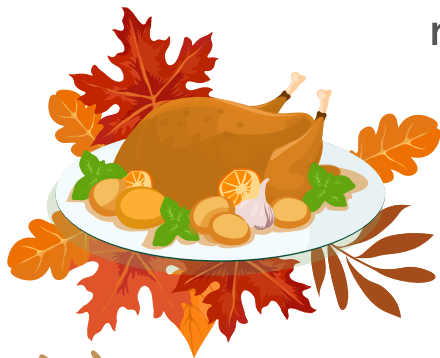
# VIRTUAL BRIDGEVIEW THANKSGIVING EDITION

*Stay Connected, Stay Supported, Stay Well*

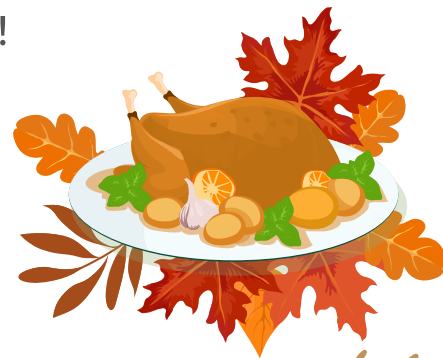


## THANKSGIVING MEAL KITS

While we may not be able to be together in person, we are thankful for all of you and want to make sure that some of our traditions don't get missed but instead, celebrated a bit differently this year. The meal kit will include everything needed for a traditional Thanksgiving meal. To reserve one of our kits, please call us at 763-783-7440 to make proper arrangements!



*Be  
Thankful*



## BRIDGEVIEW THANKFUL MURAL

This month during Art 101 on Wednesdays and Gratitude Journaling on Thursdays, 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!

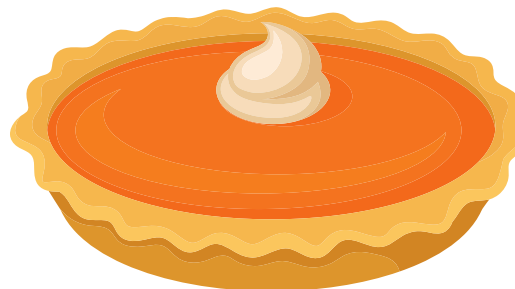


## EASY 5 INGREDIENT PUMPKIN PIE

[https://sweetphi.com/wprm\\_print/18058](https://sweetphi.com/wprm_print/18058)

### Ingredients:

- 1 can 15 oz. pumpkin puree
- 1 can 14 oz. sweetened condensed milk
- 3 eggs
- 1 1/2 tablespoons pumpkin pie spice
- 1 - 9 inch deep dish frozen pie crust



### Directions:

1. Preheat oven to 450.
2. In a large bowl combine pumpkin puree, sweetened condensed milk, eggs, and pumpkin pie spice. Mix with a hand mixer or mix very well with a spoon.
3. Pour mixture into pie crust.
4. Bake for 10 minutes, then reduce heat on the oven to 350 and continue baking the pie for 35 minutes. Turn off heat and let the pie sit in the oven for 5 minutes, then remove from the oven (the pie filling will have puffed up, it will slowly settle back down) and allow to cool completely (2 hours-overnight). I like to make the pie the day before and let it sit overnight in the refrigerator.

## 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



## RANDOM TRIVIA:

ACCORDING TO THE GUINNESS BOOK OF WORLD RECORDS, THE HEAVIEST TURKEY WEIGHED 86 POUNDS.



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For Mental Health & Well-Being

# ACTIVITY PAGE!

# WORD SCRAMBLE

MATUUN   
3

CARON   
6

NOIRAUPOCC   
6

DIREC   
9

TAEFS   
10

FAOBLLOT   
8

VEOREBMN   
4

RESHATV   
2

SARHEIDY   
11

COENIPNE   
7

QITLU   
5

RAEK   
5

USHASQ   
8

KUTEYR   
5

VNTASIGGINHK   
11

1 2 3 4 5 6 7 8 9 10 11

## MEMBER POLL:

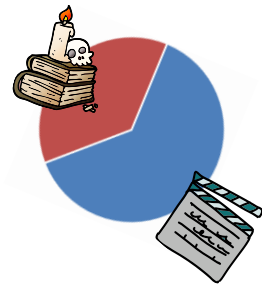
What is your favorite part of Thanksgiving? The food or the company?



We want to hear from you, so send us your answers! Give us a call at 763-783-7440



Previous Poll Results: Would you rather read a spooky story or watch a spooky movie?



A cryptogram is a short quote that has been encrypted by taking each letter in the quote with a number. Your challenge is to decrypt it back using your linguistic intuition.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
13		23		21				26					19												

" I E E I N A E A A I N  
14 26 7 21 9 21 12 26 19 10 13 14 14 18 11 21 6 13 12 13 26 19  
E N I E C I I N E  
4 17 21 19 26 15 12 21 15 10 23 6 26 10 8 26 19 15 17 21  
A " - C I E A  
7 13 14 14 7 10 23 18 15 15 7 26 15 5 12 21 6 13 14 3

**CRYPTOGRAM**  
The Word Scramble and Cryptogram was Created by Puzzlemaker at DiscoveryEducation.com



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!**

## BREANN'S BLOG

*I'm just here for the food...*

The holidays can be a wonderful time to connect with family and focus on what we're truly grateful for, but for many, it also induces anxiety and worsens feelings of isolation and depression. In efforts to lessen these distressing thoughts, between now and Thanksgiving, I will be sharing tips from writer Holly Leibowitz Rossi on practical ways to manage holiday stress.

**Tip one:** make a list before Thanksgiving of ways your family triggers negative feelings. Articulating these patterns will help you recognize them before they spin out of control. Then, make a plan to avoid those irritations. Pledge to politely disengage from tense conversations—step outside for a breath of fresh air, help out in the kitchen, or play a game with the kids. And make an effort to cultivate gentleness and love.

IF YOU HAVE BEEN TRYING TO REACH BRIDGEVIEW AND HAVEN'T RECEIVED A CALL BACK, PLEASE ATTEMPT TO REACH OUT AGAIN! WE HAVE BEEN HAVING SOME PHONE ISSUES THE PAST WEEK!

## MEMBER SHOUT OUT CORNER

Do you want to send out a message to your fellow Bridgeview members? Give us a call and let us know!

How are you all doing today? Are you able to get out to do your errands, or are you pretty much like me? I am homebound with no way of going anywhere except Metro Mobility to take me to the dentist or dr. appts! Once in awhile I will ask my neighbors if I can catch a ride to Wal-Mart but I don't want to be a bother either. I feel isolated and alone at times. BUT, I have learned how to look for the best in all around me. BLESSINGS are so wonderful. I have a phone and a laptop that I am learning to use. I have BV online, wonderful neighbors, my home, my kitten - Oreo, instacart for my groceries and beautiful nature all around. The box lunches from BV are so nice and talking to Kaitlyn is a joy. Try finding the good in all you see around you. Don't forget to be thankful for your family, for whatever they are able to do for you. Don't forget to smile and compliment people you meet. Have a great day!

-KATHY R.





## SUPPORT GROUPS!

### Monday:

- 11am - Art 101
- 1pm - Anxiety
- 2 pm - Brain Boosters

### Tuesday:

- 10am - Coffee with Laura
- 11am - Gratitude Journaling
- 12:30pm - Mental Health Support Group

### Wednesday:

- 10am - Women's Self Esteem
- 11am - Wellness Wednesdays
- 12:30pm - Art 101
- 2pm - Grief and Loss

### Thursday:

- 11am - Armchair Tourist
- 12:30pm - Mental Health Support Group
- 2pm - Gratitude Journaling

### Friday:

- 11am - Anxiety Group
- 1pm - Fun Fridays
- 2pm - Mental Health Support Group

## ARE YOU LOOKING FOR RESOURCES RELATED TO MENTAL HEALTH OR SUBSTANCE ABUSE?

Check out Fast-Trackers website <https://mentalhealth.fasttracker.mn.org/> for help finding exactly what you need. You can also contact licensed professionals for 20 minutes daily!



## 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

## UPDATE YOUR INFORMATION!

Don't forget to call us and let us know if you moved or changed phone numbers! We want to stay connected to you! To sign up for a support or therapy group, give us a call with your email address and we will get you set up! So, give us a call 763-783-7440!

**CALL US TODAY**

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