



bridgeview connection

Bridgeview News!

Bad Weather/BV Closings

Please do not come to Bridgeview in bad weather! When deciding whether or not Bridgeview will be open, our directors and supervisors will assess the weather on a case by case basis. If you are questioning whether or not Bridgeview is open, simply call the Bridgeview number and the voicemail recording will state clearly that we are closed. Always use your best discretion when making a decision on traveling vs. staying home. Always put your safety first!

Art Studio Cleaning Days

Our art studio is amazing! So many people love utilizing this space, and others enjoy looking at the beautiful art that is created there! Because of how important our art room is, we are going to be more intentional about keeping it clean and clutter-free! We will do this in the following ways:

- 1.) The 1st Monday of every month will be an art room cleaning day. We will sort, toss, dust, etc!
- 2.) Completed art work must either be taken home or hung up for display.
- 3.) Incomplete projects also need to be properly stored or taken home

Offsite Activity Sign-Up Reminder

Are you interested in participating in an offsite activity? There's only one way to reserve your spot! Speak with Rachel, the Care Coordinator. You can sign up with her in person or you can call her on the Bridgeview line (763-783-7440). If she doesn't answer, leave a message stating your name, number, and which offsite activity you are interested in!

Membership Updates

Once a year, each member is required to update their membership. This is a time where we make sure we have accurate contact information, and we sign new releases for providers and emergency contacts. This only takes about twenty minutes, but it is important that you do this each year! If you're not sure whether or not you are due for an update, call the Bridgeview line (763-783-7440) and ask a staff person. Schedule your update appointment with Rachel, Care Coordinator.

Our Donation Wish List

To professionals, clinicians, and family members, we are always in need of donations whether it be mental health resource materials, bingo prizes, gift cards (Wal-Mart/Cub) or money. As part of our Meals for Members program, we are looking for in-kind donations of yogurt, pretzels, granola bars, cheese sticks, fruit and fruit cups, bottled water & tea, sturdy divided paper plates, paper bowls, paper towels, napkins, plastic forks & spoons, paper cups, low calorie salad dressing, soy sauce & salsa to compliment the warm, balanced meals we serve members each weekday. Contact Patty at 763-230-7836 or phalvorson@leecarlsoncenter.org to learn more or to make a donation. Thank you for supporting Bridgeview and our mission.

Family Support Group

The Family Support Group is an open group which will provide support and open discussion for families, caregivers, and loved ones of individuals living with mental illness. This group will offer helpful tools and information, allowing caregivers and family members to be better equipped to help their loved ones with their mental health.

Group meets 5:30-6:30 on the following dates: 1/8, 1/15, 2/5, 2/19 at Lee Carlson Center (7954 University Ave NE Fridley, MN 55432). Group is free of charge. Tell your loved ones about this opportunity!!

Lunch & Learn Group

This group is open to anyone in our community! You do not have to be a member to attend. This group meets once a month, and explores a new topic each time it meets. To join, simply show up to Bridgeview, grab a complimentary lunch, and go into the conference room. January's Lunch & Learn group will cover Seasonal Affective Disorder and it will be on January 23rd at 12:00PM.

Beach Party Bingo!!

Join us for some summer fun in the middle of January! We'll listen to beach music, eat snacks, play bingo, and have a blast! Thursday January 17th at 1:00pm!

Billable Groups You Can Sign Up for Today!

Women's PTSD Group. This group is for women and will help you identify triggers, healthy coping skills, emotions, thinking errors and avoidance. 20 week commitment. Wednesdays 10:00-12:00.

DBT Skills Informed Group. This is a billable group. Will meet for 24 weeks. This group focuses on emotion regulation, distress tolerance, interpersonal effectiveness and mindfulness. This group meets from Mondays 12-2:00.

Symptom Management (WRAP). Wellness Recovery Action Plan. WRAP is about recovery. Key concepts include hope, personal responsibility, education, self-advocacy and support. 15 week commitment. Billable. Facilitated by therapist and Peer Support Specialist, Laura. Tuesdays 10-12.

Mindfulness. A group focusing on meditation and mindfulness activities. Workbook for group, cost \$24.95. Scholarships available. Meets Mondays 10-12 pm. Starts soon.

Women's Therapy Group. An ongoing group for women, non-curriculum based. Meets on Tuesday's 1:30-3 pm.

CBT and Stress. A 5 week group that focuses on holiday stress, warning signs of stress, causes of stress, how stress impacts overall well-being, and healthy ways to cope with stress. Fridays 9-11. Starts soon.



Writer of the Month: Kerry T.

Important Person!

I want you to walk one mile, just one, in these shoes. I want you to see how you can hurt someone with one small gesture. I want you to see what goes on behind these mask.

I want you to know what it is like when a person is homeless, with chronic homelessness.

I want you to know how I feel when you drive next to the person holding that sign and purposely divert attention and lock your doors.

I want you to understand my pain when you put your opinion on why they're standing there.

I want you to walk one mile, just one, in the shoes of a homeless person. I want you to see what happens when they go through their twenty-four hour day. I want you to see the beauty in their life.

I want you to know what they are capable of. Their strength is like a tree with deep roots withstanding the storms of their lives. I want you to know their heart. Their love is like an ocean, all encompassing.

I want you to walk one mile, just one, in their shoes, holey as they are from many, many miles walked in just twenty-four hours.

Kerry T. wrote this piece about being homeless because she wants everyone to understand that those who are homeless are people with ideas, feelings, opinions, and pride. Kerry states, "They are no different than me." Kerr's writing is often inspired by real life, and she has been a Bridgeview writer since 2016.

* If you would like to be artist or writer of the month, please see staff. We would love to feature you in the next newsletter and display your work!

Transportation (763)783-3578

Please remember to reserve a seat on the van. Sign up for a van ride.

OR

If you are driving to BV yourself or are getting a ride from someone/service, please sign up by circling OUTING ONLY to receive a ride for the activity while at BV.

To sign up for transportation please call 763-783-7440 and press option 5 to leave a message for the transportation.

Artist of the Month: Jill N.



"Daddy, Can We Go Sledding?"

Jill, the artist who created this painting, has been participating in the Bridgeview art program since 2009. Jill's medium of choice is paint, both watercolor and acrylic. When asked what art means to her, Jill quoted Horace saying, "A picture is a poem without words." Jill's art is inspired by nature, and most frequently features animals. In the painting shown above, Jill was excited to paint a penguin family, and had a lot of fun making the baby look nice and fluffy.

Bridgeview Information

Staff phone # (763) 783-7440

Press 1 for Julie Smith, Program Supervisor
Press 2 for Lindsey, Therapist
Press 3 for Lisa, Program Assistant (Intakes)
Press 4 for Laura, Peer Support Specialist
Press 5 for Transportation Line
Press 6 for RISE Employment Specialists
Press 7 for Rachel, Care Coordinator (Updates)

Activity/Van ride phone # (763) 783-3578