



March 2020, Vol. 1

VIRTUAL BRIDGEVIEW

Stay Connected, Stay Supported, Stay Well

WELCOME TO VIRTUAL BRIDGEVIEW!

BY BRIDGEVIEW STAFF

We are starting a weekly newsletter to make sure you are able to stay connected to us and for us to stay connected to you! What does virtual Bridgeview mean? We are hoping we can put together resources, activities, and even recipes! Bridgeview doors may be closed currently, but that does not mean we cannot connect virtually! Continue to look at the Lee Carlson Center website and Facebook page for daily updates!

COMING SOON!!

PHONE CALLS, TELEHEALTH, ONLINE SUPPORT!

Every day is a new day full of changes! While changes may be hard and scary, we are hoping to go with the wave of changes to continue to provide as much support that you are all used to. We are still answering phone calls, so please feel free to call if you have any questions or concerns! We are currently working on setting up online support groups. If you are needing therapy services, please feel free to contact our Lee Carlson Center Clinic at 763-780-3036 to find out about getting set up with a therapist during this stressful time!



LEE CARLSON CENTER™
For Mental Health & Well-Being

LET'S GET COOKING!

SANTA FE STUFFED PEPPERS

FROM SHUGARYSWEETS BLOG

[HTTPS://WWW.SHUGARYSWEETS.COM/SANTA-FE-STUFFED-PEPPERS/](https://www.shugarysweets.com/santa-fe-stuffed-peppers/)

Delicious, healthy Santa Fe Stuffed Peppers recipe!

Ingredients

- 3/4 lb ground turkey breast
- 1 1/2 Tbsp cumin
- 1 tsp kosher salt
- 1 can (28oz) Classico Crushed Tomatoes
- 1 can (15.25oz) black beans, rinsed and drained
- 1 can (15.25oz) sweet corn, drained
- 3 cup Jasmine Rice (cooked)
- 8 fresh Sweet Red peppers
- 1 cup reduced fat Colby Jack cheese
- 2 green onions, sliced

Instructions

1. Wash red peppers and slice the tops off each pepper. Remove the seeds. Stand each pepper up next to each other in a large baking dish (13x9).
2. In a large skillet, brown ground turkey until fully cooked. Drain. Return to skillet. Add cumin, salt, tomatoes, black bean and sweet corn. Simmer about 15 minutes.
3. Meanwhile, cook Jasmine rice according to package.
4. Add cooked rice to skillet, combining completely. Remove from heat. Fill each red pepper with turkey mixture. Cover dish with foil and bake in a 350 degree oven for about 40-45 minutes. Remove foil and top with cheese. Bake an additional 5 minutes, until cheese is melted. Remove from oven and sprinkle with green onion pieces.
5. Serve and enjoy!

Yield: 8 servings

Prep Time

25 minutes

Cook Time

50 minutes

Total Time

1 hour 15 minutes

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Nutrition Information: Yield: 8

Serving Size: 1 pepper

Amount Per Serving: Calories: 281

Total Fat: 7g

Saturated Fat: 3g

Trans Fat: 0g

Unsaturated Fat: 3g Cholesterol: 44mg

Sodium: 443mg

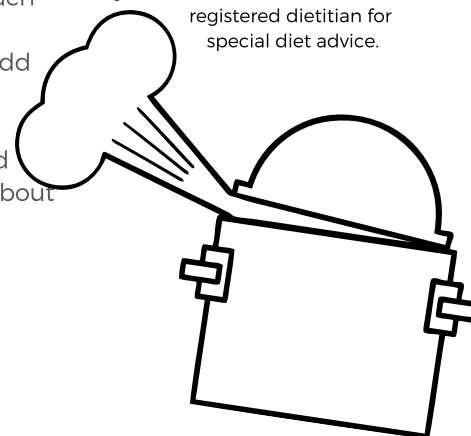
Carbohydrates: 34g

Fiber: 4g

Sugar: 6g

Protein: 23g

*Nutrition facts are an estimate and not guaranteed to be accurate. Please see a registered dietitian for special diet advice.



Resource Corner

Food:

- **Southern Anoka County Assistance Food Shelf**
 - **Location:** 627 38th Ave, Columbia Heights, MN 55421
 - **Phone Number:** 763-789-2444
- **ACBC Food Shelf**
 - **Location:** 2615 9th Ave, Anoka, MN 55303
 - **Phone Number:** 763-422-0046
- **CEAP Anoka County Food Shelve**
 - **Location:** 1201 89th Ave. Ne, #130, Blaine, MN 55434
 - **Phone Number:** 763-783-4930
- **NACE Food Shelf**
 - **Location:** 18511 Hwy 65 NE, East Bethel, MN 55011
 - **Phone Number:** 763-434-7685
- **Fare For All**
 - **Food buying program**
 - **Phone Number:** 763-434-5695

Medical:

- **Minnesota Department of Health has set up a public hotline that is open every day 7 a.m. to 7 p.m. The hotline number is 651-201-3920.**
- **Make sure to contact your doctor prior to going in if you feel you may have contracted COVID-19.**
- **As recommended by the CDC and Minnesota Department of Health, continue to wash your hands, practice social distancing, cover coughs and sneezes, and avoid touching your face.**



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Activity Page!

Hello Spring

L F N W D T P B B G W W S G Z

WORDS:

ACTIVE M I E E U D L Q N W E H R N K

ANEW V N D L E O O I T I I C E I V

BLOOMING A P I O O R W P V B F T W H Z

BRIDGEVIEW Z P O M F O G E P C I A O S A

COLORFUL A P I J R F G M F O H H L E C

DAFFODIL S N T G I D A V Z L G L F R T

FLOWERS G U Y E I T A D I O U L H F I

FRAGRANT L I N R B U T T E R F L Y E V

GRASS Y Z B S E U U V M F T M Z R E

GREEN Q H U F H F U V G U R U Q T M

GROWING G W A R M I N G L L S S A R G

HATCH V U V K G T N A R G A R F L Y

REFRESHING G S V Y Q W V E B A P I N A T

SUNSHINE P V D U U U W V X S M D A S Q

TULIP

VIRTUAL

WARMING

Things to do at home!

1. Read the book you have been meaning to read!
2. Watch your favorite movie!
3. Do some at home exercises!
4. Sit outside and enjoy the sunshine!
5. Call your friends and family!

Check these out!

Access virtual museum tours! Check out this awesome website and see some amazing museums!

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>



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!