

July 2020, Vol. 13

VIRTUAL BRIDGEVIEW

Stay Connected, Stay Supported, Stay Well

LEE CARLSON CENTER AND BRIDGEVIEW GOES TOBACCO FREE!

Lee Carlson Center cares about the health and well-being of our clients and staff. We have taken the opportunity to work together as an organization to create a healthier environment for all of our clients, members, and staff. Beginning August 1st, 2020 all Lee Carlson Center grounds will be tobacco free! Lee Carlson Center has joined a cohort of tobacco free mental health agencies across the Twin Cities to ensure that our clients and staff are both mentally and physically well.

Check out the insert for more information and resources!

New Groups!

Coffee with Laura

Join Laura Tuesday mornings at 10am virtually through Microsoft Teams to enjoy a cup of coffee and great conversations!



COVID Skills Group

Join Kaitlyn for an outdoors skills group focusing on staying safe in the community with COVID! Call and sign up with Kaitlyn at 763-783-7440.

5-Ingredient Peanut Noodles

<https://www.cookingforkeeps.com/wp-json/mv-create/v1/creations/23/print>

Ingredients:

- 1 tbsp. sesame oil, divided
- 16 oz. bag coleslaw mix (cabbage, carrots, red cabbage)
- 1/4 tsp. kosher salt
- 3/4 lb. thick spaghetti
- 1/3 cup hoisin sauce
- 1/4 cup creamy peanut butter
- 1/4 cup + 1/8 cup water



Directions:

1. Bring a large pot of water to a rolling boil. Season liberally with salt.
2. Heat a large skillet to a medium heat. Add two teaspoons of oil. Once the oil is hot, add the coleslaw mix and 1/4 tsp salt. Cook until soft, about 5-7 minutes.
3. While the veggies cook, add pasta to water. Cook until al dente. Reserve cooking liquid.
4. While the pasta cooks, add hoisin, peanut butter, water and remaining sesame oil to a medium bowl. Whisk to combine.
5. Once the noodles are cooked, use tongs to transfer them to the veggies. Add sauce and toss to combine. If necessary, add a little bit of pasta water to loosen the sauce up. Season to taste with salt and pepper. Serve hot, room temperature or cold.

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!**

List of our Therapy Groups:

- DBT - Starting Aug. 5th, from 10am-12pm!
- Music
- Women's Anger Management
- Anxiety
- Symptom Management WRAP
- Art Therapy



ACTIVITY PAGE!

Word Sudoku

These are played just like a regular sudoku, except that each of the digits is replaced by a unique letter. Each of the nine rows and columns, as well as each of the nine subregions, must contain one and only one of each of the nine letters.

I					D		B	H
H				G	B			
		C	A			F		
E	G			C		A		
	I		H	B	G		C	
		B		F			I	G
		E			C	B		
			G	H				A
D	C		B					I

<https://www.puzzles-to-print.com/printable-sudokus/word-sudoku.shtml>

Member Poll:

Do you prefer reading or watching movies?



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



Previous Poll Results: Do you prefer pancakes or waffles?



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!

Support Groups!

Monday:

- 11am - Art 101
- 1pm - Anxiety
- 2 pm - Brain Booster with Samantha!

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 - Watercolor Wednesdays
- 2pm - Grief and Loss

Thursday:

- 12:30pm - Mental Health Support Group
- 2pm - Gratitude Journaling

Friday:

- 11am - Anxiety/ Virtual Walking Group with Dani
- 1pm - Fun Fridays
- 2pm - Mental Health Support Group

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
- Dani, Intern:
 - 763-780-3036 ext. 366
- Samantha, Intern:
 - 763-780-3036 ext. 661

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!



NEW TOBACCO POLICY STARTING AUGUST 1ST!

What does this mean for Bridgeview members? Lee Carlson Center will now be a tobacco free grounds (both indoors and outdoors). You will notice new “tobacco-free” signs indoors, on windows, and on select sidewalk areas. It is the expectation to avoid using tobacco (including smoking, smokeless tobacco, and vaping) while on Lee Carlson Center company property and when in view of Lee Carlson Center property or people receiving services.

What if I’m not ready to quit? That’s okay! We still want you to participate and be comfortable. One option is using NRT gum, patch or lozenge to minimize nicotine withdrawal/cravings when tobacco use isn’t permitted.

What if I’m interested in cutting back or quitting? Studies show that people who use counseling and medication* together are most successful at cutting back or quitting tobacco. Using e-cigarettes to quit smoking has NOT been proven effective. Every Minnesotan can get free tobacco counseling and medication.

- **Quit Partner:** Supports include free “starter kit” of gum, patch or lozenge, text message program and one-on-one quit coach available over the phone or online. Specialized behavioral health program provides extra coaching sessions and gum, patch or lozenge. Visit QuitPartnerMN.com or call 1-800-QUIT-NOW (784-8669) or 1-855-DEJELO-YA (335-3569) anytime to enroll.
- **Medical Assistance and Minnesota Care:** Covers gum, patch, lozenge, Chantix, Zyban and group or individual counseling. Call the number on the back of your health insurance card or the Minnesota Department of Human Services at 800-657-3739.
- **MNsure or private insurance:** Coverage for counseling and tobacco treatment medicines is required by law but options vary by plan. Call the number on the back of your health insurance card.

