

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



ACTIVITY PAGE!

NUMBER BLOCKS!

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.

				10
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!

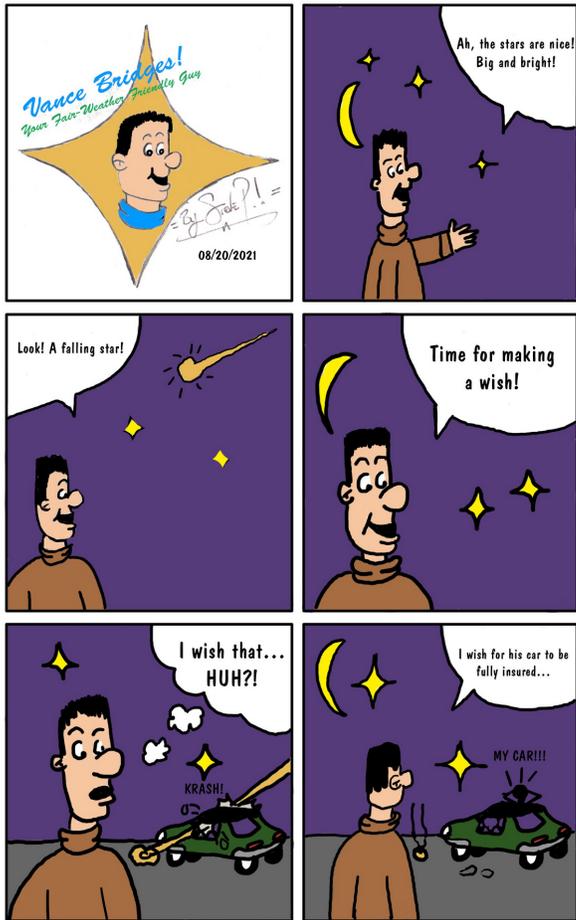
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- LUDO
- PICTIONARY
- SCRABBLE
- YAHTZEE
- OPERATION
- JENGA
- STRATEGO
- RISK
- GUESS WHO
- TWISTER
- SORRY
- CRANIUM
- CHESS
- OTHELLO

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
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U	A	O	J	E	N	G	A	A	I	B	E	T	U

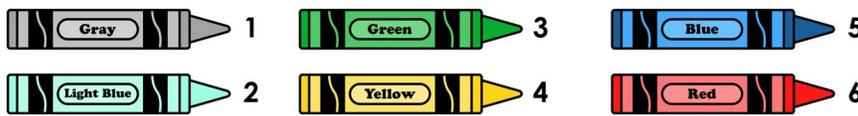
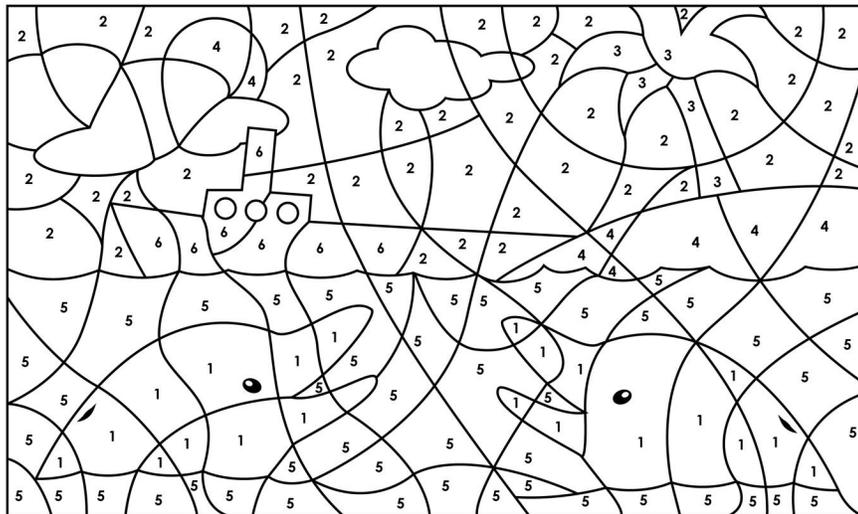
<https://thewordsearch.com/puzzle/115/board-games/>



Comic Courtesy of Steve P.



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.

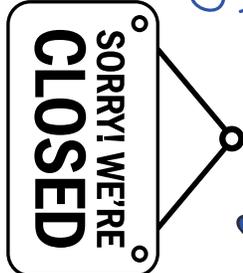
Mental Health Coalition:
Text: COALITION to 741741

Anoka County Adult Mental Health Intake Line:
763-324-1420

September

Bridgerview Hours:
9a-3p

Monday *Tuesday*



<p>27</p> <p>10a - Grief and Loss 11a - Arts and Crafts 12p - Lunch - Sloppy Joes 1p - Self Esteem</p>	<p>20</p> <p>10a - Grief and Loss 11a - Arts and Crafts 12p - Lunch - Mock Chow Mein 1p - Self Esteem</p>	<p>13</p> <p>10a - Grief and Loss 11a - Arts and Crafts 12p - Lunch - Chicken ala King 1p - Self Esteem</p>	<p>6</p> <p>SORRY WE'RE CLOSED</p>	<p>1</p> <p>10:30a - Wellness Wednesday 12p - Lunch - Cheeseburger Mac</p>
<p>28</p> <p>10:30a - Anxiety Group 12p - Lunch - Tater Tot Hotdish 1p - Mental Health Support Group</p>	<p>21</p> <p>10:30a - Anxiety Group 12p - Lunch - Fried Chicken 1p - Mental Health Support Group</p>	<p>14</p> <p>10:30a - Anxiety Group 12p - Lunch - Goulash 1p - Mental Health Support Group</p>	<p>7</p> <p>10:30a - Anxiety Group 12p - Lunch - Tacos 1p - Mental Health Support Group</p>	<p>2</p> <p>10:30a - Music Group: Country/Rock 12p - Lunch - Spaghetti Pie 1p - Mental Health Support Group</p>
<p>29</p> <p>10:30a - Wellness Wednesday 12p - Lunch - Hot Dogs 1p - Mental Health Support Group</p>	<p>22</p> <p>10:30a - Wellness Wednesday 12p - Lunch - Egg Bake 1p - Mental Health Support Group</p>	<p>15</p> <p>10:30a - Wellness Wednesday 12p - Lunch - Fiesta Tater Tot Hotdish 12:15p - Member Meeting 1p - Mental Health Support Group</p>	<p>8</p> <p>10:30a - Wellness Wednesday 12p - Lunch - Chicken Caesar Salad 1p - Mental Health Support Group</p>	<p>3</p> <p>Bridgerview Open at 9:30a! 11a - Lunch - Tuna Melts 11:45a - Offsite Activity - Bowling at Blairbrook (\$6) Bridgerview will be closed from 11:30a-3p!</p>
<p>30</p> <p>10:30a - Music Group 12p - Lunch - Beef Stew 1p - Mental Health Support Group</p>	<p>23</p> <p>10:30a - Music Group Classical 12p - Lunch - Spaghetti Pie 1p - Mental Health Support Group</p>	<p>16</p> <p>10:30a - Music Group Blues/Jazz 12p - Lunch - Fridley PD Serving - Hot Dogs 1p - Mental Health Support Group</p>	<p>9</p> <p>10:30a - Music Group Songwriting 12p - Lunch - Tater Tot Hotdish 1p - Mental Health Support Group</p>	<p>10</p> <p>11a - Lunch - Sloppy Joes 11:45a - Offsite Activity - Movies at Andover Cinema (\$10 for movie ticket) Bridgerview will be closed from 11:30a-3p!</p>
<p>24</p> <p>12p - Lunch - Pizza 1p - BINGO</p>	<p>17</p> <p>11a - Lunch - Sandwiches 11:45a - Offsite Activity - Como Zoo! Bridgerview will be closed from 11:30a-3p!</p>	<p>10</p> <p>11a - Lunch - Sloppy Joes 11:45a - Offsite Activity - Movies at Andover Cinema (\$10 for movie ticket) Bridgerview will be closed from 11:30a-3p!</p>	<p>10</p> <p>11a - Lunch - Sloppy Joes 11:45a - Offsite Activity - Movies at Andover Cinema (\$10 for movie ticket) Bridgerview will be closed from 11:30a-3p!</p>	<p>10</p> <p>11a - Lunch - Sloppy Joes 11:45a - Offsite Activity - Movies at Andover Cinema (\$10 for movie ticket) Bridgerview will be closed from 11:30a-3p!</p>

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



SUPPORT GROUPS!

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.



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

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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!