

VIRTUAL BRIDGEVIEW THANKFUL EDITION!

Stay Connected, Stay Supported, Stay Well



THANKSGIVING MEAL!

Come join us for a Thanksgiving meal on **Tuesday, Nov 23rd**. This meal will be for members only! We want to say thank you to our members who have returned and to those that have called to check in. We are so grateful here at Bridgeview to once again have smiling faces and laughter grace the halls of Bridgeview.

REMEMBER!

We will be closed on Thursday and Friday, Nov. 25th and 26th! There will be **no** transportation on Monday, Nov. 1st; Thursday, Nov. 4th! Bridgeview will be open at 9:30a on Friday, Nov. 5th!

WANT TO TRY A NEW RECIPE OUT? CHECK OUT BRIDGEVIEW RENTALS AND RENT A COOKING DEMO DVD!

CHECK OUT THE CALENDAR FOR SOME NEW GROUPS LED BY CHARLIE!

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 11a and Bingo at 12p!

Therapy Groups are back in action! We are currently looking to start a few groups such as: Pandemic Symptom Management Group, Women's Talk Therapy, and DBT (Dialectical behavior therapy). If you are interested, please see Ruth to get signed up and to make sure that your insurance is up to date!

YOU GOT THIS!

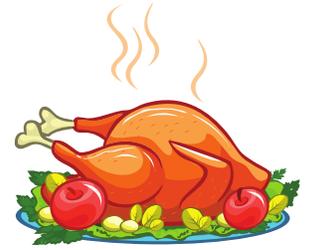


CHECK THIS OUT! Hybrid Groups! We are so excited to start offering a hybrid group. If you are interested in attending a Mental Health Support Group hybrid on Thursdays, please reach out to Kaitlyn to get setup!



EASY, NO FUSS THANKSGIVING TURKEY

https://tastesbetterfromscratch.com/wprm_print/12711



Ingredients:

- 1 12-20 pound turkey
- 1 onion , peeled and quartered
- 1 lemon , quartered
- 1 apple (your favorite kind), quartered
- .75 ounce container fresh rosemary *
- .75 ounce container fresh thyme *
- .75 ounce container fresh sage *
- For the herb butter:
- 1 cup unsalted butter , softened
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 6-8 cloves garlic , minced
- fresh chopped herbs

Directions:

1. If the turkey is frozen: Thaw in the fridge, 24 hours for every 5 pounds of Turkey. I like to give myself 1 extra day, just to be safe.
2. Remove the thawed turkey from the fridge 1 hour before roasting, to let it come to room temperature.
3. Adjust your oven rack so the turkey will sit in the center of the oven. Preheat oven to 325 degrees F.
4. Make the herb butter by combining room temperature butter, minced garlic, salt, pepper, one tablespoon fresh chopped rosemary, one tablespoon fresh chopped thyme, and half a tablespoon of fresh chopped sage. (You'll use the remaining fresh herbs for stuffing inside the cavity of the turkey)
5. Remove turkey from packaging and remove the neck and giblets from the inside the cavities of the bird. (Reserve them for gravy, if you want, or discard them). Pat the turkey very dry with paper towels.
6. Season the cavity of the turkey with salt and pepper. Stuff it with the quartered lemon, onion and apple and leftover herbs.
7. Use your fingers to loosen and lift the skin above the breasts (on the top of the turkey) and smooth a few tablespoons of the herb butter underneath.
8. Tuck the wings of the turkey underneath the turkey and set the turkey on a roasting rack inside a roasting pan*.
9. Microwave the remaining herb butter mixture for 30 seconds (it doesn't need to be completely melted--just really softened). Use a basting brush to brush the remaining herb butter all over the outside of the turkey, legs and wings.
10. Roast at 325 degrees F for about 13-15 minutes per pound, or until internal temperature (inserted on middle of thigh and breast) reaches about 165 degrees.
11. (I remove the turkey from the oven once it reaches 160 degrees. Then, I tent it with foil, and let it rest on the counter. It will continue cooking under the foil, to reach 165 degrees F.)
12. ***Check the turkey about halfway through cooking, and once the skin gets golden brown, cover the top of the turkey with tinfoil, to protect the breast meat from overcooking. Alternately, you could start cooking the turkey with it tented in foil, then during the last hour or so of cooking you can take the foil off to let the turkey brown.
13. Allow turkey to rest for 20-30 minutes before carving. <https://tastesbetterfromscratch.com/how-to-carve-a-turkey/>
14. Reserve any drippings and juice remaining in your roasting pan to make turkey gravy.

Notes

1. **Herbs:** to substitute dried herbs, use 1 teaspoon dried herbs per 1 tablespoon fresh chopped herbs.
2. **Tips for covering with tinfoil:** Start with the bird uncovered. Once the skin gets golden brown, tent the bird with a large piece of tinfoil. If you have a roasting pan, you can use the lid to the roasting pan instead.
3. **For Disposable Roasting Pan:** Place fresh chopped vegetables on the bottom of the pan to act as a rack to elevate the turkey. Use 4-5 ribs of celery and 4 large carrots, roughly chopped. The veggies will add great flavor for your dripping to use for gravy however I don't recommend eating them or using them in gravy.
4. **For An Electric Roasting Oven:** directions stay the same!
5. **Convection Oven:** You can use the same method to cook the turkey in a convection oven, just check the temperature sooner (start checking after 2 hours) as it will cook faster.

November is
NATIVE AMERICAN HERITAGE MONTH

November 11th

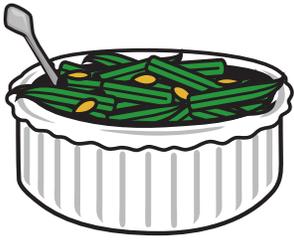
November is
COPD AWARENESS MONTH

NOVEMBER IS
DIABETES AWARENESS MONTH

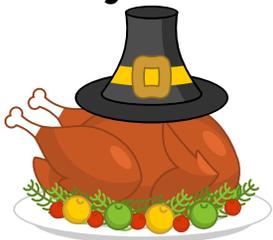


JOKES

What role do the green beans play in Thanksgiving dinner?
-The Casse-Role



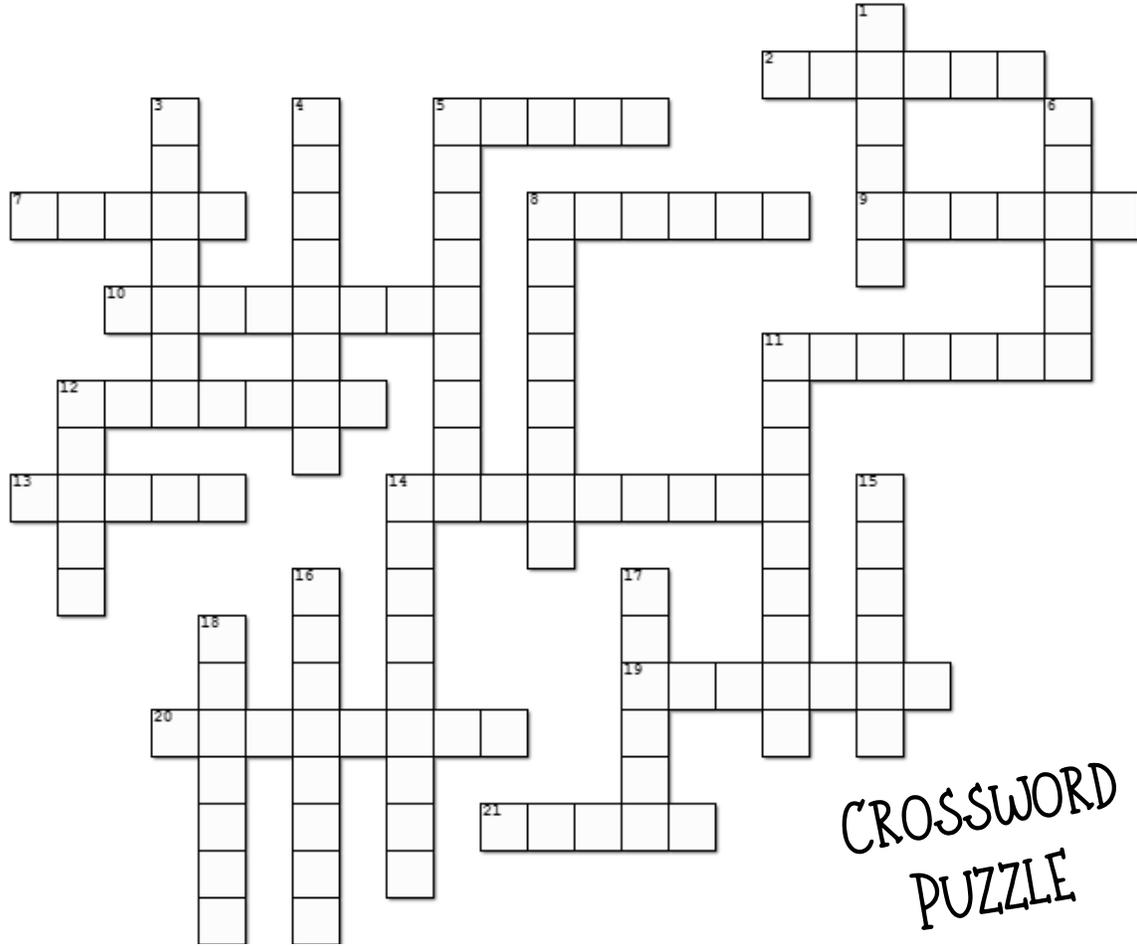
Who is not hungry at Thanksgiving?
-The Turkey because he's already stuffed!



What do you call a running turkey?
-Fast Food



What should you wear to Thanksgiving?
-A Har-Vest



CROSSWORD
PUZZLE

ACROSS

2. ___ Bells was originally a Thanksgiving Song
5. The ___ Thanksgiving Day Parade began in 1924.
7. According to the American Pie Council, Americans favorite pie is _____
8. Benjamin Franklin wanted this bird to be the national bird instead of the Eagle
9. Baby turkeys are called _____
10. The ___ ritual from the turkey is thought to bring good luck
11. An estimated 50 million _____ pies are eaten each year
12. Sarah Josepha Hale, the author of Mary had a Little Lamb, convinced President _____ to celebrate Thanksgiving through letters
13. The original Thanksgiving Feast was eaten with spoons and knives, _____ weren't popular until the 18th century
14. _____ Celebrate Thanksgiving the second Monday in November
19. If a cranberry _____ then you know it's ripe.
20. Black Friday is the busiest day for _____
21. The first Thanksgiving was celebrated for ___ days

DOWN

1. The ___ Balloon has appeared more in the Annual Thanksgiving Parade than any other character
3. In 2011, 736 _____ pounds of turkeys were consumed in the United States
4. This sport is traditionally watched Thanksgiving day
5. This state in the US is at the Top for Turkey-Producing
6. The first Thanksgiving meal took place in the ___ of 1621
8. Thanksgiving is always held on the 4th _____ of November
11. Each year the _____ pardons a Turkey from being eaten.
12. The Detroit _____ always play on Thanksgiving
14. There are four places in the United States called _____
15. It's unlikely the colonists or Native Americans ate _____ during the 1st Thanksgiving
16. The first Thanksgiving took place in _____
17. Only male turkeys _____
18. Thanksgiving didn't become a National _____ until 200 years later



COLORING PAGE



Are you interested in being writer or artist of the month? Come see Kaitlyn or Ruth to submit your writing or artwork!

Homemade



ARTIST OF THE MONTH!

Nathan L.

For Nathan, art is a form of language. Art expresses his individuality and the way he views the beauty of the world. Nathan is inspired by people, by their individual ideas, and their own view on art. His piece is called *The Queen of Hearts*, which describes a re-telling of the author Lewis Carroll's illustration of his childrens novel "Alice's Adventures in Wonderland." Nathan created a much more darker tone, inspired by the 2010 film "Alice in Wonderland."



WRITER OF THE MONTH!

Kylia L.

For Kylia, writing is something that speaks to her. Her inspiration comes from lived experience and what life has brought her. The name of her piece is *Where I am From*. Her piece focuses on aspects of her childhood that have led her into who she is today.

I am from a beaded doorway
 From not having problems as a kid
 I am from a yellow house on Broadway St and
 having a big backyard I could play in
 I am the beautiful garden
 whose all different kinds of flowers with so many colors
 I am from my room and my weird shaped closet
 I am from Brandy and uncle Tim
 I am from my mom's brown eyes and my dad's curly hair
 From being stubborn just like my parents
 From a mixture of both of their roses
 I am from when I lost my favorite doll at the restaurant
 I am from my grandma and grandpa
 From biting my nails
 From being the little cute kid
 I am from sitting on my grandpa's lap
 I am from my mom and Auntie Shell
 From meat pie
 From living with my aunt
 From my mom and her mom dying on Christmas
 From rocking on the couch singing achy breaky heart
 I am from those moments that created me into a stronger
 independent woman!





Bridgeview Hours:
Monday - Thursday: 9a-3p
Friday: 9a-11:30a



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:
COALITIO
N to 741741

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

Monday



- 1 10a - Grief and Loss
- 11a - Arts and Crafts
- 12p - Lunch - Pizza Casserole
- 1p - Self Esteem

- 8 10a - Grief and Loss
- 11a - Arts and Crafts
- 12p - Lunch - Mock Chow Mein
- 1p - Self Esteem

- 15 10a - Grief and Loss
- 11a - Arts and Crafts
- 12p - Lunch - Egg Bake
- 1p - Self Esteem

- 22 10a - Grief and Loss
- 11a - Arts and Crafts
- 12p - Lunch - Chicken ala King
- 12:30p - Spooktastic Game
- 1p - Self Esteem

- 29 10a - Grief and Loss
- 11a - Arts and Crafts
- 12p - Lunch - Fried Chicken
- 1p - Self Esteem

Tuesday

- 2 10:30a - Anxiety Group
- 12p - Lunch - Beef Stew
- 1p - Mental Health Support Group

- 9 10:30a - Anxiety Group
- 12p - Lunch - Fried Chicken
- 1p - Mental Health Support Group

- 16 10:30a - Anxiety Group
- 12p - Lunch - Tacos
- 1p - Mental Health Support Group

- 23 10:30a - Anxiety Group
- 12p - Lunch - Thanksgiving Holiday Meal
- 1p - Mental Health Support Group

- 30 10:30a - Anxiety Group
- 12p - Lunch - Sloppy Joes
- 1p - Mental Health Support Group

wednesday

- 3 10:30a - Coexistence Group
- 12p - Lunch - Fiesta Tator Tot Hotdish
- 1p - Gratitude Journaling
- 2p - Pandemic Mental Health Support Group

- 10 10:30a - Coexistence Group
- 12p - Lunch - Hot Dogs
- 1p - Gratitude Journaling
- 2p - Pandemic Mental Health Support Group

- 17 10:30a - Coexistence Group
- 12p - Lunch - Tator Tot Hotdish
- 12:15p - Member Meeting
- 1p - Gratitude Journaling
- 2p - Pandemic Mental Health Support Group

- 24 10:30a - Coexistence Group
- 12p - Lunch - Chicken Caesar Salad
- 1p - Gratitude Journaling
- 2p - Pandemic Mental Health Support Group

Thursday



- 4 10a - Writing Group
- 11a - Music Group
- 12p - Lunch - Cheeseburger Mac
- 1p - Mental Health Support Group Hybrid
- 2p - Thriving Thursdays

- 11 10a - Writing Group
- 11a - Music Group
- 12p - Lunch - Spaghetti Pie
- 1p - Mental Health Support Group Hybrid
- 2p - Thriving Thursdays

- 18 10a - Writing Group
- 11a - Music Group
- 12p - Lunch - Sloppy Joes
- Fridley PD Serving!**
- 1p - Mental Health Support Group Hybrid
- 2p - Thriving Thursdays

25 *Happy Thanksgiving*

Friday

Bridgeview will be open at 9:30a!
11a - Lunch - Tuna Melts
11:45a - Offsite Activity - Bowling (\$6-9)
Bridgeview will be closed from 11:30a-3p!

12 11a - Lunch - Sandwiches
11:45a - Offsite Activity - Rosedale Mall
Bridgeview will be closed from 11:30a-3p!

19 11a - Lunch - Pizza
12p - BINGO



26

November



LEE CARLSON CENTER™
For Mental Health & Well-Being

MEMBER MEETING MINUTES:

- Reminder: please continue to clean up after yourselves in the main area, conference rooms, and art studio
- Reminder: please take phone calls in small conference room, not in main area or in large conference room (during groups)
- Hybrid group (virtual and in-person) will start in November for Mental Health Support Group, either Tues or Thurs
- Bingo Fridays: lunch will be at 11:00am and Bingo will start at 12:00pm
- Cooking demo DVDs: if you want to learn some new recipes and check out a DVD, please see Kaitlyn or Ruth
- New upcoming therapy groups: women's talk therapy, DBT, Pandemic Symptom Management
- Friday hours (9:00-11:30) will continue through November
- Holiday Meal will be: Tuesday, November 23rd
- Offsite activities for November: bowling, Rosedale mall
- Transportation: Still limited, continue to sign up in Transportation book.
 - Cancellations need to be made the evening before or before 8a the day off
 - If you cancel the morning of three times in a month, you will be placed on suspension from BV rides for one month.



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.

Thriving Thursdays: This support group will focus on positive thinking and different ways to include wellness in daily life.

Gratitude Journaling: This group allows a person to experience the good things in life.

Writing Circle: An informal group that covers various styles of writing.

Coexistence group: is a support group dedicated to addressing cultural differences between individuals. This group will discuss concepts such as the LGBTQ+ community, racial diversity, pronouns and gender identity or sexual orientation. Overall, this group will provide a chance for members to learn about ways to be mindful and respectful of these differences when they are encountered to coexist in our diverse world.

Pandemic Mental Health Support: Peer support, education and encouragement surrounding life during a pandemic.



Ruth's Ramblings

Happy November, y'all! This month is all about being thankful, so thought I would jump on the gratitude train and talk about what I'm thankful for every day: my animals, my family, and COFFEE ☺ I am continually thankful for everyone that comes through our doors here at Bridgeview and helps create a welcoming space for people to join together.

Speaking of creating things, I put together a thankful playlist for November. Let me know if there's any songs you think I should add!

- Thankful November playlist
- "Gratitude"—Earth, Wind & Fire
- "Thank You For Being a Friend" [Golden Girls theme] - Cynthia Fee
- "Thanks for the Memory" - Ella Fitzgerald
- "I Wanna Thank You" - Mavis Staples
- "I Thank You" - Sam and Dave



Gratitude Journaling Prompt

NOVEMBER IS NATIONAL GRATITUDE MONTH.



WHAT IS SOMETHING YOU ARE TRULY GRATEFUL FOR?



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

BRIDGEVIEW CSP
7954 UNIVERSITY AVE.
FRIDLEY, MN 55432

Non-Profit
Org.
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Anoka, MN

RETURN SERVICE REQUESTED



Want to donate to Bridgeview?

To contribute to the Bridgeview
Community Support Program, please visit
our website at leecalsoncenter.org or fill
out this form and mail it in!

I would love to donate to Bridgeview! I
would like the funds to be used for:

Name: _____

Signature: _____

Address: _____

Please mail donations to:
Bridgeview CSP - Lee Carlson Center
7954 University Ave NE
Fridley MN, 55432



GET A HOLD OF BRIDGEVIEW STAFF!

Bridgeview: 763-783-7440
Monday-Friday 9am-3pm
Bridgeview's Address: 7920
University Ave NE
Fridley, MN 55432

- Alyssa, Director:
 - 763-780-3036 ext. 832
- Kaitlyn, Care Coordinator:
 - 763-780-3036 ext. 526
- Ruth, Care Coordinator:
 - 763-780-3036 ext. 364
- Sou, Therapist:
 - 763-780-3036 ext. 609
- Transportation Line:
 - 763-783-3578
- BreAnn, Intern:
 - 763-780-3036 ext. 16667
- Charlie, Intern:
 - 763-780-3036 ext. 16442
- Lee Carlson Center Main:
 - 763-780-3036