

# VIRTUAL BRIDGEVIEW WINTER EDITION!

Stay Connected, Stay Supported, Stay Well



## BRIDGEVIEW WINTER ARTS & CRAFTS SHOW AND HOLIDAY MEAL!

WHEN: WEDNESDAY, DEC. 15TH

MEMBERS ONLY DINNER!

WHERE: BRIDGEVIEW  
7920 UNIVERSITY AVE NE  
FRIDLEY, MN 55432

BRING 1-2 FAMILY/FRIENDS  
FOR A SPECIAL HOLIDAY MEAL

TIME: OPEN TO THE PUBLIC  
AT 5:30PM-7PM

@ 4:45PM BEFORE THE CRAFT  
SHOW IS OPEN TO THE  
PUBLIC!

\*CASH PREFERRED BUT WILL ACCEPT CHECK!

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!

There is no transportation on Wed, Dec. 1st and transportation in only on Wed, Dec. 15th. Bridgeview will be opening at 10a on Tues. Dec. 14th, and 1p on Wednesday, Dec. 15th! We will be closed on Dec. 24th, 29th, 30th and 31st!

## KEEP TALKING ABOUT MENTAL HEALTH: A VIRTUAL GALA

Community supporters, clients, and program partners are invited to register now for Lee Carlson Center's first-ever virtual fundraising event, Keep Talking About Mental Health. Register for free now to receive access to the auction as soon as it goes live on Monday, November 29th!

The evening will feature a special preview of Keep Talking About Mental Health, a short documentary film being produced by Lee Carlson Center which will educate and inform viewers about the importance of seeking mental health services and support when needed. And you will not want to miss hearing music by Bridgeview's Music Group led by Care Coordinator Ruth Lindquist! The 45-minute online event will have an auction and other opportunities for attendees to join in the work of Lee Carlson Center.

WHEN:  
Thursday, December 2  
6:30 - 7:15 p.m.

WHERE:  
Anywhere — it's virtual! Registration  
is free with suggested donation.

Winter weather can result in unexpected closings! Be sure to follow Lee Carlson Center on Facebook for up to date closures!

[facebook.com/LeeCarlsonCenter](https://facebook.com/LeeCarlsonCenter) or call the main clinic at **763-780-3036!**

DBT Skills Group is back! This group will help you learn how to clear your mind, improve your communication, improve relationships with others, and love yourself. If you are interesting in signing up, please reach out to Ruth.



# BEST GARLICKY CREAMED CORN CHICKEN

<https://www.delish.com/cooking/recipe-ideas/a29873693/garlicky-creamed-corn-chicken-recipe/>

**Ingredients:**

- 4 slices bacon
- 3 boneless skinless chicken breasts (about 1 1/2 lbs.)
- Kosher salt
- Freshly ground black pepper
- 2 tbsp. butter
- 3 cloves garlic, minced
- 2 tsp. fresh thyme leaves, plus more for garnish
- 1 c. heavy cream
- 4 oz. cream cheese, softened
- 1/2 c. freshly grated Parmesan
- 2 c. frozen corn
- Pinch crushed red pepper flakes



**Directions:**

1. In a large skillet over medium heat, cook bacon until crispy. Remove and drain on a paper towel lined plate. Chop into bite sized pieces.
2. Season chicken on both sides with salt and pepper. To same skillet, add chicken and cook until no longer pink, 8 minutes per side. Remove from pan and place on plate. Drain excess grease from pan.
3. Melt butter in skillet and add garlic and thyme. Cook until fragrant, 1 minute. Add heavy cream, cream cheese, and Parmesan and bring to a simmer. Let simmer until thickened, 2 minutes. Add corn and season with salt, pepper, and red pepper flakes.
4. Return chicken to skillet and cook until warmed through, 5 minutes.
5. Top with bacon and more thyme to serve.

## CRYPTOGRAM!

A cryptogram is a short quote that has been encrypted by taking each letter in the quote with a number. Your challenge is to decrypt it back using your linguistic intuition.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
23				18									3	8					22						

E N O A T E  
 5 21 18 3 20 8 19 25 15 23 9 22 11 9 18  
 A T E N E T E E A E N E  
 16 15 23 22 18 14 19 13 3 18 24 24 22 21 18 15 18 11 24 23 24 18 3 24 18  
 O E E T T O A O T E  
 8 14 15 18 24 25 18 9 22 22 8 5 23 15 26 8 22 21 18 15 24  
 A A A A  
 26 23 13 23 11 13 23 4 23

## 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!



[https://goodmenproject.com/wp-content/uploads/2020/12/shutterstock\\_1254175474.jpg](https://goodmenproject.com/wp-content/uploads/2020/12/shutterstock_1254175474.jpg)



# JOKE!

Q: Why was the snowman looking in the bag of carrots?  
A: He was picking his nose



Q: Where do snowmen get their weather report?  
A: The Winternet!



Q: What is Frosty's favorite Mexican food?  
A: Brrrrrr-itos



Q: What do snowmen eat for breakfast?  
A: Frosted Flakes



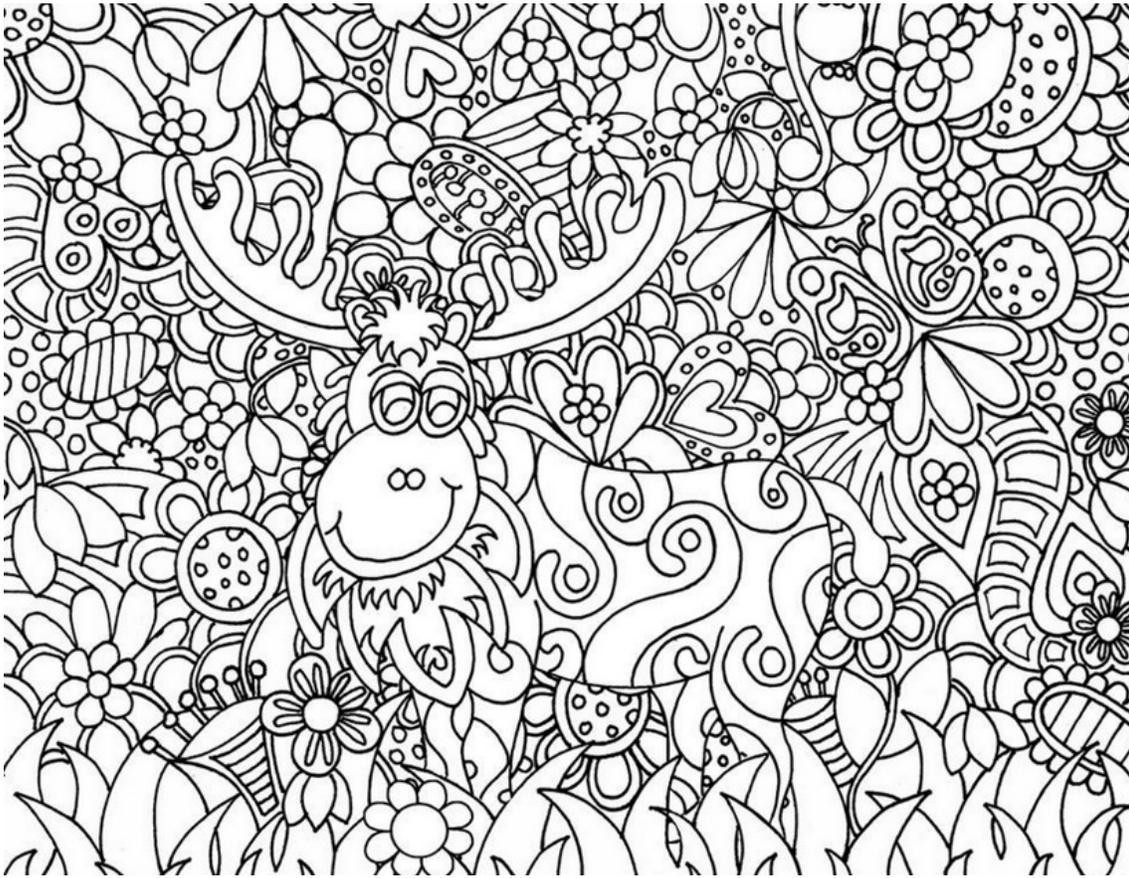
# WORD SEARCH!

G I H F P K S I R B E G G H K U M Y S U P E D D Q H N D D B  
 V W D R A A B R O L C W O N D C X F G L C H T F A Y E J R N  
 G N T A F W C O C S U T W R I J E O L A U H C T S L E D A T  
 R Y X C Y M T I N N C Q U B S H W N L E L S T J E R R H O O  
 B I Q S L S C O P H D G Y C L B S P E K E H H I L C G I B M  
 M H Q V L I W B O A W X Y F X A E I V L A C F N E Z R B W I  
 F E E O I H R C E G G M E J I R N R F W T W E H B B E E O T  
 S D L B H E O R E J P O F P I K H K W E S R J P N P V R N T  
 W C V T C L B D T Z B A B F A S A T E R C V U Q C V E N S E  
 Z R J M A R L O N G J O H N S K B Q E T F I S T I C P A E N  
 S J R T E W M X X E E E Y T Q J L S F F U M R A E I S T T S  
 N U E G Y D U J M L X P C O L D I S N O W M A N N T U E A L  
 Y C N Z S Q U I J U N C J I L Q Z M P G I O F E V C G I K L  
 P I E T I B T S O R F Y I F W M Z P P A K X C D H R A X S I  
 G T X H B R K R Y J E Z M E U S A Y E K C O H H Y A R L E H  
 I B V P E W E I Y N K F X Q V D R Q B I N D C F Q O P X C C  
 C R I T E Z F I M G R D U J E P D H X E E I V C U F L G I D  
 O J N M W F M I G E A G N A G G O B O T I S E Z V F U F D N  
 X I B O V W H J E H U D O D W V N U N R N X K S Z M M U V I  
 W Q L W A C L Z I I S E Y N H S H K U O U A A G O Z S B H W  
 P E K A O V I K B E J C S T G R A L O P G J C H B C U B U P  
 B C O A T N S I K I O E N M S G R S J M W J T D E O K L F L  
 Q I G K G W C A J T R M I F H O E E L R D S I K H F M S V L  
 T W V X Y L L U N I Q B F L E B R B E L J F U N L E V O H S  
 V V N Q Q F J T R E D E F U X I L F F D A X R Q X W A N R F  
 P N R F W K Z W U L U R L R G B E R C O N B F F I J X T G M  
 Q H S O Z K N F R B I Y E R G L O V E S O I W P D G D N E H  
 L L N N Z F W H R G M N S I X B H O X R J U E O G B J G Q R  
 I S T F P S L K F O M S G E L H X B M N I K K R N N L C M A  
 J Q V L T Q F L A N N E L S O V T P E U F S C D K S L T X B

- ARCTIC
- BELOWZERO
- COLD
- BLANKET
- BLIZZARD
- BOOTS
- BRISK
- CAP
- CHILLY
- CHIMNEY
- COAT
- CURLING
- DECEMBER
- HAT
- EARMUFFS
- EGGNOG
- EVERGREEN
- FIREPLACE
- FLANNEL
- FLEECE
- FLURRIES
- FREEZING
- FROSTBITE
- FROSTY
- FRUITCAKE
- GINGERBREAD
- GLOVES
- HEATER
- HIBERNATE
- HOTCHOCOLATE
- HOCKEY
- ICEFISHING
- ICESKATES
- ICICLE
- LONGJOHNS
- MELT
- MITTENS
- PINECONE
- POLAR
- REINDEER
- SCARF
- SKI
- SLED
- SLUSH
- SNIFFLES
- SNOW
- SHOVEL
- SNOWBALLS
- SNOWBOARD
- SNOWFLAKES
- SNOWMAN
- SOCKS
- SUGARPLUMS
- THAW
- TOBOGGAN
- TURTLENECK
- WINDCHILL
- WINTERTIME



# COLORING PAGE

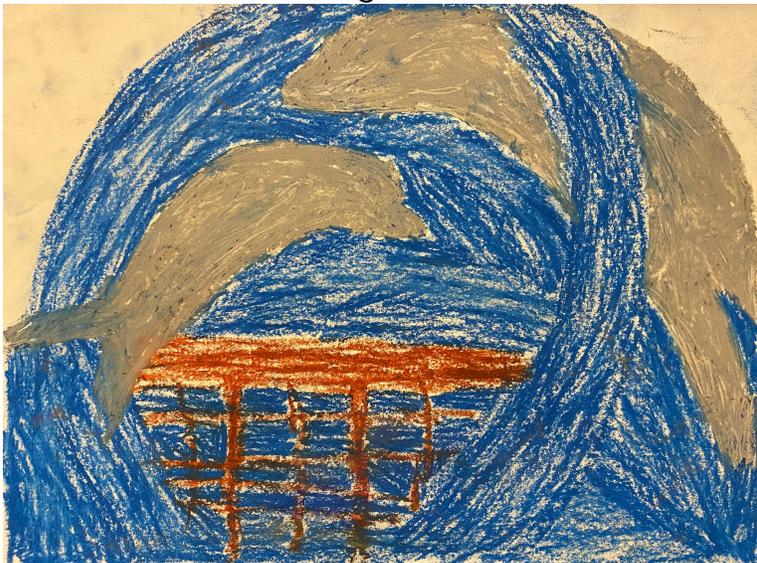


Are you interested in being writer or artist of the month? Come see Kaitlyn or Ruth to submit your writing or artwork!

## ARTIST OF THE MONTH!

Linda O.

For Linda, doing art is a relaxation tool. She enjoys coloring and drawing. The art piece showcased for the month, ***Dolphins Jumping From the Water***, was completed in Art Therapy Group at Bridgeview. Linda enjoys utilizing the art studio when she is at Bridgeview.



## WRITER OF THE MONTH!

Nathan L.

Nathan enjoys creating writing and writing short stories, that are mostly dark and dramatic. Nathan is inspired by events that happened in his own life and the people who enjoy writing like he does. Nathan is very fond of literature from the romanticism period. This poem, ***Mary***, is loosely based in the 1800s.

Mary was a good girl  
and did what she was told  
But what she really wanted to be like  
was Edgar Allan Poe  
She lived with her mother, her dog and cat  
but she would rather live alone with earwigs and a rat.  
Her mother gave her books  
about cooking and how to sew  
But she would rather read books  
about vampires or ghosts  
One day she met Mr. Edgar Allan Poe  
she told him she loved him and never to tell a soul  
He smiled at her and together they soared  
Mary left her home never to return  
As she left she quoted with smiles galore  
A quote by author Edgar Allan Poe:  
***“and my soul from out that shadow that lies  
floating on the floor shall be lifted?  
Nevermore...”***



**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

# December

## Monday Tuesday

**6**  
 10a - Grief and Loss  
 11a - Arts and Crafts  
 12p - Lunch -  
 Cheeseburger Mac  
 1p - Self Esteem  
 1p - Jewelry Club

**7**  
 10:30a - Anxiety Group  
 12p - Lunch - Pizza  
 Casserole  
 1p - Mental Health  
 Support Group

**13**  
 10a - Grief and Loss  
 11a - Arts and Crafts  
 12p - Lunch - Chicken ala  
 King  
 1p - Self Esteem  
 1p - Jewelry Club

**14**  
**Bridgeview will be open  
 at 10am!**  
 10:30a - Anxiety Group  
 12p - Lunch - Fried  
 Chicken  
 1p - Mental Health  
 Support Group

**20**  
 10a - Grief and Loss  
 11a - Arts and Crafts  
 12p - Lunch - Sloppy Joes  
 12:30p - Spooktastic Game  
 1p - Self Esteem  
 1p - Jewelry Club

**21**  
 10:30a - Anxiety Group  
 12p - Lunch - Tator Tot  
 Hotdish  
 1p - Mental Health  
 Support Group

**27**  
 10a - Grief and Loss  
 11a - Arts and Crafts  
 12p - Lunch - Chicken Wild  
 Rice Soup  
 1p - Self Esteem  
 1p - Jewelry Club

**28**  
 10:30a - Anxiety Group  
 12p - Lunch - Spaghetti  
 Pie  
 1p - Mental Health  
 Support Group

## wednesday

**1**  
 10:30a - Coexistence  
 Group  
 12p - Lunch - Vegetable  
 Beef Soup  
 1p - Gratitude Journaling

**8**  
 10:30a - Coexistence  
 Group  
 12p - Lunch - Egg Bake  
 1p - Gratitude Journaling

**15**  
**Bridgeview will  
 be opening at 1pm!**  
 1p - Gratitude Journaling  
 3p-4:30p - Craft Show Setup  
 and Cleaning  
 4:45p - Lasagna Meal with  
 members and family  
 5:30p-7p - Craft Show open to  
 the community!

**22**  
 10:30a - Coexistence  
 Group  
 12p - Lunch - Beef Stew  
 12:15p - **Member Meeting**  
 1p - Gratitude Journaling

**29**  
 SORRY! WE'RE  
 CLOSED

## Thursday

**2**  
 10a - Writing Circle  
 11a - Music Group  
 12p - Lunch - Goulash  
 1p - Mental Health  
 Support Group Hybrid

**9**  
 10a - Writing Circle  
 11a - Music Group  
 12p - Lunch - Tacos  
 1p - Mental Health  
 Support Group Hybrid

**16**  
 10a - Writing Circle  
 11a - Music Group  
 12p - Lunch - Hot Dogs  
**Fridley PD Serving!**  
 1p - Mental Health  
 Support Group Hybrid

**23**  
 10a - Writing Circle  
 11a - Music Group  
 12p - Lunch - Mock Chow  
 Mein  
 1p - Mental Health  
 Support Group Hybrid

**30**  
 SORRY! WE'RE  
 CLOSED

## Friday

**3**  
 11a - Lunch - Chicken  
 Caesar  
 Salad  
 11:45a - Offsite Activity -  
 Bowling (\$6-9)  
**Bridgeview will be  
 closed from 11:30a-3p!**

**10**  
 11a - Lunch - Sandwiches  
 11:45a - Offsite Activity -  
 Rosedale Mall  
**Bridgeview will be  
 closed from 11:30a-3p!**

**17**  
 11a - Lunch - Pizza  
 12p - BINGO



**24**  
 SORRY! WE'RE  
 CLOSED

**31**  
 SORRY! WE'RE  
 CLOSED

## MEMBER MEETING MINUTES:

- Reminder about personal boundaries! We are all excited to see one another and sometimes it can be hard to resist giving a hug, but it is important to make sure everyone's personal space is respected. It is also a good reminder that it is hard for some people to say no, especially to their Bridgeview friends. So we are asking people from refraining from asking others for rides, money, food, or cigarettes.
- Please make sure that someone isn't sitting at a table before sitting down and please refrain from moving items that don't belong to you without asking first!
- Reminder to be kind! We all need to remember to be kinder to each other. It is against Bridgeview rules to be talking negatively about others when they are or aren't present and will result in a suspension.
- Offsite activities for next month - Bowling and Rosedale Mall again!
- A change to how you sign up for Offsite activities! To make it easier and more streamlined, you will contact Ruth to sign up for any offsite activities!
- Winter crafts and arts show will be on Wednesday, Dec. 15th with a holiday meal right before the show being open to the public at 5:30p! Bridgeview will open at 1p this day and there will not be any lunch! There will only be transportation to Bridgeview this day, you will be responsible for finding your own ride home.
- With Winter Weather fast approaching, reminder to check out the Lee Carlson Center Facebook page for update and last minute closings!
- With transportation limited, we do our best to accommodate all requests in terms of pick up and drop off times. Unfortunately we aren't always able to do that. Remember when you sign up for transportation you can be picked up anywhere between 8a-9:45a and have to leave Bridgeview either at 2p or 3p. Please be kind to the driver as they are doing their best to get you to and from Bridgeview when you want but that is not always possible.
- Please don't dump coffee or any other liquids in the water catch tray. The tray is meant to catch small amounts of water from the water dispenser, please dump anything into the sinks in the bathroom!

## 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 December, everyone! The colder weather and the change of seasons has arrived. I've been trying to embrace the change and have been putting cinnamon in almost everything I cook - it seems to pair the best with apples. I'm so excited to open our doors to the public for our winter Arts & Crafts show on December 15th! It will be a wonderful opportunity to gather during the holiday season.

I've put together two different playlists for this month: one with Christmas music and one without. I definitely enjoy holiday music, but I know it's not everyone's cup of tea. As always, if you have musical suggestions, please bring them to me! Discovering new music is one of my favorite things.

## Christmas Playlist

1. "Silent Night"
2. "O Come, All Ye Faithful"
3. "Have Yourself a Merry Little Christmas" - Hugh Martin & Ralph Blane (sung by Judy Garland)
4. "Rockin' Around the Christmas Tree" - Johnny Marks (sung by Brenda Lee)
5. "Run Run Rudolph" - Chuck Berry

## Non-Christmas Playlist

1. "California Dreaming" - The Mamas & The Papas
2. "A Hazy Shade of Winter" - Simon & Garfunkel
3. "Winter Wonderland" - Felix Bernard & Richard B. Smith
4. "I've Got My Love To Keep Me Warm" - Irving Berlin (sung by Frank Sinatra)
5. "Snow" - Harry Nilsson



# Gratitude Journaling Prompt

DESCRIBE THREE DIFFERENT WAYS YOU CAN SHOW GRATITUDE WITHOUT SAYING "THANK YOU."

---



---



---



---



---



---



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

BRIDGEVIEW CSP  
7954 UNIVERSITY AVE.  
FRIDLEY, MN 55432

Non-Profit  
Org.  
U.S. Postage  
PAID  
Permit #217  
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](http://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