

BRIDGEVIEW NEWSLETTER

Stay Connected, Stay Supported, Stay Well



Happy FEBRUARY! We are so excited to be back to in person programming starting Monday, January 31st. We understand that change is hard and sometimes at Bridgeview we have to make decisions that aren't the most popular but are the most safe. Once again masks are required at Bridgeview unless you are actively eating or drinking. We all need to be doing our part and if there are constant reminders being made, we may need to ask members to leave for the day/week until they are ready to wear their masks properly. We thank everyone for doing their part to having kept Bridgeview COVID-free this whole time. We continue to need to take precautions to keep Bridgeview COVID-free like wearing masks, washing/sanitizing hands frequently, social distancing when possible, as well as refraining from direct physical contact with other members. We are hoping that we can continue to each do our part and keep all our friends at Bridgeview healthy!

CHECK THIS OUT!

We are so excited that testing out the Hybrid groups and making the transition back to virtual groups the last two weeks in January has worked so well, that we have decided to offer all of our support groups hybrid style! Everyone who's been part of a group will receive the Teams links daily for each group! This is a good option if you are feeling under the weather, you are able to stay home and still feel supported! Haven't attended a virtual support group? Give us a call to sign up!

COMING SOON!

Symptoms Management Therapy Group: COVID
This group focuses on different strategies to cope with mental health symptoms during a pandemic. Key concepts include: education, skills for thriving, and improving overall well-being.

♥

GIVE BACK

When you buy a \$2.50 red My Heart Reusable Bag, a **\$1 donation** will be given to a local non-profit

Selected Organization:

Lee Carlson Center

Selected Month: Selected Hy-Vee:

March 2022 **8155 Highway 65 NE**

Hy-Vee
hy-vee.bags4mycause.com



We are so happy to have Katie join our team and be the interim Bridgeview Director while Alyssa is out on maternity leave. Katie is currently the Director of School Based Mental Health at Lee Carlson Center. Katie specializes in working with adolescents who are in need of high level care. She is a member of the Association for Specialists in Group Work and has experience working with people who struggle with depression, anxiety,



social skills, trauma, self-harm, and suicidal ideation. Katie enjoys being outdoors, spending time with family, jogging, yoga, and cooking. She loves animals and has two adorable cats who she loves to hang out with.

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://www.facebook.com/LeeCarlsonCenter) or call the main clinic at **763-780-3036!**



CHICKEN SHAWARMA (MIDDLE EASTERN)

<https://www.recipetineats.com/chicken-shawarma-middle-eastern/#wprm-recipe-container-22007>



Ingredients:

- 2lb /1 kg chicken thigh fillets , skinless and boneless (Note 3)
- **MARINADE**
 - 1 large garlic clove , minced (or 2 small cloves)
 - 1 tbsp ground coriander
 - 1 tbsp ground cumin
 - 1 tbsp ground cardamon
 - 1 tsp ground cayenne pepper (reduce to 1/2 tsp to make it not spicy)
 - 2 tsp smoked paprika
 - 2 tsp salt
 - Black pepper
 - 2 tbsp lemon juice
 - 3 tbsp olive oil
- **YOGHURT SAUCE**
 - 1 cup Greek yoghurt
 - 1 clove garlic , crushed
 - 1 tsp cumin
 - Squeeze of lemon juice
 - Salt and pepper
- **TO SERVE**
 - 6 flatbreads (Lebanese or pita bread or homemade soft flatbreads)
 - Sliced lettuce
 - Tomato slices

Directions:

1. Combine the marinade ingredients in a large ziplock bag (or bowl).
 2. Add the chicken and use your hands to make sure each piece is coated. If using a ziplock bag, I find it convenient to close the bag then massage the bag to disperse the rub all over each chicken piece.
 3. Marinate overnight or up to 24 hours.
 4. Combine the Yoghurt Sauce ingredients in a bowl and mix. Cover and put in the fridge until required (it will last for 3 days in the fridge).
 5. Heat grill/BBQ (or large heavy based pan on stove) on medium high. You should not need to oil it because the marinade has oil in it and also thigh fillets have fat. But if you are worried then oil your hotplate/grill. (See notes for baking)
 6. Place chicken on the grill and cook the first side for 4 to 5 minutes until nicely charred, then turn and cook the other side for 3 to 4 minutes (the 2nd side takes less time).
 7. Remove chicken from the grill and cover loosely with foil. Set aside to rest for 5 minutes.
- **TO SERVE**
 - Slice chicken and pile onto platter alongside flatbreads, Salad and the Yoghurt Sauce.
 - To make a wrap, get a piece of flatbread and smear with Yoghurt Sauce. Top with a bit of lettuce and tomato and Chicken Shawarma. Roll up and enjoy!

STRAWBERRY VALENTINES

CHEX MIX

<https://butterwithasideofbread.com/25-easy-swoon-worthy-valentines-day/>

Ingredients:

- 4-6 cups Rice Chex cereal
- 1 8- oz bag Strawberry Candy Melts OR
- 1 bag of white chocolate baking chips {12 oz} AND
- 1 box of Strawberry Creme Jell-O Pudding** {pudding NOT gelatin!}
- Valentines M&M's and/or Sprinkles

Directions:

1. Measure out Chex cereal into a large bowl. Note: if you're using the Strawberry Candy Melts, you'll use 4 cups of cereal. If you're using the white chocolate chips + pudding mix, you'll use 6 cups of cereal.
2. Pour chocolate into a small glass dish. Add 1/2 tsp shortening, if desired, to help the chocolate coat the cereal easier. Microwave for 1 minute 20 seconds. Let sit in the microwave for 3 minutes. Remove and gently stir. If chocolate loves its shape and looks smooth, it's done. If not, return to the microwave in 15 second increments, letting it sit for 2-3 minutes each time, until melted and smooth.
3. If you used White Chocolate Chips + Pudding Mix: Add 4 TBSP of the strawberry creme pudding into the white chocolate and stir gently until smooth. Add 2 drops of red food coloring, if desired.
4. Pour the chocolate mixture over the Chex cereal and stir gently to coat.
5. Transfer cereal mixture to a large piece of wax paper. Sprinkle with M&M's and Valentines sprinkles, if desired. Let cool to set. Break pieces and store in an airtight container to save. Candy can be made up to 3-4 days ahead, if desired. It saves well!



LEE CARLSON CENTER™

For Mental Health & Well-Being

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

- Fredrick Douglas
- Abolitionist
- Emancipation
- Heritage
- Oppression
- Slavery
- Rosa Parks
- Harriet Tubman
- Advocate
- Equality
- Injustice
- Prejudice
- Underground Railroad
- Black History
- February
- Civil Rights
- Freedom
- Integrity
- Racism
- Martin Luther King Jr.



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.

Book Club: Member led group focused on reading different books with stellar discussion.

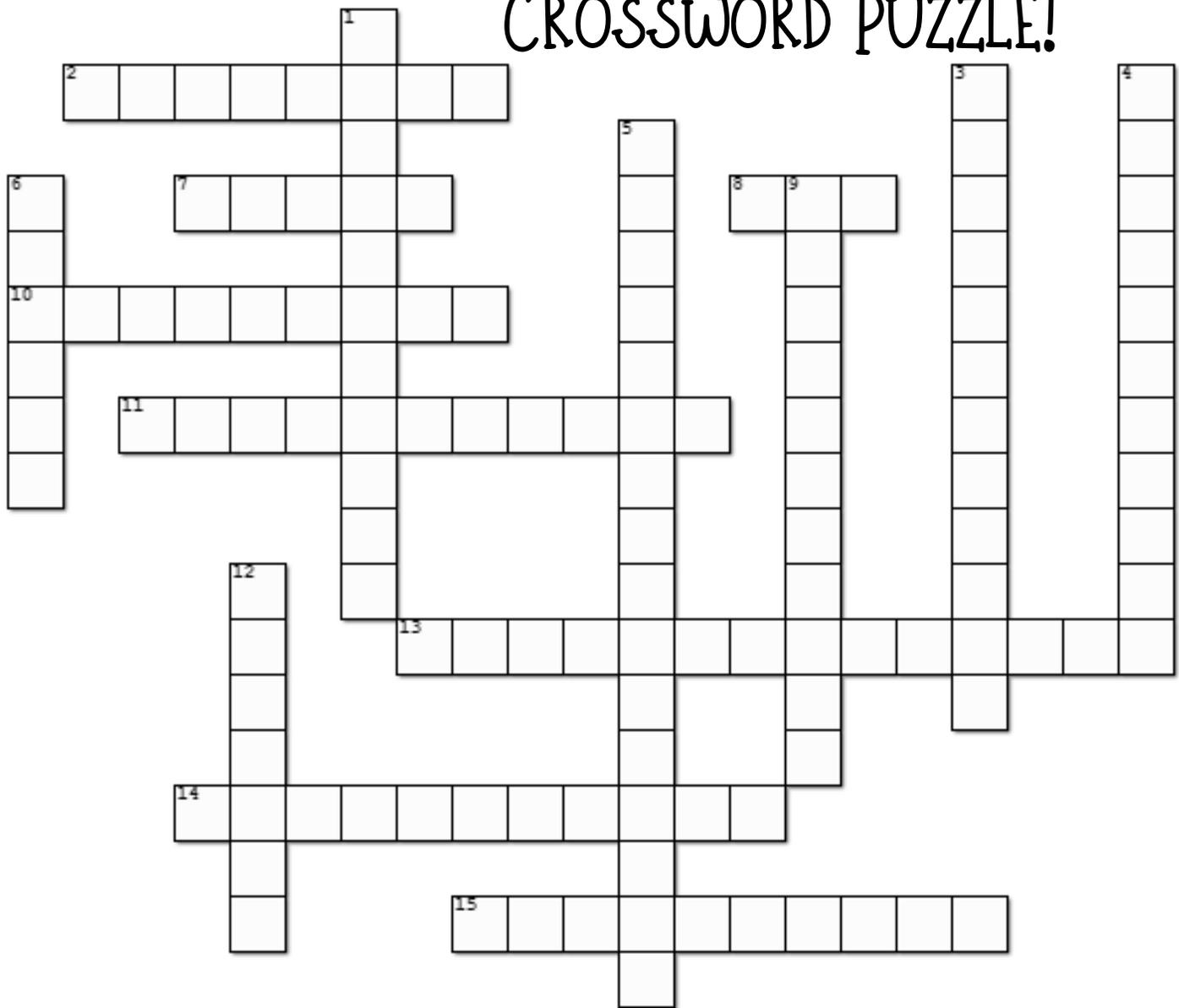
Jewelry Club: Member led group focused on learning and making different types of jewelry.

Healthy Living, Tobacco and You: this support group is aimed at working towards the goal of reducing or quitting smoking.

Exercise Group: this group is for everyone! Doesn't matter age or ability, and no equipment required!



CROSSWORD PUZZLE!



Across

- 2. The state or quality of being equal.
- 7. An organized passive protest, demonstrators occupy seats prohibited to them, in restaurants and other public places
- 8. Name of prominent civil rights leader. (Abbr)
- 10. Took a stand for her rights to ride a bus.
- 11. People of different racial or ethnic groups brought into unrestricted and equal association
- 13. Unfair treatment of a person or group on the basis of prejudice
- 14. Type of protest support by Martin Luther King Jr.
- 15. Location of first integrated school.

Down

- 1. Act passed in 1964.
- 3. Act passed in 1965.
- 4. Separation of individuals or groups.
- 5. Goal of giving all persons an equal chance to an education and employment
- 6. Afro-American protest: refusing to leave a segregated area until served.
- 9. A proposed or enacted law or group of laws.
- 12. A group's refusal to have commercial dealings with some organization in protest against its policies



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



Are you
 interested in
 getting your
 newsletter to
 your email?
 Reach out to
 sign up!

Monday



- 7 10a - Grief and Loss
- 11a - Healthy Living, Tobacco and You
- 12p - Lunch - Cheeseburger Mac
- 1p - Self Esteem
- 1p - Jewelry Club
- 2p - Arts and Crafts

- 14 10a - Grief and Loss
- 11a - Healthy Living, Tobacco and You
- 12p - Lunch - Spaghetti Pie
- 12:30p - Valentine's Game
- 1p - Self Esteem
- 1p - Jewelry Club
- 2p - Arts and Crafts

- 21 10a - Grief and Loss
- 11a - Healthy Living, Tobacco and You
- 12p - Lunch - Sloppy Joes
- 12:30p - Jeopardy Game
- 1p - Self Esteem
- 1p - Jewelry Club
- 2p - Arts and Crafts

- 28 10a - Grief and Loss
- 11a - Healthy Living, Tobacco and You
- 12p - Lunch - Tater Tot Hotdish
- 1p - Self Esteem
- 1p - Jewelry Club
- 2p - Arts and Crafts

Tuesday

- 1 10a - Passport Activity
- 11a - Anxiety Group
- 12p - Lunch - Goulash
- 1p - Mental Health Support Group

- 8 10a - Passport Activity
- 11a - Anxiety Group
- 12p - Lunch - Mock Chow Mein
- 1p - Mental Health Support Group

- 15 10a - Passport Activity
- 11a - Anxiety Group
- 12p - Lunch - Fried Chicken
- 1p - Mental Health Support Group

- 22 10a - Passport Activity
- 11a - Anxiety Group
- 12p - Lunch - Egg Bake
- 1p - Mental Health Support Group

wednesday

- 2 11a - Coexistence Group
- 12p - Lunch - Chicken Noodle Soup
- 1p - Gratitude Journaling
- 2p - Pandemic Mental Health Support Group

- 9 10a - Book Club
- 11a - Coexistence Group
- 12p - Lunch - Chicken ala King
- 1p - Gratitude Journaling
- 2p - Pandemic Mental Health Support Group

- 16 10a - Book Club
- 11a - Coexistence Group
- 12p - Lunch - Tacos
- 12:15p - **Member Meeting**
- 1p - Gratitude Journaling
- 2p - Pandemic Mental Health Support Group

- 23 10a - Book Club
- 11a - Coexistence Group
- 12p - Lunch - Cheeseburger Mac
- 1p - Gratitude Journaling
- 2p - Pandemic Mental Health Support Group

Thursday

- 3 10a - Writing Circle
- 11a - Music Group
- 12p - Lunch - Tater Tot Hotdish
- 1p - Mental Health Support Group Hybrid

- 10 10a - Writing Circle
- 11a - Music Group
- 12p - Lunch - Chicken Caesar Salad
- 1p - Mental Health Support Group Hybrid

- 17 10a - Writing Circle
- 11a - Music Group
- 12p - Lunch - Hot Dogs
- Fridley PD Serving!**
- 1p - Mental Health Support Group Hybrid

- 24 10a - Writing Circle
- 11a - Music Group
- 12p - Lunch - Chicken Wild Rice Soup
- 1p - Mental Health Support Group Hybrid

Friday

- 4 **Bridgeview will be open at 9:30a!**
- 10a - Exercise Group
- 11a - Lunch - Sandwiches
- 11:45a - Offsite Activity - Bowling (\$6-9)
- Bridgeview will be closed from 11:30a-3p!**

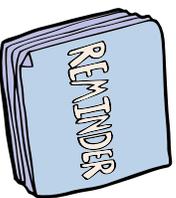
- 11 10a - Exercise Group
- 11a - Lunch - Pizza Casserole
- 12p - BINGO

- 18 **Bridgeview will be open at 9:30a!**
- 10a - Exercise Group
- 11a - Lunch - Sandwiches
- 11:45a - Offsite Activity - Movies!
- Bridgeview will be closed from 11:30a-3p!**

- 25 11a - Lunch - Pizza
- 12p - BINGO



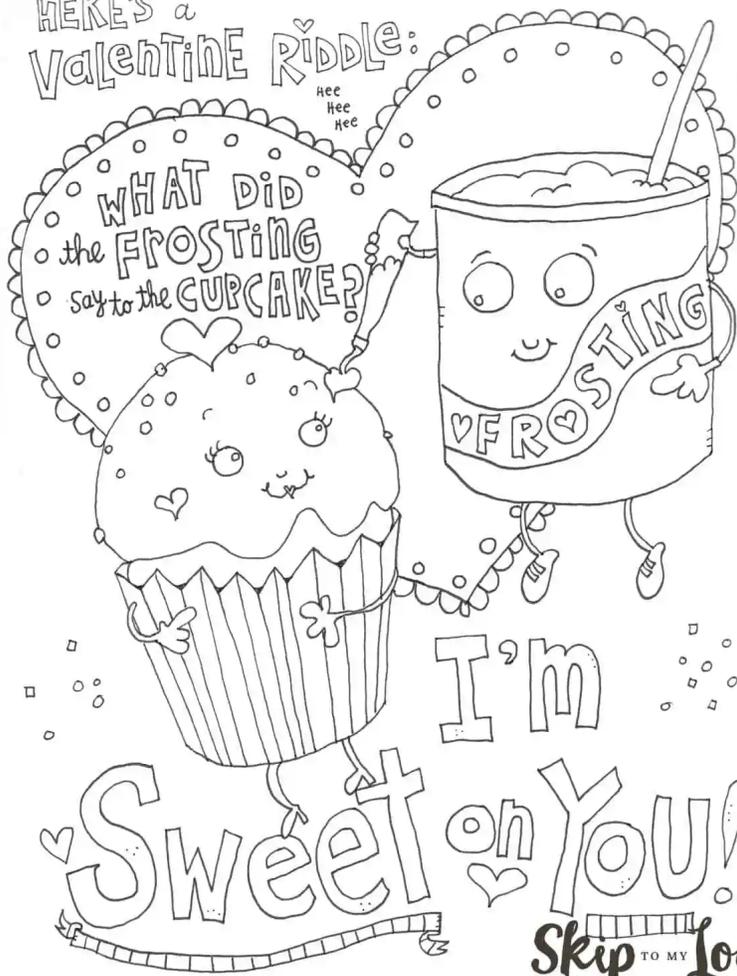
February



**Masks are now
 required at
 Bridgeview!**

HERE'S a Valentine Riddle:

Hee Hee Hee

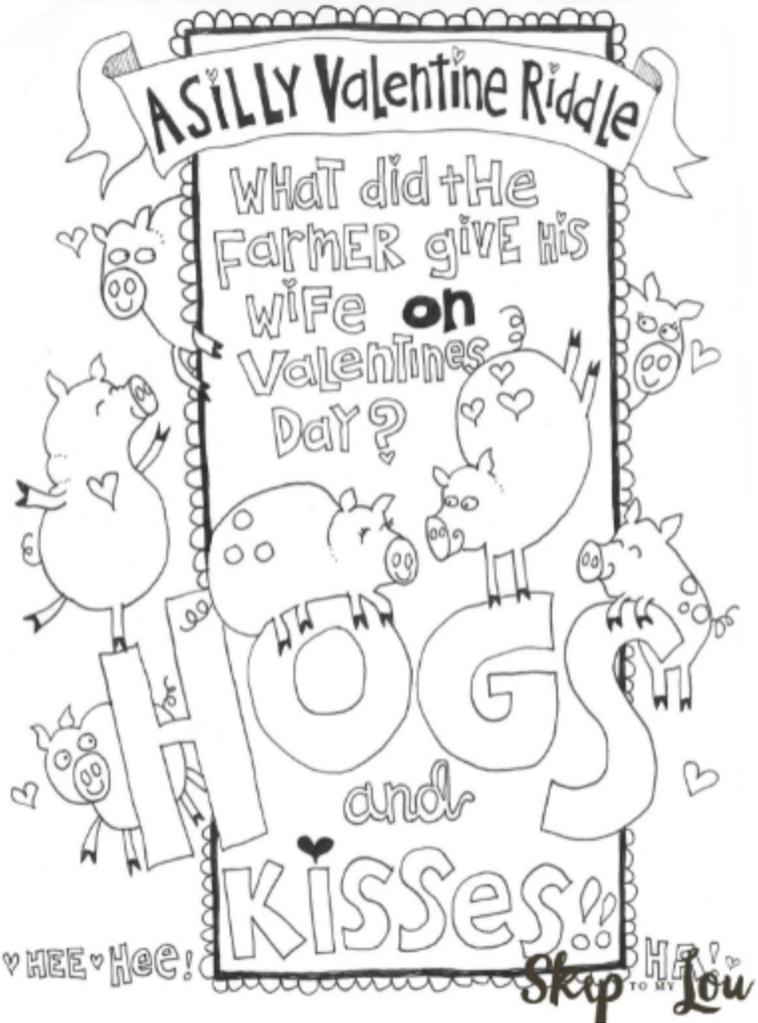


Skip TO MY Lou

<https://www.skiptomylou.org/valentines-coloring-pages/>

ASILLY Valentine Riddle

WHAT did the FARMER give his WIFE on Valentines Day?



♥HEE♥Hee!

Skip TO MY Lou

EMOJI PUZZLE!

Can you figure out the Valentine's Day themed words/phrases?















Ruth's Ramblings

Hello, Bridgeview friends! I hope you are all staying safe, healthy, and WARM. My favorite ways to stay warm have been 1) wool socks, 2) hot tea, and 3) spending quality snuggle time with my animals.

Speaking of snuggles and quality time – this month’s playlist is all about love. Romantic, platonic, etc. – let’s celebrate it all this Valentine’s day. The relationships we have with other people are so important and should be valued every day, not just on February 14th. As always, if you have songs that you want to add to this playlist, stop in (or call me) and let me know!

February Playlist

1. “Where You Lead” – Carole King
2. “You’re My Best Friend” – Queen
3. “I Love My Dog” – Cat Stevens
4. “L-O-V-E” - Bert Kaempfert and Milt Gabler (sung by Nat King Cole)
5. “This Will Be Our Year” – The Zombies



Gratitude Journaling Prompt

LIST 10 THINGS THAT YOU LOVE ABOUT YOURSELF. HOW WILL THESE HELP YOU SHOW LOVE TO OTHERS?

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____



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

BRIDGEVIEW CSP
7954 UNIVERSITY AVE.
FRIDLEY, MN 55432

Non-Profit
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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