

BRIDGEVIEW NEWSLETTER

Stay Connected, Stay Supported, Stay Well

Happy New Year!

Welcome to 2022! We are so excited to start some new things in the new year! There have been members wondering about birthdays, we have started a birthday balloon at Bridgeview that you can add your own birthday to. It will be your choice to have your birthday listed on the balloon for the month. Stop by Bridgeview for lunch the week of your birthday and get first in line (just one day that week!). We are also going to be starting up a Bridgeview Passport activity that will run all year long! Earn some miles by participating in certain activities that are outlined in your passport! Swing by and pick up your very own Bridgeview Passport, and start on your journey experiencing Australia! We also have some new groups starting, so check out the calendar for some fun new things!

Winter weather can result in unexpected closings! Be sure to follow Lee Carlson Center on Facebook for up to date closures!
facebook.com/LeeCarlsonCenter or call the main clinic at **763-780-3036!**

Bridgeview will be closed on Monday, January 17th in honor of Martin Luther King, Jr. Bridgeview will be open at 9:30a on Friday, January 21st.

"I HAVE DECIDED TO STICK WITH LOVE. HATE IS TOO GREAT A BURDEN TO BEAR."
 -MARTIN LUTHER KING, JR.

Starting In January! Learning About Healthy Living, Tobacco and You Group!

Come join a group aimed at helping people reduce and quit smoking! Have questions, ask Kaitlyn!

NEW

Are you interested in getting your newsletter to your email? Reach out to sign up for our new e-newsletter coming in February!



Masks are now required at Bridgeview!



QUESADILLA BURGER

<https://www.delish.com/cooking/recipe-ideas/recipes/a54152/quesadilla-burger-recipe/>



Ingredients:

- 1 lb. ground beef
- 1 clove garlic, minced
- 1 jalapeño, minced
- 1 tsp. chili powder
- Kosher salt
- Freshly ground black pepper
- 5 tbsp. vegetable oil, divided
- 8 small flour tortillas
- 1 1/2 c. shredded cheddar
- 1 1/2 c. shredded Monterey Jack
- 1 1/2 c. shredded lettuce
- 1 c. pico de gallo
- 1/2 c. sour cream, for drizzling

Directions:

1. In a large bowl, combine ground beef, garlic, jalapeño, and chili powder and season with salt and pepper. Mix until just combined, then shape mixture into 4 thin patties.
2. In a large skillet over medium-high heat, heat 1 tablespoon of oil. Cook patties to your desired doneness, about 4 minutes per side for medium. Transfer to a plate and wipe skillet clean.
3. Heat 1 tablespoon oil over medium heat. Add a flour tortilla and top with a small handful each of cheeses and lettuce.
4. Place a cooked burger on top, then top with more cheese, and cup pico de gallo and a drizzle of sour cream. Top with a tortilla and cook until golden, about 2 minutes.
5. Flip quesadilla and cook 2 minutes more. Repeat with remaining ingredients to make 4 quesadilla burgers.

YOUR HOLIDAY GRIEF SURVIVAL GUIDE

HOW TO GET THROUGH THE HOLIDAYS WHEN YOU'RE GRIEVING

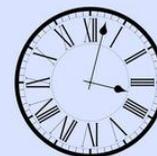
1. LET YOURSELF SAY 'NO'

Above all else, you need to take care of yourself. If you're feeling sad & not up for going to that holiday party - give yourself permission to say no! Stay home, watch a movie and take care of yourself.

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2. IT'S OKAY TO LEAVE EARLY

You might feel like you're up for a social gathering until you get there and realize "I am not okay being here". That's okay! Give yourself permission to go home early - your friends will understand.



3. ALWAYS HAVE AN EXIT STRATEGY

Drive to holiday parties yourself so you have the option to leave as soon as things get too difficult to handle. Avoid hosting if you can - if you host, you can't leave! ALWAYS make sure you have an escape plan in place.

4. YOU'RE ALLOWED TO CHANGE YOUR MIND

So you've said yes to that thing you said you'd do but now you're absolutely dreading it? Know that you're allowed to change your mind! If you've over-committed yourself, be honest! You're allowed to change your mind.

5. SURROUND YOURSELF WITH SUPPORTIVE PEOPLE

Only surround yourself with people who make you feel supported & understand that you're grieving and might not be up for celebrating this year.



6. KNOW IT'S OKAY TO BE SAD & IT'S OKAY TO BE HAPPY TOO



You don't have to love this holiday season. A lot of it is hard. Give yourself that it's okay to be sad. It's also okay to feel happy - it's okay to get better. It doesn't mean you're "over" the loss.

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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!

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!



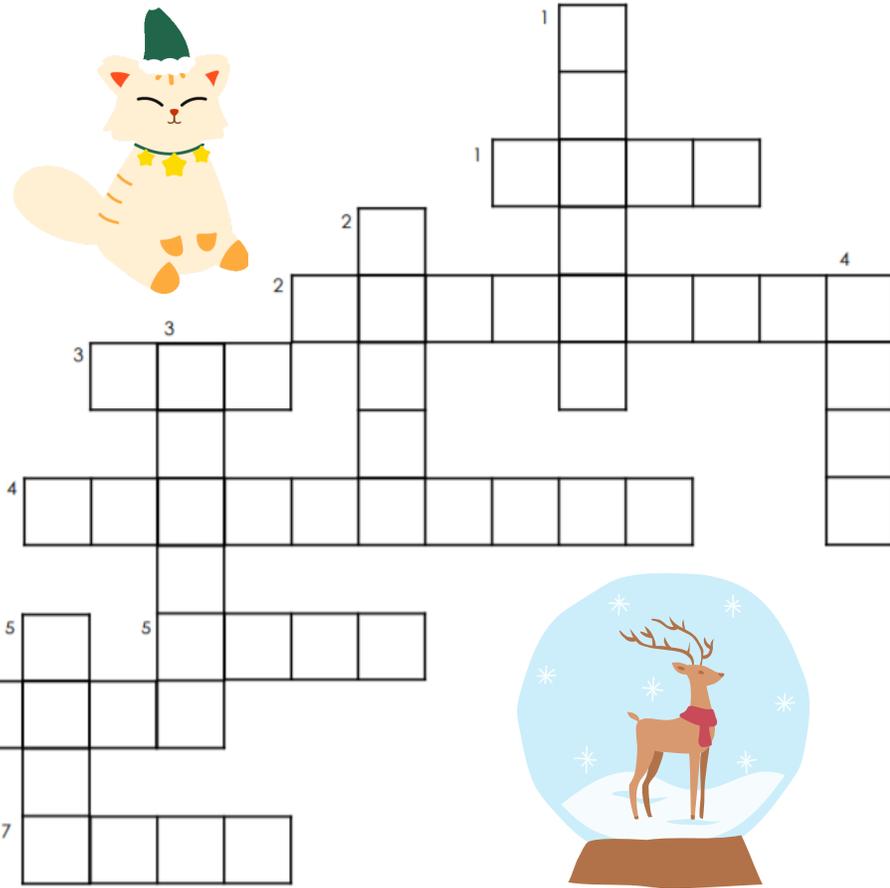
LEE CARLSON CENTER™
For Mental Health & Well-Being

Across:

1. Warm and while reading by the fire with a blanket
2. Shaking slightly because of the cold
3. Careful of roads! (rhymes with spicy)
4. The snow was in the light. (means shining)
5. The nights are , but the days are short in winter
6. It was a day, so school was cancelled
7. Opposite of light

Down:

1. Turned to ice; name of a movie
2. Snow and the 7 Dwarfs
3. Uncomfortably cold
4. The color of a cloudy day
5. Runny nose, sneezing, cough



REBUS PUZZLES!

SOUP #1

#2

WHAT

MUST

TRAVEL
CCCCC

#3

#4

STAND
TRY 2

SUDOKU!

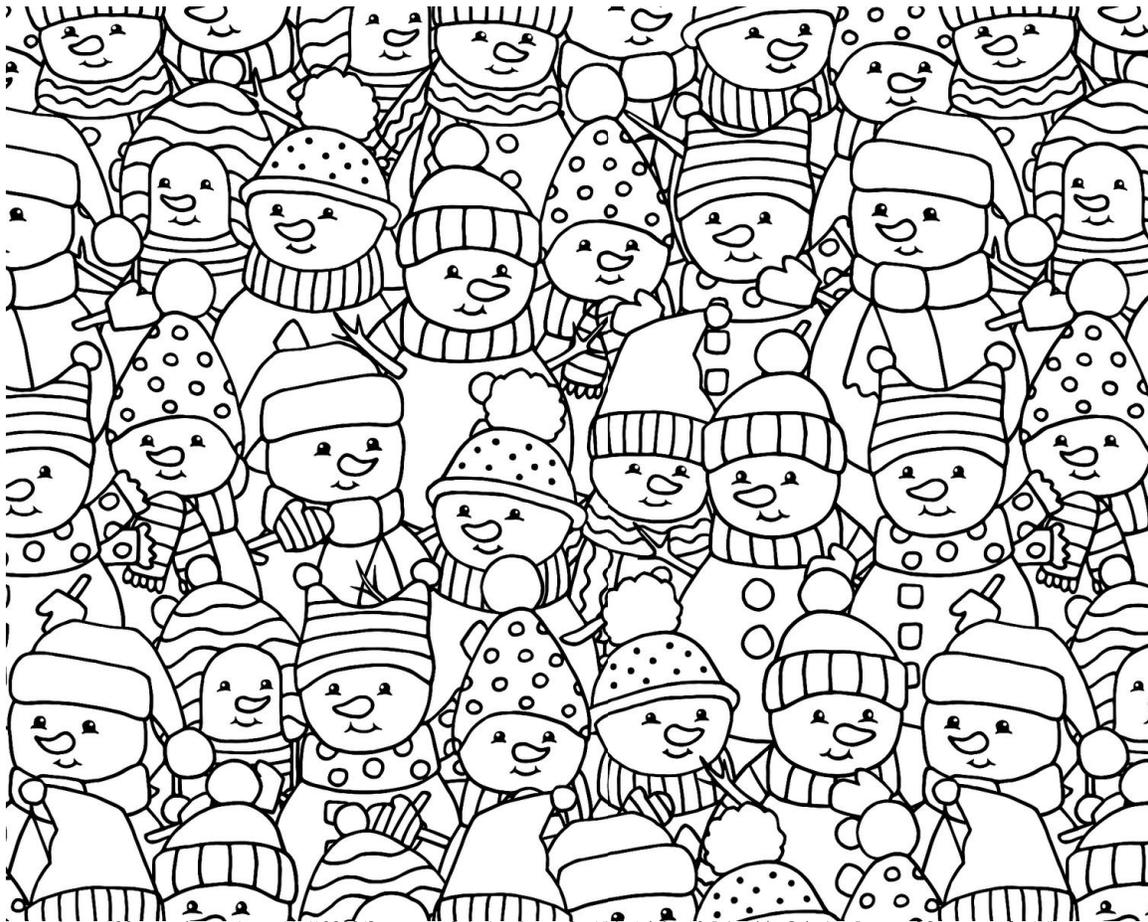
6						5	4
7	8		4	3			
	3			5		1	
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	7		5	3	2		
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9	5			1		4	2
	4			6			



COLORING PAGE



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



<https://30seconds.com/mom/tip/18880/Snowman-Coloring-Pages-for-Kids-Adults-10-Printable-Coloring-Pages-of-Snowmen-for-Winter-Fun#&gid=t18880&pid=5>

ARTIST OF THE MONTH!

Isabella H.



For Isabella, art means that what ever happens or you imagine your dream can come true with work. Isabella hopes that her drawings can inspire people to love. Her piece, **Open Space**, is her reminder to keep her mind open for new obstacles that come her way.

WRITER OF THE MONTH!

Dee H.

I am love
I wonder if he can hear my heart beat
I hear music
I see beauty in all
I want more love
I am love

I pretend nothing
I feel I am from love
I touch my heart
I worry about nothing
I cry when I am happy
I am love

I understand as much as I can
I say you are loved
I dream I can fly
I try to listen
I hope to give love in return
I am love

Dee is new to writing poems and has really loved trying to write. Dee is new to writing and has found it to be inspiring but an enjoyable experience. In her piece, **I am LOVE**, she expresses how everyone needs to be loved.



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

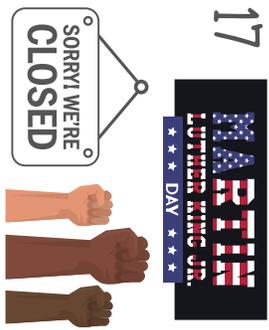
Anoka County Adult Mental Health Intake Line:
 763-324-1420

Monday

3
 10a - Grief and Loss
 11a - Healthy Living, Tobacco and You
 12p - Lunch - Goulash
 1p - Self Esteem
 1p - Jewelry Club
 2p - Arts and Crafts

10
 10a - Grief and Loss
 11a - Healthy Living, Tobacco and You
 12p - Lunch - Mock Chow Mein
 1p - Self Esteem
 1p - Jewelry Club
 2p - Arts and Crafts

17



LUTHER KING JR. DAY
 SORRY WE'RE CLOSED

24
 10a - Grief and Loss
 11a - Healthy Living, Tobacco and You
 12p - Lunch - Egg Bake
 12:30p - Jeopardy Game
 1p - Self Esteem
 1p - Jewelry Club
 2p - Arts and Crafts

31
 10a - Grief and Loss
 11a - Healthy Living, Tobacco and You
 12p - Lunch - Tuna Melts
 1p - Self Esteem
 1p - Jewelry Club
 2p - Arts and Crafts

Tuesday

4
 10a - Passport Activity
 11a - Anxiety Group
 12p - Lunch - Cheeseburger Mac
 1p - Mental Health Support Group

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

18
 10a - Passport Activity
 11a - Anxiety Group
 12p - Lunch - Spaghetti Pie
 1p - Mental Health Support Group

25
 10a - Passport Activity
 11a - Anxiety Group
 12p - Lunch - Chicken Noodle Soup
 1p - Mental Health Support Group

January

wednesday

5
 11a - Coexistence Group
 12p - Lunch - Tater Tot Hotdish
 1p - Gratitude Journaling
 2p - Pandemic Mental Health Support Group

12
 10a - Book Club
 11a - Coexistence Group
 12p - Lunch - Hot Dogs
 1p - Gratitude Journaling
 2p - Pandemic Mental Health Support Group

19
 10a - Book Club
 11a - Coexistence Group
 12p - Lunch - Fried Chicken
 12:15p - **Member Meeting**
 1p - Gratitude Journaling
 2p - Pandemic Mental Health Support Group

26
 10a - Book Club
 11a - Coexistence Group
 12p - Lunch - Beef Stew
 1p - Gratitude Journaling
 2p - Pandemic Mental Health Support Group

Thursday

6
 10a - Writing Circle
 11a - Music Group
 12p - Lunch - Tacos
 1p - Mental Health Support Group Hybrid

13
 10a - Writing Circle
 11a - Music Group
 12p - Lunch - Pizza Casserole
 1p - Mental Health Support Group Hybrid

20
 10a - Writing Circle
 11a - Music Group
 12p - Lunch - Sloppy Joes
Fridley PD Serving!
 1p - Mental Health Support Group Hybrid

27
 10a - Writing Circle
 11a - Music Group
 12p - Lunch - Chicken ala King
 1p - Mental Health Support Group Hybrid



Friday

7
 10a - Exercise Group
 11a - Lunch - Sandwiches
 11:45a - Offsite Activity - Bowling (\$6-9)
Bridgeview will be closed from 11:30a-3p!

14
 10a - Exercise Group
 11a - Lunch - Chicken Caesar Salad
 11:45a - Offsite Activity - Let's Go Thrifting!
Bridgeview will be closed from 11:30a-3p!

21
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!

28
 11a - Lunch - Pizza
 12p - BINGO



NATIONAL SLAVERY & HUMAN TRAFFICKING PREVENTION MONTH
 M O N T H

MEMBER MEETING MINUTES:

- Reminder about closing days at the end of Dec and MLK Jr. day in January.
- Reminder about cancelling rides before 8a the day of.
- If you sign up for a ride, we need some way to get a hold of you. Your phone number must be working and we must be able to leave voicemails to confirm your ride and let you know what time we will be picking you up. If we are unable to call you or leave voicemails we won't be coming. If you have a working email, that works too!
- Offsite activities - bowling, thrift store shopping, movies! Reminder to sign up with Ruth if you are interested in going!
- Winter Weather reminder - check Lee Carlson Center Facebook page for up to dates or call the main clinic line 763-780-3036, there will be a message if the agency is closed.
- Cold/Flu/Covid season! Reminder that we are requiring masks at Bridgeview. A good reminder to not share food if you have already eaten off of it, to avoid close physical contact, and washing/sanitizing hands to help avoid any spreads of germs. Thank you for everyone's help in doing their part to keep everyone safe and healthy!
- Rise update - Lisa from Rise has been promoted! Huge congratulations to Lisa in her new role at Rise and look forward to seeing her serving lunches occasionally at Bridgeview. We are excited to have Lori join our Bridgeview team to be our Rise Employment Specialist.
- Birthdays - We have created a balloon that we will allow members to put their own birthdays on, ask staff for a label. We will switch it every month. If it is your birthday week, you will be able to jump the line once that week!
- Passport activity starts January! We will have an activity once a week related to a specific country. There will be different ways to earn miles that you will be able to turn in for different prizes!
- Book Club is returning! If you are interested in attending it will be on Wednesday's and there will be a book that you will be able to rent out from the library.



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!





Ruth's Ramblings

HAPPY 2022! I don't know about you, but writing 2022 makes me feel like I'm in a science fiction movie. Here's to a safe & happy new year, everyone!

Since the winter solstice on December 21st, we'll gain a teeny bit of daylight every day. One of my favorite things to do on a cold, sunny day is to look for sundogs - those beautiful tiny rainbows that form when there are ice crystals in the air.



For the January playlist, I've included songs about the new year, sunshine and a few in honor of MLK Jr. day on Monday, January 17th. As always, if you have songs that you want to add to the playlist, please stop in & let me know!

January Playlist

- "Auld Lang Syne" (traditional Scottish folk tune)
- "We Shall Overcome" (taken from the hymn "I'll Overcome Some Day" by Charles Albert Tindley, 1901)
- "A Change Is Gonna Come" (Sam Cooke, 1964)
- "Sunshine On My Shoulders" (John Denver, 1973)
- "Good Day Sunshine (Lennon-McCartney, 1966)

Gratitude Journaling Prompt

You're imperfect, and you're wired for struggle, but YOU ARE WORTHY of love AND belonging.

BRENÉ BROWN

WHAT DO YOU DO TO TAKE CARE OF YOUR SOUL?



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

BRIDGEVIEW CSP
7954 UNIVERSITY AVE.
FRIDLEY, MN 55432

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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