

BRIDGEVIEW NEWSLETTER

Stay Connected, Stay Supported, Stay Well



 Hello Summer 

June brings the first day of Summer. Which is a great time to get outdoors, explore nature, and recharge our batteries! This summer Bridgeview will be closing early on Fridays to allow time for everyone to get a few more hours to recharge. These hours will start on Friday, June 24th and we will be open at 8:30a and close at 11:30a. We will still be offering a meal, so come and have breakfast with us and have some fun with games and music!

Calling all Bridgeview Artists!

Help us design the first official Bridgeview t-shirt! We are looking for original member artwork to feature on an official Bridgeview t-shirt.

The Theme: **"What does Bridgeview mean to you?"** Submit your art to Kaitlyn or Ruth by Friday, July 8th. The artist of the selected piece will receive a gift card as well as have their work featured on Bridgeview's t-shirt.

Offsite Activities this month are on Tuesdays!

We are making some changes to offsites! On Friday, June 3rd we will be going bowling like normal. The rest of the month we will be doing outings on Tuesdays! We will be eating lunch at 11a and leaving for the offsite around 11:30a. You will continue to sign up with Cody for offsites and rides for Tuesdays and Fridays!

Don't forget to check the calendar for changes to group times! If you are interested in attending any of our hybrid groups, reach out to Ruth! Groups that are in bold on the calendar are groups that are offered hybrid!

In honor of Pride Month we will be having a special Pride celebration on Wednesday, June 22nd. We will also be doing fun activities related to Pride all month long!



RHUBARB SAUCE

<https://www.bettycrocker.com/recipes/rhubarb-sauce/b3bd81e0-8cfd-4c44-a6d5-0b79e86ed706>

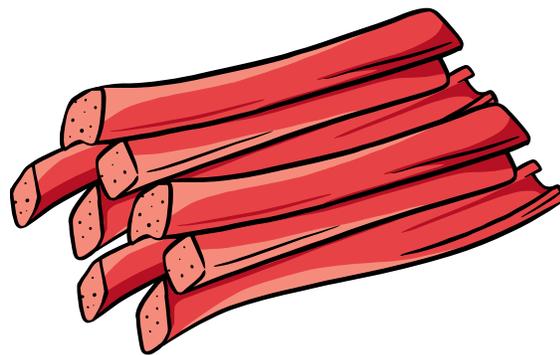
Ingredients:

- 4 cups of 1 inch pieces of Rhubarb
- 3/4 - 1 cup of sugar
- 1/2 cup water
- Ground Cinnamon if desired

Directions:

1. Cut enough rhubarb into 1-inch pieces to measure 4 cups.
2. Heat 3/4 to 1 cup sugar and 1/2 cup water to boiling, stirring occasionally until the sugar is dissolved; reduce heat.
3. Add rhubarb. Simmer uncovered until rhubarb is tender and slightly transparent, about 10-15 minutes or longer, as desired.

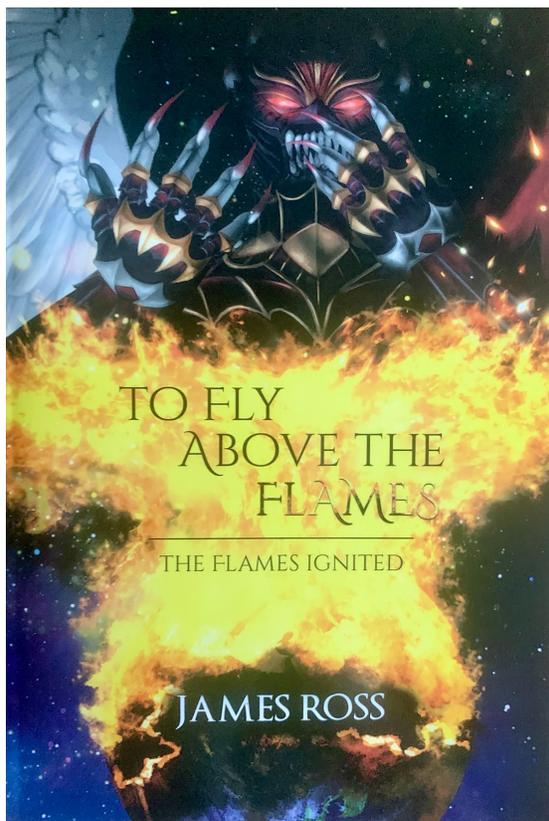
Recipe submitted by member Mary V. Note from Mary: I use 3/4 cup sugar as I like my rhubarb sauce slightly tart. Serve alone or over ice cream.



Member Spotlight!

We are so proud of one of our members James R. He recently had one of his books published. See his description below. If you have something that you are particularly proud of and would like it spotlighted in the newsletter, please see Kaitlyn!

My Book is called To Fly Above the Flames: The Flames Ignited and it is the first installment of an epic, science-fiction space opera series. The book emphasizes the journey of Phoenix Ravaulsh, whose father is the chief scientist behind an ever sustainable technology for Earth. He must discover his destiny however when an ancient war between light and dark alien races finds them caught in the crossfire. It can be found on Amazon, all platforms of Kindle, Inagram, Kobo, Smashwords, and GoogleBooks. Thank you for supporting me as an author, and the audience is still growing with the rankings of the book still rising. - James R.



MEMBER MEETING MINUTES:

- There are a lot of changes coming in June. Please look at the calendar for changes in group times. Starting on June 24th, Friday hours will be 8:30a-11:30a. We will serve breakfast at 10a. Offsites are now on Tuesdays with lunch at 11a.
- Reminder that we do not ask our Bridgeview friends for money, rides, or cigarettes. If attending an offsite activity, you have to have money and minutes on your phone.
- Reminder about gossiping. We don't talk about our Bridgeview friends when they are not here. If staff hears, we will provide a verbal warning and then after that be asked to leave for the day.
- Passport country will be United Kingdom for June!
- Offsite Activities for June: Bowling, Boom Island Park, Out to Eat at Olive Garden, Strawberry Patch, and Movies!

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.

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.

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

Scrap Booking Club: Join members in learning how to do scrap booking! Bring a few photos on the last Monday of the month to make some scrap booking pages!



Q: What kind of music do killer whales like?
A: Orca-stra!



Q: When do you go at red and stop at green?
A: When you're eating watermelon!

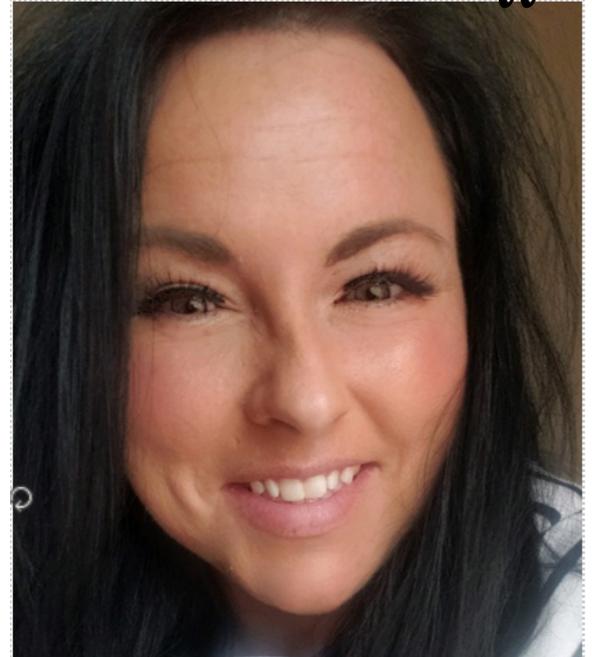


Q: What did the pig say on a hot summer day?
A: "I'm Bacon!"



- **What's your favorite way to spend a day off?** On nice days; doing yard work, photography, being at the race track, or on the lake. On cold/stormy days; binge watching crime documentaries, cooking a new recipe, playing games with my son, talking to friends and family on the phone, snowmobiling, ice fishing.
- **What is your favorite part of your job?** My clients and my co-workers!! Working for a company that genuinely cares about their clients and employees; that's #1.
- **Do you live by any piece of advice or motto?** "Let go. Let God." "There's magic on the other side of fear." "It'll buff out."
- **What is your favorite movie?** Oooohhhhhh; that's tricky. 8 Seconds has been a film I'll never say no to watching ever since I was a little girl. I don't watch a lot of movies but TV shows I like SOA, The Walking Dead, Ozark, Stranger Things, The Mayans, The Handmaids Tale, etc. Have you ever seen those social media posts, "put a heart by the TV shows you have seen ___ episodes of"...? I'd have a LOT of hearts on that!
- **What is your go-to Karaoke jam?** I sang karaoke once in 5th grade, I'm too shy to sing karaoke so I likely wouldn't do it again. But I would probably choose something from my youth like Spice Girls, TLC, or Strawberry Wine. Actually, I take that back; it would be Starship- Nothing's Gonna Stop us Now. My 6 year old son can sing that song word for word probably better than I can; if he sang that for karaoke, I would join him. If you pass me driving down the road or at a stop light though; you'll get a free karaoke show. Don't judge the song that's playing though; I love ALL music.

Meet Our Staff!



Meghan, Lead Mental Health Practitioner and Housing Specialist.

Meghan has been at Lee Carlson Center for 3.5 years.

How does Meghan's team describe her?

- Fierce
- Genuine
- Leader
- Intelligent
- Determined
- Confident
- Driven
- Reliable
- Humble
- Considerate
- Creative
- Driven
- Resourceful
- Compassionate



What is Juneteenth?

Juneteenth is a federal holiday in the United States commemorating the emancipation of enslaved African-Americans. Juneteenth (short for "June Nineteenth") marks the day when federal troops arrived in Galveston, Texas in 1865 to take control of the state and ensure that all enslaved people be freed. The troops' arrival came a full two and a half years after the signing of the Emancipation Proclamation. Juneteenth honors the end to slavery in the United States and is considered the longest-running African American holiday. On June 17, 2021, it officially became a federal holiday.





Bridgeview Hours: Monday - Friday: 9a-3p

Trevor Project Crisis Line
Call: 1-866-488-7386
Text: START to 678-678

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

JUNE

Monday

Tuesday

wednesday

thursday

Friday

6
9:30a - Morning Walk
10a - **Grief and Loss**
12p - Lunch:
Cheeseburger Mac
1p - **Gratitude Journaling**
1p - Jewelry Club

7
9:30a - Morning Walk
10a - **Anxiety Group**
11a - Lunch - Sandwiches
11:30a - Offsite: Boom Island Park

8
9:30a - Morning Walk
10a - **Coexistence Group**
11a - Passport Activity
12p - Lunch - Sloppy Joes
1p - **Mental Health Support Group**

9
9:30a - Morning Walk
10a - Writing Circle
11a - Music Group
12p - Lunch - Tuna Melts
1p - **Self Esteem**

10
9:30a - Morning Walk
11a - Lunch - Tacos
1p - FUN Fridays!

13
9:30a - Morning Walk
10a - **Grief and Loss**
12p - Lunch: Fried Chicken
1p - **Gratitude Journaling**
1p - Jewelry Club

14
9:30a - Morning Walk
10a - **Anxiety Group**
11a - Lunch - Chicken Caesar Salad
11:30a - Offsite: Let's Go Out to Eat! Olive Garden (\$20)

15
9:30a - Morning Walk
10a - **Coexistence Group**
11a - Passport Activity
12p - Lunch - Goulash
12:15p - Member Meeting
1p - **Mental Health Support Group**

16
9:30a - Morning Walk
10a - Writing Circle
11a - Music Group
12p - Lunch - Hot Dogs
Fridley PD Serving!
1p - **Self Esteem**

17
11a - Lunch - Pizza
12p - BINGO



20
9:30a - Morning Walk
10a - **Grief and Loss**
12p - Lunch: Tater Tot Hotdish
1p - **Gratitude Journaling**
1p - Jewelry Club

21
9:30a - Morning Walk
10a - **Anxiety Group**
11a - Lunch - Oriental Chicken Salad
11:30a - Offsite: Strawberry Patch

22 **PRIDE!**
9:30a - Morning Walk
10a - **Coexistence Group**
11a - Passport Activity
12p - Lunch - Pizza Casserole
1p - **Mental Health Support Group**

23
9:30a - Morning Walk
10a - Writing Circle
11a - Music Group
12p - Lunch - Mock Chow Mein
1p - **Self Esteem**

24
Open at 8:30a!
9:30a - Morning Walk
10a - Egg Bake
10:30a - Music Activity
Close at 11:30a!

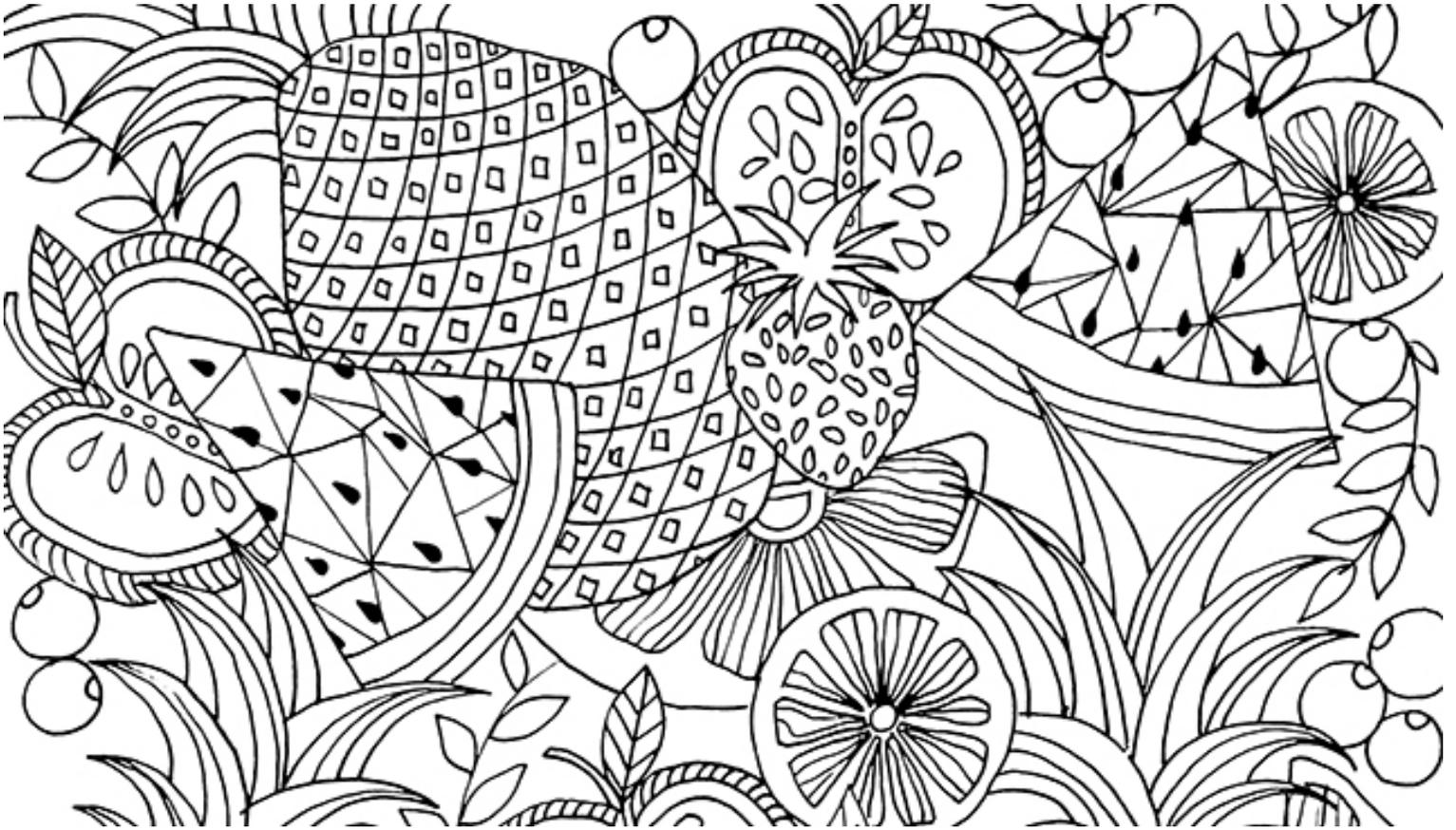
27
9:30a - Morning Walk
10a - **Grief and Loss**
12p - Lunch: Spaghetti Pie
1p - Scrap booking Club
1p - Jewelry Club

28
9:30a - Morning Walk
10a - **Anxiety Group**
11a - Lunch - Chicken Pasta Salad
11:30a - Offsite: Movies! (\$10)

29
9:30a - Morning Walk
10a - **Coexistence Group**
11a - Passport Activity
12p - Lunch - Taco Pasta
1p - **Mental Health Support Group**

30
9:30a - Morning Walk
10a - Writing Circle
11a - Music Group
12p - Lunch - Fried Chicken
1p - **Self Esteem**

Are you interested in getting your newsletter to your email? Reach out to sign up!
Groups in bold are offered hybrid!



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. Try a letter in a space that you think it might belong in, and see if it works for the rest of the quote!

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
15				17									21	5					22						

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Ruth's Ramblings

The calendar may say we have to wait until June 20th for an official start to summer but here in Minnesota, we know that Memorial Day weekend is the unofficial start to summer.

And how about that sunshine? Our days will keep getting longer until the summer equinox. We have been enjoying the sun and fresh air with outdoor walks and even some kite flying! I've found that while you're never too old to fly a kite, it's best to fly with a friend.

Our summer is kicking off with some changes - summer hours for staff, and new outings like strawberry picking. I hope everyone is able to stop in and enjoy everything Bridgeview has to offer.

June Playlist

1. "Summertime" - George Gershwin
2. "Let's Go Fly a Kite" - (from Mary Poppins) by Sherman & Sherman
3. "Keep on the Sunny Side" - by The Carter Family
4. "Changes" - by David Bowie



Gratitude Journaling Prompts

🌸 WHO INSPIRES YOU?

🌸 MY FAVORITE PLACE IS...

🌸 WHAT ARE YOUR FAVORITE PARTS OF SUMMER?

"Never stop believing in yourself. You had it all along."

Karamo Brown





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

BRIDGEVIEW CSP
7954 UNIVERSITY AVE.
FRIDLEY, MN 55432

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Want to donate to Bridgeview?

To contribute to the Bridgeview
Community Support Program, please visit
our website at leecarlsoncenter.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
- Cody, Program Assistant:
 - 763-780-3036 ext.
- Lee Carlson Center Main:
 - 763-780-3036