

BRIDGEVIEW NEWSLETTER

Stay Connected, Stay Supported, Stay Well

Bridgeview Block Party!

Invite your friends, family, and neighbors to the Bridgeview Block Party! The party will be from 5p-7p in the Bridgeview parking lot. Bridgeview will only be open from 1p-5p that day. There will be a food truck, ice cream, entertainment, and more! Bridgeview will be also hosting the entertainment with a talent show! If you are interested in showing off your amazing talents, please reach out to Ruth to get signed up! We know how talented you all are and we can't wait for the community to see the amazing talent you all have!



REMINDER

We will be closed on Thursday, August 25th for an all day staff training. Friday hours will continue to be 8:30a-11:30a. There will be no transportation beyond for therapy groups on Monday, Aug. 1st and Thursday, Aug. 4th. There will be no transportation on Friday, August 5th.

Speaker of the Month!

We are so excited to have a speaker this month! This month we will have Kay King from NAMI to give everyone an introduction or refresher to all things NAMI plus we will have sweet treats!

"We invite you to get to know NAMI Minnesota better. Meet our staff and volunteers to hear firsthand how our work directly affects the lives of children and adults with mental illnesses and their families. Learn about our education and support programs and what we are doing to advocate for better mental health policies. Learn how you can get involved, take action and make a difference."

Offsite Activities this month are on Tuesdays!

This month we are heading back to the movies! We are also hoping for some good weather Tuesdays to go to the Como Zoo, Farmer's Market, and Coon Rapids Dam.

Self-care IS EMPOWERMENT



LEE CARLSON CENTER™

For Mental Health & Well-Being

RASPBERRY ICE CREAM IN A BAG

<https://www.tasteofhome.com/recipes/raspberry-ice-cream-in-a-bag/>

Ingredients:

- 1 cup half-and-half cream
- 1/2 cup fresh raspberries
- 1/4 cup sugar
- 2 tablespoons evaporated milk
- 1 teaspoon vanilla extract
- 4 cups coarsely crushed ice
- 3/4 cup salt

Directions:

1. Using two 1-quart resealable plastic bags, place 1 bag inside the other. Place the first 5 ingredients inside the inner bag. Seal both bags, pressing out as much air as possible.
2. Place the 2 bags in a gallon-size resealable plastic freezer bag. Add ice and salt. Seal bag, again pressing out as much air as possible.
3. Shake and knead cream mixture until thickened, about 5 minutes. (If desired, wear mittens or wrap bags in a kitchen towel while shaking to protect hands from the cold ice.)



MEMBER MEETING MINUTES:

- Reminder that hours on Friday are 8:30a-11:30a! Breakfast at 10a! Regular hours will return in September.
- NAMI Speaker on Thursday, Aug. 11th at 12:30p! Kay will be talking about NAMI and what they have to offer. There will also be cookies!
- Bridgeview Block Party! Bridgeview will be providing the entertainment at the block party. Members must sign up with Ruth if they would like to perform. Members that perform or volunteer will be given a meal voucher for the food truck; there will be limited slots for volunteer opportunities and talent show slots, so sign up early!
- We will only be providing rides in to Bridgeview the day of the block party. Everyone will be responsible for finding a ride home that day!
- We will be closed on Thursday, August 25th for staff training!
- Reminder that we respect our friends personal space! Please be asking before touching anyone, even if we are trying to help, always ask and respect each other boundaries.
- PLEASE clean up after yourselves! In the art studio and in the bathrooms. If you are unsure of where cleaning products are, please ask!
- 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.
- Reminder to be respectful when talking to others. It is always a good idea to remember the golden rule and treat others the way we want to be treated!
- Offsite Activities for August: Movies, Como Zoo, Farmer's Market, and Coon Rapids Dam.

THERAPY GROUPS!

To sign up for a therapy group, contact Ruth! She will get your health insurance information and make sure that you are covered for the group. Your name will be added to a list and then when the group is starting you will be contacted by the therapist to schedule an intake for the group!

Boundaries Group: The boundaries group is for individuals who struggle to feel in control of their life. It will benefit individuals who have difficulty identifying unhealthy relationships and making choices based on what is best for them as individuals.

Hoarding Group: The hoarding group is for individuals who wish to examine their individual issues with hoarding.

Anxiety Group: The anxiety group focuses on anxiety and healthy ways to manage it.

PTSD Group: PTSD groups, one for men and one for women, are for individuals who wish to start examining their individual issues with trauma.

Anger Management Group: Anger management group, one for men and one for women, are for individuals who wish to start examining their individual issues with anger.

Art Therapy: This group's focus is on learning creative, healthy symptom management skills that incorporate many artistic mediums.

Dual Diagnosis: The dual diagnosis group is for individuals who wish to examine their individual issues with addiction and mental illness. This group covers a variety of addictions including but not limited to: alcohol, drugs, gambling, sex, food, etc.

DBT Informed Skills Group: Dialectics is a way of understanding the world, a philosophy. It believes that there is always more than one way to see a situation and more than one way to solve a problem. Participants will learn a variety of practical techniques.

This group is 6 months long and each session is two hours in length. Participation also requires meeting with a DBT therapist once a week while group is running.

Gardening and Well-Being: The gardening and well-being group focuses on growing a garden while learning about various aspects of well-being.

Depression Group: The depression group focuses on depression and healthy ways to manage it.

Mindfulness Group: The mindfulness group is for individuals who wish to learn more about mindfulness and how to incorporate it into daily living.

Symptom Management Group:

Symptom management group focuses on mental health recovery. Key concepts include: hope, personal responsibility, education, self-advocacy, and support.

Women's/Men's Talk Therapy: We all experience moments of self-doubt and uncertainty. Even the most confident and happy people have moments where they think, "I'm such a failure." It's a part of being human. However, if you find yourself having these kind of feelings get in the way of living a healthy and happy life, it may be time to do something about it.



SUPPORT GROUPS!

Art with Hannah and Kayla: Join Hannah and Kayla for an art activity on Tuesdays at 1p!

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.



 Bridgeview Hours:
Monday -
Thurs:day: 9a-3p
Friday: 8:30a-11:30a

1  Monday	10a - Grief and Loss 12p - Lunch: Goulash 1p - Gratitude Journaling
8	10a - Anxiety Group 10a - Role Playing Group 11a - Lunch - Chicken Caesar Salad 11:30a - Offsite: Movies (\$10) 1p - Art Group
2	10a - Anxiety Group 10a - Role Playing Group 11a - Lunch - Sandwiches! 11:30a - Offsite: Como Zoo 1p - Art Group
15	10a - Grief and Loss 12p - Lunch: Spaghetti Pie 1p - Gratitude Journaling
9	10a - Anxiety Group 10a - Role Playing Group 11a - Lunch - Sandwiches! 11:30a - Offsite: Como Zoo 1p - Art Group
3	10a - Coexistence Group 11a - Passport Activity 12p - Lunch - Tuna Melts 1p - Mental Health Support Group
22	10a - Grief and Loss 12p - Lunch: Sloppy Joes 1p - Gratitude Journaling
16	10a - Anxiety Group 10a - Role Playing Group 10a - Offsite: Farmers Market 11a - Lunch - Chicken Pasta Salad 1p - Art Group
4	10a - Writing Circle 11a - Music Group 12p - Lunch - Pizza Casserole 1p - Self Esteem
29	10a - Grief and Loss 12p - Lunch: Hot Dogs 1p - Gratitude Journaling
8	10a - Anxiety Group 10a - Role Playing Group 11a - Lunch - Chicken Caesar Salad 11:30a - Offsite: Movies (\$10) 1p - Art Group
2	10a - Anxiety Group 10a - Role Playing Group 11a - Lunch - Sandwiches! 11:30a - Offsite: Como Zoo 1p - Art Group
23	10a - Anxiety Group 10a - Role Playing Group 11a - Lunch - Oriental Chicken Salad 11:30a - Offsite: Coon Rapids Dam 1p - Art Group
10	10a - Coexistence Group 12p - Lunch - Fried Chicken 12:15p - Member Meeting 1p - Mental Health Support Group
3	10a - Coexistence Group 11a - Music Group 12p - Lunch - Tater Tot Hotdish 1p - Self Esteem
29	10a - Anxiety Group 10a - Role Playing Group 11a - Lunch - Pizza! 12p - BINGO!
11	10a - Writing Group 11a - Music Group 12p - Lunch - Tater Tot Hotdish 1p - Self Esteem
4	10a - Writing Circle 11a - Music Group 12p - Lunch - Pizza Casserole 1p - Self Esteem
30	10a - Anxiety Group 10a - Role Playing Group 11a - Lunch - Pizza! 12p - BINGO!
9	10a - Coexistence Group 11a - Passport Activity 12p - Lunch - Taco Pasta
3	10a - Coexistence Group 11a - Passport Activity 12p - Lunch - Tuna Melts 1p - Mental Health Support Group
31	10a - Coexistence Group 11a - Passport Activity 12p - Lunch - Taco Pasta
10	10a - Coexistence Group 11a - Passport Activity 12p - Lunch - Tuna Melts 1p - Mental Health Support Group
4	10a - Writing Circle 11a - Music Group 12p - Lunch - Pizza Casserole 1p - Self Esteem
30	10a - Coexistence Group 11a - Passport Activity 12p - Lunch - Taco Pasta
11	10a - Writing Group 11a - Music Group 12p - Lunch - Tater Tot Hotdish 1p - Self Esteem
5	Open at 8:30a! 10a - Yogurt Parfait and Cereal 10:30a - Music Activity Close at 11:30a!
26	Open at 8:30a! 10a - Bakery Delights 10:30a - Music Activity Close at 11:30a!
12	Open at 8:30a! 10a - Cheesy Hashbrowns 10:30a - Music Activity Close at 11:30a!
1	Open at 8:30a! 10a - Yogurt Parfait and Cereal 10:30a - Music Activity Close at 11:30a!
25	SORRY WE'RE CLOSED
19	Open at 8:30a! 10a - Eggbake 10:30a - Music Activity Close at 11:30a!
2	Open at 8:30a! 10a - Eggbake 10:30a - Music Activity Close at 11:30a!
27	Are you interested in getting your newsletter to your email? Reach out to sign up! Groups in bold are groups that are offered hybrid!



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- What's your favorite way to spend a day off?** Hanging out with my family.
- What is your favorite part of your job?** Getting to know such incredible people.
- Do you have a work bestie?** I feel so fortunate to have the best co-workers in the world – can I list them all as my besties?!
- Do you live by any piece of advice or motto?** Life does not have to be perfect to be wonderful.
- What is your favorite movie?** 10 Things I Hate About You
- What is your go-to Karaoke jam?** The Finer Things by Steve Winwood

How does BreAnn's team describe her?

- | | |
|--------------|----------------|
| • Nurturing | • Incandescent |
| • Thoughtful | • Caring |
| • Gentle | • Bright |
| • Dedicated | • Generous |
| • Creative | • Welcoming |
| • Humble | • Genuine |
| • Dependable | • Encouraging |
| • Observant | • Imaginative |



X L C M S W L N X Q W N J N E B O V D X
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Meet Our Staff!



BreAnn, MSW, LGSW

Therapist I

BreAnn has been the intern at Bridgeview for the past 2 years and when she graduated we were lucky that she decided to stay right here and be a therapist!



NATIONAL DOG MONTH WORD SEARCH!

- Airedale
- Basset Hound
- Beagle
- Boxer
- Bulldog
- Chihuahua
- Collie
- Dachshund
- Dalmatian
- German Shepherd
- Golden Doodle
- Golden Retriever
- Great Dane
- Husky
- Malamute
- Mastiff
- Old English Bulldog
- Pomeranian
- Poodle
- Pug
- Rottweiler
- Saint Bernard
- Shih Tzu





AUGUST IS NATIONAL WELLNESS MONTH!!

This is a great month to get back into healthy habits that we have lost throughout the year. Self-care, stress management, healthy eating, and exercise are all important to keep us healthy and happy. While they are important, it can be a real challenge to make these changes. So what better way than to encourage each other! We will have a spot to track water intake, miles walked and self-care. We would like to challenge each of you to pick one wellness activity that you would like to turn into a new habit.





Ruth's Ramblings

Happy August, y'all! This month, we invite you to celebrate with us at our summer block party on Thursday, August 18th from 5-7pm. Bridgeview members and Lee Carlson staff will be providing the evening's entertainment! We've got solos, duets, and several group songs. We would love to see you there! This event is open to the community, so feel free to bring friends & family.

We've been doing two different music groups this summer, which has been twice as much fun. Friday morning karaoke sessions have been a great way to kick off the weekend, and our Thursday music groups have been so creative and inspiring. This month, I'd like to share with you a little ditty we wrote. Enjoy!

"Hey There!" (to the tune of "Yes Sir, That's My Baby")



Hey there, how's it goin?
 Hey there, how you doin?
 Hey there, hope you're feelin fine.
 Say there, I'm excited.
 Say there, I'm delighted.
 Say there, I am happy now
 Bridge
 Happy now x 4
 Bye there, great to see you!
 Bye there, good to know you!
 Bye there, see you sometime soon.



Gratitude Journaling Prompts

NAME 3 WAYS TO GIVE
 THANKS WITHOUT
 SAYING "THANK YOU"

"Summer is singing with joy,
 and the beaches dancing
 with waves."

-Debasish Mridha

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

BRIDGEVIEW CSP
7954 UNIVERSITY AVE.
FRIDLEY, MN 55432

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RETURN SERVICE REQUESTED

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