



BRIDGEVIEW NEWSLETTER

SUMMER

STAY CONNECTED, STAY SUPPORTED, STAY WELL

JUNE 2023

JOIN US AT BRIDGEVIEW FOR THE SUMMER
ARTS AND CRAFT SHOW!!

When: Thursday, June 22nd from 5:30pm-7pm

Where: BV Drop-In Center

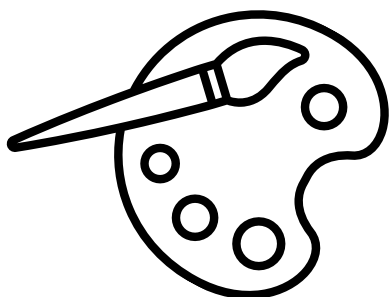
7920 University Ave NE, Fridley MN 55432

Bridgeview will open for members at 1pm. Lunch will not be provided this day, instead, there will be a Fried Chicken dinner for members and one-two guests at 4:30pm. Bridgeview will then open to the public from 5:30pm-7pm for the craft show. There are a lot of talented members at BV, come and check out what they have been creating and pick up a gift for yourself, a special someone, or just support your fellow BV members!

If you are a BV artist looking to have a booth/table at the show, please connect with a staff member to sign up and let us know what you are selling

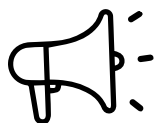
If you are submitting art for the craft show, your pieces MUST be completed, original, and created by you :)

If you have any additional questions, please ask a staff member.
See you there!



NORTH
MEMORIAL HEALTH

Join
us!

BRIDGEVIEW ANNOUNCEMENTS:**ATTENTION PLEASE**

- BV will be closed on **Friday, June 9th and Friday June 23rd**
- Lee Carlson Center summer hours begin on June 16th. **BV will be open from 8:30-11:30am every Friday for 12 weeks.** If you take MetroMobility, please plan accordingly and schedule your rides to be picked up before 11:30am to account for any delays on Metro's end.
Monday-Thursday, BV will be open as normal hours (9am-3pm).
- Bingo will take place on the last **Tuesday** of each month for Summer.
- The BV summer art show is on Thursday, June 22nd. Refer to the front page of the newsletter for more information!
- **A mindfulness therapy group starts in June! Contact a care coordinator to sign up before it starts!**
- We are gauging interest on additional therapy groups. Fill out a green slip on the back counter at BV if you want to be part of any of them.
- Transportation is back!! Please contact a care coordinator or sign up at Bridgeview in the transportation book. Priority for rides will be given to individuals who are in therapy groups and/or have an appointment. Please sign up at least 24 hours ahead of time and let staff know if you need to cancel a ride.
- Offsite trips will begin on June 6th and take place on Tuesdays during the LCC summer hours! Check the calendar for the schedule and talk to a care coordinator if you are interested in signing up for any of them. Please be mindful that there are only 5 seats in the BV van. If the offsite sign-up is full, you will be added to the waitlist **OR** you are welcome and encouraged to find other means of transportation and meet us there. The more the merrier :)
- Be on the lookout for more information regarding Pride and Juneteenth celebrations.

BRIDGEVIEW MEMBER EXPECTATIONS AND REMINDERS:

IMPORTANT!

- Please refrain from asking people for cigarettes, money, or rides. We will provide **one** warning and after that you will be asked to leave for the day.
- Please be respectful toward others and be aware of your volume levels. It is important to keep BV a space that everyone can feel comfortable in. Additionally, there are many different groups, meetings, and appointments happening each day!
- Be mindful of conversations you have at BV and that you are being respectful toward others. Many topics can be triggering and are inappropriate here. Please talk to a care coordinator if you need support.
- Storage: We are not able to store things for members, so plan to bring a bag with any items you may need to keep on you. Please remember to use the members only fridge in the back instead of the kitchen fridge and be sure to label everything. Be sure to wash your own dishes in the sink in the back. For food safety inspection purposes, the kitchen area needs to be used by staff **ONLY**. Please ask if you need anything or need an accommodation.
- Members should be using coffee mugs that are in the back member kitchen. If you take a mug, return it, wash it, and place it back on the shelf. ALL unwashed coffee mugs will be washed and donated on Fridays (even member-owned mugs). Members need to wash (not rinse) mugs daily.
- Sleeping on the couch or chairs while at BV can no longer be allowed since germs/bacteria can leave on cloth for an extended period after someone breathes, coughs, sneezes, etc. If you are feeling tired, please consider coming in later that day or taking the day off from BV to rest.
- Donation table: we are no longer accepting shoes and apparel on the donation table. BV will accept non perishable food items if they are not soon to be or expired, and toiletries (shampoo, deodorant, hand soap, toothpaste, etc.) Please check in with staff before putting items on the table.



**Thank you everyone for helping
to maintain a clean and
welcoming environment for all!**

Before you speak:

THINK

T = Is it True?

H = Is it Helpful?

I = Is it Inspiring?

N = Is it Necessary?

K = Is it Kind?

JUNE 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>5 10a-Grief & Loss 12p-Lunch:Egg Bake 1p Gratitude Journaling</p>	<p>6 10a-Anxiety 11a-Lunch: Sandwiches 11:30a-Offsite: Bowling (\$6-9)</p>	<p>7 10:30a-Arts & Crafts 12p-Lunch: Beef Stew 1p-Mental Health Support Group</p>	<p>8 10a-Writing Circle 12p-Lunch: Tuna Melts 1p-Mental Health Support Group</p>	<p>9 BV CLOSED </p>
<p>12 10a-Grief & Loss 12p-Lunch: Chicken Kiev 1p Gratitude Journaling</p>	<p>13 10a-Anxiety 11a-Lunch: Chili 11:30a-Offsite: Como Zoo/Conservatory</p>	<p>14 10:30a-Arts & Crafts 12p-Lunch:Fried Chicken 12:15p-Member Meeting 1p-Mental Health Support Group</p>	<p>15 10a-Writing Circle 12p-Lunch: Hot Dogs w/Fridley PD! 1p-Mental Health Support Group</p>	<p>16 9a-Brunch 9:30a-Self-Esteem Open from 8:30am-11:30am!</p>
<p>19 10a-Grief & loss 12p-Lunch: Sloppy Joes 1p Gratitude Journaling</p>	<p>20 10a-Anxiety 11a-Lunch: Sandwiches 11:30a- Offsite: Movies (\$6-\$15)</p>	<p>21 10:30a-Arts& Crafts 12p-Lunch: Pizza Casserole 1p-Mental Health Support Group</p>	<p>22 1:30p-MentalHealth Support Group 4:30p-Fried Chicken Dinner 5:30p-Art Show</p>	<p>23 BV CLOSED </p>
<p>26 10a- Grief & Loss 12p-Lunch: Tacos 1p- Gratitude Journaling</p>	<p>27 11a- Pizza 12p- Bingo! </p>	<p>28 10:30a-Arts & Crafts 12p-Lunch: Tater Tot Hotdish 1p Mental Health Support Group</p>	<p>29 10a- Writing Circle 12p-Lunch: Salisbury Steak 1p-Mental Health Support Group</p>	<p>30 9a- Brunch 9:30- Self Esteem Open from 8:30am-11:30am!</p>



LEE CARLSON CENTER™
For Mental Health & Well-Being

Bridgeview Main Line 763-783-7440



BRIDGEVIEW STAFF

ALYSSA, DIRECTOR
763-780-3036, EXT 832

SAMANTHA, BV MANAGER
763-780-3036. EXT (to be determined)

CINDY, CARE COORDINATOR
763-780-3036, EXT 526

KIM, CARE COORDINATOR
763-780-3036, EXT 587

ALLI, CARE COORDINATOR
763-780-3036, EXT (to be determined)

Anoka County Crisis Line: 763-755-3801

Call OR text 988 for the National Mental Health Crisis Hotline

MN Crisis TEXT line: text "MN" to 741741

Twin Cities Crisis (by cell only): Call **CRISIS (**274747)

SAGE Crisis for LGBTQ + Elder hotline: 877-360-5428

Creative Corner

If you would like your creativity featured in the news letter, please talk to Cindy, Alli, or Kim!



"My Inside and Out" by Mama Ethel

In my ocean, you are someone who is swimming for his very life because you keep me afloat and you make me jump for joy.

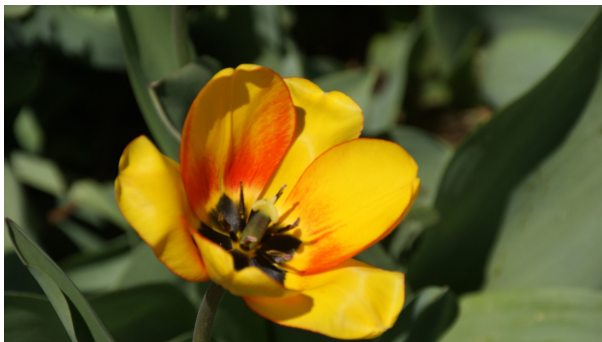
In my ocean, you are my gaurdian angel I watch with joy and I want to follow you.

In my grassy field, you are the beautiful flowers that grow and that add perfection to "God's" creation.

In my galaxy, you are the beautiful stars which remind me that you are here one minute and gone the next, you are many and you keep me together.

In my heart, you are everything that represents all the good in this world, you are the blood that runs inside of me, you are the love that I want that shows the cleanliness of "God's" love.

This beautiful painting of a Tulip (above) was painted by a BV member



This photograph of a yellow tulip (left) was taken by BV member Mary V

AN ANNOUNCEMENT FROM RISE:

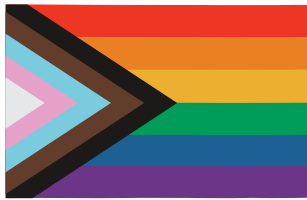
Rise employment consultant, Lark, is searching for members who are interested in finding employment and building their career. Please connect with a care coordinator for a referral.

Lark will be facilitating a resume writing group as well as a discussion about how working can impact your benefits. The sign up sheet will be located on the sign-in desk when members first enter Bridgeview OR talk to a care coordinator for more information OR say hello to Lark, whose office is conveniently located in the BV art hallway!



INFORMATION CORNER

“All young people, regardless of sexual orientation or identity, deserve a safe and supportive environment in which to achieve their full potential.”
-Harvey Milk 1977

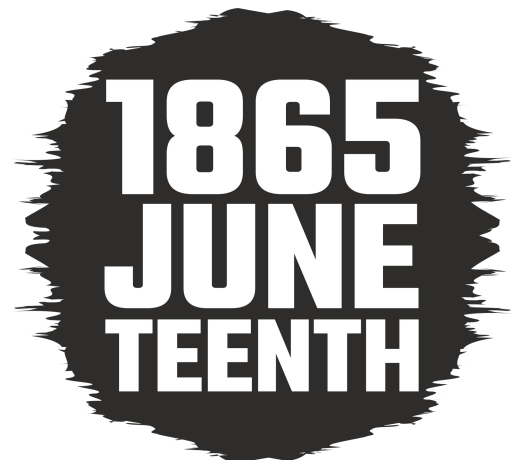


JUNETEENTH 06/19

Juneteenth is a federal holiday in the United States commemorating the emancipation of enslaved African Americans. It is the anniversary of the order proclaiming freedom for slaves in Texas on June 19th, 1865. Celebrations include singing songs and reading texts by prominent African American individuals. Additionally, there are many community events meant to bring people together to celebrate.

HISTORY AND MORE ON PRIDE

Pride Month began after the Stonewall riots, a series of gay liberation protests in 1969, and has since spread outside of the United States. Modern-day Pride Month both honors the movement for LGBT rights and celebrates LGBT culture. Celebrations appear in many different forms, and the various events attract millions of participants around the world.



HAVE SOME FUN!

Try writing an acrostic poem! It is a poem in which the first letter of each new line spells out a word or short message.

S _____

A _____

N _____

D _____

A _____

L _____

Unscramble these Summer words!

WRLFOSE _____

NSU _____

HECBA _____

BLASLEBA _____

SBEE _____

SGNIIFH _____

ABOT _____

NAEDMELO _____

**SUMMER IS ALMOST HERE! WHAT DO
BY MEMBERS HAVE PLANNED THIS
YEAR?!**

**SEND STAFF A PHOTO OF YOU DOING
YOUR FAVORITE SUMMER ACTIVITY
AND TELL US WHY YOU LOVE IT TO
BE FEATURED IN THE SUMMER
NEWSLETTERS!**

TIC TAC TOE!

HEY GOOD LOOKIN' WHATCHA GOT COOKIN'?

FRUIT SALSA

SALSA INGREDIENTS

- 1 PINT STRAWBERRIES
- 2 KIWI
- 1 GRANNY SMITH APPLE
- 1/4 CUP GRANULATED SUGAR
- 1/2 OF A LEMON

CINNAMON CHIPS INGREDIENTS

- 6 FLOUR TORTILLAS
- 1/2 STICK OF BUTTER
- 1 CUP GRANULATED SUGAR
- 1-2 TBSP CINNAMON TO YOUR TASTE

INSTRUCTIONS

PREHEAT OVEN TO 400°F

FRUIT SALSA

REMOVE CAPS FROM STRAWBERRIES AND PEEL KIWIS AND APPLE.

FINELY DICE ALL FRUIT AND MIX TOGETHER IN A LARGE BOWL.

ADD 1/4 C SUGAR AND JUICE FROM HALF OF A LEMON AND MIX THOROUGHLY.

COVER AND REFRIGERATE FOR AT LEAST 30 MINUTES. THIS CAN BE MADE A DAY AHEAD OF TIME AND REFRIGERATED OVERNIGHT.

CINNAMON CHIPS

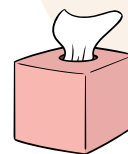
MELT HALF A STICK OF BUTTER IN THE MICROWAVE. LAY OUT 6 TORTILLAS AND BRUSH BUTTER OVER THEM, COVERING THEM COMPLETELY.

MIX SUGAR AND CINNAMON TOGETHER AND SPRINKLE OVER TORTILLA COVERING COMPLETELY. CUT TORTILLAS INTO WEDGES AND ARRANGE ON THE BAKING SHEET.

BAKE FOR APPROXIMATELY 7 MINUTES OR UNTIL CRISPY.
ENJOY!



HOW DO YOU MAKE A
TISSUE DANCE?
YOU PUT A LITTLE
BOOGIE IN IT!



WHAT DO YOU CALL A
BEAR WITH NO
TEETH?
A GUMMY BEAR!



WHAT DO YOU CALL AN
ANGRY CARROT?
A STEAMED VEGGIE!





SUPPORT GROUPS



Grief & Loss (Mon, 10am): A support group to help navigate the world without those that we have lost.

Gratitude Journaling with Cindy (Mon, 1pm): This group allows a person to experience the good things in life.

Anxiety support group (Tues, 10am): This group will focus on ways to calm your anxiety, with a focus on social anxiety.

Arts & Crafts with Kim (Wed, 10:30am): Join Kim in the art studio and enjoy making DIY ornaments, holiday themed decorations, or learning how to do latch hook kits. All experience and ability levels are welcome!

Writing Circle (Thurs, 10am): An informal member-led group that covers various styles of writing

Mental Health support group with Cindy (Wed & Thurs, 1pm): Peer support, education, and encouragement.

Self-Esteem (Fri, 9:30am): Provides support and encouragement for each other. The group will help you recognize your skills, abilities, and potential.



VIRTUAL SUPPORT GROUPS



Many of our support groups are available online via **Microsoft Teams**.

All you need is a laptop or a smart device, like a phone or tablet. If you are interested in attending groups virtually, please contact a care coordinator to get added to the email list. Not sure how to join online? Ask a BV staff member for a Microsoft Teams troubleshooting guide.



INDIVIDUAL THERAPY / THERAPY GROUPS

To sign up for individual therapy or a therapy group, contact a Bridgeview care coordinator! For therapy groups, we will get your health insurance information and make sure 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. For individual therapy, we will get your health insurance information and make a referral to Lee Carlson Center, who will contact you about availability.



Boundaries group: 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: For individuals who wish to examine their individual issues with hoarding.

Anxiety group: Focuses on anxiety and healthy ways to manage it.

PTSD group: For individuals who wish to start examining their individual issues with trauma.

Anger Management group: One for men and one for women, these groups 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 artistic mediums.

Dual Diagnosis: For those 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 one 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 (indoors): Focuses on growing a garden while learning about various aspects of well-being.

Depression group: Focuses on depression and healthy ways to manage it.

Mindfulness group: For individuals who wish to learn more about mindfulness and how to incorporate it into daily living.

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

Bridgeview Donation Network

To contribute to the Bridgeview Community Support Program, please complete this form and return it to Bridgeview.

Yes! I would like to donate funds to Bridgeview. Date: _____

What I would like it to be used for: _____

I would like to contribute: ___\$5 ___\$10 ___\$15 ___\$20 Other amount \$_____

Name: _____ Signature: _____

Address: _____

Please mail donation to:
Bridgeview CSP - Lee Carlson Center
7954 University Ave.
Fridley, MN 55432
Please donate online at our website!