

BRIDGEVIEW NEWSLETTER



STAY CONNECTED, STAY SUPPORTED, STAY WELL

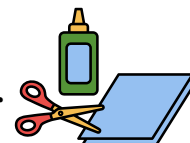
MAY 2023



Welcome to our new staff members!



Samantha- Bridgeview Manager



Welcome Samantha!

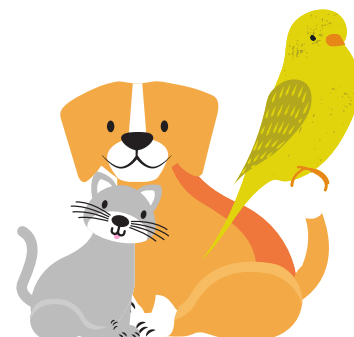
"Hi, my name is Samantha. I have been working with Lee Carlson Center for one year as an Engagement Specialist at the Brooklyn Center clinic. I have three kids and two dogs. I enjoy bringing my children to their basketball tournaments and dance competitions. I love spending time with my family. When I am at home I love making epoxy tumblers, designing t-shirts. We as a family love going up to my cabin and going fishing, going to car shows, and going on vacations."



Alli- Care Coordinator

Welcome Alli!

"My name is Alli. There are five children in my family, and I am the second oldest. I have spent a lot of time working in the mental health field and am excited to be at Bridgeview now! In the past, I have lived in three other states including North Carolina, New Hampshire, and Florida. When I am not working, I like to spend time reading, being around my siblings, going to sporting events, and playing with animals. I like to encourage trying new things, making mistakes, and learning from the process. I look forward to learning everyone's names and enjoying my time at Bridgeview!"



CHECK OUT OUR MEMBER PET PAGE!

Join us in the BV
lunch room for a
piano performance
from BV member,
Jessica!
May 4th @ 12:30pm



Members were
joined by their
favorite Fridley PD
officers who served
hot dogs for lunch!



BRIDGEVIEW ANNOUNCEMENTS:

- BV will be closed on **Friday, May 12th and May 29th for Memorial Day**
- Transportation and offsite activities are **temporarily suspended** until further notice.
- 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.
- 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 the 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.
- Feel like reminiscing? Old photos of BV through the years were found during spring cleaning this year. Make your way over to the game corner if you would like to take a look and stroll down memory lane!

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

MAY 2023

BRIDGEVIEW 763-783-7440
MONDAY-FRIDAY, 9AM-3PM

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY**

| | | | | |
|--|--|---|---|---|
| <p>1 10a-Grief and Loss 12p-Lunch: Sloppy Joes 1p-Gratitude Journaling</p> | <p>2 10:15a-Anxiety 12p-Lunch:Egg Bake 1p-Self Esteem</p> | <p>3 10:30a-Arts & Craft 12p-Lunch:Beef Stew 1p-Mental Health Support Group</p> | <p>4 10a-Writing Circle 12p-Lunch: Chicken a La King 12:30p- Member Piano Performance! 1p-Mental Health Support Group</p> | <p>5 11a- Lunch: Chicken Caesar Salad</p> |
| <p>8 10a-Grief & Loss 12p-Lunch: Cheesy Hashbrowns 1p-Gratitude Journaling</p> | <p>9 10:15a-Anxiety 12p-Lunch: Taco Pasta 1p-Self-Esteem</p> | <p>10 10:30a-Arts & Crafts 12p-Lunch: Pizza Casserole 1p-Mental Health Support Group</p> | <p>11 10a-Writing Circle 12p-Lunch: Tacos 1p-Mental Health Support Group</p> | <p>12 BV closed </p> |
| <p>15 10a-Grief & Loss 12p-Lunch: Beef Stew 1p-Gratitude Journaling</p> | <p>16 10:15a-Anxiety 12p-Lunch:Mock Chow Mein 1p-Self-Esteem</p> | <p>17 10:30a-Arts & Crafts 12p-Lunch: Tater Tot Hotdish 12:15p-Member Meeting 1p-Mental Health Support Group</p> | <p>18 10a-Writing Circle 12p-Lunch: Hot Dogs w/Fridley PD! 1p-Mental Health Support Group</p> | <p>19 11a-Lunch: Sandwiches</p> |
| <p>22 10a-Grief & Loss 12p-Lunch: Goulash 1p-Gratitude Journaling</p> | <p>23 10:15a-Anxiety 12p-Lunch: Fried Chicken 1p-Self-Esteem</p> | <p>24 10:30a-Arts & Crafts 12p-Lunch: Cheeseburger Mac 1p-Mental Health Support Group</p> | <p>25 10a-Writing Circle 12p-Lunch:Chili 1p-Mental Health Support Group</p> | <p>26 11a-Lunch: Pizza 12p-BINGO! </p> |
| <p>29 BV Closed </p> | <p>30 10:15a-Anxiety 12p- Lunch: Sloppy Joes 1p-Self Esteem</p> | <p>31 10:30a-Arts & Crafts 12p-Lunch: Cheesy Hashbrowns 1p Mental Health Support Group</p> | <p> LEE CARLSON CENTER™ For Mental Health & Well-Being</p> | |



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



If you would like your pet featured in the newsletter, please talk to Cindy of Kim!

Isabelle (right) belongs to BV member, Hannah. She is a sweetheart and loves to give kisses



Ari (left) belongs to BV member Kim

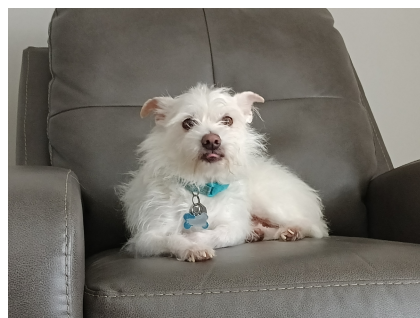


Luna (above), belongs to BV member Lisa

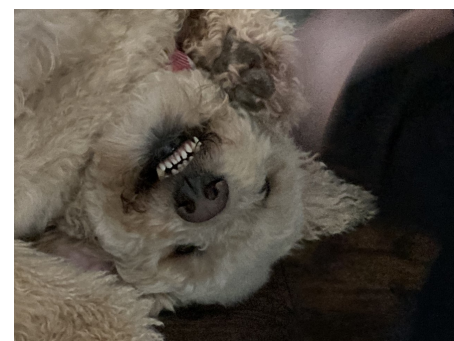
Payday (below) belongs to member Maria and provides her with so much love and support



Kiki (above) and Nova (right) are the feisty felines of BV member Kylia



Holly and Sage (below) belong to BV manager Samantha. Sage is half lab and half Irish Setter and Holly is a Chocolate lab



Koda (above) is the grand pup of care coordinator, Cindy

Baby (above) belongs to member Ray, she loves to sunbathe



Baby (right) belongs to member Linda



Creative Corner



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

A piece written by Mary in Gratitude Journaling

What makes me feel alive?

- Seeing flowers and taking photos of them.
- Or seeing green leaf buds on trees and bushes.
- Walking at the Y or outside.
- Seeing and feeling the sunshine.
- Seeing flowers growing outside or in my apartment.
- Going to the Como Conservatory or to the Minnesota Zoo.
- Drawing or painting.

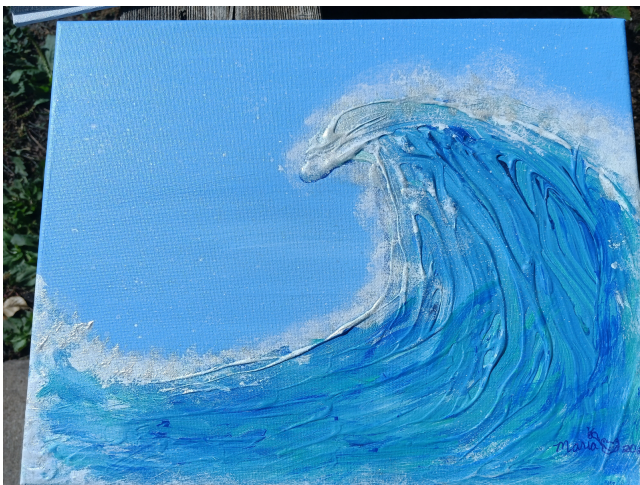
How do these things help me know I am alive?

- I am smiling more.
- I am engaged and connected.
- I am energized and relaxed.
- I feel brighter and lighter.



"Beaded Lady" (above) is a mixed media piece by Mama Ethel

"Surf's Up (below) is a piece by Maria



These little sock bunnies were created by the BV arts and crafts group for Easter

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. 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.





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, 10:15am): This group will focus on ways to calm your anxiety, with a focus on social anxiety.

Self-Esteem (Tues, 1pm): Provides support and encouragement for each other. The group will help you recognize your skills, abilities, and potential.

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.



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!