

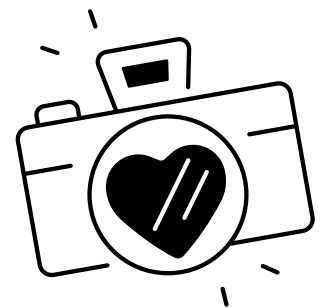
BRIDGEVIEW NEWSLETTER

STAY CONNECTED, STAY SUPPORTED, STAY WELL

JULY 2023

A BIG THANK YOU TO ALL OF THE BRIDGEVIEW ARTISTS AND SUPPORTERS WHO ATTENDED THE BV SUMMER ART SHOW!!!

"Here at Bridgeview, my friends and I don't just create art, we create a future. We use our struggles, aspirations, vulnerabilities, and our determination to share our art with the world. We bring others hope, love, and wellness. We lift each other up, we respect one another. We share our talents, kindness, love, experiences and happiness to everyone around us and to the world." -BV member



BRIDGEVIEW ANNOUNCEMENTS:



ATTENTION PLEASE

-BV will be closed on Tuesday, July 4th and Friday, July 21st

-Lee Carlson Center summer hours have begun. **BV will be open from 8:30-11:30am every Friday for the summer.** 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.

-Bingo will take place on the last **Tuesday** of each month for Summer.

-Get excited for the BV summer picnic!!! We will have more information on it in the coming weeks.

-Lark will be on maternity leave starting in late July through the beginning of September.

-**We are planning to start DBT therapy groups in July/August! Contact a care coordinator to add your name to the lists!**

-Please contact a care coordinator or sign up for transportation 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 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 :)

-Strawberry picking sign-up starts July 3rd. We will be using last month's sign-up for Como Zoo since that trip was canceled.

-Samantha, the new BV Manager, will officially be at Bridgeview fulltime starting on July 10th



JULY 2023



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 10a-Grief & Loss 12p-Lunch: Hamburgers 1p- Gratitude Journaling</p>	<p>4 BV IS CLOSED </p>	<p>5 10:30a - Arts & Crafts 12p - Lunch: Chicken Kiev 1p - Mental Health Support Group</p>	<p>6 10a - Writing Circle 11a - Self-Esteem 12p - Lunch: Cheesy Hashbrowns 1p - Mental Health Support Group</p>	<p>7 9a - Brunch Open from 8:30am - 11:30am!</p>
<p>10 10a - Grief & Loss 12p - Lunch: Tacos 1p - Gratitude Journaling</p>	<p>11 10a - Anxiety 11a - Lunch: Chicken Pasta Salad 11:30a - Offsite: Strawberry Picking</p>	<p>12 10:30a - Arts & Crafts 12p - Lunch: Fried Chicken 1p - Mental Health Support Group</p>	<p>13 10a - Writing Circle 11a - Self-Esteem 12p - Lunch: Enchiladas 1p - Mental Health Support Group</p>	<p>14 9a - Brunch Open from 8:30am - 11:30am!</p>
<p>17 10a - Grief & Loss 12p - Lunch: Sloppy Joes 1p - Gratitude Journaling</p>	<p>18 10a - Anxiety 11a - Lunch: Sandwiches 11:30a - Offsite: Como Zoo/ Conservatory</p>	<p>19 10:30a - Arts & Crafts 12p - Lunch: Tuna Melts 12:15p - Member Meeting 1p - Mental Health Support Group</p>	<p>20 10a - Writing Circle 11a - Self-Esteem 12p - Lunch: Hot Dogs with the Fridley PD 1p - Mental Health Support Group</p>	<p>21 BV IS CLOSED </p>
<p>24 10a - Grief & Loss 12p - Lunch: Egg Bake 1p - Gratitude Journaling</p>	<p>25 11a - Pizza 12p - Bingo! </p>	<p>26 10:30a - Arts & Crafts 12p - Lunch: Salisbury Steak 1p - Mental Health Support Group</p>	<p>27 10a - Writing Circle 11a - Self-Esteem 12p - Lunch: Egg Rolls 1p - Mental Health Support Group</p>	<p>28 9a - Brunch Open from 8:30am - 11:30am!</p>

<p>31 10a - Grief & Loss 12p - Lunch: Chili 1p - Gratitude Journaling</p>



LEE CARLSON CENTER™
For Mental Health & Well-Being

Bridgeview Main Line
763-783-7440

BRIDGEVIEW STAFF



**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!

FROM SURVIVING TO THRIVING

BY SAMANTHA S.

When I am silenced I feel as though
you are hiding from the truth
that you force me to carry.

To me, the silence becomes oppressive.
The silence is for your benefit;
not mine.

When you see me you are witnessing
a butterfly of hope emerging from
a cocoon of despair.

When you hear me, you witness the
song of a triumphant spirit that
will not be crushed.

To hear me is to know me.

To see me is to rejoice.



Some lovely BV members
and their art displays at the
BV Summer art show! (right
and above)



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

This year on July 26th is the 33rd anniversary of the Americans with Disabilities Act (ADA).

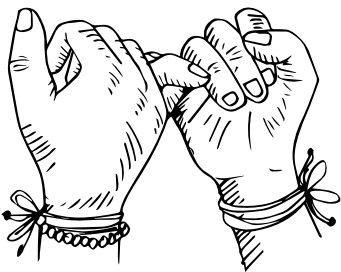


It protects people with disabilities from discrimination. It is a civil rights law that prohibits discrimination against individuals with disabilities in all areas of public life, including jobs, schools, transportation, and all public and private places that are open to the general public. Visit ada.gov or adata.org for more information on this crucial law.

JUNE 24TH MARKS THE START OF SELF CARE MONTH, WHICH ENDS WITH SELF CARE DAY ON THE 24TH OF JULY. THIS SYMBOLIC DAY HAS BEEN CHOSEN BECAUSE SELF-CARE CAN BE PRACTICED "24 HOURS A DAY, 7 DAYS A WEEK." DURING THE MONTH, PEOPLE AROUND THE WORLD WILL BE CELEBRATING SELF-CARE PRACTICES AND INTERVENTIONS AND THE DIFFERENCE THEY CAN MAKE TO EVERYONE'S LIVES.

WHAT IS SELF CARE??

WHO (WORLD HEALTH ORGANIZATION) DEFINES SELF-CARE AS INDIVIDUALS, FAMILIES AND COMMUNITIES' PROMOTING AND MAINTAINING THEIR OWN HEALTH, PREVENTING DISEASE, AND COPING WITH ILLNESS AND DISABILITY.



Friendship Day

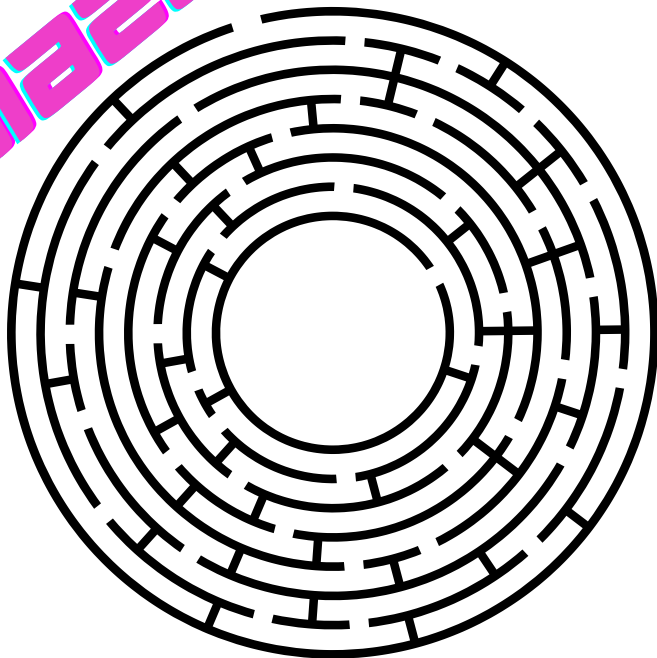
The International Day of Friendship is on July 30th. The International Day of Friendship was proclaimed in 2011 by the UN General Assembly with the idea that friendship between peoples, countries, cultures and individuals can inspire peace efforts and build bridges between communities.



“
A friend is someone who helps you up when you're down, and if they can't, they lay down beside you and listen.
-Winnie the Pooh
”

HAVE SOME FUN!

MAZE



RIDDLE ME THIS

WHAT TWO THINGS CAN YOU NEVER
EAT FOR BREAKFAST?

HOW FAR CAN YOU WALK
INTO THE WOODS?

WHAT BEGINS WITH AN "E" AND
ONLY CONTAINS ONE LETTER?

**SUMMER IS 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!**

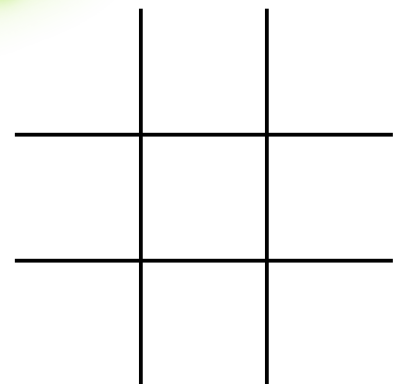
SUDOKU

No math is required to solve Sudokus. All you need to do is place the numbers 1-9 in the grid according to the rules.

1. Each row and column must contain the numbers 1-9 exactly once each
2. Each 3x3 box must contain the numbers 1-9 exactly once each

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

TIC TAC TOE!



HAVE SOME FUN!



HEY GOOD LOOKIN' WHATCHA GOT COOKIN'?

SUMMER PASTA SALAD

INGREDIENTS

- 1 POUND OF SHORT, CURLY PASTA
- 2 MEDIUM CUCUMBERS, SLICED THIN AND QUARTERED (ABOUT 4 CUPS)
- 4 CUPS OF BROCCOLI FLORETS
- 6 OUNCES CHERRY TOMATOES, QUARTERED (ABOUT 2 CUPS)
- ONE 16-OUNCE JAR SLICED ROASTED RED PEPPERS, DRAINED
- 1/2 CUP GRATED PARMESAN
- 1 1/2 CUPS ITALIAN DRESSING



INSTRUCTIONS

1. BRING A LARGE POT OF SALTED WATER TO A BOIL. COOK THE PASTA ACCORDING TO PACKAGE DIRECTIONS FOR AL DENTE.
2. ADD THE CUCUMBERS, BROCCOLI, TOMATOES, RED PEPPERS, PARMESAN, PASTA, 1/2 TEASPOON SALT AND A FEW GRINDS OF BLACK PEPPER TO A LARGE BOWL. POUR THE ITALIAN DRESSING OVER THE TOP AND TOSS UNTIL WELL COMBINED. COVER AND REFRIGERATE UNTIL THE PASTA IS COLD, ABOUT 2 HOURS AND UP TO OVERNIGHT.

WHAT DO DENTISTS CALL THEIR X-RAYS?



TOOTH PICS!

STRAWBERRY LIMEADE

INGREDIENTS

- 1/2 CUP OF LIME JUICE
- 1/3 CUP OF SUGAR
- 1/3 CUP OF WATER
- 1/2 LB OF SLICED STRAWBERRIES
- 20-30 MINT LEAVES
- 2 CUPS OF COLD WATER

INSTRUCTIONS

1. TO MAKE THE SIMPLE SYRUP, COMBINE THE SUGAR AND WATER IN A SAUCEPAN, AND COOK OVER MEDIUM HIGH HEAT FOR 5-10 MINUTES UNTIL THE SUGAR IS DISSOLVED AND THE LIQUID IS CLEAR.
2. IN A LARGE MASON JAR OR A PITCHER, COMBINE THE LIME JUICE, SIMPLE SYRUP, STRAWBERRIES, MINT, AND WATER. LET SIT IN THE REFRIGERATOR FOR 2-3 HOURS. SERVE AND ENJOY!



WHAT DID ONE OCEAN SAY TO THE OTHER OCEAN?

NOTHING, IT JUST WAVED.





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 (Thurs, 11am): 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!