



BRIDGEVIEW NEWSLETTER



STAY CONNECTED, STAY SUPPORTED, STAY WELL

AUGUST 2023



"Here at Bridgeview, my friends and I don't just create art, we create a future. We use our struggles, aspirations, vulnerabilities, and out 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



**CHECK OUT THESE
PHOTOS FROM
OUR JULY
OFFSITES!**





WHAT'S NEW WITH BRIDGEVIEW:

- Lee Carlson Center summer hours are happening. **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.
- The BV picnic will happen in early September. Be on the lookout for more information in the coming weeks!
- Lark is on maternity leave! We wish her and her new baby the best. She will return to BV in September. Rise will have a waitlist in the meantime.
- The DBT therapy group starts August 1st! Contact a care coordinator if you would like to be added to this group. It is billed through insurance and also requires a weekly meeting with a therapist.
- Sign up for transportation at least 24 hours in advance. The sign-up binder is on the back counter. You may also contact a care coordinator to get signed up.
- Offsite trips take place on Tuesdays during the LCC summer hours! 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 :)
 - Starting in August, members may only ride in the van for one offsite per month. This gives everyone an opportunity to sign up. If there are still spots open closer to the offsite, then the list will open back up for members who already attended that month. If you have other means of transportation you may still come to as many outings as you would like!
- My Very Own Bed** provides children their very own new beds so that every child has their own place to sleep. This offsite is a volunteer opportunity that includes a hands-on bedframe assembly, blanket rolling to keep them clean, book labeling based on age/reading level, and general cleaning of the facility.
- Bridgeview was donated state fair tickets! Members can sign up to receive **up to** two tickets. Please sign up for your tickets at the main counter and let us know if you would like 1 or 2 tickets. (while supplies last :)) If you would like more than two tickets, you will be added to a waitlist. Any additional tickets will be given closer to the start of the state fair.

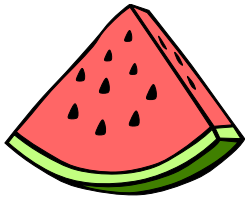
AUGUST 2023

TUESDAY


WEDNESDAY

THURSDAY

FRIDAY



MONDAY

<p>1 10a- Anxiety 11a- Lunch: Chicken Pasta Salad 11:30a-Offsite: Lilli Putt (\$7-20)</p>	<p>2 10:30a - Arts & Crafts 12p - Lunch: Hot Dogs 1p - Mental Health Support Group</p>	<p>3 10a - Writing Circle 11a - Self-Esteem 12p - Lunch: Tacos 1p - Mental Health Support Group</p>	<p>4 9a - Brunch Open from 8:30am - 11:30am!</p>
<p>7 10a - Grief & Loss 12p - Lunch: Egg Bake 1p - Gratitude Journaling</p>	<p>8 10a - Anxiety 11a - Lunch: Sandwiches 11:30a - Offsite: Volunteer @ My Very Own Bed (Shift from 12pm-2pm)</p>	<p>9 10:30a - Arts & Crafts 12p - Lunch: Chili 1p - Mental Health Support Group</p>	<p>10 10a - Writing Circle 11a - Self-Esteem 12p - Lunch: Cheesy Hashbrowns 1p - Mental Health Support Group</p>
<p>14 10a - Grief & Loss 12p - Lunch: Chicken Kiev 1p - Gratitude Journaling</p>	<p>15 10a - Anxiety 11a - Lunch: Chicken Caesar Salad 10-12p - Offsite: Farmers Market</p>	<p>16 10:30a - Arts & Crafts 12p - Lunch: Taco Pasta 12:15p - Member Meeting 1p - Mental Health Support Group</p>	<p>17 10a - Writing Circle 11a - Self-Esteem 12p - Lunch: Hamburgers with the Fridley PD 1p - Mental Health Support Group</p>
<p>21 10a - Grief & Loss 12p - Lunch: Enchiladas 1p - Gratitude Journaling</p>	<p>22 10a- Anxiety 11a - Sloppy Joes 11:30a- Offsite: Como Zoo/ Conservatory</p>	<p>23 10:30a - Arts & Crafts 12p - Lunch: Fried Chicken 1p - Mental Health Support Group</p>	<p>24 10a - Writing Circle 11a - Self-Esteem 12p - Lunch: Salisbury Steak 1p - Mental Health Support Group</p>
<p>28 10a - Grief & Loss 12p - Lunch: Egg Rolls 1p - Gratitude Journaling</p>	<p>29 10a- Anxiety 11a- Lunch: Pizza 12p- Bingo!!</p> 	<p>30 10:30a- Arts & Crafts 12p - Lunch: Tater Tot Hotdish 1p - Mental Health Support Group</p>	<p>31 10a - Grief & Loss 12p - Lunch: Au Gratin Potatoes 1p - Mental Health Support Group</p>



LEE CARLSON CENTER™
For Mental Health & Well-Being

BRIDGEVIEW STAFF

Bridgeview Main Line
763-783-7440



SAMANTHA, BV
MANAGER
763-780-3036.
EXT 644

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

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

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

Anoka County Crisis Line: 763-755-3801

Call OR text 988 for the
National Mental Health Crisis
Hotline

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

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

Creative Corner

PERHAPS SORROW

BY LINDA D

PERHAPS SORROW IS NOT WHAT I THOUGHT.

PERHAPS IT IS REALLY THE COLOR OF BLUE.
PERHAPS IT FEELS TO THE TOUCH LIKE A HUG.
PERHAPS IT HAS THE SCENT OF A FRESHLY CUT ROSE.

PERHAPS I COULDN'T HANG ONTO IT, EVEN IF I TRIED.

PERHAPS IT WOULD FLOAT AWAY LIKE A BOAT ON A LAKE.
PERHAPS IT WOULD HIDE LIKE ANIMALS TRYING TO SEEK SHELTER IN A STORM.
PERHAPS IT WOULD FALL THROUGH MY FINGERS LIKE LEAVES IN A TREE.

PERHAPS SADNESS IS AN INVITATION, NOT THE INVITATION I HOPED FOR, NOT
THE GOLD-ENGRAVED INVITATION-YET AN INVITATION, NONETHELESS.

PERHAPS IT'S INVITING ME TO JOIN IT IN A PARTY.
PERHAPS IF I SAT DOWN WITH IT I MIGHT LEARN TO LISTEN TO MY FEELINGS.

IT MIGHT SAY, "I'M SORRY YOU FEEL LIKE THIS".
OR IT MIGHT SAY, "YOU CAN GET THROUGH ANYTHING".

PERHAPS WE WOULD BECOME FRIENDS

This photo of a moth (right)
was taken by member Kylia
out by the BV gardens.*If you
look closely, there are hearts
on its wings*



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



Information Corner

World Humanitarian Day is on August 19th.

The purpose of World Humanitarian Day is to raise awareness of the plight of civilians around the world who have become caught up in conflicts, and also honor and raise support for the humanitarian workers who risk, and sometimes lose, their lives to help. It is a day to remind us that these are the people who make our lives much easier and safer, and recognizes the efforts of aid workers who put their lives on the line to help affected people during times of global crisis.



World Honey Bee Day is on August 19th.



The first World Honey Bee Day was held in 2009. The holiday is intended to promote beekeeping, but it also informs a lot about honey bees.

Honey's sweetness is often celebrated during the holiday season. It is used in some of the most delectable dishes found all around the world. Bees have also been found to have a significant role in pollination. Because pollination is so crucial to us, this has drawn a lot of attention to the role of bees. World Honey Bee Day is a holiday dedicated to raising awareness about the bee's numerous advantages. It's a day to celebrate beekeeping and encourages you to learn more about it. However, it is also a day that reminds us of the worldwide extinction of bee species. It's a holiday that encourages us to think about our impact on the environment.

Some fun celebration days coming up in August:



August is national wellness month.
The 2nd is national coloring book day.
The 16th is national tell a joke day.
The 19th is world honey bee day.
The 23rd marks the start of world water week.

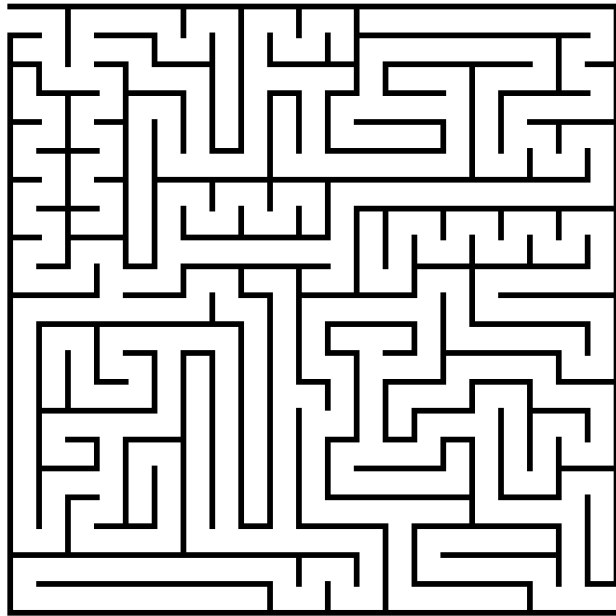


This photo of a wasp (left) was taken by member Ahmed.



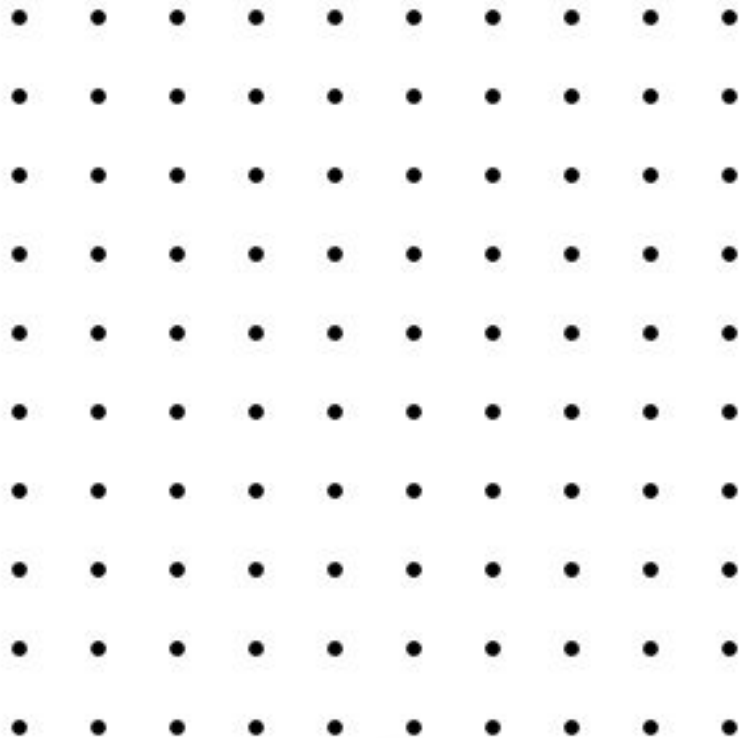
HAVE SOME FUN!

Maze



DOTS AND BOXES

1. Two players take turns to join two adjacent dots with a horizontal or vertical line. If a player completes the fourth side of a box they initial that box and must draw another line.
2. When all the boxes have been completed the winner is the player who has initialled the most boxes.



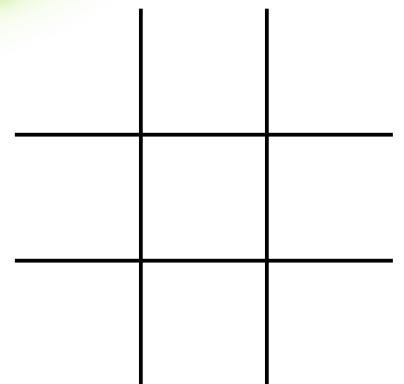
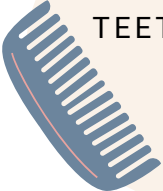
RIDDLE ME THIS

I HAVE CITIES, BUT NO HOUSES. I
 HAVE MOUNTAINS, BUT NO TREES.
 I HAVE WATER, BUT NO FISH.

WHAT AM I?

**WHAT BELONGS TO YOU, BUT
 EVERYONE ELSE USES IT?**

TIC TAC TOE!

WHAT HAS MANY
 TEETH, BUT CANNOT
 BITE?

A COMB!

HAVE SOME FUN!



HEY GOOD LOOKIN' WHATCHA GOT COOKIN'?

WATERMELON CAPRESE SALAD

INGREDIENTS

- 4 OUNCES FRESH MOZZARELLA, CUT INTO 1/2-INCH PIECES
- ¼ TEASPOON SALT
- ¼ TEASPOON GROUND PEPPER
- 4 CUPS CUBED SEEDLESS WATERMELON
- ¼ CUP THINLY SLICED FRESH BASIL
- 1 TABLESPOON BEST-QUALITY BALSAMIC VINEGAR OR BALSAMIC GLAZE (SEE TIP)
- 1 TABLESPOON EXTRA-VIRGIN OLIVE OIL (OPTIONAL)

INSTRUCTIONS

STIR MOZZARELLA, SALT AND PEPPER TOGETHER IN A MEDIUM BOWL. ADD WATERMELON AND BASIL; TOSS TO COMBINE. DRIZZLE WITH BALSAMIC VINEGAR (OR GLAZE) AND OLIVE OIL (IF DESIRED).



LEMON MINT SLUSHIE

INGREDIENTS

- 2 C ICE CUBES
- 1 1/2 C LEMONADE
- 1/4 C FRESH MINT LEAVES

INSTRUCTIONS

1. PLACE THE LEMONADE, MINT, AND 2 CUPS OF ICE IN A BLENDER. BLEND UNTIL THE ICE IS CRUSHED AND THE MIXTURE IS COMBINED.
2. ENJOY!



WHAT HAS A
BOTTOM AT THE
TOP?

YOUR LEGS!



Some BV members
on an outing to
pick raspberries!



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.

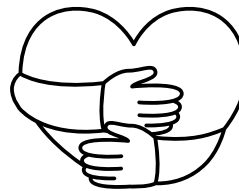
Anxiety support group (Tues, 10am): This group will focus on ways to calm your anxiety, with a focus on social anxiety.

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 (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!