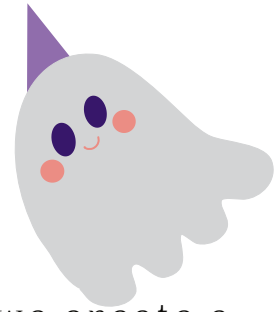
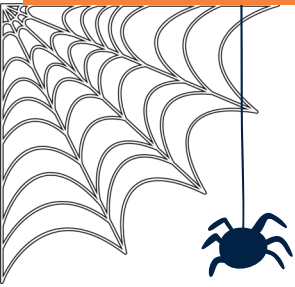


BRIDGEVIEW NEWSLETTER

STAY CONNECTED, STAY SUPPORTED, STAY WELL

OCTOBER 2023



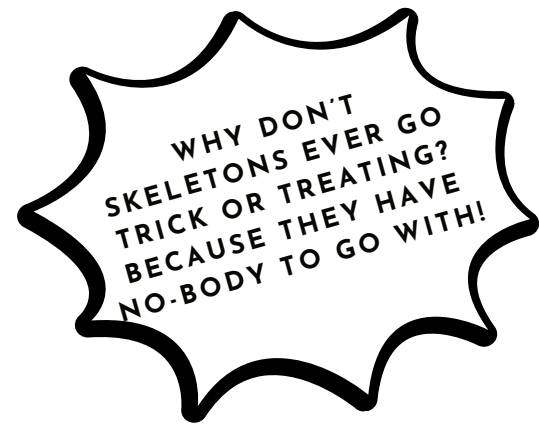
"Here at Bridgeview, my friends and I don't just create art, we create a future. We use our struggles, aspirations, vulnerabilities, and our determination to share our art with the world. We bring others hope, love, and wellness. We lift each other up, we respect one another. We share our talents, kindness,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

HALLOWEEN PARTY

CALLING ALL BRIDGEVIEW MEMBERS! JOIN US ON TUESDAY, OCTOBER 31ST FOR OUR ANNUAL HALLOWEEN PARTY FROM 11:00AM-2:00PM!

OUR SCHEDULE OF EVENTS WILL INCLUDE SCARYOKE (SPOOKY KARAOKE), TACOS, A TRICKY TREAT, GAMES, A HALLOWEEN THEAMED CRAFT, AND, OF COURSE, A COSTUME CONTEST. WE WILL ANNOUNCE THE WINNER AT 12:30PM, SO PLEASE COME BY 12:00PM TO BE ENTERED. A REMINDER THAT COSTUMES NEED TO BE APPROPRIATE AND NOT SCARY FOR BRIDGEVIEW. IF YOU HAVE QUESTIONS, PLEASE ASK PRIOR TO THE PARTY. HOPE TO SEE YOU ALL THERE!

BV WILL ALSO BE DOING A SPIRIT WEEK LEADING UP TO THE HALLOWEEN PARTY. CHECK OUT THE NEXT PAGE FOR DESCRIPTIONS OF EACH SPIRIT DAY!



SPIRIT WEEK!

STARTING MONDAY,
OCTOBER 23RD-TUESDAY
OCTOBER 31ST!

MONOCHROMATIC MONDAY (OCT 23RD)

Mono: One Chrome: Color

Pick your favorite color and match your shirt to your pants!



TROPICAL TUESDAY (OCT 24TH)

Dress like you are on the way to tropical paradise! Wear your best Hawaiian shirt, flower lei necklace, flip flops, sun hat, sun glasses etc!



WACKY WEDNESDAY (OCT 25TH)

Wear your wackiest outfit!
ex: two different shoes
shirt inside out
wacky hair style
sweatshirt on backwards
mis-matched socks
unique hat



USA THURSDAY (OCT 26TH)

Wear your favorite patriotic gear! (red, white, and blue)



FLANNEL VS DENIM FRIDAY (OCT 27TH)

Come dressed to the nines in your Canadian tuxedo, a warm flannel getup, or a combination of both!



HALLOWEEN!!! (TUESDAY OCT 31ST)

Come one come all! Wear your Halloween costume for the annual Bridgeview Halloween party! A reminder that costumes must not be too scary and BV appropriate. Talk to staff if you have questions about the appropriateness of your costume :)



MUSIC MONDAY (OCT 30TH)

Come to BV this day and wear your favorite band/musician merchandise!



EVERY DAY DURING SPIRIT WEEK YOU CAN VOTE FOR THE BEST DRESSED FOR EACH SPIRIT DAY, INCLUDING THE HALLOWEEN COSTUME CONTEST! ALL SPIRIT WEEK WINNERS WILL BE ANNOUNCED AT 12:30PM DURING THE HALLOWEEN PARTY!



WHAT'S NEW WITH BRIDGEVIEW:

- DBT therapy group is open for enrolling! Please talk to a care coordinator if you are interested. **Enrollment will close on October 6th.**
- LGBTQ+ family group starts on Wednesday, October 4th with Danny and Victoria. This is a support group for anyone to attend. It will focus on general conversation and how to be supportive toward LGBTQ+ people in your life.
- Please keep the code of conduct in mind and be mindful of conversation topics. Gossiping is not tolerated and you will be asked to leave for the day.
- The groups schedule has changed slightly. Take a look at the calendar to see when groups take place.
- New mug policy:** Going forward, BV will no longer house mugs. Please take them home with you and bring them daily if you plan on drinking coffee or water, or please bring a water bottle.
- Keep an eye out for another Bridgeview art show coming this November! If you are planning to participate, let staff know you would like a table and what you are selling. This helps staff prepare tables and ensure you have enough space.
- BV will be having a spirit week starting Oct. 23rd and leading up to Halloween! (see pages 1 and 2 of the newsletter for more info).
- October off-sites include Pine Tree Apple Orchard, Twin Cities Harvest Festival, and Springbrook Nature Center. You may sign up for one offsite guaranteed, and one waitlist!
- Many members need to complete updates. Check in with a staff member to see if you need an update. They take about 15 minutes and will not have to be done again for one year!



OCTOBER 2023

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>2 9a- Self Esteem 12p- Lunch: Tuna Melts</p>	<p>3 12p- Lunch: Tacos 1:30p- Arts & Crafts</p>	<p>4 12p - Lunch: Cheesy Hashbrowns 12:30p- LGBTQ Family Support 1:30p- Gratitude Journaling</p>	<p>5 10a - Writing Circle 11a - MHSG 12p - Lunch: Sandwiches 1p-Movies and Popcorn: The Haunted Mansion!</p>	<p>6 10a-Grief and Loss 11a Lunch: Chicken A La King 11:30a Offsite- Pine Tree Apple Orchard</p>
<p>9 9a- Self Esteem 12p -Lunch: Beef Stew</p>	<p>10 12p- Lunch: Tacos 12:30-MHSG 1:30p- Arts & Crafts</p>	<p>11 12p - Lunch: Goulash 12:30p-LGBTQ Family Support 1:30p- Gratitude Journaling</p>	<p>12 10a - Writing Circle 11a-MHSG 12p - Lunch: Mock Chow Mein 1p- Movies and Popcorn: Adams Family!</p>	<p>13 10a- Grief and Loss 11a-Lunch: Chicken Caesar Salad 11:30a Offsite- Springbrook Nature Center</p>
<p>16 9a-Self Esteem 12p-Lunch: Cheesy Hashbrowns</p>	<p>17 12p- Lunch: Tacos 12:30p- MHSG 1:30p- Arts & Crafts</p>	<p>18 12p - Lunch: Egg Bake 12:15p - Member Meeting 12:30p- LGBTQ Family Support 1:30p - Gratitude Journaling</p>	<p>19 10a - Writing Circle 11a - MHSG 12p - Lunch: Sloppy Joes w/Fridley PD! 1p- Movies and Popcorn: Goosebumps!</p>	<p>20 10a- Grief and Loss 11a Lunch: Fried Chicken 11:30a Offsite- Twin Cities Harvest Festival (Brooklyn Park)</p>
<p>23 9a- Self Esteem 12p - Lunch: Spaghetti Pie</p>	<p>24 12p- Lunch: Tacos 12:30p- MHSG 1:30p- Arts and Crafts</p>	<p>25 12p - Lunch: Sandwiches 12:30p-LGBTQ Family Support 1:30p- Gratitude Journaling</p>	<p>26 10a- Writing Circle 11a MHSG 12p - Lunch: Tater Tot Hotdish 1p- Movies and Popcorn: ET!</p>	<p>27 10a- Grief and Loss 11a - Lunch: Pizza! 12p - Bingo!!!</p> 
<p>30 9a- Self Esteem 12p - Lunch: Chicken Pasta Salad</p>	<p>31 HALLOWEEN 9a-11a: Movies and Popcorn: Hocus Pocus! 11a-2p Halloween party! 11a- Scary-oke! 12p - Lunch: Tacos 12:30p- Costume Contest 1:30p- Arts and Crafts: Glarch Slime</p>	<div data-bbox="812 1575 1542 2058">  <p>WHAT DO WITCHES PUT ON TO GO TRICK OR TREATING? MAS-SCARE-A!</p> </div>		



BRIDGEVIEW STAFF

Bridgeview Main Line
763-783-7440



CINDY
CARE COORDINATOR
763-780-3036,
EXT 526

SAMANTHA
BV MANAGER
763-780-3036,
EXT 644

KIM
CARE COORDINATOR
763-780-3036,
EXT 587

ALLI
CARE COORDINATOR
763-780-3036,
EXT 837

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

SEPTEMBER OFFSITES



BV MEMBERS TOOK TRIPS OUT TO THE MINNEAPOLIS FARMERS MARKET, MN NICE CREAM, AND BLUE SUN SODA SHOP!



ART STUDIO HAPPENINGS



SEPTEMBER WAS FILLED WITH MEMBER LED ART GROUPS AND SPECIAL GUESTS! THIS INCLUDED A MEMBER-LED CLASS TEACHING A STEP-BY-STEP PAINTING OF A RENDITION OF VAN GOGH'S "THE STARRY NIGHT" PAINTING (ABOVE); A CLASS ON HOW AI OR "ARTIFICIAL INTELLIGENCE" CAN BE USED TO CREATE ART (LEFT); A BEGINNERS CLASS ON HOW TO CROCHET A POTHOLDER/DISHCLOTH (BOTTOM LEFT); AND A TWO-PART PRINT MAKING CLASS WITH AN ARTIST FROM RUM RIVER ART CENTER (BELOW)!



MEMBER LIZ (BELOW) AT THE STATE FAIR. SHE MET ONE OF HER FAVORITE NEWS ANCHORS!



RIDDLE ME THIS

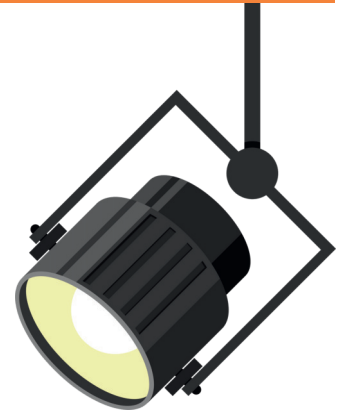
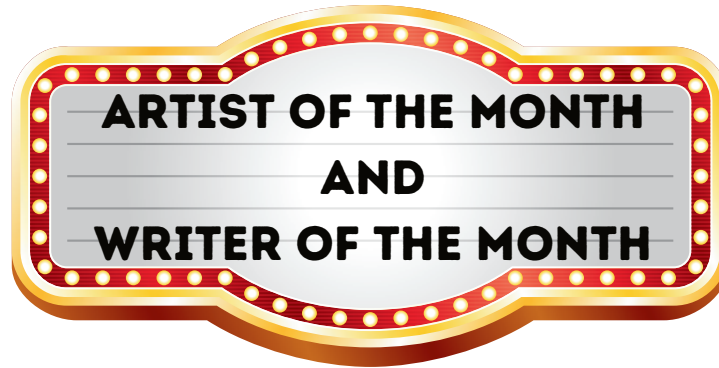
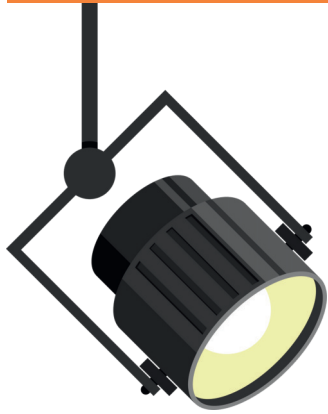
WHAT HAS THREE FEET BUT CANNOT WALK?

WHAT IS THE LONGEST WORD IN THE DICTIONARY?



WHAT'S RED AND MOVES UP AND DOWN?

A TOMATO IN AN ELEVATOR



Travis M is Bridgeview's Artist of the Month!

Maria D is Bridgeview's Writer of the Month!

See Me

When I am silenced, I feel something is choking me like a boa constrictor squeezing the life out of its prey.

To me the silence becomes hard to keep my balance like standing in the middle of an EF 3 tornado.

When you see me, you witness a small fragile person hovering in a corner like a mouse in fear of a car.

When you hear, you witness a wonderful metamorphosis like a cocoon transforming into a beautiful butterfly.

To hear me is to to know me and realize that I am a lot stronger.

To see me is to recognize a strong independent woman who has overcome many obstacles like recruit surviving boot camp.

What does writing mean to Maria?

Writing is a way to express myself. Sometimes my writing starts dark but I try to end it on a positive note to help myself and others.

What inspires Maria?

My faith, nature, and animals, especially dogs.



This piece is titled, 'The Big Head'

What does art mean to Travis?

I really like cartoons and anime.

What inspires Travis?

My favorite cartoons.

What is Travis's medium of choice?

Pencils and sometimes pens.

Description of the piece Travis included:

He doesn't have a name, but I call him The Big Head.

Information Station



Indigenous Peoples' Day is October 9th

Indigenous Peoples' Day asks individuals to consider the long and storied history of American lands. The holiday represents an honoring of Indigenous people and provides an opportunity to celebrate Indigenous traditions and culture.

Celebrating Indigenous Peoples' Day can include singing, dancing, and eating traditional foods in honor of individual sovereign nations. Center and uplift the traditions and customs of Indigenous people as you celebrate this day.

Find out about the Native lands we all live on here: www.native-land.ca



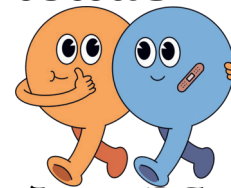
October 7th is World Smile Day



October 10th is World Mental Health Day



October 19th is National New Friends Day



October 26th is National Pumpkin Day



HAVE SOME FUN!



Halloween Word Search



Can you find the words
hidden in the puzzle?



S	P	I	D	E	R	T	I	C	E	D	C
H	X	L	P	N	I	G	H	O	S	T	L
S	P	I	F	E	T	I	G	S	O	R	T
H	A	U	N	T	E	D	O	T	C	I	C
A	M	E	M	G	F	C	F	U	R	C	U
S	S	J	U	P	T	U	L	M	P	K	S
C	T	B	G	U	K	W	I	E	F	R	X
A	A	A	B	O	R	I	D	K	C	T	U
R	R	T	R	E	A	T	N	U	A	E	M
Y	A	R	M	L	E	C	O	T	N	I	I
D	F	C	O	N	F	H	S	E	D	E	N
G	S	P	O	O	K	Y	D	O	Y	E	T

TRICK

SPIDER

COSTUME

CANDY

SCARY

WITCH

PUMPKIN

TREAT

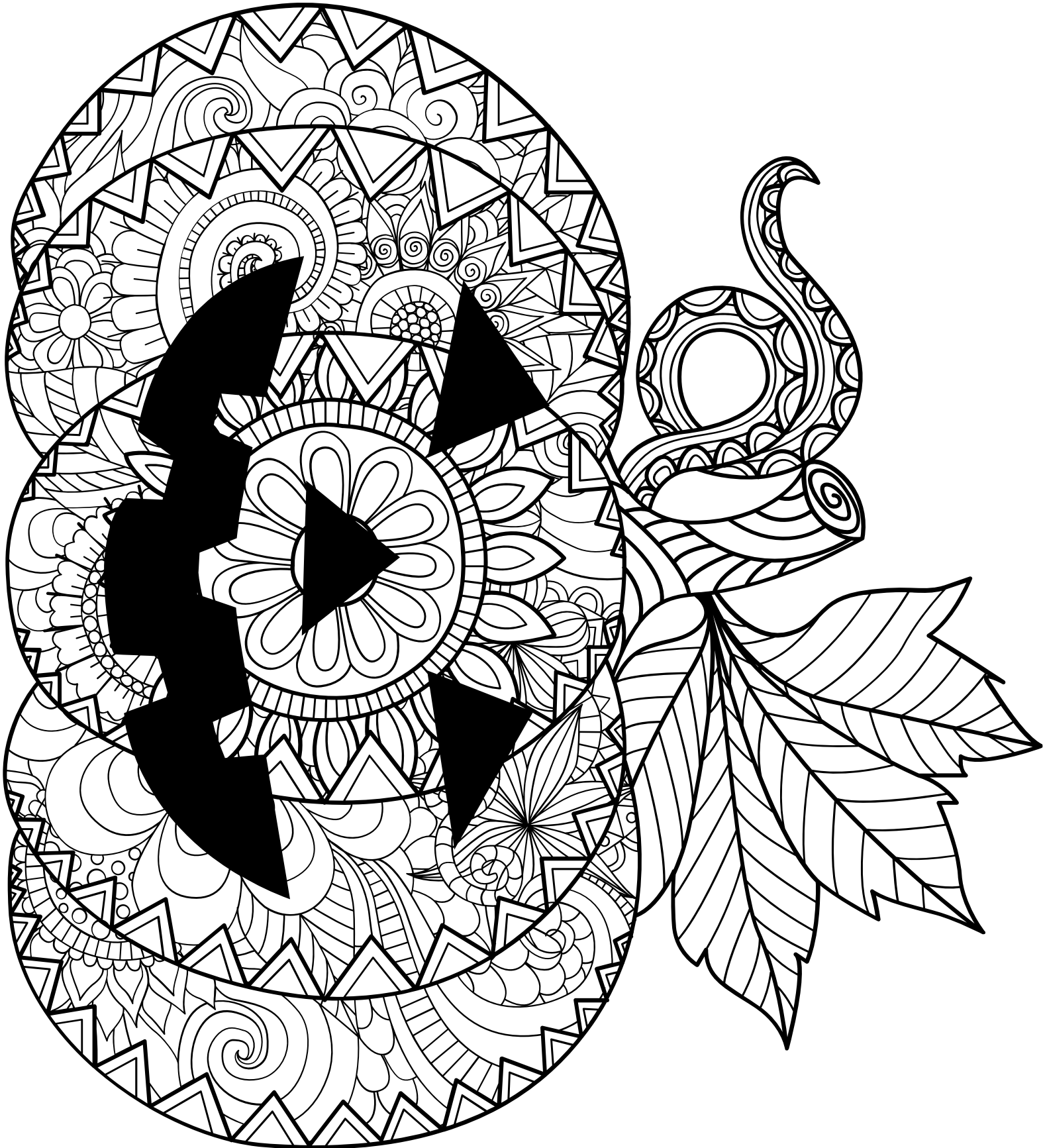
GHOST

SPOOKY

HAUNTED

BAT

HAVE SOME FUN!



HEY GOOD LOOKIN' WHATCHA GOT COOKIN'?

PEAR CRISP WITH VANILLA ICECREAM

INGREDIENTS

FOR THE FILLING:

- 4 TO 5 WHOLE LARGE PEARS (BOSC WORK WELL)
- 2/3 C. GRANULATED SUGAR
- 1/4 TSP. SALT

FOR THE TOPPING:

- 1 1/2 C. ALL-PURPOSE FLOUR
- 1/3 C. GRANULATED SUGAR
- 1/3 C. FIRMLY PACKED BROWN SUGAR
- 1/2 TSP. GROUND CINNAMON
- 1/2 C. PECANS, VERY FINELY CHOPPED
- 1/2 C. BUTTER, MELTED

DIRECTIONS

1. PREHEAT THE OVEN TO 350°F.
2. FOR THE FILLING: PEEL, CORE, AND DICE THE PEARS. PLACE THEM INTO A BOWL AND STIR TOGETHER WITH THE GRANULATED SUGAR AND SALT. SET ASIDE.
3. FOR THE TOPPING: IN A SEPARATE BOWL, COMBINE THE FLOUR, GRANULATED SUGAR, BROWN SUGAR, CINNAMON, AND PECANS. STIR TOGETHER. DRIZZLE THE MELTED BUTTER, GRADUALLY, STIRRING WITH A FORK AS YOU GO UNTIL ALL COMBINED.
4. POUR THE PEARS INTO A BUTTERED BAKING DISH; TOP WITH THE CRUMB TOPPING.
5. TRANSFER THE BAKING DISH TO THE MIDDLE OVEN RACK AND BAKE FOR 30 MINUTES.
6. MOVE THE DISH TO THE TOP RACK OF THE OVEN AND BAKE FOR AN ADDITIONAL 10 MINUTES, OR UNTIL THE TOPPING IS GOLDEN BROWN. SERVE WARM WITH VANILLA ICE CREAM.



DUMP AND BAKE MANICOTTI

INGREDIENTS

- 1 BOX MANICOTTI (8 PIECES), UNCOOKED
- STRING CHEESE
- 1 JAR MARINARA OR ALFREDO SAUCE
- 1 LB GROUND BEEF, COOKED AND DRAINED
- GARLIC POWDER
- ITALIAN SEASONING
- SALT AND PEPPER
- PARSLEY
- 1 PKG (2C) MOZZERELLA
- 1 PKG (2C) SHREDDED PARMASIAN
- 1 C WATER

DIRECTIONS

PREHEAT OVEN TO 350 DEGREES. SPRAY 13X9 BAKING DISH WITH COOKING SPRAY. STUFF UNCOOKED MANICOTTI WITH STRING CHEESE AND PLACE IN BAKING DISH. SPREAD GROUND BEEF EVENLY OVER THE PASTA, AND COVER WITH MARINARA SAUCE. SEASON TO TASTE WITH GARLIC POWDER, ITALIAN SEASONING, SALT AND PEPPER. POUR WATER INTO THE MIX, COVER WITH FOIL AND BAKE FOR 1 HOUR. REMOVE FROM THE OVEN, COVER WITH MOZZERELLA AND PARMASIAN, BAKE AND ADDITIONAL 20 MINUTES. SPRINKLE WITH PARSLEY AND ENJOY!



SUGGESTED BY MEMBER CC



SUPPORT GROUPS



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

Arts & Crafts with Kim (Tuesday, 1:30pm): 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!

LGBTQ Family Support (Wednesday, 12:30pm): This group with Danny and Victoria will discuss how to best support your loved ones that are a part of the LGBTQ+ community.

Gratitude Journaling with Cindy (Wednesday, 1:30pm): This group allows a person to experience the good things in life.

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

Mental Health support group with Cindy (Tues, 12:30pm and Thurs, 11am): Peer support, education, and encouragement.

Grief & Loss (Friday 10:30am): A support group to help navigate the world without those that we have lost.



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!