

# BRIDGEVIEW NEWSLETTER



STAY CONNECTED, STAY SUPPORTED, STAY WELL



## SEPTEMBER 2023

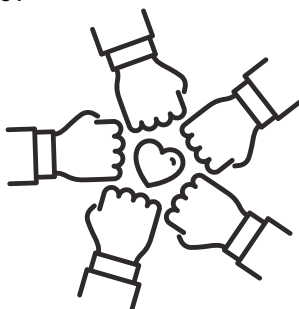
"Here at Bridgeview, my friends and I don't just create art, we create a future. We use our struggles, aspirations, vulnerabilities, and our determination to share our art with the world. We bring others hope, love, and wellness. We lift each other up, we respect one another. We share our talents, kindness,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



A sneak peek at one of BV's August Offsites- a volunteer opportunity at My Very Own Bed! Members helped assemble bed frames and roll blanket for children who need beds!



**My Very Own Bed**  
Providing new beds to kids.






# WHAT'S NEW WITH BRIDGEVIEW:

-Bridgeview is back to its regular hours starting after labor day! We will be open Monday through Friday from 9-3pm.

-Bingo will take place on the last **Friday** of each month.



-The BV picnic will be on-site and is on September 8th. We will have indoor and outdoor games, as well as a nice lunch for members! Make sure to wear your sunscreen! 

-Lark is on maternity leave! We wish her and her new baby the best. She will return to BV some time in September. Rise will have a waitlist in the meantime.

-We will have a new LGBTQ+ billed therapy group starting this fall. Talk with a care coordinator to get your name on the interest list.

-There will be a new support ARHMS Skills support group this fall. Talk with a care coordinator to get your name on the interest list.

-Offsite trips are back to being on **Fridays!** Sign up in the offsite binder for a spot in the van or to let us know you'll be meeting us there.

-The groups schedule will be changing in the coming weeks; be on the lookout for more information soon!

-New mug policy: if you would like coffee or tea, you **must** bring your own mug, label it in permanent marker, and clean it after each use. All unwashed mugs will be donated at the end of the week.



-Keep an eye out for another Bridgeview art show coming this November!



WHAT KIND OF WITCH GOES TO THE BEACH?

A SANDWICH!



Interested in learning more about Artificial Intelligence!?

Join Matt in the lunch room after lunch on Tuesday, September 12th for an interactive, artistic, and educational presentation about AI. Members who participate will get to take home a neat AI-assisted art example to keep!






FRIDAY

# SEPTEMBER

September 23rd is the first day of Autumn!

MONDAY TUESDAY WEDNESDAY THURSDAY

<p>4</p> <p>BV is Closed!</p> 	<p>5</p> <p>10a - Anxiety 12p- Lunch: Tacos 1pm-Karaoke!</p>	<p>6</p> <p>10:30a - Arts &amp; Crafts: <b>Crochet with Katie!</b> 12p - Lunch: Sloppy Joes 1p - Mental Health Support Group</p>	<p>7</p> <p>10a - Writing Circle 11a - Self-Esteem 12p - Lunch: Beef Stew 1p - Mental Health Support Group</p>	<p>8</p> <p>11a - Picnic lunch! Sandwiches and more!</p> 
<p>11</p> <p>9a- Gratitude Journaling 12p -Lunch: Goulash</p>	<p>12</p> <p>12p- Lunch: Tacos 12:30-MHSG <b>1:30p- Artificial Intelligence Art Presentation with Matt!</b></p>	<p>13</p> <p>12p - Lunch: Cheesy Hashbrowns 1:30- Self Esteem</p>	<p>14</p> <p>10a - Writing Circle 11a-MHSG 12p - Lunch: Egg Bake</p>	<p>15</p> <p>10:30a-Grief and Loss 11a-Lunch: Chicken Caesar Salad 11:30a - Blue Sun Soda Shop Offsite</p>
<p>18</p> <p>9a-Gratitude Journaling 12p-Lunch: Au Gratin Potatoes</p>	<p>19</p> <p>12p- Lunch: Tacos 12:30p- MHSG <b>12:30-2:30p- Print Making project w/ artist from Rum River Art Center! (Day 1)</b></p>	<p>20</p> <p>12p - Lunch: Mock Chow Mein <b>12:15p - Member Meeting</b> 1:30p - Self Esteem</p>	<p>21</p> <p>10a - Writing Circle 11a - MHSG 12p - Lunch: <b>Sandwiches w/Fridley PD!</b></p>	<p>22</p> <p>10:30a- Grief and Loss 11a Lunch: Fried Chicken 11:30a - Farmers Market Offsite</p>
<p>25</p> <p>9a- Gratitude Journaling 12p - Lunch: Sloppy Joes</p>	<p>26</p> <p>12p- Lunch: Tacos 12:30p- MHSG <b>2:30-2:30p- Print Making project w/ artist from Rum River Art Center! (Day 2)</b></p>	<p>27</p> <p>12p - Lunch: Goulash 1:30p - Self Esteem</p>	<p>28</p> <p>10a- Writing Circle 11a MHSG 12p - Lunch: Chicken Pasta Salad</p>	<p>29</p> <p>11a - Lunch: Pizza! 12p - Bingo!!!</p> 



What type of feline loves to go bowling?  
An Alley Cat!



**LEE CARLSON CENTER™**  
For Mental Health & Well-Being

# BRIDGEVIEW STAFF

Bridgeview Main Line  
763-783-7440



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

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

ALLI, CARE  
COORDINATOR  
763-780-3036,  
EXT 837

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

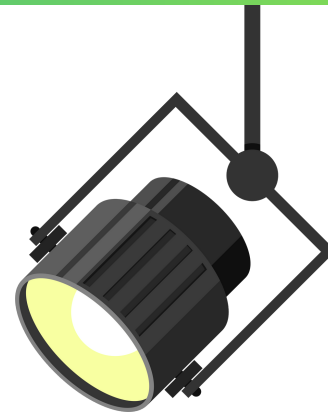
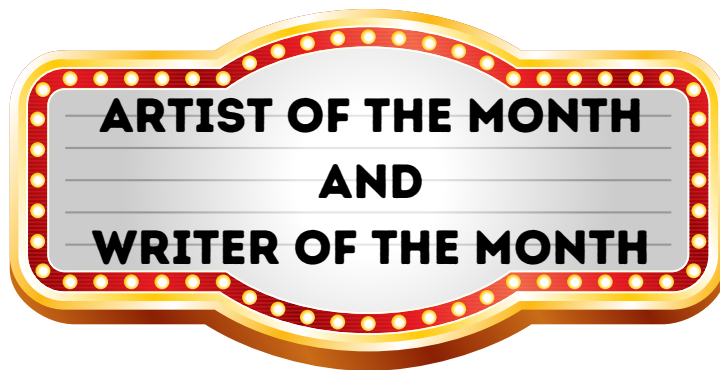
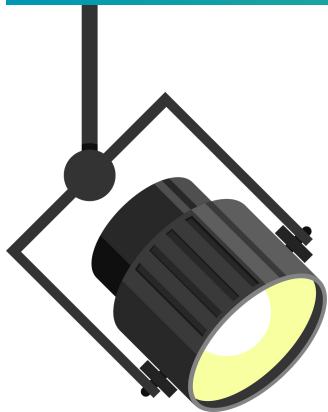
**SANDWICH MAKING WITH THE SPRING  
LAKE PARK LIONS CLUB! BV MEMBERS MET  
UP WITH THE LIONS AT ABLE PARK AND  
HELPED THEM MAKE 400 SANDWICHES  
FOR THE HOMELESS!**



THESE PHOTOS OF  
SUNFLOWERS (LEFT AND  
RIGHT) WERE TAKEN OUT BY  
THE BV GARDENS BY MEMBER  
KYLIA! GO CHECK OUT THE  
GARDENS BEHIND BV AND  
SEE WHAT THE GARDEN  
GROUP HAS BEEN WORKING  
ON!







Sarah H is Bridgeview's Artist of the Month!

Kylia L is Bridgeview's Writer of the Month!!



This piece is titled, 'Daisy, My Love'

**FIRST STEPS**

A POEM BY KYLIA LAMOTTE

THE FIRST STEP CAN BE THE LONGEST WHEN YOU WANT TO JUST LET GO  
 THE FIRST STEP CAN BE THE MOST CHALLENGING WHEN YOU FEAR TO JUST GIVE UP  
 THE FIRST STEP CAN BE THE HARDEST WHEN YOU FIGHT AGAINST THE WHOLE WORLD  
 THE FIRST STEP IS OFTEN THE LONELIEST WHEN YOU DON'T KNOW IF YOU CARE ABOUT ME OR NOT  
 THE FIRST STEP AN BE AN OPENING WHERE THE POSSIBILITIES INCLUDE A HEALTHIER AND BETTER LIFE  
 THE FIRST STEP CAN BE AN ENDING WHEN YOU THINK YOU WILL LOSE EVERYTHING YOU HAVE AND WORKED FOR  
 THE FIRST STEP CAN BE A THRILL WHEN YOU EXPERIENCE LEARNING NEW THINGS  
 THE FIRST STEP CAN BE JOY WHEN YOU CELEBRATE SOMETHING EXCITING!

**What does art mean to Sarah?**

It makes me feel good and calm.

**What does writing mean to Kylia?**

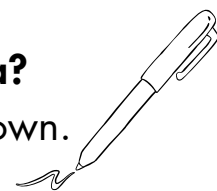
It helps express my life and feelings.

**What inspires Sarah?**

Arts and Crafts and my friends.

**What inspires Kylia?**

Writing everything down.



**What is Sarah's medium of choice?**

Watercolors.

**Description of the piece Kylia included:**

Taking one step at a time and going step by step.



**Description of the piece Sarah included:**

It is a painting of my dog, Daisy.



# Information Corner



## Hispanic Heritage Month!

Hispanic Heritage Month is September 15th to October 15th. It is a time to recognize and celebrate the many contributions, diverse cultures, and extensive histories of the American Latino community.

From entertainment to food and sports, the Hispanic and Latinx communities have left their impact on U.S. history. While their contributions can be spotted throughout day-to-day life, Hispanic Heritage Month brings these accomplishments to the forefront.

When festivities kick off in the middle of September, folks can honor Hispanic Heritage Month by immersing themselves in books written by Latinx authors, eating delicious Hispanic dishes and shopping from Latinx-owned businesses!



## World Gratitude day!

World Gratitude Day is celebrated on September 21 annually. This day aims to remind us of the importance of expressing gestures of thanks and appreciation. Understandably, sometimes we can get caught up in our busy lives and neglect to show how grateful we are for the people around us.

How can you celebrate World Gratitude day?

### 1. Write and send thank you notes

One of the easiest ways to show gratitude is by writing letters, cards, or emails to important people in your life. You can write about anything that comes to mind – your favorite memories together, what they taught you, how much they mean to you, e.t.c. Don't worry if it's not eloquent – be sincere and honest with your appreciation.

### 2. Show gratitude to everyone

Show gratitude to everybody you meet today, and tell them it's World Gratitude Day. Appreciate the people who contribute to your life in different ways. It could be the mail carrier, the telephone technician, the trash collectors, or even the chef and waiters at your favorite restaurant.

### 3. Appreciate yourself

You're not perfect, but you can be thankful for the good things about yourself. Write down all of your good traits or actions. They don't have to be big things. They can be simple or complex. If no one appreciates you for who you are today, you were grateful for and kind to yourself.





# Information Corner

## National Suicide Prevention Month

Every September, there is a global campaign to raise awareness around suicide prevention. This time is meant to spread hope and vital information to all. September 10th is World Suicide Prevention Day.

As the NAMI website states, the "goal is ensuring that individuals, friends, and families have access to the resources they need to discuss suicide prevention and to seek help."

- If you or someone you know is experiencing a mental health crisis, call or text 988 immediately.
- If you are uncomfortable talking on the phone, you can chat the Suicide & Crisis Lifeline at [988lifeline.org](https://988lifeline.org).
- You can also text NAMI to 741-741 to be connected to a free, trained crisis counselor on the Crisis Text Line



## Need to talk?

### Minnesota Warm line

For peer-to-peer support  
844-739-0369  
Daily, 5 p.m. to 9 a.m.  
or  
1-877-404-3190  
Monday - Saturday, noon to 10 p.m.

### Crisis services

Call, Text or Chat 988  
[988lifeline.org](https://988lifeline.org)

#YouMatterMN

The MN Department of Health is hosting several webinars related to this topic throughout September.

Check them out here:  
<https://tinyurl.com/BridgeviewLCC>

# #BeThe1To Be There.



Listen.  
No judgement. No dismissal.  
With compassion and empathy.  
Listen.



### Additional Resources:

[nami.org](https://nami.org)  
[988lifeline.org](https://988lifeline.org)  
[twloha.com/notbetterwithoutyou](https://twloha.com/notbetterwithoutyou)  
[bethe1to.com](https://bethe1to.com)

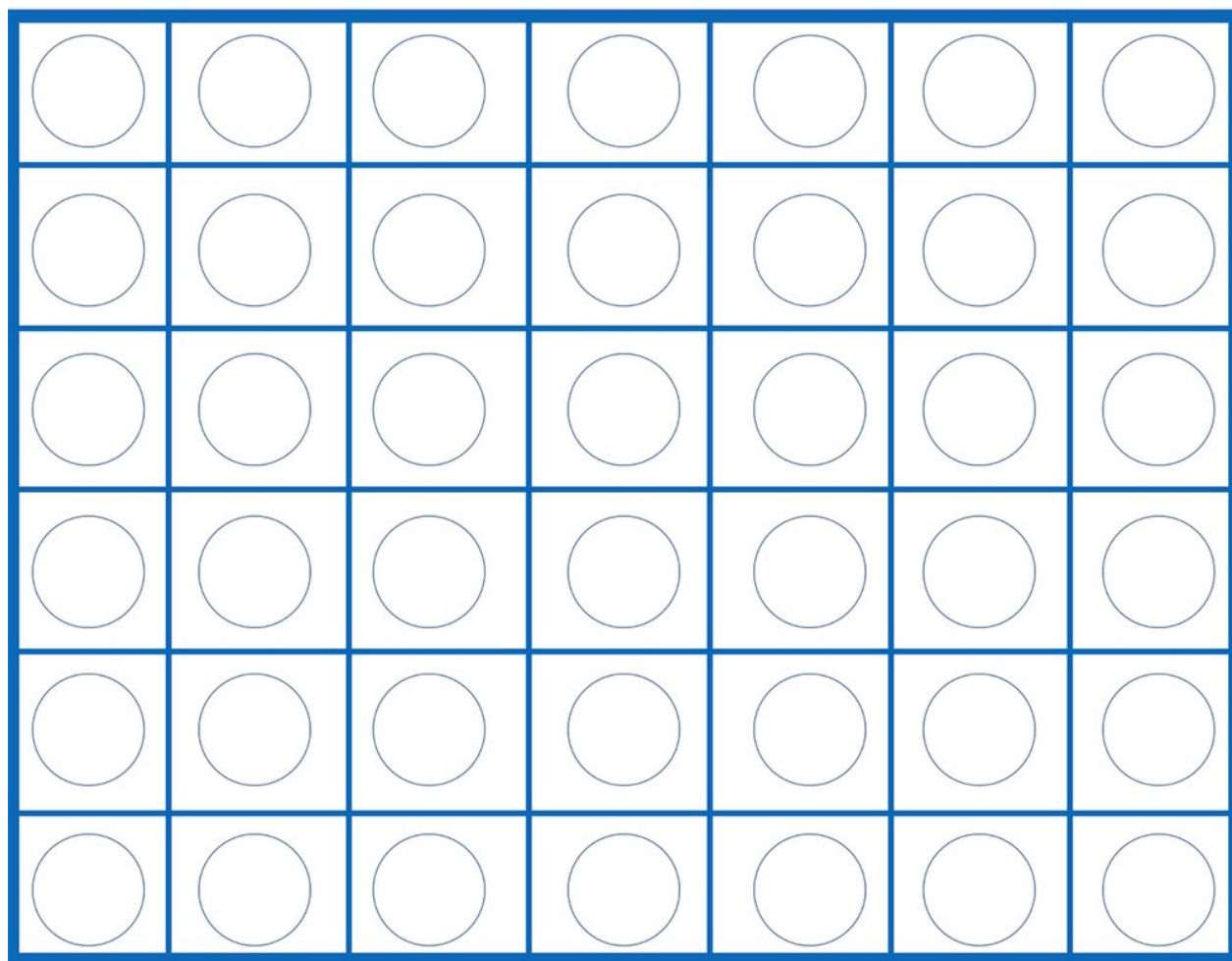
Help is available.  
Call 1-800-273-TALK (8255).

#BeThe1To

BeThe1To.com

# HAVE SOME FUN!

## CONNECT FOUR



## RIDDLE ME THIS

NO MATTER HOW LITTLE OR HOW  
MUCH YOU USE ME, YOU CHANGE ME  
EVERY MONTH. WHAT AM I?  
**WHAT HAS A NECK BUT HAS  
NO HEAD?**



WHAT KIND OF TREE  
FITS IN YOUR HAND?

A PALM TREE!



# HAVE SOME FUN!



# HEY GOOD LOOKIN' WHATCHA GOT COOKIN'?

## APPLE DUMPLINGS

### INGREDIENTS

- 1 (16 OUNCE) CAN REFRIGERATED FLAKY BISCUIT DOUGH
- 4 APPLES - PEELED, CORED AND HALVED
- 1 CUP WHITE SUGAR
- 1 CUP WATER
- ½ CUP BUTTER, MELTED
- 2 TEASPOONS VANILLA EXTRACT
- ½ TEASPOON GROUND CINNAMON

### INSTRUCTIONS

1. PREHEAT OVEN TO 350°
2. BUTTER A 7X11 INCH BAKING PAN. SEPARATE BISCUIT DOUGH INTO 8 PIECES. FLATTEN EACH PIECE OF DOUGH INTO A CIRCLE. WRAP ONE BISCUIT AROUND EACH APPLE HALF AND PLACE, SEAM SIDE DOWN, IN PAN.
3. IN SMALL BOWL, COMBINE SUGAR, WATER, MELTED BUTTER AND VANILLA. POUR MIXTURE OVER DUMPLINGS IN PAN. SPRINKLE CINNAMON ON TOP. BAKE 35 TO 40 MINUTES, UNTIL GOLDEN. SERVE HOT.



## BAKED PARMESAN YELLOW SQUASH ROUNDS

### INGREDIENTS

- 2 MEDIUM-SIZED YELLOW SUMMER SQUASH
- GARLIC SALT & FRESHLY GROUND BLACK PEPPER
- ½ CUP FRESHLY GRATED PARMESAN CHEESE

### INSTRUCTIONS

1. PLACE AN OVEN RACK IN THE CENTER POSITION OF THE OVEN. PREHEAT THE OVEN TO 425°F. LINE A BAKING SHEET WITH FOIL (LIGHTLY MISTED WITH NONSTICK COOKING SPRAY) OR PARCHMENT PAPER.
2. WASH AND DRY THE SQUASH, AND THEN CUT EACH ONE INTO ¼-INCH THICK SLICES. ARRANGE THE SQUASH ROUNDS ON THE PREPARED PAN, WITH LITTLE TO NO SPACE BETWEEN THEM. LIGHTLY SPRINKLE THE SQUASH WITH GARLIC SALT AND FRESHLY GROUND BLACK PEPPER. USE A SMALL SPOON TO SPREAD A THIN LAYER OF PARMESAN CHEESE ON EACH SLICE OF SQUASH.
3. BAKE FOR 15 TO 20 MINUTES, OR UNTIL THE PARMESAN MELTS AND TURNS A LIGHT GOLDEN BROWN. (WATCH THESE CLOSELY THE FIRST TIME YOU MAKE THEM AND PULL THEM OUT OF THE OVEN EARLY IF THE PARMESAN IS GOLDEN BEFORE 15 MINUTES. ALTERNATIVELY, YOU MAY BROIL THEM FOR A MINUTE OR TWO AT THE END OF THE COOKING TIME TO SPEED UP THE BROWNING.) SERVE IMMEDIATELY.







## SUPPORT GROUPS



**Gratitude Journaling with Cindy** (Mon, 9am): This group allows a person to experience the good things in life.

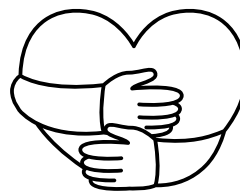
**Arts & Crafts with Kim** (Tuesday, 1:30pm): Join Kim in the art studio and enjoy making DIY ornaments, holiday themed decorations, or learning how to do latch hook kits. All experience and ability levels are welcome!

**Self-Esteem** (Wed, 1:30pm): Provides support and encouragement for each other. The group will help you recognize your skills, abilities, and potential.

**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!**