



BRIDGEVIEW NEWSLETTER

STAY CONNECTED, STAY SUPPORTED, STAY WELL



NOVEMBER 2023



LEE CARLSON CENTER™
For Mental Health & Well-Being

Bridgeview Art Show

Join our celebration of the talented artists among us! The Bridgeview Art Show features artwork and crafts from our very own Bridgeview members. You'll have a chance to view and purchase items and, at the same time, support exceptional and affordable mental health care. Plus, we'll be serving a delicious dinner!

DATE: November 16, 2023

TIME: 5-7:30 PM

PLACE: Bridgeview Drop-In Center*
7920 University Ave NE, Fridley

*Bridgeview is a drop-in center for adults living with serious and persistent mental illness.

Lee Carlson Center provides 7,000+ people annually with access to critical mental health services. With increasing demand and rising costs, your support is vital! Please make a Give to the Max Day gift by scanning the orange code!





WHAT'S NEW WITH BRIDGEVIEW:

- Therapy groups still enrolling members: Mindfulness, LGBTQ+ community, LGBTQ+ family, friends, and allies. Talk to staff for more information or to enroll!
- The deadline to sign up for the art show and have table space is **November 13th**.
- 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.
- Bingo will be on **Thursday, November 30th** this month.
- Be on the lookout for ways to share and display your gratitude this month at Bridgeview! We will have some fun opportunities to involve the BV community.
- Bridgeview's hours will be **different** on November 16th. We will be open to members at **1:30pm** and to the public at **5pm** for a catered dinner and the art show.
- Bridgeview will be **closed** on November 17th, 23rd, and 24th
- We will have a turkey dinner on Tuesday, November 21st at 12pm. This will be for members only.
- Many members **still** 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!

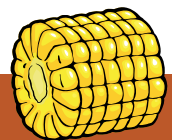


What do you call a
running turkey?
Fast Food!

What did one
pumpkin pie say to
the other?
You want a piece of
me?



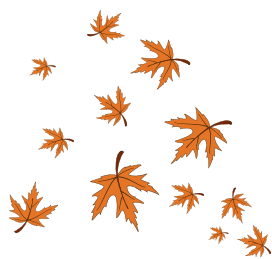
Why don't side dishes tell
jokes?
They're too corny!




November 2023



Monday Tuesday Wednesday Thursday Friday



		1 12p - Lunch: Mock Chow Mein 1:30p- Gratitude Journaling	2 10a- Rumriver Watercolor Mixed Media Project 11a - MHSG 12p - Lunch: Tuna Melts 1pm Trivia!	3 10a-Grief and Loss 11a Lunch: Cheesy Hashbrowns 11:30a Offsite- Springbrook Nature Center
6 9a- Self Esteem 12p -Lunch: Chicken Caesar Salad	7 12p- Lunch: Tacos 12:30-MHSG 1:30p- Arts & Crafts	8 12p - Lunch: Spaghetti Pie 1:30p- Gratitude Journaling	9 10a - Rumriver Clay Mugs - sign up in advance 11a-MHSG 12p - Lunch: Beef Stew 1pm Trivia!	10 10a- Grief and Loss 11a-Lunch: Fried Chicken 11:30a Offsite- Feed My Starving Children
13 9a-Self Esteem 12p-Lunch: Sandwiches	14 12p- Lunch: Tacos 12:30p- MHSG 1:30p- Arts & Crafts	15 12p - Lunch: Hot Dogs 12:15p - Member Meeting 1:30p - Gratitude Journaling	16 BV will be open from 1:30p-7:30p! 5p- Dinner 5:00p-7:30p- Art Show	17 BV is closed 
20 9a- Self Esteem 12p - Lunch: Goulash	21 12p - Lunch: Turkey Dinner 1:30p - Arts & Crafts 	22 12p - Lunch: Chicken Pasta Salad 1:30p- Gratitude Journaling	23 BV is closed  	24 BV is closed 
27 9a- Self Esteem 12p - Lunch: Tater Tot Hotdish	28 12p - Lunch: Tacos 12:30p- MHSG 1:30p- Arts and Crafts Offsite: \$5 Movie!	29 12p - Lunch: Sloppy Joes 1:30p- Gratitude Journaling	30 10a - Mental Health Support Group 11a - Lunch: Pizza! 12p - Bingo! 	



Bv ANNUAL HALLOWEEN PARTY

2023



THANK YOU TO EVERYONE WHO ATTENDED AND DRESSED UP FOR THE BV ANNUAL HALLOWEEN PARTY. IT WAS A GREAT TIME FILLED WITH A COSTUME CONTEST, GAMES, TRIVIA, SCARY-OKE, AND TRICKY TACOS!



BRIDGEVIEW STAFF

Bridgeview Main Line
763-783-7440



SAMANTHA
BV MANAGER
763-780-3036,
EXT 644

CINDY
CARE COORDINATOR
763-780-3036,
EXT 526

ALLI
CARE COORDINATOR
763-780-3036,
EXT 837

KIM
CARE COORDINATOR
763-780-3036,
EXT 587

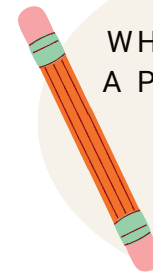
Anoka County Crisis Line: 763-755-3801

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

SPIRIT WEEK OCT 23RD- 31ST



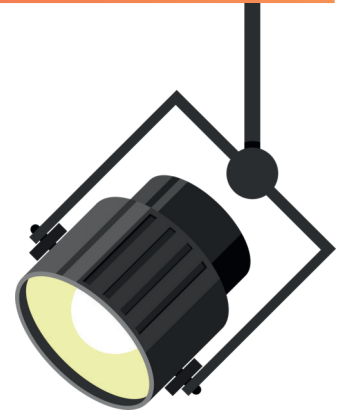
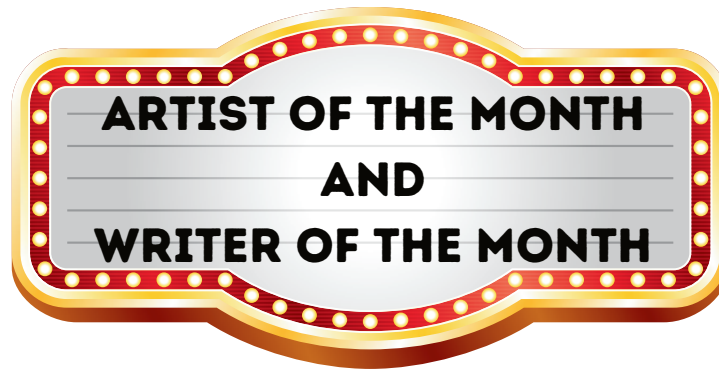
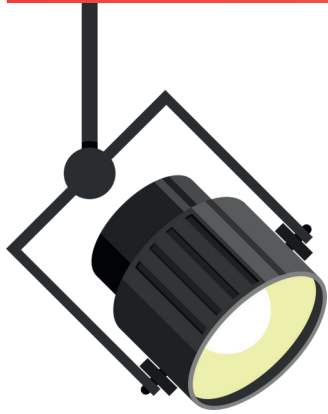
WHAT DO YOU CALL A PENCIL WITH TWO ERASERS?

POINTLESS

SOME OF THE BEST DRESSED FOR TROPICAL TUESDAY!
(BELOW)



MEMBERS DEEANN AND MARIA ALL DRESSED UP FOR WACKY WEDNESDAY! (ABOVE)



Sarah J. is Bridgeview's Artist of the Month!



Sarah makes beadable pens in many different designs.

What does art mean to Sarah?

It means being able to be creative and make beautiful things while being able to relax.

What inspires Sarah?

Watching TikTok lives of amazing artists making things and making it look easy enough that I'm not afraid to try.

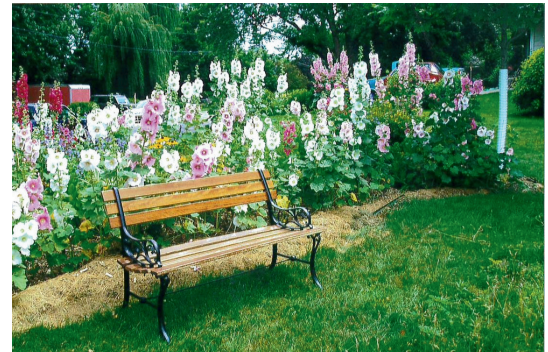
What is Sarah's medium of choice?

It is currently beadable pens.

Description of the piece Travis included:

I have a variety of beadable pens that I decorate with multi-colored beads and a standout focal.

Michelle G. is Bridgeview's Writer of the Month!



Years ago, on my way to work, I was driving by a beautiful yard full of Hollyhocks. I got out of my truck and started taking pictures. A man came out and asked me what I was doing. I told him I loved his yard. He told me I could come anytime and sit on his bench and enjoy the flowers. I took him up on his offer. He came out and visited during the summer. All summer, I went before work and sat in his yard. I took in the flowers because I knew they wouldn't be back the next year, so I relaxed and was thankful for the company. Sometimes the kindness of strangers can spread like wildflowers.

What does writing mean to Michelle?

I have always enjoyed writing and was the newspaper editor at Unity Hospital for years for the volunteers.

What inspires Michelle?

Taking pictures and telling the story behind it.

What is Michelle's favorite subject matter?

Inspirational storytelling.

Information Station

DÍA DE LOS MUERTOS

Dia De Los Muertos, or “Day of the Dead”, is a holiday traditionally celebrated on November 1st and 2nd to remember and celebrate loved ones who have passed. Families create ofrendas, or offerings, to honor their passed family members. Ofrendas usually include bright yellow marigold flowers, photos of their loved ones, and their favorite food and drinks. These offerings are believed to encourage those who have passed to visit their family from the land of the dead. Dia De Los Muertos is a unique holiday that celebrates life and death, where mourning is exchanged for celebration!

Believe it or not, Mexicans are not the only ones to celebrate Day of the Dead. It is a widely celebrated holiday all over the world. In fact, many religious communities celebrate All Souls Day (also known as All Saints Day) during the same time as Day of the Dead. The act of honoring the dead is widely celebrated around the world but Day of the Dead is unique in its traditions: the ofrenda, the meaning of life and death, the use of calaveras (skulls), the style influenced by La Catrina, and more recently, the festivals in the streets.

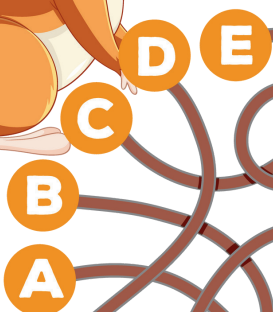
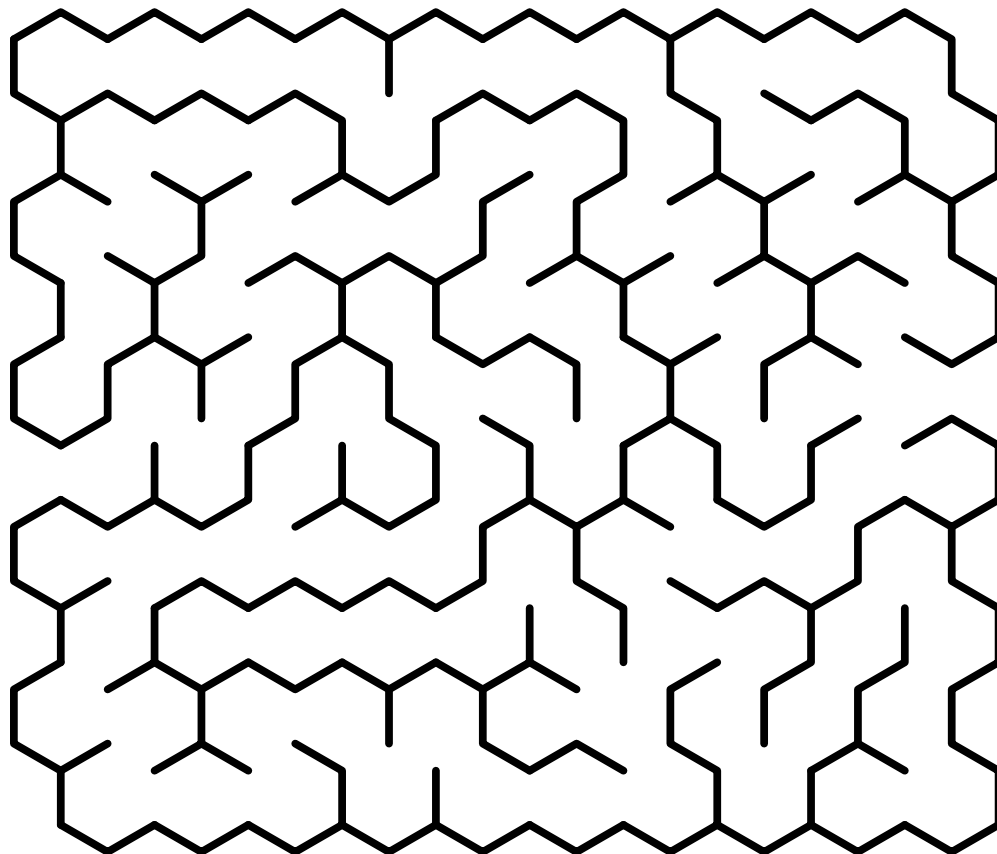


Our dead are never dead to us, until we have forgotten them

HAVE SOME FUN!

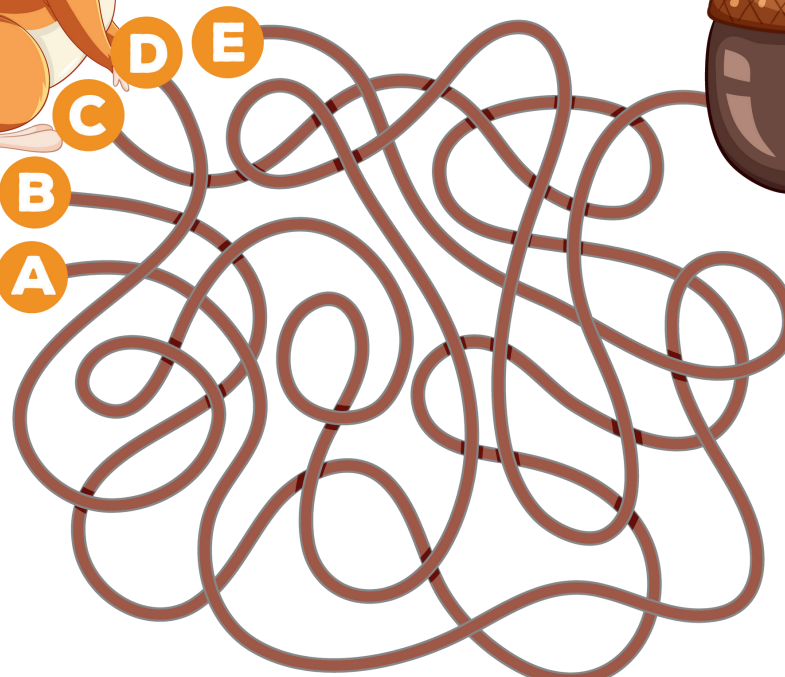


HAVE SOME FUN!



RIDDLE ME THIS

WHAT IS SO FRAGILE THAT SAYING
ITS NAME BREAKS IT?
WHAT CAN FILL A ROOM BUT
TAKES UP NO SPACE?



HEY GOOD LOOKIN' WHATCHA GOT COOKIN'?

PUMPKIN PANCAKES

INGREDIENTS

- 1 CUP ALL-PURPOSE FLOUR
- 3 TABLESPOONS BROWN SUGAR
- 2 TEASPOONS BAKING POWDER
- 2 TEASPOONS CINNAMON
- 1 TEASPOON PUMPKIN PIE SPICE
- ½ TEASPOON KOSHER SALT
- 2 LARGE EGGS
- ¾ CUP PUMPKIN PUREE
- ¾ CUP MILK OF CHOICE
- ¼ CUP NEUTRAL OIL (OR MELTED UNSALTED BUTTER)

Directions

1. In a medium bowl, whisk together the flour, brown sugar, baking powder, cinnamon, pumpkin pie spice, and salt.
2. In a separate bowl, whisk the eggs, then whisk in the pumpkin puree, milk, and oil (or melted butter).
3. Stir the wet ingredients into the dry ingredients and mix with a spatula until no dry patches remain and a smooth batter forms.
4. Lightly butter a skillet or griddle and wipe off extra grease with a paper towel. Heat the skillet to medium low heat. Pour the batter into small circles (about ¼ cup). Cook the pancakes until the bubbles pop on the top and the bottoms are golden. Then flip them and cook until cooked through and no longer gooey at the edges (the batter may ooze out a bit at the sides; just keep cooking until fully cooked, adjusting the heat as necessary so they don't brown too fast).
5. Place the cooked pancakes under an inverted bowl to keep them warm. Repeat with the remaining batter, adjusting the heat as necessary to maintain an even temperature. Serve immediately with butter and maple syrup.



BUTTERNUT SQUASH & KALE QUESADILLAS

INGREDIENTS

- 1/2 BUTTERNUT SQUASH DICED (CAN BUY PRE-CUT)
- 2 TBSP. BUTTER
- 1 TBSP. OLIVE OIL
- 1/2 TSP. KOSHER SALT
- BLACK PEPPER TO TASTE
- 1/4 TSP. CHILI POWDER (MORE TO TASTE)
- 1 BUNCH KALE, LEAVES TORN, STALKS DISCARDED
- 8 WHOLE SMALL (FAJITA SIZED) FLOUR TORTILLAS
- EXTRA BUTTER FOR FRYING
- 2 1/2 C. MONTEREY JACK CHEESE, GRATED (MORE IF NEEDED)

Directions

1. Heat 1 tbsp butter and olive oil in a large skillet over high heat. Add squash and sprinkle with salt, pepper, and chili powder. Cook for several minutes, turning gently with a spatula, until squash is deep golden brown and tender (but not falling apart.) Remove to a plate and set aside.
2. In the same skillet, melt 1 tbsp of butter over medium-high heat and add in the kale. Toss it around with tongs and cook it for 3 to 4 minutes. Add in the cooked squash and gently toss together. Set aside.
3. In a separate skillet, melt additional butter and lightly brown both sides of the 8 tortillas. Build the quesadillas one by one by adding a layer of cheese topped with a layer of the squash/kale mixture, topped with a second tortilla. You'll have four quesadillas when you're done.
4. Brown each quesadilla on both sides, adding more butter to the pan to make sure tortillas are nice and golden and yummy.
5. When the cheese is melted, remove each quesadilla from the skillet and cut it into four wedges.



SUPPORT GROUPS



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

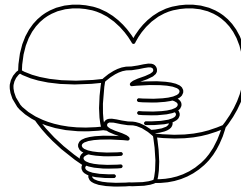
Arts & Crafts with Kim (Tuesday, 1:30pm): Join Kim in the art studio and enjoy making DIY ornaments, holiday themed decorations, or learning how to do latch hook kits. All experience and ability levels are welcome!

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, 10am): 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!