



BRIDGEVIEW NEWSLETTER

STAY CONNECTED, STAY SUPPORTED, STAY WELL



DECEMBER 2023

A HUGE thank you to all of the artists and attendees of Bridgeview's November art show! It was a night filled with so much creativity, positivity, and great foods!



See page 2 for more photos of art show festivities!







WHAT'S NEW WITH BRIDGEVIEW:

-Therapy groups still enrolling members: Mindfulness and LGBTQ+. Talk to staff for more information or to enroll! **REGISTER NOW**

-If you have an idea for arts and crafts and would like to lead a group, please let staff know.

-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.

-Bridgeview has three brand new iPads for digital art use! Come to BV and learn how you can have access to them.

-Send us your favorite holiday recipes! We will compile all of them into a BV recipe book to share with all. We would also love to have any stories associated with creating them.



-Lee Carlson Center has one emergency closing day left for the year. If it is not used for bad weather in December, then Bridgeview and LCC will be closed on December 29th. We will keep everyone updated as the month goes on.

-We will have an ugly holiday sweater day and hot cocoa bar on Thursday, December 21st!



-We want to collect pictures from BV members with their favorite 2023 memories! The January newsletter will feature them as a reflection on this past year.



-Bingo will be on **Thursday, December 28th.**

-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!



December 2023 Friday

Monday Tuesday Wednesday Thursday

<p>4 9a - Self Esteem 12p - Lunch: Sandwiches</p>	<p>5 12p - Lunch: Goulash 12:30 - Mental Health Support Group 1:30p - Arts & Crafts</p>	<p>6 12p - Lunch: Beef Stew 1p - Gratitude Journaling</p>	<p>7 11a - MHSG 12p - Lunch: Spaghetti Pie 1p - Writing Circle</p>	<p>8 10a - Grief and Loss 11a - Lunch: Fried Chicken 11:30a Offsite - Rosedale Mall</p>
<p>11 9a - Self Esteem 12p - Lunch: Hot Dogs</p>	<p>12 12p - Lunch: Sloppy Joes 12:45p - Mental Health Support Group 1:30p - Arts & Crafts</p>	<p>13 12p - Lunch: Cheesy Hashbrowns 1p - Gratitude Journaling</p>	<p>14 11a - Mental Health Support Group 12p - Tater Tot Hotdish 1p - Writing Circle</p>	<p>15 10a - Grief and Loss 11a - Lunch: Tacos 11:30a Offsite - Five Below</p>
<p>18 9a - Self Esteem 12p - Lunch: Egg Bake</p>	<p>19 11:30a - Lunch: Mock Chow Mein 12:30p Offsite - \$5 Movie (Wonka) 12:45pm - Mental Health Support Group 1:30p - Arts & Crafts</p>	<p>20 12p - Lunch: Hamburgers 12:20p - Member Meeting 1p - Gratitude Journaling</p>	<p>21 Ugly Holiday Sweater Day! 11a - Mental Health Support Group 12p - Lunch with Fridley PD: Goulash 1p - Cocoa bar 1p - Writing Circle</p>	<p>22 10a - Grief and Loss 11a - Lunch: Fried Chicken 11:30a Offsite - Half Price Books</p>
<p>25 BV is closed </p>	<p>26 12p - Lunch: Chicken Caesar Salad 12:45p - Mental Health Support Group 1:30p - Arts and Crafts</p>	<p>27 12p - Lunch: Tuna Melts 1p - Gratitude Journaling</p>	<p>28 10a - Mental Health Support Group 11a - Lunch: Pizza! 12p - Bingo! </p>	<p>29 10a - Grief and Loss 11a - Lunch: Tacos *BV may be closed this day - check page three for more information*</p>



LEE CARLSON CENTER™
For Mental Health & Well-Being

HOW DO MOUNTAINS STAY WARM IN THE WINTER? THEY PUT ON THEIR SNOW CAPS!



BRIDGEVIEW STAFF

Bridgeview Main Line
763-783-7440



SAMANTHA
BV MANAGER
763-285-7544

CINDY
CARE COORDINATOR
763-703-4628

ALLI
CARE COORDINATOR
763-328-0564

KIM
CARE COORDINATOR
763-230-7835

Anoka County Crisis Line:
763-755-3801

Call OR text 988 for the
National Mental Health Crisis
Hotline

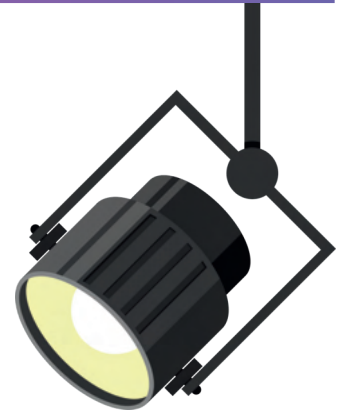
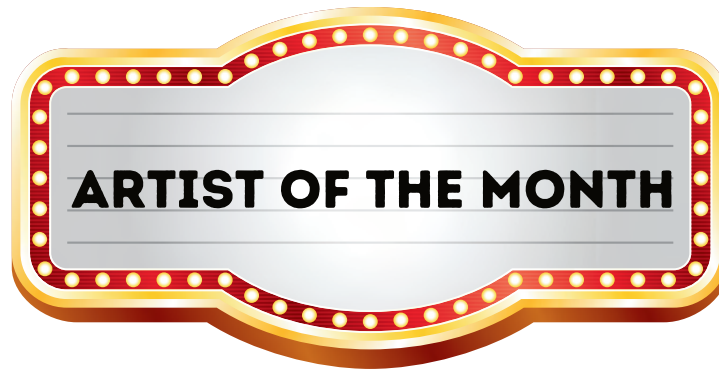
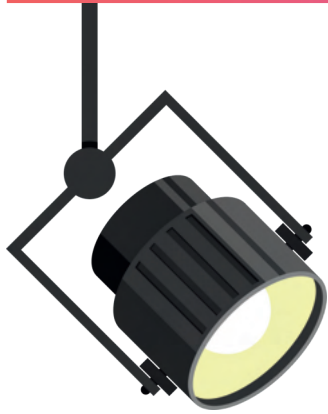
Twin Cities Crisis (by cell
only): Call
CRISIS (274747)

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



Pictures from
BV's November
offsite at Feed
My Starving
Children!





Louise W. is Bridgeview's Artist of the Month!



“Mood Situations”

What does art mean to Louise?

Art gives peace of mind, freedom, and a sense of being in control.

What inspires Louise?

In art “you cannot go wrong”.

What is Louise's medium of choice?

Colored pencils, crayons.

Description of the piece Louise included:

A depiction of how your mood changes from dark to light and your mood changing to happiness :).

Information Station



Hanukkah

Sometimes called the Jewish festival of lights, Hanukkah's origin dates back to more than 2,000 years ago. A fight for religious freedom led to the well-known story about a return to the temple resulting in only enough oil to light candles for one day. It miraculously burned for eight days, which represents the eight candle spots on the menorah.



It follows the lunar cycle, which is why Hanukkah begins on a different day each year in traditional calendars. The tradition goes on for eight nights and has an additional candle lit each night. Celebrations include gathering together for singing, food, exchanging gifts, special blessings, and more.

Christmas

This Christian holiday is celebrated on December 25th to commemorate the birth of Jesus Christ. People around the world have found different ways to celebrate it both religiously and culturally.



The name is a shortened form of "Christ's Mass". Many places around the world observe Christmas regardless of religion and have incorporated many of the cultural aspects of it.

Yule

This is a historically pagan winter festival that has had many parts of it incorporated into present-day Christmas celebrations. For example, yule logs and wreaths.

It celebrates the shortest and darkest day of the year, midwinter, and the return of the sun. Additionally, it serves as a festival of rebirth and a time for reflection.



Kwanzaa

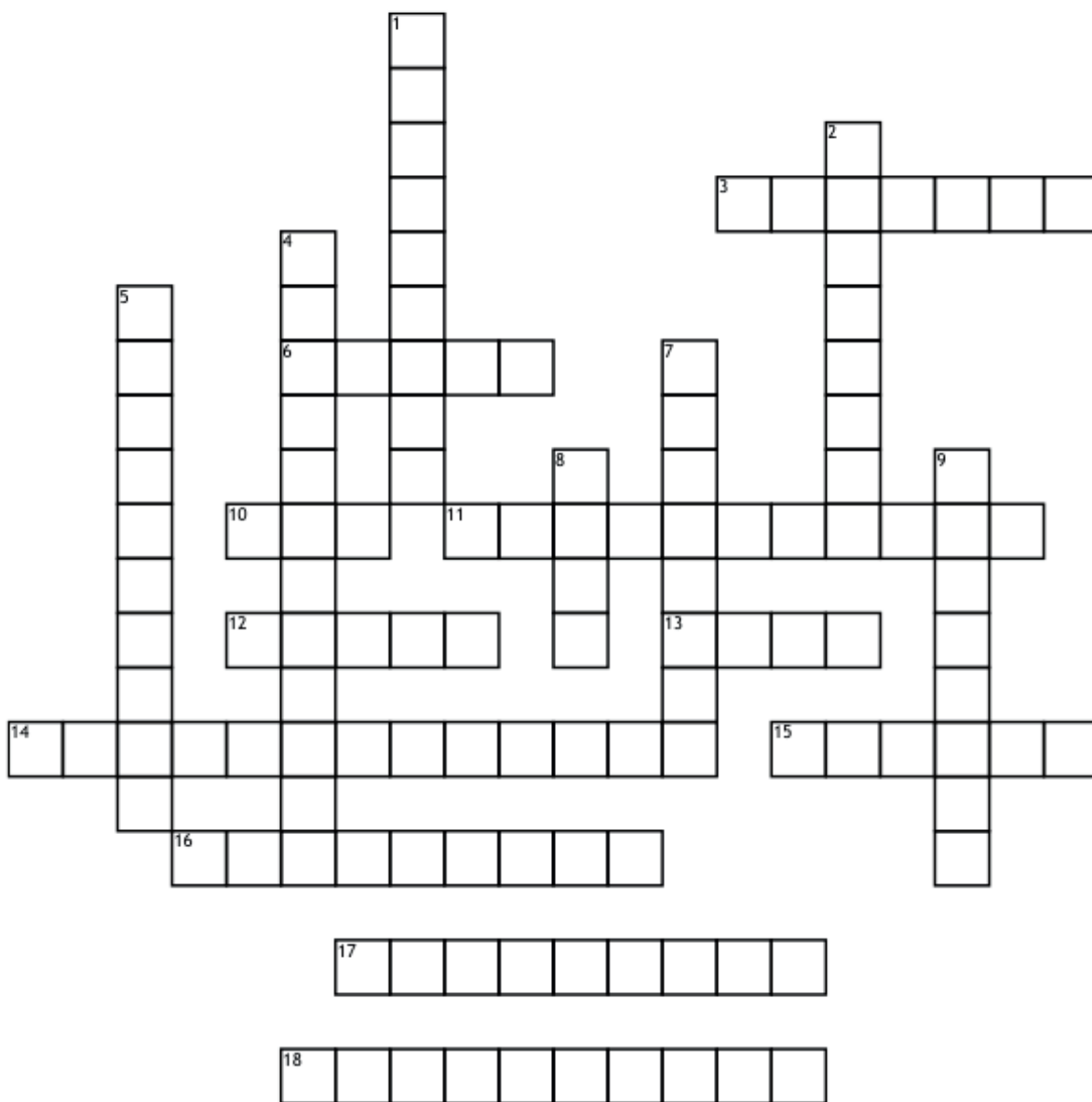
It is celebrated every year from December 26th to January 1st. It was created by educator and activist Maulana Karenga in 1966 and honors African American people's struggles, as well as their heritage and cultures.



The name means "first fruits" in Swahili and refers to the joy and unity found during the harvest season. The seven principles of Kwanzaa, known as Nguzo Saba, are unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity, and faith. It can be celebrated alongside other winter holidays, and these celebrations are found across the world.

HAVE SOME FUN!

Winter Wonderland



Across

- 3. "In the meadow we can build a _____" (Song)
- 6. What appears under the tree
- 10. It's very slippery!
- 11. Christmas cookies that smell good
- 12. _____ Old St. Nick
- 13. What go on top of gifts
- 14. What gifts are wrapped in

- 15. Synonym for 'Relatives'
- 16. "So here we are under the _____" (Song)
- 17. The holiday in Winter
- 18. Little itsy-bitsy _____ blanket the earth around Christmas-Time.

Down

- 1. "It's the most _____ time of the year-" (Song)

- 2. You and your family are _____ hopefully around Christmas-Time
- 4. Cookies made with sugar
- 5. Another name for 'Santa Claus'
- 7. The month Christmas is held in
- 8. Frozen rain
- 9. Over fields we go, _____ all the way! (Song)

HAVE SOME FUN!



HEY GOOD LOOKIN' WHATCHA GOT COOKIN'?

PEPPERMINT BARK

INGREDIENTS:

- 12 OUNCES (339G) WHITE CHOCOLATE, COARSELY CHOPPED AND DIVIDED*
- 6 OUNCES (170G) SEMI-SWEET OR BITTERSWEET CHOCOLATE, COARSELY CHOPPED*
- 1 AND 1/2 TEASPOONS VEGETABLE OIL OR COCONUT OIL, DIVIDED
- 1/2 TEASPOON PEPPERMINT EXTRACT, DIVIDED
- 2-3 REGULAR-SIZE CANDY CANES (24-36G TOTAL), CRUSHED

Directions:

1. Line the bottom and sides of a 8-inch or 9-inch square baking pan with parchment paper or aluminum foil, smoothing out any wrinkles. Or use a lined baking sheet. Set aside.
2. **Bottom layer:** There are a few ways you can melt the chocolate. You can use a double boiler over just barely simmering water or you can use the microwave. The microwave is a little more convenient for most, so my directions are for a microwave. (If using a double boiler, follow this recipe, but melt the chocolate layers in your double boiler over simmering water.) Place 6 ounces of white chocolate in a small heatproof bowl or a liquid measuring cup. Add 1/2 teaspoon of oil. Melt in 20-second increments, stirring vigorously with a silicone spatula or spoon after each increment, until completely melted and smooth. White chocolate and chocolate overheat easily, so it's important to do this in increments. Once melted, stir in 1/4 teaspoon peppermint extract. Pour melted white chocolate into the prepared baking pan, and, with an offset spatula or spoon, spread into a thin smooth layer. (If using a baking sheet, make it as thin as you'd like... I usually spread it out to about 8x12 inches.) Place the baking pan in the refrigerator for 10-15 minutes or until almost completely set. If it sets completely, the bark layers could separate.
3. **Middle layer:** Place semi-sweet chocolate in a small heatproof bowl or a liquid measuring cup. Add 1/2 teaspoon of oil. Repeat melting, just as you did with the white chocolate in step 2. Once melted, stir in remaining 1/4 teaspoon peppermint extract. Pour all of the semi-sweet chocolate over the white chocolate layer and spread it into a smooth layer. Place the baking pan back in the refrigerator for 10-15 minutes or until almost completely set.
4. **Top layer:** Place the remaining white chocolate in a small heatproof bowl or a liquid measuring cup. Add last 1/2 teaspoon of oil. Repeat melting, just as you did with the other layers. Pour over the bark layers and spread into a smooth layer. (This layer will not have peppermint extract.) Sprinkle evenly with crushed candy canes. To crush, place the unwrapped candy canes in a sealed zipped-top bag and roll or bang with a rolling pin or meat mallet until crushed.
5. Refrigerate the bark until completely set, about 1 hour. Once hardened, remove from the pan and peel off the foil or parchment. Break or cut into pieces as large or as small as you want. If your bark chilled in the refrigerator for longer than 3-4 hours, let it sit at room temperature for 10-15 minutes to slightly soften before breaking/slicing. (Or else the layers might separate.)
6. Cover and store leftover bark in the refrigerator for up to 3 weeks. The bark can be left at room temperature for a few days in colder months, but it gets a little soft.





SUPPORT GROUPS



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

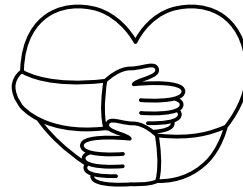
Arts & Crafts with Kim (Tuesday, 1:30pm): Join Kim in the art studio and enjoy making DIY ornaments, holiday themed decorations, or learning how to do latch hook kits. All experience and ability levels are welcome!

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!