

BRIDGEVIEW NEWSLETTER

STAY CONNECTED, STAY SUPPORTED, STAY WELL

JANUARY 2024

"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

Therapy groups are open for enrollment!

Let staff know about your interest as soon as possible!

- **There will be two art therapy groups (Monday mornings 10-11:30am and Wednesday afternoons 1-2:30pm) with limited capacity**
- **Mindfulness will be Monday afternoons 1-2pm**
- **DBT will be Tuesday mornings 10:30-11:30am**
- **LGBTQ+ will be Wednesday mornings 10-11am**
- **Boundaries and Healthy Relationships date and time is still being figured out**





WHAT'S NEW WITH BRIDGEVIEW:



-Therapy groups enrolling members for January: Mindfulness, Art, DBT, Boundaries and Healthy Relationships, and LGBTQ+. Talk to staff for more information or to enroll!

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

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

-The offsite binder will now be in either Alli or Kim and Cindy's offices. Talk to one of them to sign up for January!

-You **must** bring your own container for leftovers/extras from meals. BV will not be providing take-home containers of any kind.

-Gossiping and talking about others is **NOT** tolerated at BV. We have and will continue issuing out consequences through the code of conduct for people who participate in these behaviors.

-We would love to hear ideas for future off-sites! Please let us know of any fun place or opportunities you think could be a good fit for BV. 😊

-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! **You cannot ride the van or join Bridgeview at an offsite until you have completed your annual update.**

“ You can't go back and make a new start, but you can start right now and make a brand new ending.
– James R Sherman ”



JANUARY

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>1 BV is Closed </p>	<p>2 12p - Lunch: Goulash 12:30p - MHSG 1:30p - Arts & Crafts</p>	<p>3 12p - Lunch: Cheesy Hashbrowns 1p - Gratitude Journaling</p>	<p>4 11a - MHSG 12p - Lunch: Sandwiches</p>	<p>5 10a - Grief and Loss 11a - Lunch: Chicken A La King 11:30a - Offsite: Bowling</p>
<p>8 10a - Self Esteem 12p - Lunch: Beef Stew</p>	<p>9 12p - Lunch: Sloppy Joes 12:30 - MHSG 1:30p - Arts & Crafts</p>	<p>10 12p - Lunch: Chicken Caesar Salad 1p - Gratitude Journaling</p>	<p>11 11a - MHSG 12p - Lunch: Mock Chow Mein</p>	<p>12 10a - Grief and Loss 11a - Lunch: Chicken Kiev 11:30a - Offsite: Blue Sun Soda/Candy Shop</p>
<p>15 BV is Closed </p>	<p>16 12p - Lunch: Tacos 12:30p - MHSG 1:30p - Arts & Crafts</p>	<p>17 12p-Lunch: EggBake 12:20p - Member Meeting 1p - Gratitude Journaling</p>	<p>18 11a - MHSG 12p - Lunch with Fridley PD: Chicken Pasta Salad</p>	<p>19 10am - Grief and Loss 11am - Lunch: Fried Chicken 11:30am - Offsite: Minneapolis Institute of Art!</p>
<p>22 9a - Self Esteem 12p - Lunch: Spaghetti Pie</p>	<p>23 12p - Lunch: Hamburgers 12:30p - MHSG 1:30p - Arts & Crafts</p>	<p>24 12p - Lunch: Sandwiches 1p- Gratitude Journaling</p>	<p>25 11a - MHSG 12p - Lunch: Tater Tot Hotdish</p>	<p>26 10am - Grief and Loss 11am - Pizza 12pm - Bingo! </p>
<p>29 9a - Self Esteem 12p - Lunch: Hot Dogs</p>	<p>30 12p - Lunch: Tacos 12:30p - MHSG 1:30p - Arts & Crafts</p>	<p>31 12p - Lunch: Chicken Pasta Salad 1p - Gratitude Journaling</p>		



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

DECEMBER

Activities

DECEMBER WAS A FUN FILLED MONTH THAT INCLUDED MAKING HOLIDAY WREATHS, GNOMES, SNOW GLOBES, BOWLING, UGLY SWEATER DAY, HOT COCOA BAR, AND THE DICE GAME! SEE PHOTOS BELOW:)



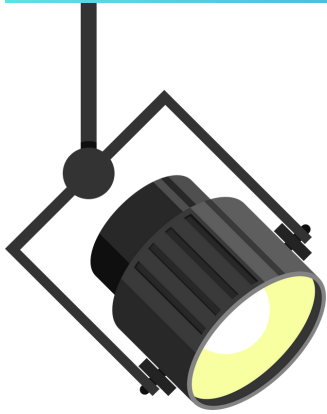
DECEMBER

Activities

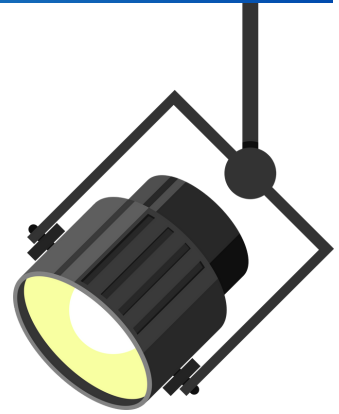


What is a Gnome's favorite Christmas Movie?
"Gnome Alone"





WRITER OF THE MONTH



Andrea M. is Bridgeview's Writer of the Month!



I am a butterfly
 Let me fly
 I feel free like the wind
 I soar to the heavens
 I see it all



I come back home
 Where love soars
 Family is there
 I am never alone



The title of this piece is, "I am a butterfly."

What does writing mean to Andrea?

It means that I can write about how I feel.

What inspires Andrea?

My heart and how I feel.

What is Andrea's favorite subject matter?

Butterflies and love.



Description of the piece:

It is about being free and never being alone. To come home and feel free.

Information Station

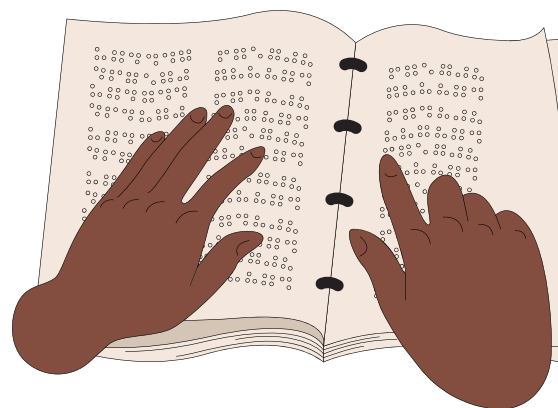
Martin Luther King Jr. Day

Martin Luther King Jr. was a prominent leader and activist during the Civil Rights Movement of the 1950s and 1960s. This movement was centered around protesting racial discrimination at both the federal and state levels. He participated in many protests that were centered around the right to vote, desegregation, and labor rights. Many people know of his "I Have a Dream" speech, though he gave many more throughout his life.

Martin Luther King Jr. won the Nobel Peace Prize in 1964 for combating racial inequality through methods of nonviolent protesting. He was assassinated in 1968 at the age of 39, which sparked a period of national mourning and riots. MLK Day was first observed as a federal holiday in 1986. He continues to be honored through street names and memorials, while having posthumously received both the Presidential Medal of Freedom in 1977 and the Congressional Gold Medal in 2003.



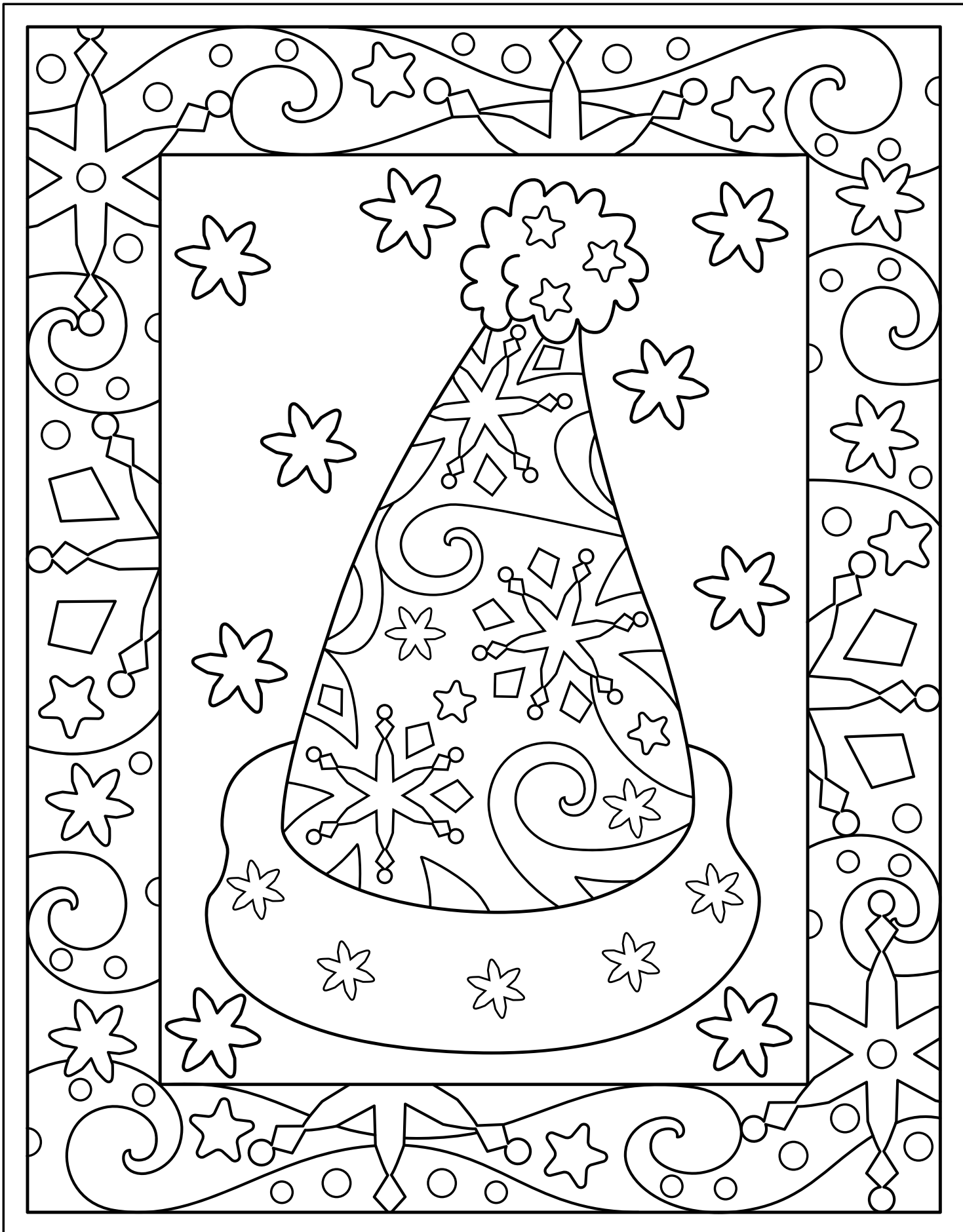
World Braille Day is on January 4th. Braille is a tactile representation of alphabetic and numerical symbols using six dots to represent each letter and number, and even musical, mathematical and scientific symbols. Braille (named after its inventor in 19th century France, Louis Braille) is used by blind and partially sighted people to read the same books and periodicals as those printed in a visual font.



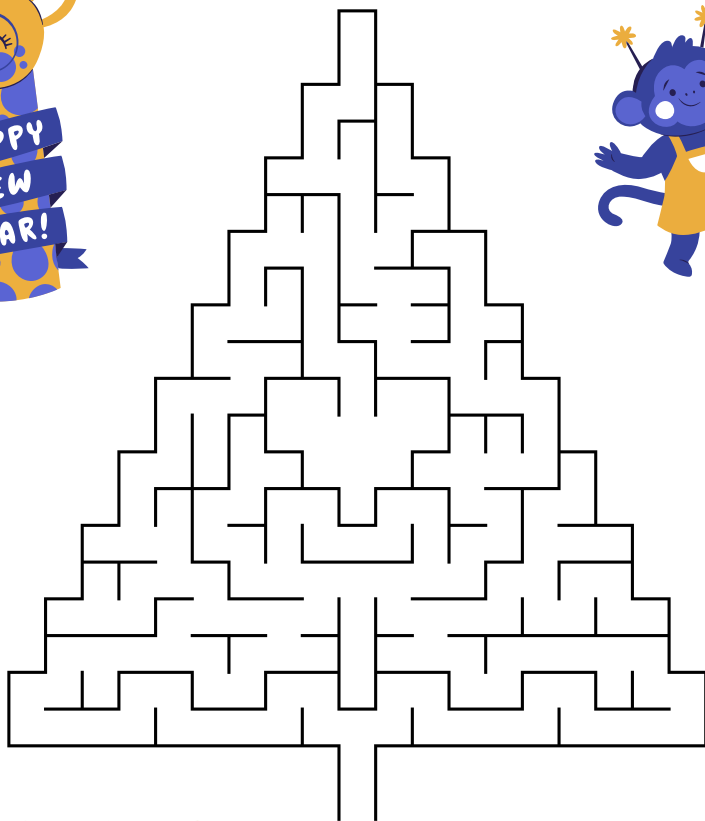
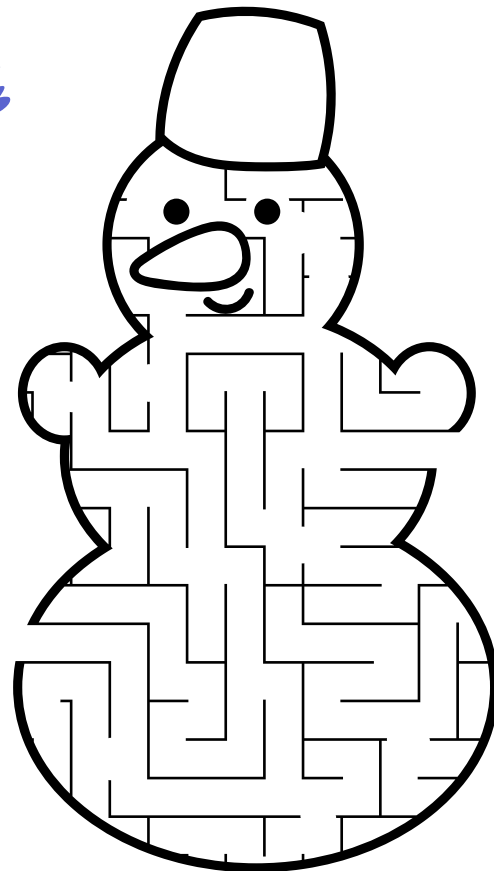
International Holocaust Remembrance Day is January 27th. This day commemorates the victims of the Holocaust and was the day in which the Auschwitz concentration camp was liberated in 1945. The United Nations General Assembly designated this day in 2005.



HAVE SOME FUN!



HAVE SOME FUN!



HOW MANY WORDS CAN YOU FIND IN THE WORD "BRIDGEVIEW"?

HEY GOOD LOOKIN' WHATCHA GOT COOKIN'?

BAKED PARMESAN BROCCOLI

INGREDIENTS

- 4 BUNCHES BROCCOLI, CUT INTO FLORETS
- 6 TABLESPOONS BUTTER, DIVIDED
- 1 SMALL ONION, FINELY CHOPPED
- 1 GARLIC CLOVE, MINCED
- 1/4 CUP ALL-PURPOSE FLOUR
- 2 CUPS 2% MILK
- 1 LARGE EGG YOLK, BEATEN
- 1 CUP GRATED PARMESAN CHEESE
- 1/2 TEASPOON SALT
- 1/8 TEASPOON PEPPER
- 1/2 CUP SEASONED BREAD CRUMBS

Directions

1. Preheat oven to 400°. Place half broccoli in a steamer basket; place basket in a large saucepan over 1 in. water. Bring to a boil; cover and steam 3-4 minutes or until crisp-tender. Place in a greased 13x9-in. baking dish; repeat with remaining broccoli.
2. Meanwhile, in a small saucepan over medium heat, melt 4 tablespoons butter. Add onion; cook and stir until tender. Add garlic; cook 1 minute longer.
3. Stir in flour until blended; gradually add milk. Bring to a boil; cook and stir 2 minutes or until thickened. Stir a small amount of hot mixture into egg yolk; return all to the pan, stirring constantly. Cook and stir 1 minute longer. Remove from heat; stir in the cheese, salt and pepper. Pour over broccoli.
4. In a small skillet, cook bread crumbs in remaining butter until golden brown; sprinkle over the top.
5. Bake, uncovered, 15-18 minutes or until heated through.



PEPPERMINT JULEP

INGREDIENTS

- 1 CUP OF CRUSHED ICED
- 1- OZ OF PEPPERMINT SIMPLE SYRUP
- 2-3 OZ OF CRANBERRY GINGER ALE
- A SPRIG OF FRESH PINE OR A SPRIG OF FRESH MINT
- CANDY CANE FOR GARNISHMENT



Directions

1. Add 1 ounce of Peppermint Simple Syrup to the bottom of a glass.
2. Add the crushed ice.
3. Top off with the Cranberry Ginger Ale.
4. Add a sprig of fresh pine and a candy cane for holiday flair.





SUPPORT GROUPS



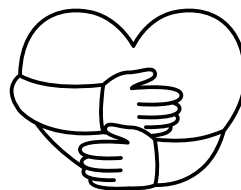
Self-Esteem (Monday, 9am): Provides support and encouragement for each other. The group will help you recognize your skills, abilities, and potential.

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, 1pm): This group allows a person to experience the good things in life.

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.

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!