

BRIDGEVIEW NEWSLETTER

STAY CONNECTED, STAY SUPPORTED, STAY WELL

FEBRUARY 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



Help keep BV healthy!



Reminder: It is cold and flu season! Please **DO NOT** come into BV if you are sick.

Remember: COVID is not the only illness we can spread to each other! If you appear to be ill, we may ask you to leave for the day. If you are experiencing any symptoms such as a sore throat, cough, runny nose, congestion, sneezing, fever, loss of taste or smell, chills, and/or fatigue, please stay home. If you have symptoms such as a fever over 100 degrees, vomiting, or diarrhea, please stay home for 24 hours. Also, please please PLEASE wash your hands!



Free Covid tests for MN residents:
www.sayyeshometest.org



EMERGENCY CLOSING DAYS

BRIDGEVIEW/LCC MAY CLOSE DUE TO INCLEMENT WEATHER. IF YOU ARE EVER IN DOUBT AND CAN'T GET AHOLD OF BRIDGEVIEW STAFF, YOU CAN CALL THE MAIL NUMBER AT 763-780-3036 OR CHECK THE LEE CARLSON CENTER FACEBOOK PAGE.

“ People will forget what you said, people will forget what you did, but people will never forget how you made them feel.
– Maya Angelou ”



WHAT'S NEW WITH BRIDGEVIEW:



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

-Do you want to work? Rise is working with BV members to find the right job! (You must live in Anoka County).

-New support group starting in February: Wellness group! This will be run by various BV staff as it covers many different topics.

-Bridgeview now has a community computer available to use in the art studio that has access to google docs, sheets, and slides, as well as mental health and wellbeing resources, and even fun typing games! Ask staff for more information.

-We have two new interns who will be joining us through the summer. Make sure to say hi to and welcome Tamika and Kiersten!

-We have flexibility with BV's schedule to potentially add one member-led support group. Talk to staff about creating and leading one!

-Members cannot have food or open drinks of any kind in the art room. This includes on the floor, in strollers, and in bags. Covered drinks can be on the floating table near the door.

-Bridgeview is **not** accepting physical donations at this time. New, unopened items such as coffee and condiments will still be accepted.

-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.**



FEBRUARY



THURSDAY

FRIDAY

MONDAY TUESDAY WEDNESDAY

			1 10a - Writing Circle 11a - MHSG 12p - Lunch: Chicken Caesar Salad	2 10a - Grief and Loss 11a - Lunch: Goulash 11:30a - Offsite: Bowling 12:30p - Wellness
5 9a - Self Esteem 12p - Lunch: Hot Dogs	6 12p - Lunch: Chicken a la King 12:45p - MHSG 1:30p - Arts & Crafts	7 12p - Lunch: Mock Chow Mein Optional theme: Sports - wear gear from your favorite team!	8 10a - Writing Circle 11a - MHSG 12p - Lunch: Sloppy Joes 1p - Gratitude Journaling	9 10a - Grief and Loss 11a - Lunch: Chicken Kiev 11:30a - Offsite: Half Price Books 12:30p - Wellness
12 9a - Self Esteem 12p - Lunch: Tater Tot Hotdish	13 12p - Lunch: Sandwiches 12:45p - MHSG 1:30p - Arts & Crafts	14 12p - Lunch: Tacos *Read the newsletter to learn about today's activities!* <i>Happy Valentine's Day</i>	15 10a - Writing Circle 11a - MHSG 12p - Lunch with Fridley PD: Cheesy Hashbrowns 1p - Gratitude Journaling	16 10am - Grief and Loss 11am - Lunch: Fried Chicken 11:30a - Offsite: Five Below 12:30p - Wellness
19 9a - Self Esteem 11:30a - Waiver presentation & FAQ 12p - Lunch: Chicken Pasta Salad	20 12p - Lunch: Spaghetti Pie 12:45p - MHSG 1:30p - Arts & Crafts	21 12p - Lunch: Mock Chow Mein 12:20p - Member Meeting Optional theme: 80s Day!	22 10a - Writing Circle 11a - MHSG 12p - Lunch: Hamburgers 1p - Gratitude Journaling	23 10am - Grief and Loss 11am - Pizza <i>Bingo!</i> 12pm - Bingo!
26 9a - Self Esteem 12p - Lunch: Tuna Melts	27 12p - Lunch: Au Gratin Potatoes 12:45p - MHSG 1:30p - Arts & Crafts	28 12p - Lunch: Cheeseburger Mac Optional theme: Hat day - wear your favorite hat!	29 10a - Writing Circle 11a - MHSG 12p - Lunch: Taco Pasta 1p - Gratitude Journaling	



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

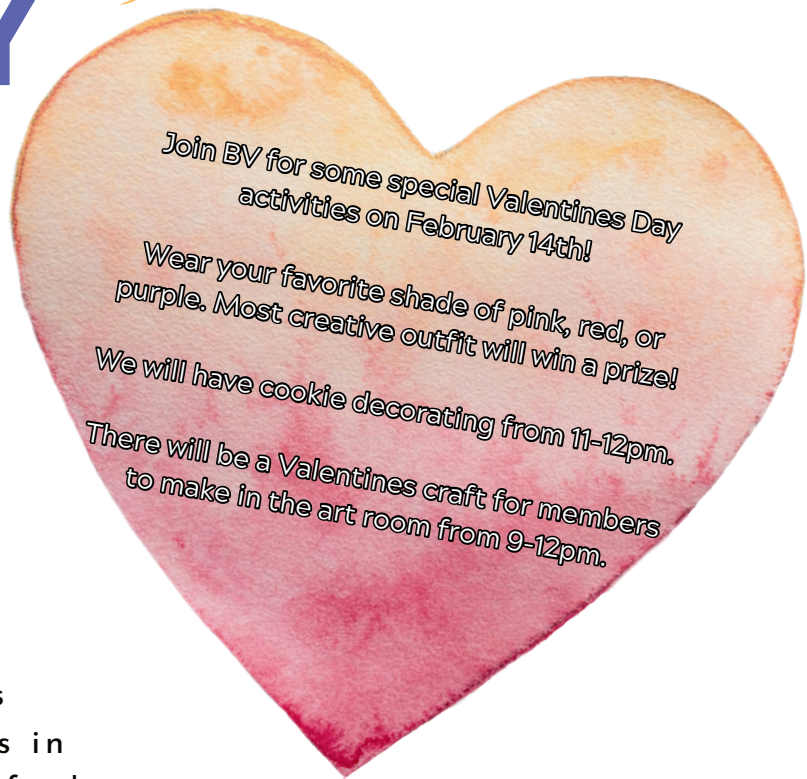
Twin Cities Crisis (by cell only): Call **CRISIS (**274747)

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

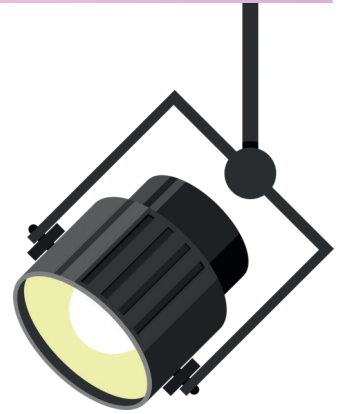
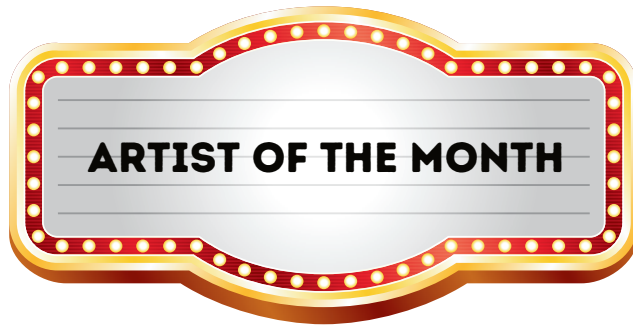
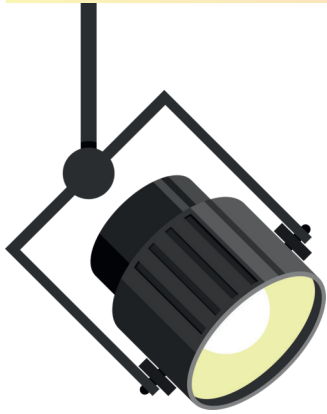
JANUARY *Activities*



The first offsite of the month was bowling! Members dressed to impress in their bowling shoes and had a lot of fun!



Check out some photos from BV's offsite to the Minneapolis Institute of Art!



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



The title of this piece is, "Whimsical Hummingbird."

What does art mean to Sheryl?

Art is an opportunity to explore different mediums while being mindful and in the present moment. I get to use my imagination and arrange elements and colors purposefully to appeal to my emotions and senses.

What inspires Sheryl?

Color, nature, and texture are some of the things that inspire me.

What is Sheryl's medium of choice?

I enjoy a variety of mediums, including fabric, resin, stamps, cake decorating, and acrylic painting.

Description of the piece:

The background of this painting has a variety of colors that are in the hummingbird, however, white has been added to give them a pastel tint. The bird is painted in a variety of rich colors to make him pop from the canvas. Do we have hummingbirds this colorful? No, but wouldn't it be wonderful if we did!

Information Station

Black History Month is an acknowledgement of the accomplishments and struggles of black people. It serves as a way to celebrate black historical figures while also recognizing current artists, activists, speakers, scientists, teachers, and more who are making a positive impact on the world in today's time.

The theme for Black History Month in 2024 is African Americans and the Arts.

Below includes a link and QR Code to the National Museum of African American History and Culture's Smithsonian Learning Lab platform. This will lead you to North Star: A Digital Journey of African American History.



<http://tinyurl.com/46zwdkr8>



Check out some Black-owned Twin Cities businesses!

- Black Garnet Books** - St. Paul
- Pimento Jamaican Kitchen** - St. Paul and Minneapolis
- Get Down Coffee Co** - Minneapolis
- Beauty Lounge** - Minneapolis
- Milah's Royal Bistro** - Brooklyn Park
- African International Market** - Brooklyn Park
- Limu Coffee** - New Brighton
- Duck Donuts** - Woodbury



The Lunar New Year is determined by the lunar calendar or the lunisolar calendar. There are many different celebrations that stem from cultures all over the world. The determination of the first month of a new lunar year varies by culture.

People in the United States most commonly celebrate it in February, which most aligns with the Spring Festival celebrations in China. It starts on February 10th this year. According to the Chinese zodiac, 2024 is the year of the dragon. The New Year typically begins with the first new moon and spans the first 15 days of the first month of the lunar calendar—until the full moon arrives.

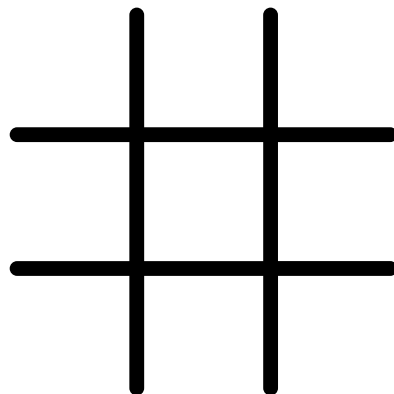
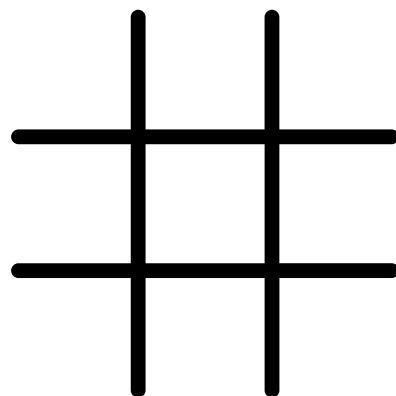
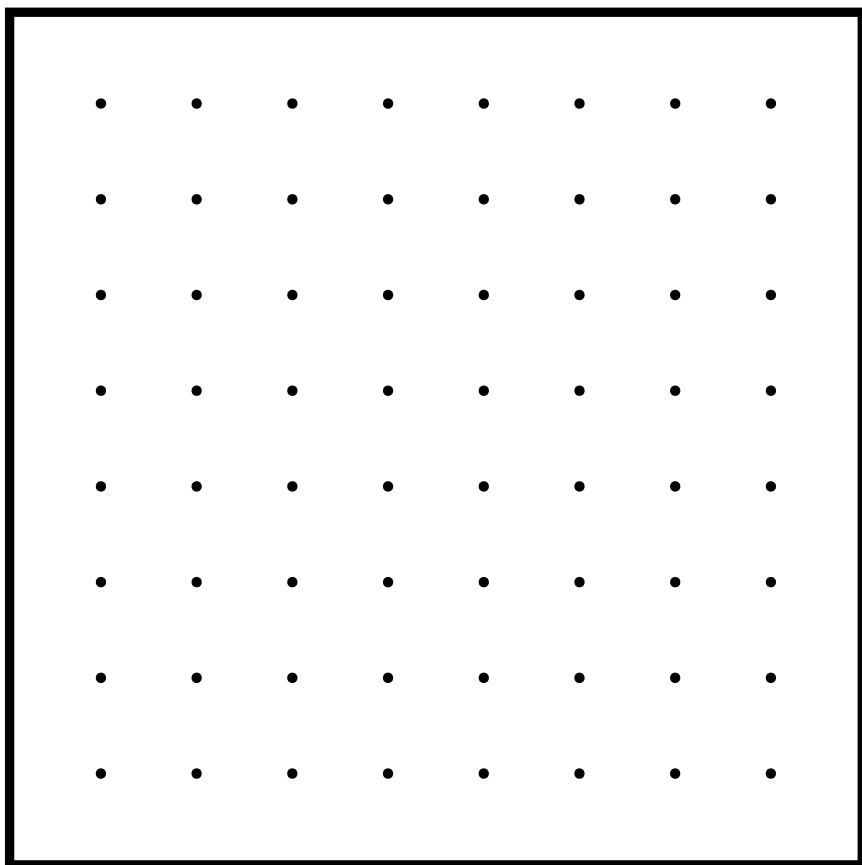


Lunar New Year Celebration
at MOA
February 10th -11th in the rotunda
There will be music, dance, a fashion show, martial arts, and a pageant!

CAPTURE CREATIVITY



HAVE SOME FUN!



HEY GOOD LOOKIN' WHATCHA GOT COOKIN'?

TURKEY BISCUIT STEW

INGREDIENTS

- 1/3 CUP CHOPPED ONION
- 1/4 CUP BUTTER, CUBED
- 1/3 CUP ALL-PURPOSE FLOUR
- 1/2 TEASPOON SALT
- 1/8 TEASPOON PEPPER
- 1 CAN (10-1/2 OUNCES) CONDENSED CHICKEN BROTH, UNDILUTED
- 3/4 CUP 2% MILK
- 2 CUPS CUBED COOKED TURKEY
- 1 CUP COOKED PEAS
- 1 CUP COOKED WHOLE BABY CARROTS
- 1 TUBE (16.3 OUNCES) LARGE REFRIGERATED BUTTERMILK BISCUITS



Directions

1. Preheat oven to 375°. In a 10-in. cast-iron or other ovenproof skillet, sauté onion in butter until tender. Stir in the flour, salt and pepper until blended. Gradually add broth and milk. Bring to a boil. Cook and stir until thickened and bubbly, about 2 minutes. Add the turkey, peas and carrots; heat through. Separate biscuits and arrange over the stew.
2. Bake until biscuits are golden brown, 20-25 minutes.

STRAWBERRY OATMEAL COOKIES

INGREDIENTS

- 1 1/2 C. OLD-FASHIONED ROLLED OATS
- 1 1/4 C. ALL-PURPOSE FLOUR
- 1/2 TSP. BAKING SODA
- 1/4 TSP. BAKING POWDER
- 1/2 TSP. KOSHER SALT
- 4 TBSP. UNSALTED BUTTER, AT ROOM TEMP
- 3/4 C. PACKED LIGHT BROWN SUGAR
- 1/4 C. GRANULATED SUGAR
- 1 LARGE EGG, AT ROOM TEMP
- 1/2 C. UNSWEETENED APPLESAUCE, AT ROOM TEMP
- 1 TBSP. PURE VANILLA EXTRACT
- 2 C. (2 OZ) FREEZE-DRIED STRAWBERRIES, FINELY CHOPPED



Directions

1. Heat oven to 350°F. Line 2 rimmed baking sheets with a nonstick baking mat or parchment paper. In a small bowl, whisk together oats, flour, baking soda, baking powder, and salt.
2. Using an electric mixer on high, beat butter and sugars in a large bowl until light and fluffy, about 3 minutes.
3. Reduce speed to low and mix in egg until fully incorporated, then applesauce and vanilla.
4. Gradually add flour mixture, mixing until just combined. Fold in strawberries.
5. Scoop balls of dough, about 2 Tbsp each, onto prepared sheets, spacing 2 in. apart. Bake until golden brown around edges but still soft in the middle, 12 to 16 minutes. Let cool on sheets 4 minutes before serving or transferring to a wire rack.



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!

Mental Health support group with Cindy (Tues, 12:45pm and Thurs, 11am): Peer support, education, and encouragement.

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

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

Wellness (Friday, 12:30pm): Practicing healthy habits to attain better physical and mental health outcomes.



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 lives. 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.

LGBTQ+ group: Offers preventative services that anticipate stressful situations, focus on nurturing general wellness, build community, while also providing responsive opportunities for positivity, healing, and self-care.

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!