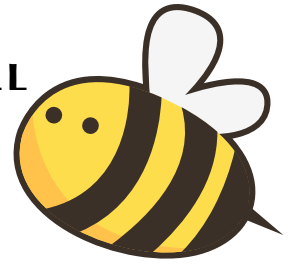




BRIDGEVIEW NEWSLETTER

STAY CONNECTED, STAY SUPPORTED, STAY WELL



APRIL 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

MARCH *Activities*



BV MEMBERS TOOK A TRIP OUT TO BLAINBROOK BOWLING AS AN OFFSITE THIS PAST MONTH!



THE ART STUDIO WAS A BUSY PLACE THIS MARCH. MEMBERS MADE BEAUTIFUL PAPER WOVEN JOURNALS AND PAPER SHAMROCKS!





WHAT'S NEW WITH BRIDGEVIEW:



- Some support group times have changed. Check the calendar for more information.
- Do you want to work? Rise is working with BV members to find the right job! (You must live in Anoka County).
- Lee Carlson Center has a new psychiatrist! Please talk to staff if you are interested in getting an appointment set up.
- The Boundaries therapy group will be starting April 3rd. Sign up as soon as possible if you would like to join.
- If you are interested in getting an ARMHS worker, talk to a BV staff member about filling out a referral.
- The next sessions of art therapy will start in May. Talk to staff as soon as possible if you would like to join!
- Remember to keep your belongings with you. No one else is responsible for your stuff.
- Bridgeview is in the midst of some exciting technology updates! Due to grant funding, we will be adding some new tech-related things. More to come as we receive them!
- Check in with a staff member to see if you need an update. **You cannot ride the van or join Bridgeview at an offsite until you have completed your annual update.**

Make sure to use the member suggestion box at BV if you have ideas, concerns, or questions!

"Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy."
- Thich Nhat Hanh

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

APRIL 2024

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>1 10a - Self Esteem 12p - Lunch: Tacos</p>	<p>2 12p - Lunch: Goulash 12:45p - MHSG 1:30p - Arts & Crafts</p>	<p>3 12p - Lunch: Cheesy Hashbrowns 1p- Gratitude Journaling</p>	<p>4 11a - MHSG 12p - Lunch: Tater Tot Hotdish 1p - Movie and popcorn!</p>	<p>5 10a - Grief and Loss 11a - Lunch: Sandwiches 11:30a - Offsite: Bowling 12p - Wellness</p>
<p>8 10a - Self Esteem 12p - Lunch: Sloppy Joes</p>	<p>9 12p - Lunch: Egg Bake 12:45p - MHSG 1:30p - Arts & Crafts</p>	<p>10 12p - Lunch: Chicken Pasta Salad 1p- Gratitude Journaling</p>	<p>11 11a - MHSG 12p - Lunch: Hot Dogs 1p - Movie and popcorn!</p>	<p>12 10a - Grief and Loss 11a - Lunch: Chicken a la King 11:30a - Offsite: Library 12p - Wellness</p>
<p>15 10a - Self Esteem 12p - Lunch: Spaghetti Pie</p>	<p>16 12p - Lunch: Cheeseburger Mac 12:45p - MHSG 1:30p - Arts & Crafts</p>	<p>17 9-12p - Learn how to write a Haiku! 12p - Lunch: Mock Chow Mein 12:20p - Member Meeting 1p- Gratitude Journaling</p>	<p>18 11a - MHSG 12p - Lunch with Fridley PD: Hamburgers 1p - Movie and popcorn!</p>	<p>19 10a - Grief and Loss 11a - Lunch: Fried Chicken 11:30a - Offsite: Grand Slam (\$5-20+) 12p - Wellness</p>
<p>22 10a - Self Esteem 12p - Lunch: Beef Stew</p>	<p>23 12p - Lunch: Au Gratin Potatoes 12:45p - MHSG 1:30p - Arts & Crafts</p>	<p>24 12p - Lunch: Tater Tot Hotdish 1p-Gratitude Journaling</p>	<p>25 11a - MHSG 12p - Lunch: Chicken Caesar Salad 1p - Movie and popcorn!</p>	<p>26 10am - Grief and Loss 11am - Pizza 12pm - Bingo! </p>
<p>29 10a - Self Esteem 12p - Lunch: Taco Pasta</p>	<p>30 12p - Lunch: Sloppy Joes 12:45p - MHSG 1:30p - Arts & Crafts</p>	<div data-bbox="641 1837 763 1963" data-label="Image"> </div> <div data-bbox="771 1837 1477 1953" data-label="Text"> <p>LEE CARLSON CENTER™ For Mental Health & Well-Being</p> </div> <div data-bbox="1266 1806 1591 2089" data-label="Image"> </div>		

BRIDGEVIEW STAFF

Bridgeview Main Line
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BV MANAGER
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CINDY
CARE COORDINATOR
763-703-4628

ALLI
CARE COORDINATOR
763-328-0564

KIM
CARE COORDINATOR
763-230-7835

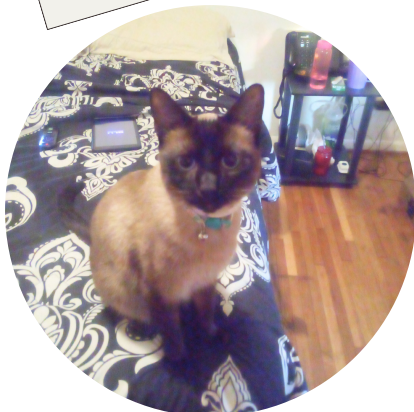
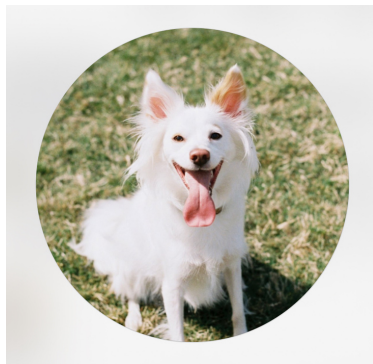
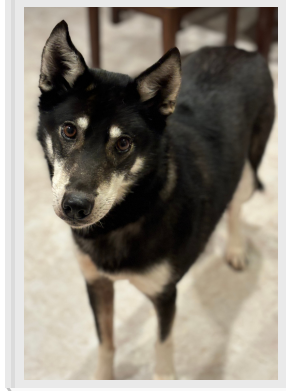
Anoka County Crisis Line: 763-755-3801

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

BY FURRY FRIENDS!



Information Station

Dates to know

April 2nd - World Autism Awareness Day

April 5th - National Self Care Day

April 9th - Eid-Al-Fitr (End of Ramadan)

April 15th - National ASL Day

April 17th - International Haiku Poetry Day

April 20th - National Record Store Day

April 22nd- Earth Day; Passover begins

April 27th - National Independent Bookstore Day

April 29th - International Dance Day

April 30th - Passover ends



National Independent Bookstore Day

This celebration started in 2015. The passion behind this day comes from the idea that bookstores aren't just a place to buy books, but a place where communities gather together and express their love for stories. They become good places for kids to learn about literature and for adults to come in the midst of the day and relax with a good book.

Bookstores are places of connection and community, and this is the perfect day to celebrate Independent Bookstores!



International Dance Day

The intention of this day is to celebrate dance, revel in the universality of this art form, cross all political, cultural, and ethnic barriers, and bring people together with a common language - dance. The day strives to encourage participation and education in dance through events and festivals held on the date all over the world.

Eid-Al-Fitr

Eid al-Fitr marks the end of the month-long dawn-to-sunset fasting of Ramadan and is celebrated by Muslims across the world. Celebrations happen in various ways with food ("Eid cuisine") being a central theme, which also gives the holiday the nickname "Sweet Eid" or "Sugar Feast". It is a time of official receptions and private visits, when friends greet one another, presents are given, new clothes are worn, and the graves of relatives are visited.

International Haiku Poetry Day

The haiku is a Japanese poetic form that consists of three lines, with five syllables in the first line, seven in the second, and five in the third. The haiku developed from the hokku, the opening three lines of a longer poem known as a tanka. The haiku became a separate form of poetry in the 17th century.

www.britannica.com/art/haiku

Learn how to write a haiku at BV from 9-12pm on April 17th!

Earth Day

Earth Day is an annual event on April 22 to demonstrate support for environmental protection. This year's theme is Planet vs. Plastics with a call for a 60% global reduction in plastic production by 2040.

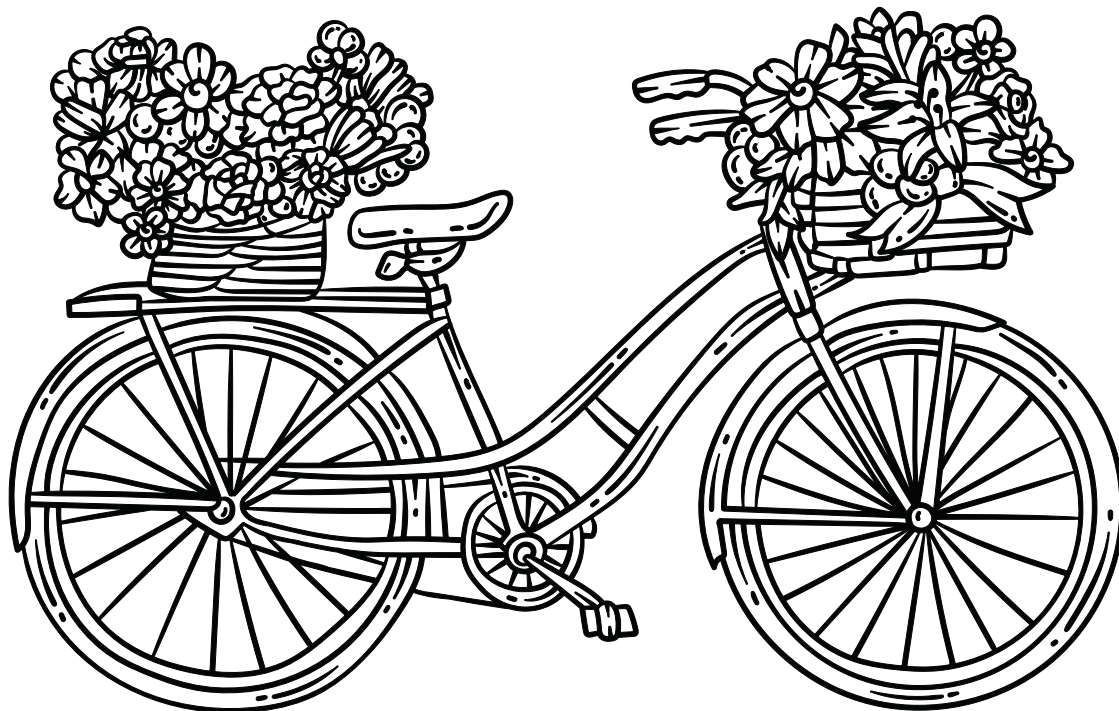


Passover

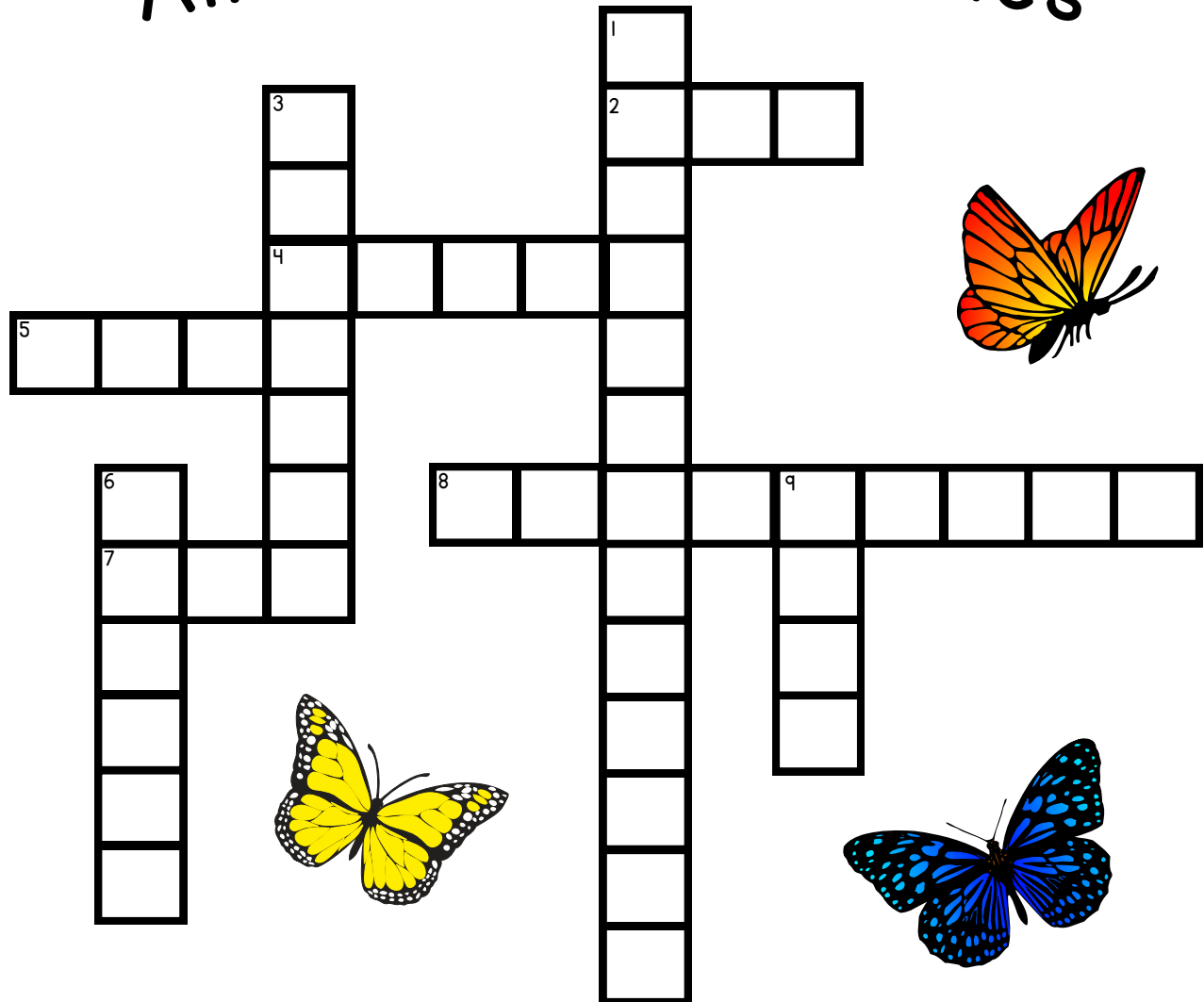
Passover is a holiday commemorating the Hebrews' liberation from slavery in Egypt and the "passing over" of the forces of destruction. It is often celebrated with great pomp and ceremony, especially on the first night, when a special family meal called the Seder is held. During this meal, foods of symbolic significance commemorating the Hebrews' liberation are eaten, and prayers and traditional recitations are performed. Though the festival of Passover is meant to be one of great rejoicing, strict dietary laws must be observed, and special prohibitions restrict work at the beginning and end of the celebration.



CAPTURE CREATIVITY



All About Butterflies



Across

2. A caterpillars job
4. The name of the caterpillar stage
5. What butterflies use to taste
7. The first stage in the butterfly life cycle
8. The hanging sack a caterpillar uses to change into a butterfly

Down

1. The process of a caterpillar changing into a butterfly
3. Shedding the skin is called _____
6. What butterflies mostly eat
9. What happens to a caterpillar's skin as it grows



HEY GOOD LOOKIN' WHATCHA GOT COOKIN'?

OVEN-BAKED PASTA

INGREDIENTS

- 1 (16-OUNCE) PACKAGE PASTA (SUCH AS PENNE, RIGATONI, ZITI, OR MEDIUM SHELLS)
- 1 (15-OUNCE) CONTAINER RICOTTA CHEESE
- 1/2 TEASPOON ITALIAN SEASONINGS
- SALT AND PEPPER (TO TASTE)
- 1 (26-OUNCE) JAR MARINARA SAUCE
- 3/4 CUP MOZZARELLA CHEESE (SHREDDED)

Directions

1. Cook pasta according to package instructions, then drain well. Set aside.
2. In a large bowl, combine the ricotta cheese, Italian seasonings, a bit of salt and pepper, and half of the marinara pasta sauce. Add cooked pasta, tossing gently to combine well.
3. Preheat oven to 350 F.
4. Use half of the remaining marinara sauce to cover the bottom of a casserole dish, then spoon pasta and cheese mixture on top in an even layer. Cover with remaining marinara sauce, then sprinkle the top with mozzarella cheese.
5. Cover with foil and bake for 20 minutes.
6. Remove cover and bake for an additional 10 minutes, until golden brown and hot throughout.
7. Serve and enjoy!



thespruceeats.com

STRAWBERRY LIME SMOOTHIES

INGREDIENTS

- 1 CUP STRAWBERRY YOGURT
- 1/2 CUP 2% MILK
- 2 TO 4 TABLESPOONS LIME JUICE
- 2 TABLESPOONS HONEY
- 1/4 TEASPOON GROUND CINNAMON
- 2 CUPS FRESH STRAWBERRIES, HULLED

Directions

1. Process all ingredients in a covered blender until smooth.



tasteofhome.com





SUPPORT GROUPS



Self-Esteem (Monday, 10am): 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 (Tuesday, 12:45pm and Thursday, 11am): Peer support, education, and encouragement.

Gratitude Journaling with Cindy (Wednesday, 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, 12pm): 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!