

BRIDGEVIEW NEWSLETTER

STAY CONNECTED, STAY SUPPORTED, STAY WELL

MARCH 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.

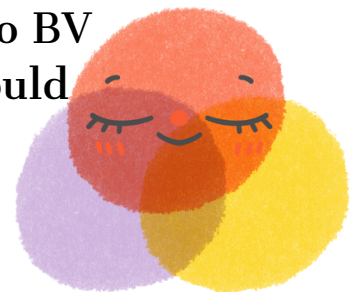
Remember: COVID is not the only illness we can spread to each other! If you appear to be ill, we may ask you to leave for the day. If you are experiencing any symptoms such as a sore throat, cough, runny nose, congestion, sneezing, fever, loss of taste or smell, chills, and/or fatigue, please stay home.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

Come into Bridgeview to contribute to our maze of happiness!



In honor of International Day of Happiness on March 20th, we will be creating a new collaborative art project. Each member can add their own piece of happiness to the maze that will then be put up on the wall in the common area. Come into BV and talk to a staff member for more information. We would love to see your happiness.





WHAT'S NEW WITH BRIDGEVIEW:



- 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 started in February: Wellness group! This will be run by various BV staff as it covers many different topics. Fridays at 12pm.
- 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 in March. 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.
- We will be welcoming several new therapists to run BV therapy groups! Make sure to say hi as you as them around.
- 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.
- The art room now includes a “Waste Inventory Control” bin. Please put any supplies that are no longer usable in this bin. This helps us keep track of which supplies need to be replaced.
- 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.**

“Just because no one else can heal or do your inner work for you doesn't mean you can, should, or need to do it alone.”

- Lisa Olivera





MARCH



FRIDAY

MONDAY TUESDAY WEDNESDAY THURSDAY

1
10a - Grief and Loss
11a - Lunch: Chicken Kiev
11:30a - Offsite: Bowling
12p - Wellness

<p>4 9:15a - Self Esteem 12p - Lunch: Sandwiches</p>	<p>5 12p - Lunch: Tater Tot Hotdish 12:45p - MHSG 1:30p - Arts & Crafts</p>	<p>6 12p - Lunch: Beef Stew</p>	<p>7 11a - MHSG 12p - Lunch: Sloppy Joes 1p - Gratitude Journaling</p>	<p>8 10a - Grief and Loss 11a - Lunch: Chili 11:30a - Offsite: Anoka County Library 12p - Wellness</p>
<p>11 9:15a - Self Esteem 12p - Lunch: Hot Dogs</p>	<p>12 12p - Lunch: Egg Bake 12:45p - MHSG 1:30p - Arts & Crafts</p>	<p>13 12p - Lunch: Goulash</p>	<p>14 11a - MHSG 12p - Lunch: Tuna Melts 1p - Gratitude Journaling</p>	<p>15 10a - Grief and Loss 11a - Lunch: Chicken a la King 11:30a - Offsite: Thrift Store 12p - Wellness</p>
<p>18 9:15a - Self Esteem 12p - Lunch: Chicken Pasta Salad</p>	<p>19 12p - Lunch: Mock Chow Mein 12:45p - MHSG 1:30p - Arts & Crafts</p>	<p>20 12p - Lunch: Tacos 12:20p - Member Meeting</p>	<p>21 11a - MHSG 12p - Lunch with Fridley PD: Hamburgers 1p - Gratitude Journaling</p>	<p>22 10a - Grief and Loss 11a - Lunch: Fried Chicken 11:30a - Offsite: Como Conservatory 12p - Wellness</p>
<p>25 9:15a - Self Esteem 12p - Lunch: Taco Pasta</p>	<p>26 12p - Lunch: Tater Tot Hotdish 12:45p - MHSG 1:30p - Arts & Crafts</p>	<p>27 12p - Lunch: Cheeseburger Mac</p>	<p>28 11a - MHSG 12p - Lunch: Chicken Caesar Salad 1p - Gratitude Journaling</p>	<p>29 10am - Grief and Loss 11am - Pizza 12pm - Bingo!</p>



BRIDGEVIEW STAFF

Bridgeview Main Line
763-783-7440



BV VAN PHONE
763-923-3598

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

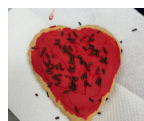
Call OR text 988 for the National Mental Health Crisis Hotline

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

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

FEBRUARY Activities

Check out some of the awesome activities BV members did in the month of February!



Information Station



Dates to know

March 1st - World Compliment Day

March 2nd - Read Across America Day

March 8th - International Women's Day

March 14th - Pi Day

March 17th - St. Patrick's Day

March 19th - Spring Equinox

March 20th - International Day of Happiness

March 25th - Holi

March 26th - Make Up Your Own Holiday Day

March 31st - Easter



Holi

It is a popular and significant Hindu festival celebrated as the Festival of Colors, Love, and Spring. The day signifies the triumph of good over evil. It is a cultural celebration that gives Hindus and non-Hindus alike an opportunity to have fun banter with other people by throwing colored water and powder at each other. Hindus believe it is a time to enjoying spring's abundant colors and saying farewell to winter. To many Hindus, Holi festivities mark an occasion to reset and renew ruptured relationships, end conflicts, and rid themselves of accumulated emotional impurities from the past.

Easter



It is a Christian festival and cultural holiday commemorating the resurrection of Jesus from the dead. Its date is computed based on a lunisolar calendar (solar year plus Moon phase). Many American celebrations include the Easter bunny, egg hunts, egg dying, parades, as well as sunrise services and late-night vigils.

Read Across America Day

Read Across America is the US's largest celebration of reading. The National Education Association has a year-round calendar to encourage adults to share the joys of reading with children and adolescents. Here is a link to the calendar: <http://tinyurl.com/BVRAAD>

Bridgeview will be offering members the opportunity to go to an Anoka County Library location on March 8th. This is a chance to get a library card and check out the resources offered there!

International Women's Day

The campaign theme for International Women's Day 2024 is "Inspire Inclusion". When we inspire others to understand and value women's inclusion, we forge a better world. And when women themselves are inspired to be included, there's a sense of belonging, relevance, and empowerment.



Pi Day

Pi Day is observed on March 14 (the 3rd month) since 3, 1, and 4 are the first three significant figures of π . Pi has been calculated to over 50 trillion digits beyond its decimal point.

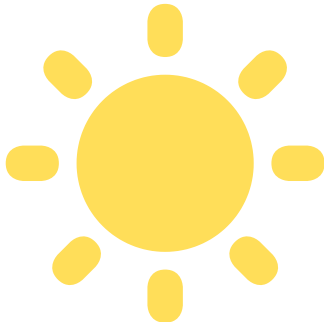
International Day of Happiness

Since 2013, the United Nations has celebrated the International Day of Happiness as a way to recognize the importance of happiness in the lives of people around the world. Taking the time to note and appreciate what oneself have to be thankful for, even the little things, will make people feel happier and more fulfilled in life.

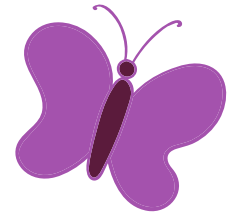
BV will have a collaborative art project to celebrate the International Day of Happiness. Stop in throughout March to add your own components to it and to see its progress!

CAPTURE CREATIVITY



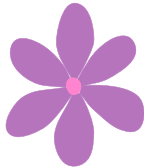


SPRING



WORD SEARCH

A	F	L	Y	D	N	I	W	S	B	B	R	W	Q	M
R	X	S	F	C	O	V	O	L	U	L	J	W	U	S
E	T	I	K	D	J	S	U	O	T	N	O	K	F	E
Q	N	E	D	R	A	G	K	B	T	E	X	O	I	E
I	P	F	N	H	P	S	L	V	E	X	E	Z	M	D
D	C	C	U	I	H	M	Q	O	R	J	P	U	F	S
Y	E	U	X	K	H	T	P	S	F	E	S	L	L	X
E	J	S	U	G	U	S	P	V	L	O	O	M	A	V
B	R	E	V	C	L	N	N	S	Y	W	C	H	I	W
O	A	W	Y	A	M	P	J	U	E	T	P	T	E	Y
G	I	T	L	I	R	P	A	R	S	Z	Y	P	E	N
G	N	I	R	P	S	M	S	E	E	T	R	K	R	N
E	C	Z	M	R	A	W	N	E	B	E	F	A	X	U
V	T	T	P	N	O	B	X	H	J	H	G	U	M	B



APRIL
BLOOM
BUNNY
BUTTERFLY
FLOWERS

GARDEN
KITE
MAY
NEST
RAIN

SEEDS
SPRING
SUNSHINE
WARM
WINDY



HEY GOOD LOOKIN' WHATCHA GOT COOKIN'?

BANANA OAT GREEK YOGURT MUFFINS

INGREDIENTS

- 1 CUP (225 G) PLAIN GREEK YOGURT
- 2 MEDIUM RIPE BANANAS (200 G OR 1 CUP MASHED)
- 2 LARGE EGGS
- 2 CUPS (160 G) ROLLED OATS (OLD FASHIONED OR QUICK)
- 1/4 CUP (50 G) BROWN SUGAR
- 1 1/2 TSP BAKING POWDER
- 1/2 TSP BAKING SODA
- 1/2 CUP (85 G) CHOCOLATE CHIPS, MINI OR REGULAR



runningwithspoons.com

Directions

1. Preheat oven to 400F (204C) and prepare a muffin pan by spraying the cavities with cooking spray or lining them with paper liners and still spraying with cooking spray. Set aside.
2. Add all the ingredients except for the chocolate chips to a blender or food processor and process on high until the oats are broken down and batter is smooth and creamy. Stir in chocolate chips by hand.
3. Pour batter into prepared muffin pan, filling each cavity until it is about 3/4 full. Optional: sprinkle a few chocolate chips over the top of each muffin.
4. Bake for 15-20 minutes, until the tops of your muffins are set and a toothpick inserted into the middle comes out clean. Allow muffins to cool in pan for ~10 minutes before removing. Store in an air-tight container for up to a week.

DILL VEGETABLE DIP

INGREDIENTS

- 1 CUP SOUR CREAM
- 1/2 CUP MAYONNAISE
- 1 TABLESPOON FINELY CHOPPED ONION
- 2 TEASPOONS DRIED PARSLEY FLAKES
- 1 TEASPOON DILL WEED

Directions

1. Combine the first 6 ingredients; mix well. Cover and refrigerate. Serve with vegetables.



tasteofhome.com





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, 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!