

★ Special Spring Event Issue!! ★

April and May are Jam Packed with Events

Spring is in the air at the CSP and our calendar is packed to the brim with events—including special groups and activities led by members and staff, outings and more outings, and opportunities to improve our community!

Make sure you read through the newsletter for details and keep the calendar in view so you don't miss anything you'd like to attend! As always, reach out to staff with questions and follow us on facebook for real-time updates and announcements at <https://www.facebook.com/SewardCSP>

Spring Cleaning at the CSP

Let's Spruce up the CSP Together

It's that time of year again. The CSP is hosting its annual 2024 Spring Cleaning volunteer event: April 24th 12:00 PM – 3:00 PM.

There will be food, fun, music, and laughter as we come together to get OUR house straightened out, CSP. There will be different options of chores/tasks to choose from. We are also offering TRIPLE volunteer minutes to those who participate. If you are not able or just aren't feeling up to cleaning on April 24th it's okay! Thank you for coming out and showing support. You will always be welcome at the CSP.

Woohoo, we are looking forward to hanging out and connecting with each & every one of you!!

Earth Day Clean Up

Let's Spruce up the Neighborhood Together

Join us in celebration of Earth Day on Monday April 22nd at 12pm to clean up the neighborhood and earn triple volunteer minutes! While we often expect litter to reveal itself after the snow melts, there is still a good bit for us to pick up without having had much snowfall. We will provide gloves, bags, and garbage grabbers to clean things up in the surrounding block or two!



Spring is in the air at the CSP!

"There are a lot of cool opportunities for growth and learning all around us. Join us to celebrate and care for our each other and our community—see you all soon!"

*- Tara Inveen, CSP
Program Manager*

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Our plants need TLC—join us for our re-potting event to help them thrive!

Back to School Days Event

Join Us for This Throwback Event

On Tuesday May 14th, 1pm-3pm, join us for some outdoor games and activities like hop scotch, hula hooping, jacks, bean bag toss and jump rope along with a summery snack of hot dogs, chips & fruit! Shout out to Julius for making this event happen!

Plant Re-potting Event

Help our Plants Thrive

Members tend to be the best caretakers of the beautiful plants up front, and we have had interest in having a community plant re-potting event! This will be happening on Tuesday April 9th at 1pm and we will have all the supplies needed. We welcome you to join us whether you have a green thumb or don't know the first thing about plants but would like to learn – and you may even have a chance to take home a cutting of aloe vera or another plant that we have too much of for the growing space here at the CSP!

Member Remembrance

Honoring Those Who We've Lost

We will be holding a member remembrance art project on the Friday May 24th. And then on that following Friday, May 31st we will hold a member remembrance at 1:30pm in the group room. We will come together to remember members who have passed, share memories, and have a brief remembrance activity and memorial rock painting for folks who are interested. We hope to see you then to remember those who have meant so much to the CSP community. There will be light refreshments.

Crisis Lines

National Suicide Prevention Lifeline 988

SAMHSA's National Helpline
800-662-HELP (4357)

Crisis Text Line Text
START to 741741

The Trevor Project (for LGBTQ youth ages 13-24)
866-488-7386

The GLBT National Hotline
888-843-4564

Trans Lifeline
877-565-8860

BlackLine
800-604-5841

Lines for Life (BIPOC crisis line)
503-575-3764



Let staff know if you'd like your birthday to be listed in our newsletter!

BIG NEWS!!

We are Increasing Our Hours!

We have an exciting announcement!! Beginning in April, the CSP will be open until 5pm on Tuesdays and Thursdays. We will continue to open at 11am each day. Therefore, our hours will be:

Mondays 11-4

Tuesdays 11-5

Wednesdays closed

Thursdays 11-5

Fridays 11-4

We are excited to see you all more and spend time together in our community!

CSP Closures

We will be closed on Monday May 27th in observance of Memorial Day.

SAVE THE DATE! - CSP Annual Health Fair:

May 21st—1-3pm



Racial Equity in Action

Excerpt from Race Forward ([raceforward.org](https://www.raceforward.org))

“Solving the housing crisis requires exposing and changing policies, practices, systems, and structures that currently worsen long-standing racial disparities and harm us all.

The Housing and Land Justice Initiative at Race Forward brings our systemic approach toward racial justice to the housing and land development sector. We envision a housing system in which racial hierarchies have been eliminated, housing is a public good and a human right, and therefore, everyone, regardless of their race, has affordable and dignified housing.

This vision is grounded in our deep understanding of our country’s long history of racist exclusion, expropriation and exploitation through policy, practice, and its racialized housing system. It centers on the lived experiences of Black, Indigenous, Latin(o/a/x/e), Asian, Pacific Islander and all people of color and our ability to possess the resources, power, and self-determination to ensure our neighbors and communities thrive.

We believe a new societal relationship to housing and land is needed in which “neighboring” is a tangible expression of love for the people in our communities and guarantees them a basic standard of living. We must all play a role in restoring our neighborhoods and making them safe, inclusive, climate-resilient, and healthy through truth-telling, relationship-building, trust, and solidarity. As an abundant nation, we have everything we need to realize housing justice for all in our lifetime.

We believe an accountable and democratic government is a steward of the public good and housing is one of our most essential public goods. Historical and present-day housing public policies and governance are at the root of today’s increasingly corporatized housing market, concentrated poverty, residential segregation, land speculation, disinvestment, and displacement of communities of color. So, government must play a major role in advancing community-identified root solutions that lead to transformation and de-commodification of our housing system.”

Learn more about all the amazing work Race Forward is doing here:

<https://www.raceforward.org>



Team Seward CSP at Mental Health Day on the Hill 2024

Upcoming Seminars

April 19th at 12:30pm—Appointment Prep

Join a seminar hosted by our very own intern Liz to learn valuable strategies for maximizing your doctor's appointments, including organizing medical information and effective communication techniques. Don't miss out on this opportunity to boost your healthcare preparedness!

May 17th at 12:30pm—MHR CEO Ann Henderson

Our CEO Ann Henderson is coming to give agency wide updates and hear any thoughts from you all and field any questions you may have for her.

Upcoming Outings

Cosmic Coffee!

We're going back to Cosmic!!! Did you miss the Cosmic outing in February? Maybe you went to Cosmic and can't wait to get back again! You're in luck, because the CSP will return to Cosmic on Friday, May 3rd! We'll be leaving from the CSP at 11:45, with the plan to get to Cosmic around noon and stay for a little over an hour. Come for some delicious beverages, play some games, and visit with Dusty! Hope to see you all there!!

April and May 3rd-Monday of the Month Outings

We have some fun upcoming outings this Spring at the CSP! In April, we're returning (by popular demand) to the thrift store to hunt for some treasures – you never know what you'll find!

In May, join us when we venture down to Hot Sam's, a unique attraction that includes a sculpture/photo park and antique store with plenty of space for us to explore!



Special One-Time, Member-led Groups!

Thursday, April 18th at 1:30pm
"Live, Love, Gratitude"

Hosted by member Justin C.

Join him for a presentation and discussion about dealing with stress and life concerns and how we can overcome these things. In this 1x group, Justin will offer some pointers about how he has gotten through hard times, and others will be able to share what is on their minds. Members can learn from each other and boost each other up as we find common ground.

Tuesday, April 23rd at 2:30pm
"Basic Spanish Skills Group"

Hosted by member Franklin

Discover basic Spanish speaking skills with a group hosted by Franklin. From greetings to simple conversations, come have fun and learn some fundamental Spanish. Kickstart your language learning here!

BLACK LIVES MATTER



April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Open 11am – 4pm 12pm LGBTQ+ Group 1:30pm D & D Group	2 Open 11am – 5pm 1pm – 3pm Digital Navigation Drop In 2pm Fiber Arts Group	3 CLOSED	4 Open 11am – 5pm 12:30pm Boundaries & Balance Group 1:30pm Healthy Lifestyles	5 Open 11am – 4pm Game Day! 2pm Let's Move Group 	6 CLOSED
8 Open 11am – 4pm 12pm LGBTQ+ Group 1:30pm D & D Group	9 Open 11am – 5pm 1pm Plant Repotting 2pm Fiber Arts Group	10 CLOSED	11 Open 11am – 5pm 12:30pm Boundaries & Balance Group 1:30pm Healthy Lifestyles	12 Open 11am – 4pm 1pm Skip-Bo Tourney 2pm Arts & Crafts 2pm Let's Move Group	13 CLOSED
15 Open 11am – 4pm 12pm LGBTQ+ Group 1:30pm D & D Group	16 Open 11am – 5pm 1pm – 3pm Digital Nav. 2pm Fiber Arts Group 2:15pm Volunteer Outing	17 CLOSED	18 Open 11am – 5pm 12:30pm Boundaries & Balance 1:30pm Live Love Gratitude 2:30pm Healthy Lifestyles	19 Open 11am – 4pm 12:30pm Seminar: Liz 1:30 Bingo 3pm Let's Move Group	20 CLOSED
22 Open 11am – 4pm 12pm Earth Day Cleanup Outing: Thrift Store 1:30pm D & D Group	23 Open 11am – 5pm 2pm Fiber Arts Group 2:30pm Spanish Group	24 CLOSED 12pm-3pm Spring Cleaning	25 Open 11am – 5pm Dinner of the Month! 1:30pm MAC meeting *Name That Tune!	26 Open 11am – 4pm 1pm Safety of Seward 2pm Arts & Crafts 2pm Let's Move Group	27 CLOSED
29 Open 11am – 4pm 12pm LGBTQ+ Group 1:30pm D & D Group	30 Open 11am – 5pm 1pm – 3pm Digital Navigation 3pm Cooking Demo 2pm Fiber Arts Group			Note: We are open 11am-5pm Tuesdays & Thursdays beginning this month!	

Outing: Join us on **April 22nd** at 1pm to the thrift store! we're returning (by popular demand) to the thrift store to hunt for some treasures – you never know what you'll find!

Seminar: Liz on Appointment Prep
Join us on Friday **April 19th** to learn about - appointment preparation from CSP social work intern Liz!

Volunteer Outing:
Join us on 4/16 at 2:15pm
@ People & Pets Together

This month:



May 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		CLOSED	Open 11am – 5pm 12:30pm Boundaries & Balance 1:30pm Healthy Lifestyles	Open 11am – 4pm 11:45 Cosmic Outing 2pm Let's Move Group	CLOSED
6 Open 11am – 4pm 12pm LGBTQ+ Group 1:30pm D & D Group	7 Open 11am – 5pm 2pm Fiber Arts Group	CLOSED	9 Open 11am – 5pm 12:30pm Boundaries & Balance 1:30pm Healthy Lifestyles	10 Open 11am – 4pm 1pm Bean Bag Toss Tourney 2pm Arts & Crafts 2pm Let's Move Group	11 CLOSED
13 Open 11am – 4pm 12pm LGBTQ+ Group 1:30pm D & D Group	14 Open 11am – 5pm 1pm – 3pm Digital Navigation Drop In 2pm Fiber Arts Group 1pm – 3pm BTS Games!	CLOSED	16 Open 11am – 5pm 12:30pm Boundaries & Balance Group 1:30pm Healthy Lifestyles	17 Open 11am – 4pm 12:30pm Seminar: MHR's CEO 1:30 Bingo 3pm Let's Move Group	18 CLOSED
20 Open 11am – 4pm 12pm LGBTQ+ Group 1pm Outings: Hot Sam's 1:30pm D & D Group	21 Open 11am – 5pm 1pm – 3pm Health Fair	CLOSED	23 Open 11am – 5pm 12:30pm Boundaries & Balance Group 1:30pm Healthy Lifestyles	24 Open 11am – 4pm 2pm Let's Move Group 2pm Memorial Arts & Crafts	25 CLOSED
27 CLOSED For Memorial Day	28 Open 11am – 5pm 1pm – 3pm Digital Navigation Drop In 3pm Cooking Demo 2pm Fiber Arts Group	CLOSED	30 Open 11am – 5pm Dinner of the Month! 1:30pm MAC meeting *Name That Tune!	31 Open 11am – 4pm 2pm Let's Move Group 1:30pm Member Remembrance	

Outing: Join us at 1pm on **May 20th** to Hot Sam's! A unique attraction that includes a sculpture/photo park and antique store with plenty of space for us to explore!

Seminar: MHR's CEO Ann Henderson

Join us Friday May 17th at 12:30pm to hear agency wide updates and to share any thoughts and questions you may have for her.

This month:

Cooking Demo

Cooking Demo's will now be happening on the last Tuesday at 3pm now that we will remain open until 5pm Tuesdays & Thursdays! Our next demo will be on Tuesday April 30th at 3pm, and the following will be Tuesday May 28th at 3pm! You can still join us on our YouTube channel to check out past demos from throughout our closure as well. Here's the link to our YouTube channel:

https://www.youtube.com/channel/UCVE4btQMgblCayv88ut_GQ

You can also find it by going to YouTube and searching for "Seward CSP".

Bingo Calling

We are updating our bingo caller/writer volunteer list. If you are interested in getting your name on the list, please reach out to Sara. All are welcome to volunteer and we rotate through the list.

Bingo callers and writers will get their choice of volunteer minutes OR one bingo prize!



Let us know if you try this recipe at home!

Recipe Corner

Pan Poached Eggs

Ingredients:

1. Eggs
2. Water
3. Salt and pepper or other seasoning of choice
4. Muffin tin

Directions:

1. Preheat oven to 350°F
2. In a muffin tray pour 1 tablespoon of water into each cup you are using.
3. Crack 1 egg into each cup and season with salt and pepper or other seasoning of choice.
4. Place in the oven and bake for 12-15 minutes or until egg whites are set and the yolk is still runny.
5. Use a spoon or small spatula to remove them so they don't continue cooking in the hot muffin tin.
6. Enjoy! These work well for eggs benedict, egg sandwiches, simply on the side with breakfast, or even over some salad greens!

Notes:

- * When you remove the eggs from the oven, they may appear to be uncooked. This is likely just a small amount of water floating on top of the egg white which will pour off when you take them out of the pan.
- * Set a timer for poaching eggs to be sure they don't overcook.
- * The whites will continue to cook once they are removed from the oven. Remove the eggs from the pan right away or the heat from the pan will continue to cook the eggs and they can become overcooked.
- * If you'd rather make these into scrambled egg bites with breakfast meat and/or veggies, simply spray the tin before pouring in whisked eggs, and add in your choice of meat, veggies, cheese etc. For this method you will want to bake them for 20 minutes, and leave out the step of pouring water into each tin.

Important Dates

Tuesday, Apr 9th—Plant Re-potting Event @ 1pm
Friday, Apr 12th—Skip-Bo Tournament @1pm
Tuesday, Apr 16th—Volunteer Outing (People & Pets Together, 2:15pm)
Thursday, Apr 18th—Live Love Gratitude Group @ 1:30pm
Friday, Apr 19th—Seminar @12:30pm: Appointment Prep with Liz
—Bingo @ 1:30pm
Tuesday, Apr 23rd—Basic Spanish Skills Group @ 2:30pm
Thursday, Apr 25th —Dinner of the Month, MAC Meeting
—Name That Tune Game!!
Friday, Apr 26th—S.O.S. Committee @1pm
Friday, May 3rd—Cosmic Coffee Outing @11:45am
Friday, May 10th— Bean Bag Toss Tournament @1pm
Tuesday, May 14th—Back to School Days Games @1-3pm
Friday, May 17th—Seminar @12:30pm: MHR CEO Ann Henderson
—Bingo @ 1:30pm
Tuesday, May 21st—**Health Fair!!! 1-3pm**
Friday, May 24th—Memorial Arts & Crafts @2pm
Monday, May 27th—CLOSED FOR MEMORIAL DAY
Thurs, May 30th—Dinner of the Month, MAC Meeting
—Name That Tune Game!!
Friday, May 31st—Member Remembrance @1:30pm

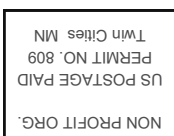
Seward CSP Connection

Contact Us

Betty (she/her): 651-249-7277
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Main CSP line: 612-333-0331
Pam (she/her) 651-502-0304
Sara (she/her): 651-728-0744
Tara (she/her): 651-368-4852

2105 Minnehaha Ave
Minneapolis, MN 55404
www.mhresources.org

RETURN SERVICE REQUESTED



MHR
Seward Community Support Program
2105 Minnehaha Avenue
Minneapolis, MN 55404-3107