

Seward CSP is Now Tobacco-Free

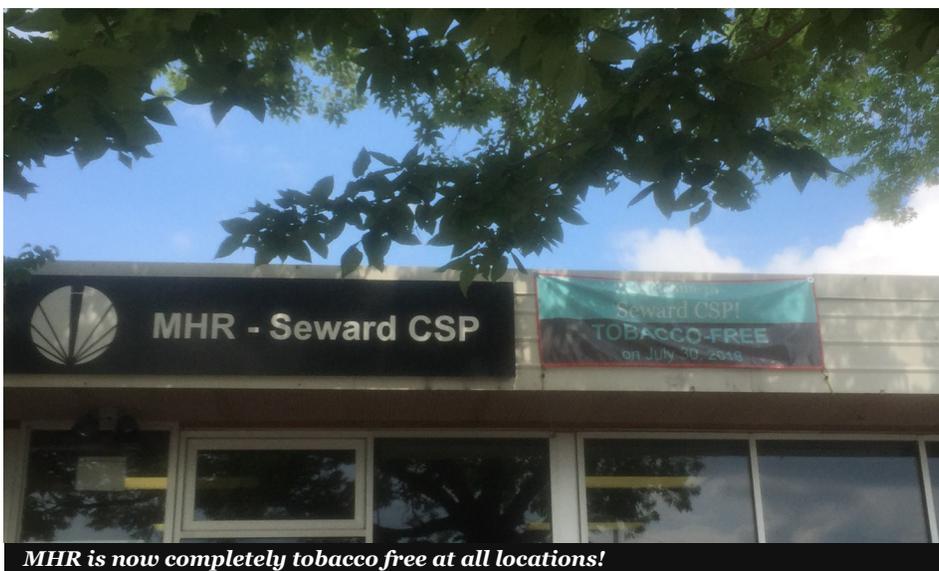
Working Toward Improved Health Together

July 30th marks a big change at MHR when we become a tobacco-free organization. Tobacco is the #1 cause of preventable death and we know that offering tobacco-free environments is the right thing to do. People who experience a mental illness use tobacco at much higher rates than the general population and are more likely to die from smoking-related illness than from their mental illnesses and substance use disorders. We are by no means alone in making this big change, in fact, many other institutions, companies and organizations are also going tobacco-free or have already done so. In Minnesota, tobacco-free environments are part of a large statewide initiative.

Healthy Lifestyles Group meets every Monday from 1-2pm. Not ready to quit? No problem! People at all stages of change around tobacco use are welcome to come learn more about how tobacco affects us, support and get support from your peers, and explore healthy changes you can make even if you're not ready to quit. You won't be lectured, pressured, or nagged but will learn about a variety of topics related to tobacco in order to make more informed decisions around tobacco use. Get on the healthy bandwagon and come check it out!

People with mental health and substance abuse disorders account for 44% of the US tobacco market which is equal to \$37 billion in profit for the tobacco industry.

MHR is doing something about it. We are now tobacco-free.



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- Counselor's Corner
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- What's Happening at the CSP



This is a great time of year to check out your local Farmer's market!

Employment Corner

Your Source for Workforce Support

There will be another volunteer event this month! Greta will be taking volunteers to CEAP on August 17 from 1-3. The van will be leaving at 12:15 in order to make it to the event. We will be sorting out donated items at the Turning Leaf Thrift Store in Brooklyn Park. Call Greta to reserve your spot at 651-245-8568!

CEAP, Community Emergency Assistance Programs, empowers their neighbors in need by providing basic needs and personalized support to help them establish their path to stability and independence. They also provide food support and resource referrals so families can connect with partner agencies and services that may be able to help.

Cooking Challenge Recap

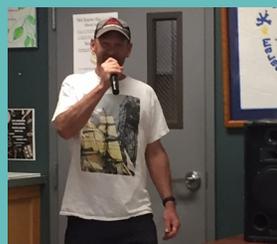
1st Cooking Challenge was a Hit!

Our first ever Cooking Challenge was a success! 5 contestants created 5 different pasta salads, each unique and tasty. Members were able to try all of the creations and vote for a favorite. Rick H.'s pasta salad took 1st Place! Great job to all who participated! Keep a lookout for another Cooking Challenge in the future!



Karaoke Joe's

The first afternoon of member-hosted karaoke happened this past June! Everyone is welcome and you do not have to sign up in advance. Keep an eye out for Karaoke Joe's on the calendar in coming months (it typically happens on Saturday afternoons), and here are some photos from the last time!



Seward CSP August 2018

Mental Health Resources Seward CSP
2105 Minnehaha Ave, Minneapolis, MN 55404
Transit routes: 2,9,22,67, Blue Line

MON	TUE	WED	THU	FRI	SAT
We are closed on Sundays and Wednesdays. Snack at 2:30pm on open CSP days (except Brunch). Visitors are welcome at all groups!	Anna: 651-356-2394 Chuck: 651-955-3395 Dusty: 651-356-2692 Emerson: 651-728-0210 Greta: 651-245-8568 Sara: 651-728-0744 Tara: 651-368-4852	1 Closed Campers arrive back at 3pm	2 Open 11-6 No groups due to Koinonia	3 Open 12-5 No groups due to Koinonia	4 Open 10-5 1:00 Karaoke Joe's
6 Open 12-5 1:00 Healthy Lifestyles for people who smoke	7 Open 11-6 1:00 Chemical Health Group 3:00 Spirituality Group 4:00 *Journaling Group	8 Closed	9 Open 11-6 12:15 Wellness Group 1:30 Mental Health Support Group	10 Open 12-5 1:30 Emotional Awareness 3:00 Physical Activity 3:30 *Arts and Crafts	11 Open 10-5 1:30 Bingo
13 Open 12-5 1:00 Healthy Lifestyles for people who smoke 3:00 LGBT Group	14 Open 11-6 1:00 Chemical Health Group 3:00 Spirituality Group	15 Closed	16 Open 11-6 12:15 Wellness Group 1:30 Mental Health Support Group	17 Open 12-5 12:30 - 3:00 Volunteer Outing to CEAP 1:30 Emotional Awareness 3:00 Physical Activity 3:30 *Knitting Group	18 Open 10-5 12:00-2:00 Mobile Menders 1:00 Brunch
20 Open 12-5 1:00 Healthy Lifestyles for people who smoke 2:00 Racial Equity Task Force	21 Open 11-6 1:00 Chemical Health Group 3:00 Spirituality Group 4:00 *Journaling Group	22 Closed	23 Open 11-6 12:15 Wellness Group 1:30 Mental Health Support Group	24 Open 12-5 12:30 Diabetes Support Group 1:30 Emotional Awareness 3:00 Physical Activity 3:30 *Arts and Crafts	25 Open 10-5 1:30 Bingo
27 Open 12-5 1:00 Healthy Lifestyles for people who smoke 3:00 LGBT Group	28 Open 11-6 1:00 Chemical Health Group 3:00 Spirituality Group	29 Closed	30 Open 11-6 12:15 Wellness Group No MH Support Group 1:00 Outing 3:30 MAC Meeting 4:30 Dinner of the Month	31 Open 12-5 12:30 Cooking Demo/ Diabetes Support Group 2:00 Emotional Awareness 3:00 Physical Activity 3:30 *Knitting Group	Member line: 612-337-4017 Activity Line: 612-337-4018

Seward CSP September 2018

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We are closed on Sundays and Wednesdays. Snack at 2:30pm on open CSP days (except Brunch). Visitors are welcome at all groups!	Anna: 651-356-2394 Chuck: 651-955-3395 Dusty: 651-356-2692 Emerson: 651-728-0210 Greta: 651-245-8568 Sara: 651-728-0744 Tara: 651-368-4852	Member line: 612-337-4017 Activity Line: 612-337-4018			1 Open 10-5 12:00 Pool Tournament
3 Closed Happy Labor Day!	4 Open 11-6 1:00 Chemical Health Group 3:00 Spirituality Group 4:00 *Journaling Group	5 Closed	6 Open 11-6 12:15 Wellness Group 1:30 Mental Health Support Group	7 Open 12-5 12:30 Diabetes Support Group 1:30 Emotional Awareness 3:00 Physical Activity 3:30 *Arts and Crafts	8 Open 10-5 1:30 Bingo
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Dates to Remember

July 30th—Aug 3rd is Camp Week—no groups will be held during this time!

Karaoke Joe's
Saturday, August 4th, 1pm

Volunteer Outing to CEAP
Friday, August 17th,
12:30-3:00pm

Mobile Menders
Saturday, August 18th,
12-2pm

Racial Equity Task Force
Friday, August 24th, 3pm

Dinner of the Month and Outing
Thursday, August 30th

Pool Tournament
Saturday, September 1st,
1pm

MHR Offices Closed for Labor Day Holiday
Monday, September 3rd

Member Appreciation Day!!!
Friday, September 14th

Mobile Menders
Saturday, September 15th,
12-2pm

Dinner of the Month and Outing
Thursday, September 27th



Nothing says summer in Minnesota like a trip to the State Fair!

Outings

Minnesota State Fair

When: Thursday, August 30th at 1:00pm

Come one, come all to the annual Minnesota State Fair! Feast your eyes upon fascinating spectacles, and feast your hunger on funky fair food! There is a little something for everybody at the fair, so be sure to sign up for this outing! Sign-up will be available on August 23rd.

Apple Orchard

When: Thursday, September 27th at 1:00pm

It is that time of year again when the weather cools, the leaves turn, and the apples are ripe for the picking! The peaceful setting of being outdoors surrounded by trees and fresh, earthy aromas may be just what the doctor ordered. Sign-up will be available on September 20th.

State Fair Ticket Giveaway!

We are awaiting information about the tickets and will begin posting information around the CSP when it becomes available. See staff with questions about how to get your free State Fair ticket this year!



We had a great time at our Twins game outings in June!

Group Spotlight

LGBT Group

This group, which meets every other Monday at 3pm, is an opportunity for our LGBT members to connect and explore issues related to the intersection of their LGBT and mental health identities.



Recovering from a mental illness can be made more difficult by being part of a marginalized and discriminated-against community. Finding safe spaces where we can share ourselves and support each other is integral to recovery and growth. For the next several months Anna and Emerson will both be facilitating this group.

Seward CSP Fall Anthology

Now Accepting Submissions

We are currently collecting poetry, stories, etc., to publish in our 2018 Fall Anthology. You can submit your work in Journaling Group which occurs every other Tuesday at 4pm or you can turn it in to Sara Wagner, CSP Counselor. We look forward to highlighting your writing!

Mark Your Calendars for Member Appreciation Day!

Friday, September 14th, 12-4pm

“music theme”

Come dressed as your favorite singer!

Chef Spotlights

Rick H.



In June, Rick prepared Shepherd's Pie for Dinner of the Month! When asked what inspires him to cook, Rick answers: "My dad. He was the one who got me into cooking and learning. He learned in the service. I tried to teach him to drain grease before he passed away. I always try new things to cook, and always try to make it better."

Tewodros and Mia



These two put together a delicious Ethiopian meal which members really enjoyed!

Cooking Demo

Come join us for Cooking Demo at the end of each month — the Friday after Dinner of the Month! The idea behind the Cooking Demo is to provide demonstrations of how to make cost effective and nutritious meals, snacks, and treats that can feel approachable to folks at any skill level in the kitchen. See Dusty or Emerson if you have any questions!

Upcoming Cooking Demos:
Aug. 31st @ 12:30pm:
Sushi Rolls
Sept. 28th @ 12:30pm:
Pancakes

Counselor's Corner: New CSP Intern

This school year we are again fortunate to have a CSP Intern. Keep your eyes peeled for Heather, our new intern. She will likely be starting sometime in August! Make sure to give her a big welcome when you do see her! Stay tuned for more information about her, her background and interests!



Check out our cooking demo at the CSP each month for new snack and meal ideas!

CSP Recipe Corner

Chocolate Chip Cookies

Ingredients:

- 1 ½ cups all-purpose flour
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ½ cup coconut oil or butter (room temperature or softened)
- ¼ cup brown sugar
- ½ cup mashed banana
- 1 egg (see substitution note below)
- 1 teaspoon vanilla extract
- 1 cup semi-sweet chocolate chips

** Did you know: for 1 egg you can substitute 1 Tbsp ground flaxseed soaked in 3 Tbsp water if you want some added Omega-3! Alternately, you can simply add ¼ cup milk (either non-dairy or dairy) if you don't have an egg on hand! The banana we've added also helps to moisten and bind the cookies like an egg does.

Directions:

1. Preheat oven to 350°F. Line cookie sheets with parchment paper.
2. In a small bowl, whisk together flour, baking powder, baking soda, sugar, and salt. Set aside.
3. In a medium bowl, mix together coconut oil (or butter), egg (or substitute), mashed banana, and vanilla and beat until well combined.
4. Gradually add dry ingredients to wet ingredients, stirring until well blended. Stir in chocolate chips.
5. Refrigerate dough for 15 minutes (or more), if dough is too soft.
6. Scoop rounded tablespoonfuls of dough onto prepared cookie sheets, 2 inches apart.
7. Bake for 8 – 14 minutes, or until edges are slightly brown. Transfer to a wire rack to cool completely.
8. ENJOY!

What's Happening at the CSP?

A Quick Look at Some Big News

Member Appreciation Day at the CSP is September 14th!

Mark your calendars! On Friday September 14th, 2018, we will be throwing our annual celebration to show our deep appreciation for our members. It's our members who make the Seward CSP such a vibrant and exceptional community. We want you to know how important you are to the CSP by offering a "Music Themed" party replete with delicious food, games to play, prizes to win and musical entertainment. We look forward to seeing you there!



Seward Times

Contact Us

Activity line: 612-337-4018

Anna: 651-356-2394

Chuck: 651-955-3395

Dusty: 651-356-2692

Emerson: 651-728-0210

Greta: 651-245-8568

Main CSP line: 612-333-0331

Member line: 612-337-4017

Sara: 651-728-0744

Tara: 651-368-4852

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Minneapolis, MN 55404
www.mhresources.org

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