

Karaoke Joe's Café at the CSP

Come Sing with Us!



Karaoke Joe's has been going strong for some time now, and takes place one Saturday each month and is generously

led by Ben, a long time CSP member. There are many songs to choose from, and whether you feel great about your voice or not, all are welcome and encouraged to check it out for some fun and entertainment! The next Karaoke Joe's will be taking place on August 31st, beginning at 2:00pm. The next time will be the 3rd time with new equipment, so the previous microphone feedback problem has been resolved!

Some words from the member behind Karaoke Joe's:

Ben's first experience with karaoke was at Charaka, and he loved it so much that over time he gathered the equipment to run karaoke parties himself and he notes, "it just really grew from there." When asked what his favorite part about running Karaoke is, Ben notes, "I love watching people have a good time, and the only thing I like more is being responsible for it." What an encapsulation of the atmosphere he cultivates here for Karaoke Joe's, helping people feel comfortable giving it a go even if it may be new to them!

"I love watching people have a good time, and the only thing I like more is being responsible for it."

-Ben, also known as Karaoke Joe



Come join us each month for Karaoke Joe's at the CSP!

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Our beautiful flowers outside the CSP.

Employment Corner

Your Source for Vocational News

Long-term Job Supports

What do long-term job supports look like? Job support can come in all shapes and sizes ranging from learning new job tasks, to dealing with schedule changes, to managing symptoms, or even adjusting to new supervisors or coworkers. Your local Workforce Center houses the Minnesota Vocational Rehabilitation Services which contracts a rehabilitation provider to provide long-term supports. These rehabilitation providers provide support for people who have disabilities and want to work. This work might take place in a variety of settings based on personal preferences. The settings include supported employment, community employment, center-based employment.

Supported Employment (SE)– A person who is working in SE is working independently in a competitive setting and receives the same wages and benefits as coworkers who don't have disabilities.

Community Employment (CE)– A person who is working in CE works with a work crew which includes a certain percentage of people who have disabilities. CE provides intensive job supports and is a step towards SE.

Center-based employment – A person who is working in center-based employment performs standard work assignments to develop work skills and receives pay based upon their production.

If any of these settings interest you, connect with Greta the Vocational Counselor at the CSP!

Next CSP Volunteer Outing

On August 23rd from 1:00-4:00 and September 13th from 1:00-4:00 we will be heading back to Open Arms of Minnesota to pack meals for folks who are sick. Contact Greta at 651-245-8568 if you are interested in going!

Change to Substance Use Disorder Group

Starting at the beginning of July, Substance Use Disorder Group now meets **Tuesdays at 11am**. Please join us at that time for support in taking a trauma-informed harm-reduction approach to recovery from substance abuse.



LGBTQ Group

LGBTQ Group meets every other Monday at 3:00pm, and Anna and Emerson alternate facilitating group. This group is for those who identify as gay, lesbian, bisexual, transgender, and/or queer as well as those who consider themselves allies. This group shares in discussion centering around LGBTQ experiences and finding support, and is sometimes also guided by relevant articles and other media. Please feel free to join us, and see Anna or Emerson if you have any questions!

Pronouns/Name Tags

You may have noticed some new stickers at the CSP's front desk—these stickers can be used to share your personal pronouns and help to make folks with all gender identities feel safe, comfortable and supported at the CSP.

Seward CSP August 2019

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 is 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 Open 11-6 12:15 Wellness Group 1:30 Mental Health Support Group	2 Open 12-5 12:30 Healthy Strides Group 1:30 Emotional Awareness	3 Open 10-5 12:00 Skip-Bo Tournament
5 Open 12-5 1:00 Healthy Lifestyles for people who smoke	6 Open 11-6 11:00 SUD Group 1:00 Physical Activity 3:00 Spirituality Group	7 Closed	8 Open 11-6 12:15 Wellness Group 1:30 Mental Health Support Group	9 Open 12-5 12:30 Healthy Strides Group 1:30 Emotional Awareness 3:00 *Arts and Crafts	10 Open 10-5 1:30 Bingo 12:00—2:00 Mobile Menders
12 Open 12-5 1:00 Healthy Lifestyles for people who smoke 3:00 LGBTQ Group	13 Open 11-6 11:00 SUD Group 1:00 Yoga 3:00 Spirituality Group 4:00 *Journaling Group	14 Closed	15 Open 11-6 12:15 Wellness Group 1:30 Mental Health Support Group	16 Open 12-5 12:30 Healthy Strides Group 1:30 Emotional Awareness	17 Open 10-5 1:00 Brunch
19 Open 12-5 12:00 State Fair Ticket Giveaway *if we get tickets 1:00 Healthy Lifestyles for people who smoke	20 Open 11-6 11:00 SUD Group 1:00 Yoga 3:00 Spirituality Group	21 Closed	22 Open 11-6 12:15 Wellness Group 1:30 Mental Health Support Group	23 Open 12-5 12:30 Healthy Strides Group 1:00 Volunteer Event 1:30 Emotional Awareness 3:00 *Arts and Crafts	24 Open 10-5 1:30 Bingo
26 Open 12-5 1:00 Healthy Lifestyles for people who smoke 3:00 LGBTQ Group	27 Open 11-6 11:00 SUD Group 1:00 Yoga 3:00 Spirituality Group 4:00 *Journaling Group	28 Closed	29 Open 11-6 12:15 MAC Meeting 1:00 Outing 3:00 Hmong American Farmer's Association Seminar 4:00 Dinner of the Month	30 Open 12-5 12:30 Healthy Strides Group/Cooking Demo 2:00 Emotional Awareness	31 Open 10-5 2:00—4:00 Karaoke Joe's

Seward CSP September 2019

Member line:
612-337-4017
Activity Line:
612-337-4018

MON	TUE	WED	THU	FRI	SAT
2 Closed Happy Labor Day!	3 Open 11-6 11:00 SUD Group 1:00 Yoga 3:00 Spirituality Group	4 Closed	5 Closed 12:15 Wellness Group 1:30 Mental Health Support Group	6 Open 12-5 12:30 Healthy Strides Group 1:30 Emotional Awareness 3:00 * Arts and Crafts	7 Open 10-5 1:30 Bingo
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16 Open 12-5 1:00 Healthy Lifestyles for people who smoke	17 Open 11-6 11:00 SUD Group 1:00 Yoga 3:00 Spirituality Group	18 Closed	19 Open 11-6 12:15 Wellness Group 1:30 Mental Health Support Group	20 Open 12-5 Member Appreciation Day!	21 Open 10-5 1:30 Bingo
23 Open 12-5 1:00 Healthy Lifestyles for people who smoke 3:00 LGBTQ Group	24 Open 11-6 11:00 SUD Group 1:00 Yoga 3:00 Spirituality Group 4:00 *Journaling Group	25 Closed	26 Open 11-6 12:15 MAC Meeting 1:00 Outing 3:00 Park Safety Seminar 4:00 Dinner of the Month	27 Open 12-5 12:30 Healthy Strides Group/Cooking Demo 2:00 Emotional Awareness	28 Open 10-5 2:00-4:00 Karaoke Joe's
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Dates to Remember

Skip-Bo

Tournament

Sat., Aug. 3rd, 12pm

Mobile Menders

Saturday, Aug. 10th,
12–2pm

State Fair Ticket Giveaway (if we get tickets)

Monday, Aug. 19th, 12pm

Volunteer Event

Friday, Aug. 23rd, 1pm

MAC Meeting Dinner of the Month and Outing

Thursday, Aug. 29th

Hmong American Farmer's Association Seminar

Thursday, Aug. 29th, 3pm

Karaoke Joe's

Saturday, Aug. 31st, 2-4pm

CSP Closed for Labor Day Holiday

Monday, Sept. 2nd

Volunteer Event

Friday, Sept. 13th, 1pm

Cribbage Tournament

Saturday, Sept. 14th, 12pm

MEMBER APPRECIATION DAY!!!

Friday, Sept. 20th,

MAC Meeting Dinner of the Month and Outing

Thursday, Sept. 26th

Park Safety Seminar

Thursday, Sept. 26th, 3pm

Karaoke Joe's

Saturday, Sept. 28th, 2-4pm



Fall isn't too far away—join us in September for our outing to the orchard!

Outings

State Fair

When: Thursday, August, 29th at 1:00pm

The Great Minnesota Get-Together is upon us! We will be having our annual outing to the State Fair in August. We have space for 12 members. Sign up sheet will be available August 22nd. Please join us for this fun statewide event!

Apple Orchard

When: Thursday, September 26th at 1:00pm

A seasonal staple. Join us for a trip to the apple orchard, where apples, hay rides, and farm animals reside. Check out the corn maze as well!

**Please note, outings may be cancelled or changed due to weather conditions.*

State Fair Ticket Giveaway

At the time the newsletter was printed, we did not have any information about free state fair tickets for members this year. We hope to get some again this year, and if so, will be handing them out beginning on Monday, August 19th at noon if we do get them this year. Check in with staff for more details!



Our beautiful city!

Member Appreciation Day!

It's almost time for one of the best and most anticipated days of the year – Member Appreciation Day!! This year's event will be held on Friday, Sept. 20th from 12-5pm at the CSP. We have already collected some fabulous prizes and have had some great ideas from members on how to make the event the best yet. We can't give away all of the amazing things we have planned, but we can give you a few details:

- The theme this year will be 80's/90's –feel free to dress in your best throw-back fashion!
- The food that we will have catered, voted on by members, will be either East Indian or Gyros – come hungry!
- Our main entertainment event will be a staff versus members rousing game of Family Feud!! Please look for survey questions that you can answer in the near future that will be incorporated into the game.

Member Appreciation Day is our time to celebrate and recognize all of our amazing members. We know this will be an amazingly awesome event, so mark your calendars and we'll see you there!

Fall CSP Cleaning Day

Save the Date: October 9th! FALL CLEANING DAY! Members did such a great job on the Spring Cleaning day, we decided to keep it up and do it once again this fall. On this day, the CSP will be asking volunteers to help in a deep clean of the drop-in center. Earn double volunteer minutes for your help, and lunch will be provided.

Racial Equity Corner

“The talents in this world are equally distributed, the opportunities are not.”

For this month's topic, we offer this short but equally powerful quote for reflection. When using a racial equity lens, what thoughts do you have about this? Send your comments to Sara to possibly have them featured in the next newsletter's Racial Equity Corner!

Safety Day Re-Cap

Thank you to all who participated in our annual Safety Day! Members visited over eight local organizations to learn more about safer living for the community. Nice Ride donated bike helmets to the CSP- if you are in need of a helmet, please stop by and ask staff to help you find one that fits. Domestic Abuse Project (DAP) provided information on resources and support for those experiencing abuse. MN Alternatives met with members to talk about substance use, treatment options, and how to hold healthy conversations about use. Park Police and Metro Transit Police were able to answer questions members had regarding laws and relevant safety scenarios in parks or on public transportation. MHR was represented with staff informing members of housing inspections and the CSP policies. Family Tree Clinic provided information related to safety in sexual health and accessible resources. Over 60 members earned gift cards through their participation! If you have any suggestions for possible safety stations for next year, please direct your suggestion to a CSP staff or our suggestion box located at the CSP.

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:

Friday, August 30th
@ 12:30pm:
Omelets

Friday, September 27th
@ 12:30pm:
Spaghetti Squash



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

CSP Recipe Corner

Hummus

Ingredients:

- Chickpeas (1 can)
- Tahini (1/3 cup)
- Garlic (2 cloves, or 1Tbsp minced, or garlic powder to taste)
- Lemon juice (2-3 Tbsp)
- Ground cumin (1/2 tsp)
- Olive oil (2Tbsp)
- Salt (3/4 tsp)
- Cold water (2-4Tbsp)
- Other ingredients you could use: red peppers, pesto, olives, or anything else that sounds good to you!

Instructions:

1. Puree in a food processor the tahini, cold water, olive oil, cumin, salt, garlic and lemon until smooth.
2. Add in the chickpeas. One can, rinsed in warm water and drained.
3. Puree until smooth. Just keep it going and going until the hummus is nice and smooth, pausing once or twice to scrape the sides down. If the hummus seems too thick, feel free to add in an extra tablespoon or two of water too. *If you don't have a food processor, use a fork or potato masher to vigorously mash the chickpeas!
4. Taste and season. Give the hummus a taste, and add in extra salt, cumin and/or lemon juice if needed.
5. Garnish and serve. Transfer it to a serving bowl, add on any toppings that you would like, and enjoy!!

My Camp Koinonia Trip

By Diane Fondow

I started my trip at 5am on Tuesday. Played with my dog, visited with roommate, then about 7:30 I started for Seward. Met up with some members early then we waited for staff to get there. Then had coffee and waited for the bus and van. We started for camp at 10am. The trip to camp was quiet for me. Got to camp and Kevin was there to welcome us. First day was fun, went down to the lake and watched members swimming, had a great lunch then more hiking around camp. Had a camp fire. The bugs were bad so I went back to the retreat center. Went to bed early, slept great, woke up early on Wednesday and started the day off great. Went on a boat ride. Tara came up and played a prank (showing up in a T-Rex costume) . I made a T-shirt and bird house, watched the talent show, had a great time, even enjoyed being sore from laughing at the talent. Like all things, it came to an end but not before some more great fun with each other.



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

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

Seward Times

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

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