

## Basketball Season is Here Go Seward Sabres!

Our basketball season is under way! The Seward Sabres played their first game on January 17<sup>th</sup> against the People Inc. Eagles. The first game was a tough loss but they put up a good fight and played like a team.

We are still accepting new members for our team, so if you want to play, let us know. All skill levels welcome! It's a great chance to be a part of a great team. If you are interested in cheering on your Seward Sabres, we play at the Merriam Park Recreation Center at 2000 St. Anthony Ave, St Paul, MN 55104. We have the schedule posted at the CSP but feel free to call ahead to get game times.

### **Stats: Game 1**

Louis was able to put up 12 points for the Sabres. TC lead the team with 7 rebounds and a team high of 7 passes. Brantley had 6 assists and had 4 steals for the Sabres.

### **Upcoming Games**

Our Seward Sabres play January 24<sup>th</sup> at 6:30pm vs. Southside, January 31<sup>st</sup> at 7:30pm vs. Vail Place, and February 7<sup>th</sup> at 7:30pm vs. People, Inc. For a complete schedule, stop by the CSP. All games take place on Tuesday nights and we play at either 6:30pm or 7:30pm.

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*"My goal for this team is to have fun and to continually improve teamwork, skills and knowledge throughout the season."*

*- Coach Bob*

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*Coach Bob gives the team a pep talk at the game.*

## In This Issue

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- CSP Recipe Corner
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*Ring in the New Year in Minneapolis!*

## Group Spotlight

### Want to Make Changes in the New Year? We Have a Group for That!

The Seward CSP offers a full spectrum of groups that range from educational and support groups to fun and physical groups. If you have goals you are striving for this year, check out a related group! Give us a call or stop in to find out more!

#### ***Physical Activity Group***

Want to get more active this year, join us for a workout each week!

#### ***Wellness Group***

Looking at making sustainable changes to your diet and exercise routine? Join us each Thursday to find out how!

#### ***Arts and Crafts/Knitting and Sewing***

Get crafty this year with our member-led art groups!

#### ***Job Club***

Are you looking to make some extra money this year or support your community through volunteer work? If you said yes to either of these then Job Club is the place for you!

#### ***Anger Management Group***

2017 is the year to do something about your anger! You can learn to be in control of your emotions. We look at ways to recognize your anger and how it affects you.

#### ***Healthy Lifestyles for CSP Members who Smoke***

If you are considering cutting down on tobacco use or trying to quit, this group is for you!

#### ***Additional Groups Include:***

- \* ***Mental Health Support Group***
- \* ***Mental Health and Addiction Support Group***
- \* ***Spirituality Group***
- \* ***Writing Group***
- \* ***Cooking Demo***
- \* ***Grief and Loss Group***
- \* ***LGBT Group***

## Holiday Happenings

### Holiday Photos



# Seward CSP February 2017

MON	TUE	WED	THU	FRI	SAT
We are closed on Sun- days and Wednesdays. Snack at 2:30pm on open CSP days (except Brunch). Visitors are welcome in all groups!	Mental Health Resources Seward CSP: 2105 Minnehaha Ave, Minneapolis, MN 55404 Transit routes: 2, 9, 22, 67, Blue Line	<b>1 Closed</b>	<b>2 Open 12-5</b> 12:15 Wellness Group 1:30 Mental Health Support Group 3:00 Grief and Loss	<b>3 Open 12-5</b> 1:00 Mental Health and Addiction Support Group 3:00 Physical Activity group 3:00 *Knitting	<b>4 Open 10-5</b>
<b>6 Open 12-5</b> 1:00 Healthy Lifestyles for people who smoke	<b>7 Open 11-6</b> 1:15 Anger management 3:00 *Writing Group 3:00 Physical Activity Group 7:30 Basketball game	<b>8 Closed</b>	<b>9 Open 11-6</b> 12:15 Wellness Group Touchstone Gym 1:30 Mental Health Support Group	<b>10 Open 12-5</b> <b>No groups today</b> Valentine's Party 2:00-4:00 3:00 Talent Show & Card making	<b>11 Open 10-5</b> 1:30 BINGO
<b>13 Open 12-5</b> 1:00 Healthy Lifestyles for people who smoke 3:00 LGBT Group	<b>14 Open 11-6</b> 12:00 Job Club 1:15 Anger management 3:00 Spirituality Group 7:30 Basketball game	<b>15 Closed</b>	<b>16 Open 11-6</b> 12:15 Wellness Group 1:30 Mental Health Support Group 3:00 Grief and Loss	<b>17 Open 12-5</b> 1:00 Mental Health and Addiction Support Group 3:00 Physical Activity group 3:00 *Knitting Group	<b>18 Open 10-5</b> <b>1:00 Brunch</b>
<b>20 Open 12-5</b> 1:00 Healthy Lifestyles for people who smoke	<b>21 Open 11-6</b> 1:15 Anger management 3:00 *Writing Group 3:00 Physical Activity Group 6:30 Basketball game	<b>22 Closed</b>	<b>23 Open 11-6</b> 12:15 Wellness Group <b>No MH Support Group</b> 1:00 Outing 3:30 MAC 4:30 Dinner of the Month	<b>24 Open 12-5</b> 12:15 Cooking Demo 1:00 Mental Health and Addiction Support Group 3:00 Physical Activity group 3:00 *Arts and Crafts	<b>25 Open 10-5</b> 1:30 BINGO
<b>27 Open 12-5</b> 1:00 Healthy Lifestyles for people who smoke 3:00 LGBT Group	<b>28 Open 11-6</b> 12:00 Job Club 1:15 Anger management 3:00 Spirituality Group 6:30 Basketball game		Activity line: 612-337-4018 Main line: 612-333-0331 Member line: 612-337-4017	*Indicates member-led group  Call the Activity Line to check for cancellations!  Calendar subject to change!	Chuck: 651-955-3395 Emerson: 651-728-0210 Greta: 651-245-8568 Katie: 651-402-7237 Meghan: 651-955-3393 Sara: 651-728-0744 Tara: 651-368-4852

# Seward CSP March 2017

\*Indicates member-led group  
Call the Activity Line to check for cancellations!  
Calendar subject to change!

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 in all groups!	Mental Health Resources Seward CSP: 2105 Minnehaha Ave, Minneapolis, MN 55404 Transit routes: 2,9,22,67, Blue Line	1 Closed	<b>2 Open 12-5</b> 12:15 Wellness Group 1:30 Mental Health Support Group 3:00 Grief and Loss	<b>3 Open 12-5</b> 1:00 Mental Health and Addiction Support Group 3:00 Physical Activity group 3:00 *Knitting	<b>4 Open 10-5</b> <b>12:00 Skip-boat tournament</b>
<b>6 Open 12-5</b> 1:00 Healthy Lifestyles for people who smoke	<b>7 Open 11-6</b> 1:15 Anger management 3:00 *Writing Group 3:00 Physical Activity Group 6:30 Basketball game	8 Closed	<b>9 Open 11-6</b> 12:15 Wellness Group: Touchstone Gym 1:30 Mental Health Support Group	<b>10 Open 12-5</b> 1:00 Mental Health and Addiction Support Group 3:00 Physical Activity group 3:00 *Arts and Crafts	<b>11 Open 10-5</b> 1:30 BINGO
<b>13 Open 12-5</b> 1:00 Healthy Lifestyles for people who smoke 3:00 LGBT Group	<b>14 Open 11-6</b> 12:00 Job Club <b>No anger management group</b> 3:00 Spirituality Group 7:30 Basketball game	15 Closed	<b>16 Open 11-6</b> 12:15 Wellness Group 1:30 Mental Health Support Group 3:00 Grief and Loss	<b>17 Open 12-5</b> 1:00 Mental Health and Addiction Support Group 3:00 Physical Activity group 3:00 *Knitting Group	<b>18 Open 10-5</b> <b>1:00 Brunch</b>
<b>20 Open 12-5</b> 1:00 Healthy Lifestyles for people who smoke	<b>21 Open 11-6</b> 1:15 Anger management 3:00 *Writing Group 3:00 Physical Activity Group TBA Basketball play-off	22 Closed	<b>23 Open 11-6</b> 12:15 Wellness Group 1:30 Mental Health Support Group	<b>24 Open 12-5</b> 1:00 Mental Health and Addiction Support Group 3:00 Physical Activity group 3:00 *Arts and Crafts	<b>25 Open 10-5</b> 1:30 BINGO
<b>27 Open 12-5</b> 1:00 Healthy Lifestyles for people who smoke 3:00 LGBT Group	<b>28 Open 11-6</b> 12:00 Job Club 1:15 Anger management 3:00 Spirituality Group TBA Basketball play-off championship (to be announced)	29 Closed	<b>30 Open 11-6</b> 12:15 Wellness Group <b>No Grief and Loss, No MH Support Group</b> 1:00 Outing 3:30 MAC 4:30 Dinner of the Month	<b>31 Open 12-5</b> 12:15 Cooking Demo 1:00 Mental Health and Addiction Support Group 3:00 Physical Activity group 3:00 *Knitting Group	Activity line: 612-337-4018 Main line: 612-333-0331 Member line: 612-337-4017

## Dates to Remember

### February is Black History Month!

We will be posting information and ideas around the CSP about how we can honor and celebrate Black History this month.

### Basketball Season has begun!

Every Tuesday night—all levels and abilities are welcome! See the calendar for more information.

### Valentine's Party

Friday, February 10th,  
2:00pm—4:00pm

### Dinner of the Month and Outing

Thursday, February 23rd

### Cooking Demo

Friday, February 24th  
12:15pm

### Skip-bo Tourney

Saturday, March 4th  
12:00pm

### Dinner of the Month/Outing

Thursday, March 30th

### Cooking Demo

Friday, March 31st  
12:15pm



*Join us at the MN History Center this March!*

## Outings

### Riverview Movie Theater

**When: Thursday, February 24th at 1:00pm**

Why not relax with a movie at one of Minneapolis' best movie theaters? Get out of the February weather and take in a showing at the Riverview, just a few minutes from the CSP!

### Minnesota History Center

**When: Thursday, March 30th at 1:00pm**

The Minnesota History Center is an underutilized gem of the Twin Cities. An interactive museum with both permanent and changing exhibits including "MN's Greatest Generation" and "MN Invents!," the History Center is sure to be both entertaining and informative. Hope to see you there!

\*\*\*A sign-up sheet for the outing will be posted at the CSP 1 week prior to the outing with 12 total open spots. Outings are subject to change.

My handler thinks I'm great, but they don't want to be stopped every 5 feet to answer questions about me. Like you, they just want to grab a gallon of milk and go home.

Psssst.



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For more information check out <http://www.anythingpawsable.com/>

## What is a Service Dog? The Different Kinds of Support Animals

**Service Dogs:** A person must be legally disabled and their dog must preform a task for them. The handler has public access rights with a Service Dog and they are protected under Federal ADA Law, and are allowed access to public property with their Service Dog.

**Emotional Support Dogs:** A person must have a note from a licensed mental health professional in order to legally have an ESA dog. These dogs provide an increased comfort level for their owner, particularly in social situations. These dogs do not have ADA public access rights but they are allowed to fly with their owners and qualify for no-pet housing.

**Therapy Dogs:** A trained dog that meets the needs of others such as; visiting nursing homes, hospitals, schools, ect while doing pet therapy work. The handlers do not have ADA public access rights with Therapy Dogs and must have permission from an establishment to enter.

## Seward CSP Basketball



### When you see a Service Dog in public:

Treat the handler the way you'd treat anyone else.  
Feel free to ask polite, non-invasive questions.

Respect the handler's right to privacy.

Follow Service Dog etiquette.

DON'T:  
Touch  
Talk  
Distract  
without permission



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**FACT:**  
You can't identify a "real" Service Dog team by their appearance. Not all disabilities are visible. Just because a person doesn't "look like" they have a disability doesn't mean their partner isn't necessary or "legit."



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## Counselor's Corner

### Alcohol/Drug Policy at the CSP

We wanted to take a minute to outline the CSP's policy regarding alcohol and drug use. We understand that many people live with chemical abuse and dependency and want to be as inclusive and non-judgmental as possible while maintaining a safe and comfortable space. Below is our current policy. If you have thoughts, ideas, comments about this, please feel free to bring them to staff, come to the Member Advisory Council meetings, or leave a suggestion in the suggestion box. Thank you!

“Seward CSP values the safety of its members, visitors, and employees and seeks to maintain a comfortable and supportive environment. If an individual comes to the CSP noticeably intoxicated and/or under the influence of drugs or alcohol, staff may encourage them to leave for the day. If they exhibit any behavior/s that disrupt other members, that go against the community guidelines, or if they are unable to adequately take care of themselves they will be asked to leave for the day. If they exhibit any prohibited behaviors (such as yelling/swearing, sexual harassment, discriminatory/derogatory language, etc.), the corresponding consequences will be applied.”



*Try making this Enchilada Hot Dish at home!*

## CSP Recipe Corner

### Enchilada Hot Dish

#### **Ingredients:**

3-4 cups prepared mashed potatoes (from mix or homemade fresh)  
Rice (1 cup or adjust to your liking)  
Black Beans (1 can, rinse and drain water)  
Green Chiles (1 small can)  
Diced Tomatoes (28oz can)  
Ground Beef (1lb, optional)  
Corn (1 can, drain liquid)  
Taco Seasoning (1 pouch or to your taste, you can also use your own mix of spices)  
Optional:  
Beef Broth  
Lime Juice  
Cheese

#### **Directions:**

1. Prepare beef or other meat in a pan on the stovetop and season with taco seasoning then set aside. Cook in a little beef broth for added moisture (this is optional, not necessary).
2. Prepare rice (according to the package). A dash of lime juice adds a little flavor to the rice if you'd like.
3. Combine beef, rice, and all other ingredients into a pan and heat in the oven at 350 degrees until sufficiently warm. You can heat beans, green chiles, tomatoes, and corn in a saucepan prior to this step for a quicker cook time. Optional: sprinkle shredded cheese over the top and cook until melted.

# What's Happening at the CSP?

## A Quick Look at Some Big News

### **CSP Bathrooms Will Now Be Gender Inclusive**

All CSP bathrooms will be available to everyone, regardless of gender, beginning soon. This means we will no longer have a designated men's or women's restroom. SmartSign has generously donated our new "All Gender Bathroom" signs! SmartSign provides signs to non-profit organizations who want to take this step in becoming more inclusive. Check them out at <http://www.smartsign.com>!

### **Valentine's Day Party**

Save the date—our Valentine's Party will take place on **Friday, February 10th, 2017, from 2:00-4:00pm!** We will be having a talent show and a special snack that day. Members will also get the opportunity to create their own Valentine's cards. Hope to see you there!

## Contact Us

Activity line: 612-337-4018

Chuck: 651-955-3395

Emerson: 651-728-0210

Greta: 651-245-8568

Katie: 651-402-7237

Main CSP line: 612-333-0331

Meghan: 651-955-3393

Member line: 612-337-4017

Sara: 651-728-0744

Tara: 651-368-4852

2105 Minnehaha Ave  
Minneapolis, MN 55404  
[www.mhresources.org](http://www.mhresources.org)

Seward Times

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