

February Fun at the Drop In! We are a Having CSP Spirit Week!

It's the CSP's very first Spirit Week!! Hopefully the first of many! It will happen the week of **2/19- 2/23**. The different themes will be as follows:

Monday 2/19 is Favorite Color Day – come dressed in whatever your favorite hue is and let your true colors shine!

Tuesday 2/20 is Dress Like a Counselor/Intern Day – whether you choose Betty, Sara, Pam, Emerson, Liz, Lucy, or Tara, we look forward to seeing you and guessing who you resemble!

Thursday 2/22 is Sports Day – come dressed wearing a jersey, wearing the colors of your favorite team, or representing a sport or activity that you like to do!

Friday 2/23 will be Fancy Friday – however you want to get snazzy and spiff yourself up, we're excited to see the CSP turn a bit more glamorous on Friday!!

Each day we will have a drawing for a \$5 gift card that includes the names of everyone that's come dressed for the daily theme. We will then have a drawing for a larger gift card at the end of the week, and your name will stay entered for each day that you participated! Heads up, that staff will be participating/dressing up as well, so we hope you'll show us up!!

Valentine's Day Party!

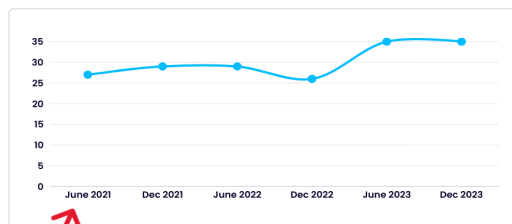
Celebrate Valentine's Day by sharing in the love of community here at the CSP! We will be having a Valentine's party on Tuesday, Feb 13th with decorations, cookies, and a special fancyish meal served by staff! We hope to see you here!

CSP Stats

CSP Attendance Info

Here is how member attendance has changed since our first reopening after closing due to COVID in comparison to now!

CSP Attendance



Just after reopening from COVID-19 closure

● Average CSP members attended per day

"I have learned over the years that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear."

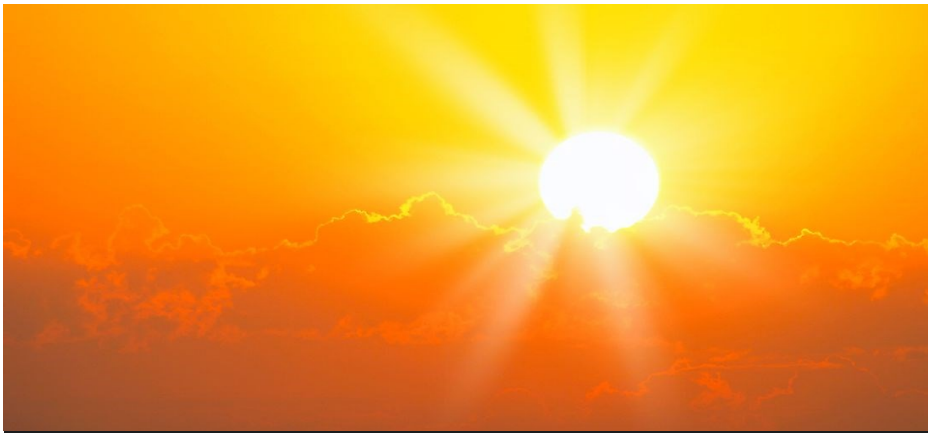
— Rosa Parks

Civil Rights Activist Rosa Parks was born on February 4, 1913 in Tuskegee, AL. Learn more about her here: <https://www.biography.com/activists/rosa-parks>

In this Issue

- Group Updates
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- Events
- Calendar
- Birthdays
- Important Dates
- And so much, much more!

Attendance is hopping at the CSP these days!!



It's Daylight Savings Time— "spring forward" one hour on Sunday, March 10th at 2 a.m.

Safety of Seward (S.O.S.) Committee

We are Bringing it Back!

We have news!! We are bringing back the Safety of Seward Committee (S.O.S.)!

This committee will be meeting the 4th Friday of every quarter at 1pm. Those dates will be January 26th, April 26th, July 26th, and October 25th of 2024. This will be facilitated by Sara.

For those who aren't aware, the S.O.S. Committee is open to all members and visitors. We hold quarterly meetings to talk about preventing emergencies at the CSP, what to do when an emergency takes place, how to educate other members on safety measures, and recognize overall safety concerns of members.

These concerns and suggestions are then shared in the CSP team meeting, MAC meeting, and in the larger group announcements on Dinner of the Month.

LGBTQ+ Group!

We are Bringing it Back!

There have been requests to bring back LGBTQ+ Group and the time is here! This group is for those who identify as gay, lesbian, bisexual, transgender +

This group shares in discussion centering around our LGBTQ+ experiences, getting support from LGBTQ+ peers and staff, relevant current events impacting us, and more. This group will happen every Monday at 12pm. I hope to see you there! ~Emerson

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



Tobacco Free CSP— Reminder and Updates

Update and reminder on our tobacco-free policy: Please remember that MHR is a tobacco-free organization. This means that you aren't able to use tobacco on the premises, including on the ramp and outside in front of the building. This also includes rolling tobacco, both outside and in. Please let staff know if you have any questions and thank you for helping the CSP be as healthy for everyone as possible!

Birthdays!

After it was suggested at one of our monthly MAC meetings, we are going to begin including a list of people in each newsletter who have birthdays during those two months! Your name will only be included if you would like it to be. There is currently a sign up right by the daily board and the bathrooms where you can both add your name and sign a release needed for us to include your birthday in the list! We love this idea and think it's another great way to celebrate all the awesome people in our community! PS – have another great idea or suggestion? Add it to the suggestion box or share it in MAC meeting the last Thursday of each month!

See page 7 for upcoming birthdays!

Welcome to the New Year!

New Years Reflections

As we have said goodbye to 2023 and hello to 2024, we wanted to give members the opportunity to answer questions that encourage reflections from the past year. We hope to post member's answers anonymously in the next newsletter! Here are the questions and some of the answers staff provided.

What songs helped you through the year?

- ◆ Rhiannon by Stevie Nicks
- ◆ We Didn't Start the Fire (updated) by Fall Out Boy
- ◆ For Once In My Life by Stevie Wonder
- ◆ Keeps Me Going by Jacob Banks
- ◆ Qué Maldición by Banda MS & Snoop Dogg

How have you expressed gratitude toward those you love?

- ◆ I've sent out cards letting people know I appreciate them and am grateful for them, I have told people directly. I have so much gratitude for the people in my life.
- ◆ My calling them, in person time & visits, versus texting/emailing.
- ◆ Sending cards with photos, and intentionally expressing my appreciation explicitly too.

If you could tell one person you appreciate them, who would it be and why?

- ◆ My grandma is 102 years old and is our family matriarch. I learned so much from her and I want to make sure I keep telling her how much I appreciate her while she is still living.
- ◆ My son in person & followed by a hug. To have so many kids depending & expecting you to change the way you Really are. When they are continuing to change & grow as individually with different personalities. Remembering that you are just one person & allow yourself to be human!
- ◆ My brothers. We didn't grow up together but have grown much closer in adulthood and I appreciate them so much.

If you could go back and give yourself one piece of advice before 2023, what would it be?

- ◆ This year will be hard, but you can do hard things. Hard things lead to growth.
- ◆ Learning to embrace relaxing & stop with the expectation that you should be there for others more than have.
- ◆ When things feel overwhelming, prioritize finding pockets of peace, which for me usually means connecting with nature more, even if that's just a quick walk.

What do you want to leave behind in 2024?

- ◆ I want to leave fear and scarcity mindset behind.
- ◆ It's okay to "say no, I can't, I will try" & mean it without coming off as mean.
- ◆ Holding back sharing what's on my mind.

What is one hope you have for 2024?

- ◆ I hope for love and light for all in the new year.
- ◆ That I embrace life & live it more.
- ◆ To build deeper intimacy with my friends and family.

Please respond to these questions via email to eball@mhresources.com, drop it off in person, or call Emerson!



Racial Equity at the CSP

Learn More About Black History

“In the 1920s and 30s, the rise of the Black Renaissance and New Negro Movement brought the Black Arts to an international stage. Members of the armed forces, such as James Reese Europe, and artists such as Langston Hughes, Josephine Baker and Lois Mailou Jones brought Black culture and Black American aesthetics internationally, and Black culture began its ascent to becoming a dominant cultural movement to the world. In addition to the Harlem Renaissance, today we recognize that cities like Los Angeles, Chicago, and New Orleans also were home to many Black artists.

When Carter G. Woodson established Negro History week in 1926, he realized the importance of providing a theme to focus the attention of the public. The intention has never been to dictate or limit the exploration of the Black experience, but to bring to the public’s attention important developments that merit emphasis.

For those interested in the study of identity and ideology, an exploration of ASALH’s Black History themes is itself instructive. Over the years, the themes reflect changes in how people of African descent in the United States have viewed themselves, the influence of social movements on racial ideologies, and the aspirations of the black community.

The changes notwithstanding, the list reveals an overarching continuity in ASALH—our dedication to exploring historical issues of importance to people of African descent and race relations in America.”
- <https://asalh.org/black-history-themes/>

Go to this link to learn more: <https://asalh.org/about-us/about-black-history-month/>

Black History Bulletin Board at the CSP

We will continue our tradition of featuring Black leaders, artists, business owners and more on the main bulletin board by the game cabinet at the CSP this month! We will be featuring new folks every day so make sure to check out the board when you are here!

Mental Health Day on the Hill 2024 is on March 7th!!

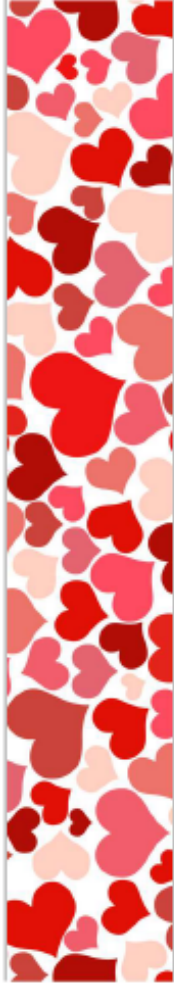
Sponsored and organized by NAMI MN this event is not to be missed! The CSP van will leave at 10:00am from the CSP and bring you to our beautiful state capitol building in St Paul. You will have a chance to join a rally of Minnesotans from all over the state advocating for Mental Health services for everyone!

The theme is SPOTLIGHT on MENTAL HEALTH. We will hear about the current challenges and successes from legislators, advocates and those with lived experience. Before we go will make some posters and signs expressing our hopes and dreams for Mental Health policies in our state. If you have never experienced the excitement of filling the rotunda with our voices and cheering for our heroic advocates, it is an exhilarating and unifying moment you won’t forget.

If you aren’t able to attend, you can still make a sign and send it with the other participants – your sign might even get on the news! It is so important that those making the decisions about our lives see and hear us and know we are paying attention and holding them accountable. Hope you will join us for Day on the Hill 2024!

We will back at the drop in by 1:00pm so you can share your experiences with others at the CSP.





February 2024

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--------------------------------|--|--|--------------------------------|
| <p>Open 11am – 4pm</p> <p>12pm LGBTQ+ Group </p> <p>1:30pm D & D Group</p> | <p>Open 11am – 4pm</p> <p>1pm – 3pm Digital Navigation Drop In</p> <p>2pm Fiber Arts Group</p> | <p>CLOSED</p> | <p>1</p> <p>Open 11am – 4pm</p> <p>12:30pm Boundaries & Balance Group</p> <p>1:30pm Healthy Lifestyles</p> | <p>2</p> <p>Open 11am – 4pm</p> <p>Movie Friday!</p> <p>2pm Let's Move Group </p> | <p>CLOSED</p> |
| <p>5</p> <p>Open 11am – 4pm</p> <p>12pm LGBTQ+ Group</p> <p>1:30pm D & D Group</p> | <p>6</p> <p>Open 11am – 4pm</p> <p>1pm – 3pm Digital Navigation Drop In</p> <p>2pm Fiber Arts Group</p> | <p>7</p> <p>CLOSED</p> | <p>8</p> <p>Open 11am – 4pm</p> <p>12:30pm Boundaries & Balance Group</p> <p>1:30pm Healthy Lifestyles</p> | <p>9</p> <p>Open 11am – 4pm</p> <p>1pm Cribbage Tourney</p> <p>2pm Arts & Crafts</p> <p>2pm Let's Move Group</p> | <p>10</p> <p>CLOSED</p> |
| <p>12</p> <p>Open 11am – 4pm</p> <p>12pm LGBTQ+ Group</p> <p>1:30pm D & D Group</p> | <p>13</p> <p>Open 11am – 4pm</p> <p>Valentine's Party! </p> | <p>14</p> <p>CLOSED</p> | <p>15</p> <p>Open 11am – 4pm</p> <p>12:30pm Boundaries & Balance Group</p> <p>1:30pm Healthy Lifestyles</p> | <p>16</p> <p>Open 11am – 4pm</p> <p>12:30pm Seminar: Scams</p> <p>1:30 Bingo</p> <p>3pm Let's Move Group</p> | <p>17</p> <p>CLOSED</p> |
| <p>Favorite Color Day</p> <p>19</p> <p>Open 11am – 4pm</p> <p>12:15pm Outing: Omnitheater</p> <p>1:30pm D & D Group</p> | <p>Dress Like a CSP Staff</p> <p>20</p> <p>Open 11am – 4pm</p> <p>1pm – 3pm Digital Navigation</p> <p>2pm Fiber Arts Group</p> | <p>21</p> <p>CLOSED</p> | <p>22</p> <p>Sports Day</p> <p>Open 11am – 4pm</p> <p>12:30pm Boundaries & Balance Group</p> <p>1:30pm Healthy Lifestyles</p> | <p>Fancy Friday</p> <p>23</p> <p>Open 11am – 4pm</p> <p>11:45am Cosmic Coffee Outing</p> <p>2pm Arts & Crafts</p> <p>2pm Let's Move Group</p> | <p>24</p> <p>CLOSED</p> |
| <p>26</p> <p>Open 11am – 4pm</p> <p>12pm LGBTQ+ Group</p> <p>1:30pm D & D Group</p> | <p>27</p> <p>Open 11am – 4pm</p> <p>2pm Cooking Demo</p> <p>2pm Fiber Arts Group</p> | <p>28</p> <p>CLOSED</p> | <p>29</p> <p>Leap Day!!!</p> <p>Open 11am – 4pm</p> <p>Dinner of the Month!</p> <p>1:30pm MAC meeting</p> <p>*Name that Tune Game!</p> | <p>Spirit Week!</p> <p>February 19th – 23rd is</p> <p>Spirit Week @ the CSP</p> | |

Outing: Join us on February 19th to the Omnitheater
 Note: We leave at **12:15pm!**

Seminar: Scams – with MHR's compliance officer
 Join us on Friday February 16th to learn about identifying and avoiding scams!

Cosmic Coffee outing!
 Come visit Dusty with us at 11:45am
 Friday February 23rd

This month:



March 2024

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---------------------|--|--|---------------------|
| | | | | 1 Open 11am – 4pm Movie Friday! 2pm Let's Move Group  | 2 CLOSED |
| 4 Open 11am – 4pm 12pm LGBTQ+ Group 1:30pm D & D Group | 5 Open 11am – 4pm 1pm – 3pm Digital Navigation Drop In 2pm Fiber Arts Group | 6 CLOSED | 7 Open 11am – 4pm 10am MH Day on the Hill 12:30pm Boundaries & Balance 1:30pm Healthy Lifestyles | 8 Open 11am – 4pm 1pm Ping Pong Tournament 2pm Arts & Crafts 2pm Let's Move Group | 9 CLOSED |
| 11 Open 11am – 4pm 12pm LGBTQ+ Group 1:30pm D & D Group | 12 Open 11am – 4pm 2pm Fiber Arts Group | 13 CLOSED | 14 Open 11am – 4pm 12:30pm Boundaries & Balance Group 1:30pm Healthy Lifestyles | 15 Open 11am – 4pm 12:30pm Seminar: Food safety 1:30 Bingo 3pm Let's Move Group | 16 CLOSED |
| 18 Open 11am – 4pm 12pm LGBTQ+ Group 1pm Outing: Mini golf 1:30pm D & D Group | 19 Open 11am – 4pm 1pm – 3pm Digital Navigation Drop In 2pm Fiber Arts Group | 20 CLOSED | 21 Open 11am – 4pm 12:30pm Boundaries & Balance Group 1:30pm Healthy Lifestyles | 22 Open 11am – 4pm 2pm Let's Move Group 2pm Arts & Crafts | 23 CLOSED |
| 25 Open 11am – 4pm 12pm LGBTQ+ Group 1:30pm D & D Group | 26 Open 11am – 4pm 2pm Cooking Demo 2pm Fiber Arts Group | 27 CLOSED | 28 Open 11am – 4pm Dinner of the Month! 1:30pm MAC meeting | 29 Open 11am – 4pm 2pm Let's Move Group | 30 CLOSED |



Outing: Join us at 1pm on March 18th to play indoor Mini Golf!



Seminar: UMN Extension on food safety!
Join us to learn more about food safety precautions at home; bring any burning questions you may have. If you miss it, you can always access the AnswerLine: 1-800-854-1678

This month:

Cooking Demo

Cooking Demo's are typically happening on the last Tuesday at 2pm! Our next demo will be on Tuesday February 27th at 2pm, and the following will be Tuesday March 26th at 2pm! 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".



Upcoming Birthdays!

Juan Pablo O. -
March 16th

*see page 3 to learn how to get your birthday highlighted in the newsletter!



Let us know if you try this recipe at home!

Recipe Corner

Oven Baked Wontons—2 Ways

Ingredients:

- Wonton wrappers (1 pack)
- Sweet chili or sweet and sour sauce for dipping

For cream cheese wontons:

- ¼ cup + cream cheese

For meat wontons:

- 1 lb ground turkey (or beef, or pork)
- 1 can sliced water chestnuts
- ¼ cup soy sauce
- 1 tsp fresh (minced) or ground ginger
- 1 tsp powdered garlic

For the peanut sauce:

- ½ cup crunchy peanut butter
- ½ cup full fat canned coconut milk
- 2 Tbsp sweet chili sauce
- 2 Tbsp soy sauce

Directions:

1. Preheat the oven to 400°F. Grease a baking sheet with cooking spray.
2. Lay wonton wrappers one by one on a cutting board. Place 1 small spoon of cream cheese or a heaping Tbsp of meat filling in the center of each wonton wrapper.
3. Lightly brush the edges of wonton wrappers with water, then fold each wrapper in half to form a triangle. Press edges to seal. Fold the tips of each triangle together up and in to meet above the center of the wonton; press the tips together to seal. Spray assembled wontons with cooking spray.
4. Bake in the preheated oven until wontons are crispy and golden and cream cheese is melted, 5 to 7 minutes. Meat wontons should be baked for 10-11 minutes to ensure the meat cooks through.

Important Dates

February—Black History Month

Monday, Feb 5th—LGBTQ+ group starts up again @12pm

Friday, Feb 9th—Cribbage Tournament @1pm

Tuesday, Feb 13th—Valentine’s Party

Friday, Feb 16th—Seminar @12:30pm: Scams
—Bingo @ 1:30pm

Monday, Feb 19th—Friday, Feb 23rd—CSP SPIRIT WEEK (see pg. 1)

Monday, Feb 19th—Outing to the Omni Theater—leave @12:15pm

Friday, Feb 23rd—Outing to Cosmic Coffee @1pm

Thursday, Feb 29th –Dinner of the Month, MAC Meeting
—Name That Tune Game!!

Thursday, Mar 7th—Mental Health Day on the Hill

Friday, Mar 8th— Ping Pong Tournament @1pm

Friday, Mar 15th—Seminar @12:30pm: Food Safety
—Bingo @ 1:30pm

Monday, Mar 18th—Outing to play Mini Golf @1pm

Thurs, Mar 28th—Dinner of the Month, MAC Meeting, Health Equity Video

Contact Us

Betty (she/her): 651-249-7277

Emerson (he/they): 651-728-0210

Main CSP line: 612-333-0331

Pam (she/her) 651-502-0304

Sara (she/her): 651-728-0744

Tara (she/her): 651-368-4852

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Seward CSP Connection

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