

## Upcoming Events

### Black History Month at the CSP

February is Black History Month and we'll be observing it throughout the month at the CSP! Look for the space in the main common area that will be dedicated to celebrating a different African-American every day in February with stories and pictures.

### Racial Equity Task Force

On February 16<sup>th</sup> at 3pm, Tara will facilitate the Racial Equity Task Force, which we hope will be a gathering to explore and dialogue about how the CSP can grow in it's commitment to being a place where everyone feels welcome and safe; it will be an opportunity for members to share insights into the ways in which race impacts their experience at the CSP and listen to the experiences of other members.

### Valentine's Day Party and Talent Show

Join us on Tuesday, February 13<sup>th</sup> from 1-3pm for our annual Valentine's Day Party and Talent Show. This is one of CSP staff's favorite events of the year because it is a time when all of our members can truly shine and show off the diverse talents they have. In the past, we have had folks read poetry, sing, play self-composed music, showcase artwork and much more! This year, stay tuned, as the staff just may be performing a little something at this event as well. Hope to see you there!

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*"Diversity is not  
about how we differ.  
Diversity is about  
embracing one  
another's  
uniqueness."*

*– Ola Joseph*

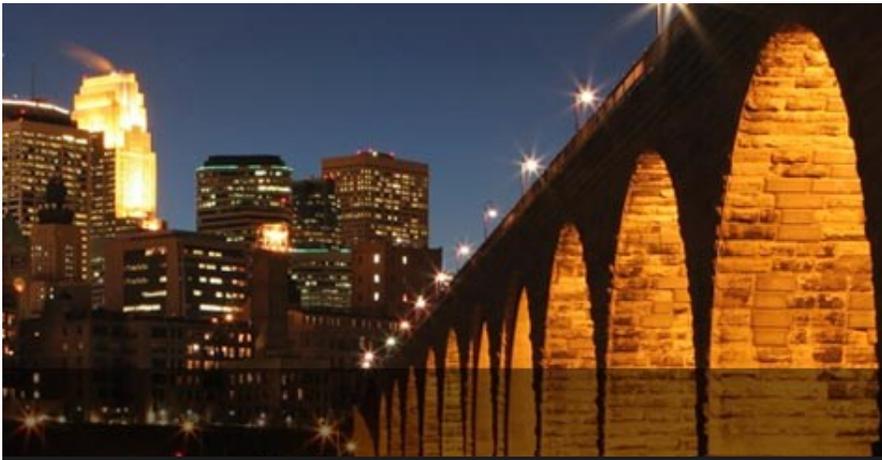
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*Enjoy the beauty of the winter months—it won't last long!*

## In This Issue

- Group Update
- Calendar/Dates to Remember
- Outings
- Member Musings
- CSP Recipe Corner
- What's Happening at the CSP



*The beautiful views of our city*

## Group Spotlight

### Emotional Awareness Group

Do you experience emotion? Or what about a lack of emotion? Sometimes it just takes a little knowledge before we can understand the true impact our emotions have on our daily lives. In this group we'll dig in to identifying emotions, how they can impact us, how to express them and even how to control our emotions when we feel we're about to blow our lid (there's actually a "lid" in our brain!). Being open to objectively observing ourselves, we can learn a lot and sometimes even change our brains in the process. Check out Emotional Awareness Group to learn how!

### DBT Group

Want to better manage your mental health symptoms, promote more effective relationships, build peer supports, learn new skills and build self-confidence? We have a group for you! We will be starting a new DBT group at the CSP. The group will be held every Tuesday at 11:30-12:30. If you are interested in attending this group, please speak to your CSP Counselor to request a referral.

### CSP Volunteer Event

We will be having another CSP volunteer event happening on March 9th from 1-3pm! This will be a collaborative event with Northside CSP, Avivo-Minneapolis (Lighthouse), Avivo – Bloomington (Charaka) and Avivo – Crystal (Northwest). This is a chance to meet peers and enhance your resume with volunteer work. Greta will be driving members to the Food Group in New Hope. We will leave the Seward CSP at 12:15. Our goal is to package as much food as possible before it goes out to various Fare For All sites!

# Black History Month Facts

**MINNIE JOCELYN LEE ELDERS WAS THE FIRST AFRICAN-AMERICAN AND THE SECOND WOMAN TO SERVE AS THE UNITED STATES SURGEON GENERAL.**

HER TERM LASTED FOR 15 MONTHS (1993 - 1994)

*Black History Month Facts*



**BLACK HISTORY MONTH ORIGINATED IN 1926 BY CARTER GODWIN WOODSON.**

THE MONTH OF FEBRUARY WAS CHOSEN IN HONOR OF FREDERICK DOUGLASS AND ABRAHAM LINCOLN, WHO WERE BOTH BORN IN THAT MONTH.

*Black History Month Facts*



**MUSIC COMPOSER AND PRODUCER, QUINCY JONES IS THE MOST GRAMMY-NOMINATED ARTIST**

IN THE HISTORY OF THE AWARDS WITH 76 NOMINATIONS AND 26 AWARDS.

*Black History Month Facts*



**MARIAN ANDERSON A GIFTED CONTRALTO SINGER,**

WAS THE FIRST AFRICAN-AMERICAN TO PERFORM WITH THE NEW YORK METROPOLITAN OPERA IN 1955.

*Black History Month Facts*



# Seward CSP February 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 Hope: 651-955-3398 Sara: 651-728-0744 Tara: 651-368-4852	Member line: 612-337-4017 Activity Line: 612-337-4018	<b>1 Open 11-6</b> 12:15 Wellness Group 1:30 Mental Health Support Group	<b>2 Open 12-5</b> 11:00 Diabetes Support Group 1:00 Emotional Awareness 3:00 Physical Activity 3:30 *Knitting and Arts and Crafts Group	<b>3 Open 10-5</b>
<b>5 Open 12-5</b> 1:00 Healthy Lifestyles for people who smoke	<b>6 Open 11-6</b> 1:00 Chemical Health Group 3:00 *Journaling Group 3:00 Physical Activity	<b>7 Closed</b>	<b>8 Open 11-6</b> 12:15 Wellness Group: Touchstone Fitness Center 1:30 Mental Health Support Group	<b>9 Open 12-5</b> 11:00 Diabetes Support Group 1:00 Emotional Awareness 3:00 Physical Activity 3:30 *Knitting and Arts and Crafts Group	<b>10 Open 10-5</b> 1:30 Bingo
<b>12 Open 12-5</b> 1:00 Healthy Lifestyles for people who smoke 3:00 LGBT Group	<b>13 Open 11-6</b> No Groups today <b>Valentines Day Party</b> 1:00-3:00 1:30 Talent Show	<b>14 Closed</b>	<b>15 Open 11-6</b> 12:15 Wellness Group 1:30 Mental Health Support Group	<b>16 Open 12-5</b> 11:00 Diabetes Support Group 1:00 Emotional Awareness 3:00 Physical Activity 3:30 *Knitting and Arts and Crafts Group <b>3:00 Racial Equity Task Force</b>	<b>17 Open 10-5</b> 1:00 Brunch
<b>19 Open 12-5</b> 1:00 Healthy Lifestyles for people who smoke	<b>20 Open 11-6</b> 1:00 Chemical Health Group 3:00 *Journaling Group 3:00 Physical Activity	<b>21 Closed</b>	<b>22 Open 11-6</b> 12:15 Wellness Group <b>No MH Support Group</b> 1:00 Outing <b>3:30 MAC Meeting</b> 4:30 Dinner of the Month	<b>23 Open 12-5</b> 12:30 Cooking Demo 1:30 Emotional Awareness 3:00 Physical Activity 3:30 *Knitting and Arts and Crafts Group	<b>24 Open 10-5</b> 1:30 Bingo
<b>26 Open 12-5</b> 1:00 Healthy Lifestyles for people who smoke 3:00 LGBT Group	<b>27 Open 11-6</b> 1:00 Chemical Health Group 3:00 Spirituality Group	<b>28 Closed</b>			Calendar subject to change! *Indicates member-led group

# Seward CSP March 2018

MON	TUE	WED	THU	FRI	SAT
<p>Mental Health Resources Seward CSP: 2105 Minnehaha Ave, Minneapolis, MN 55404</p> <p>Transit routes: 2,9,22,67, Blue Line</p>	<p>Anna: 651-356-2394 Chuck: 651-955-3395 Dusty: 651-356-2692 Emerson: 651-728-0210 Greta: 651-245-8568 Hope: 651-955-3398 Sara: 651-728-0744 Tara: 651-368-4852</p>	<p>Member line: 612-337-4017 Activity Line: 612-337-4018</p> <p>Calendar subject to change! *Indicates member-led</p>	<p><b>1 Open 11-6</b> 12:15 Wellness Group 1:30 Mental Health Support Group</p>	<p><b>2 Open 12-5</b> 1:00 Emotional Awareness 3:00 Physical Activity 3:30 *Knitting and Arts and Crafts Group</p>	<p><b>3 Open 10-5</b></p>
<p><b>5 Open 12-5</b> 1:00 Healthy Lifestyles for people who smoke</p>	<p><b>6 Open 11-6</b> 1:00 Chemical Health Group 3:00 *Journaling Group 3:00 Physical Activity</p>	<p><b>7 Closed</b></p>	<p><b>8 Open 11-6</b> 12:15 Wellness Group: Touchstone Fitness Center 1:30 Mental Health Support Group</p>	<p><b>9 Open 12-5</b> <b>12:15 Leave for Group Volunteer Activity</b> 1:00 Emotional Awareness 3:00 Physical Activity *Knitting and Arts and Crafts Group</p>	<p><b>10 Open 10-5</b> 1:30 Bingo</p>
<p><b>12 Open 12-5</b> 1:00 Healthy Lifestyles for people who smoke 3:00 LGBT Group</p>	<p><b>13 Open 11-6</b> 1:00 Chemical Health Group 3:00 Spirituality Group</p>	<p><b>14 Closed</b></p>	<p><b>15 Open 11-6</b> No Groups Today <b>Time TBD - Mental Health Day on the Hill</b></p>	<p><b>16 Open 12-5</b> 12:00 Diabetes Support Group 1:00 Emotional Awareness 3:00 Physical Activity *Knitting and Arts and Crafts Group</p>	<p><b>17 Open 10-5</b> 1:00 Brunch</p>
<p><b>19 Open 12-5</b> 1:00 Healthy Lifestyles for people who smoke</p>	<p><b>20 Open 11-6</b> 1:00 Chemical Health Group 3:00 *Journaling Group 3:00 Physical Activity</p>	<p><b>21 Closed</b></p>	<p><b>22 Open 11-6</b> 12:15 Wellness Group 1:30 Mental Health Support Group</p>	<p><b>23 Open 12-5</b> 12:00 Diabetes Support Group 1:00 Emotional Awareness 3:00 Physical Activity *Knitting and Arts and Crafts Group</p>	<p><b>24 Open 10-5</b> 1:30 Bingo</p>
<p><b>26 Open 12-5</b> 1:00 Healthy Lifestyles for people who smoke 3:00 LGBT Group</p>	<p><b>27 Open 11-6</b> 1:00 Chemical Health Group 3:00 Spirituality Group</p>	<p><b>28 Closed</b></p>	<p><b>29 Open 11-6</b> 12:15 Wellness Group <b>No MH Support Group</b> 1:00 Outing <b>3:30 MAC Meeting</b> 4:30 Dinner of the Month</p>	<p><b>30 Open 12-5</b> 12:00 Diabetes Support Group 12:30 Cooking Demo 1:30 Emotional Awareness 3:00 Physical Activity *Knitting and Arts and Crafts Group</p>	<p><b>31 Open 10-5</b> <b>12:00-2:30 Mobile Menders (Members only)</b> 12:00 Pool Tournament</p>

## Dates to Remember

### Valentine's Party

Tuesday, February 13th,  
1-3pm

### Talent Show

Tuesday, February 13th,  
1:30pm

### Racial Equity Task Force

Friday, February 16th,  
3pm

### Dinner of the Month and Outing

Thursday, February 22nd

### Cooking Demo

Friday, February 22nd  
12:30pm

### Group Volunteer Activity

Friday, March 9th, leave  
the CSP at 12:15pm

### Mental Health Day on the Hill

Thursday, March 15th,  
time to be determined

### Dinner of the Month/Outing

Thursday, March 29th

### Cooking Demo

Friday, March 30th  
12:30pm

### Mobile Menders

Saturday, March 31st,  
12:00-2:30pm

### Pool Tournament

Saturday, March 31st,  
12pm



*Join us this March for our outing to the skating rink!*

## Outings

### Bowling at Memory Lanes

**When: Thursday, February 22nd at 1:00pm**

Strike! Spare! Turkey! Gutter Ball! In February we'll be going bowling at Memory Lanes to try our luck at knocking 'em down. 12 spots available and multiple lanes will contribute to a fun, competitive, friendly outing!

### Roller Skating Outing

**When: Thursday, March 29th at 1:00pm**

I've got a brand new pair of roller skates, you've got a brand new key- I think that we should get together and try them out to see... You guessed it, in March we're headed to a local roller rink to skate the afternoon away! Location to be determined. Roller skating not your thing? Try the arcade games or just watch all the talent on wheels. There's fun for everyone at the roller rink!

\*\*\*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.



*The Seward CSP team celebrating the holidays in our holiday attire!*

## Member Musings

### Fragments, Passion and Triumph

By Gary R. Melquist

When I'm in my creative state, my moving thoughts and feelings bring me to a passion that overwhelms my sense of peace. Hungry to be out and about with people with various beliefs and backgrounds, this passionate hunger brings all sorts of wild thoughts to the surface. Pouring from me in an exotic array of emotion and feelings. Sometimes allied to madness, others bring a peaceful and tranquil state. Moving quickly back to the venomous state of hungry passion; hungry for the friendship and comfort of others, so peaceful after a tumultuous journey through rocky rapids. As the rough waters sweep by, nearly drowning my existence so fantastically fragmented by troubles and tribulations and going to the heights of passionate intellect and connection with others, in a lovely way, most uniquely different from what most call friendship or love! So thoroughly brought to this extraordinary state of triumph!

### Pondering

By Gary R. Melquist

I was thinking, pondering over great difficulties of the moment, from moment to moment, after many moments I came to the hard fought conclusion for which I was very Thankful. It was breathtaking and I was filled with a great sense of joy. The pondering was complete. And then immediately I forgot what I forgot to forget.

## We're Playing Basketball!

The Seward Sabers basketball season is once again in full swing and all members are invited to participate no matter your skill or experience level.

We'll be playing other CSPs from around the metro area on Tuesday evenings through the end of March at the Merriam Park Recreational Center in St Paul. A full game schedule can be found at the front desk. Cheerleaders welcome too!



## Cooking Demo

Keep an eye out for upcoming cooking demonstrations the last Friday of the month where we invite you to learn how to make tasty nutritious meals that are also inexpensive, and you'll get a taste of the finished product.

In February, we will be making a hearty Minestrone soup, and in March we will be making Spring Rolls and Home-made Peanut Sauce. See Dusty or Emerson if you have any questions!



*Want a new spin on the baked potato, check out the recipe below!*

## CSP Recipe Corner

### Loaded Sweet Potatoes

#### **Ingredients:**

4 sweet potatoes (red yams)  
1 can black beans  
1 can sweet corn  
1 lime or 2Tbsp+ lime juice  
mix)  
1 cup Greek yogurt  
¼ tsp ground cumin  
¼ tsp garlic powder

#### **Optional:**

Salt and pepper to taste  
Shredded cheese  
Cilantro  
Green chiles (for bean/corn

#### **Directions:**

1. Place sweet potatoes on a baking sheet and poke with a fork several times on the side facing up, then bake at 400F for 45 minutes to an hour, until tender. Alternately, you can microwave one at a time for 6 minutes and check for doneness/tenderness with a fork and add cook time 1 minute at a time until tender.
2. While the sweet potatoes are cooking, drain the beans and corn and heat in a pan on the stovetop over medium heat or microwave for 90 seconds, adding salt, pepper and 1Tbsp+ lime juice to taste. Stir occasionally and continue to heat until warm.
3. To prepare a sour cream alternative, take one cup of Greek yogurt and add 1Tbsp lime juice, the cumin and garlic powder, and salt and pepper to taste. Stir this well and add lime and spices to your liking.
4. When the sweet potatoes are cooked to tenderness, place on your plate, slice halfway through down the middle lengthwise, and treat almost like a taco, adding toppings as you choose! I like to pour some of the bean mixture on top, then sour cream, and then anything else you like.

\*Tips: This is a very flexible recipe so if you'd like meat in it or other veggies, cook them up and then heat the bean mixture with them. Enjoy!

# What's Happening at the CSP?

## A Quick Look at Some Big News

### **Mental Health Day on the Hill**

Mental Health Day on the Hill is on Thursday, March 15th this year. We will be taking folks to the Capitol for this event. This is a great time to advocate to legislators about services and things that are important to you as a mental health consumer—join us to make all of our voices heard! More details to be determined as the date gets closer. See staff for more information.

### **Camp Koinonia Dates Set For 2018**

The dates are set for our annual trip out to Camp Koinonia! This year, we will be leaving on Monday, July 30th and returning on Wednesday, August 1st. This is always a much anticipated trip—so stay tuned for more details!

## 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

Hope: 651-955-3398

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](http://www.mhresources.org)

Seward Times

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