

## What's Cookin' at the CSP!

### First Annual Cooking Challenge

Calling All Cooks! The CSP is introducing its first ever Cooking Challenge! 5 Participants will have the chance to prepare a variation of Pasta Salad using 5 ingredients of their choice. Members will have the opportunity to sample all 5 pasta salads and then vote for a favorite. The winner will receive a Golden Chef Hat Trophy AND a \$5 Gift Card! A signup will be posted **on Tuesday, June 5th at 11:00 AM** and will be available until **Friday, June 8th**. This is first-come, first-served sign up so if you're ready for the challenge, be sure to sign up right away! Only 5 Spots Available! The Challenge will be held on **Tuesday, June 19th starting at 11:00 AM**. Ask Emerson or Dusty for more details!

### The Dinner of the Month (DoM) Cook's Corner



Keep a lookout for this new addition to the newsletter- each month a member prepares the meal to be served at the Dinner Of The Month (DoM). **Sue O. was the cook in April and prepared meatballs and melt-in-your-mouth mashed potatoes!** When asked what inspires her to cook, Sue replied: "My mom because she was a great cook. Being Native and Italian, I learned to cook

from a young age, and I learned from scratch. I thought about cooking school and went for nursing instead. I just love to cook and share with others. Food is love!" Thanks Sue!

*For more "What's Cooking..." see inside!*

*"I love having the chance to share in conversation about food and cooking at this CSP because food crosses over the boundaries of so many aspects of life: Our fundamental aliveness and need for nourishment, the artistry that can be involved in creating a beautiful delicious meal, the politics around how we access food, and the community and shared experiences that can happen when we eat and cook together."*

*– Emerson Ball,  
CSP Counselor*



*The trees are in bloom in Seward*

### In This Issue

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



*Members enjoying a beautiful walk during Wellness Group*

## Employment Corner

### Your Source for Workforce Support

Have you ever considered volunteering? Volunteering can be the first step in reaching your vocational goals. Volunteering can shift people's values, perspectives, and their goals. It can instill hope and create awareness both emotionally and spiritually. When people volunteer, they are helping the community grow and allowing themselves to grow. It allows people to get out of their environment and meet new people who are interested in the same cause. Getting out into the community also helps people meet their physical activity goals. Not only can volunteering help with physical fitness; it can help with mental health by lowering depression symptoms. People are given a purpose which increases their self-esteem. What are *you* waiting for? When are *you* volunteering next?

If you are interested in volunteering contact Greta at 651-245-8568 or go onto [volunteermatch.org](http://volunteermatch.org) to explore what volunteering needs are in your neighborhood!

## Tobacco Free CSP

### MHR Goes Smoke-Free on July 30th

The time has finally come!!! All MHR locations, including the CSP will be tobacco-free on July 30th this year! We are excited to make this move toward a healthier Seward CSP and while we recognize that this will be an adjustment for many. Please see staff if you have questions and/or if you are interested in nicotine gum or lozenges. Tobacco-free CSP- we should, we can, we will.

## Check out our New Meditation Room!

We've created a soothing oasis inside the CSP where members are welcome to take a quiet break from the stress of the day. Salt lamps, tapestries, calming music and thoughtful reading material are all available in this space. This special spot will be set-up for open meditation everyday for the first several minutes of the day. We invite you to spend a little time sitting peacefully with yourself.

## Knitting Group Spotlight

In this group, members have the opportunity to learn how to knit, crochet and even more, from a peer who is well-skilled in this art! Members who choose to knit are encouraged to make a scarf as their first project before going on to create other knitted masterpieces! See staff with questions, or stop by to talk with the group facilitator every other Friday at 3:30pm.

# Seward CSP June 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	Member line: 612-337-4017 Activity Line: 612-337-4018		<b>1 Open 12-5</b> <b>12:30 Cooking Demo/ Diabetes Support Group</b> 2:00 Emotional Awareness 3:00 Physical Activity 3:30 *Knitting Group	<b>2 Open 10-5</b> <b>1:30 Bingo</b>
<b>4 Open 12-5</b> 1:00 Healthy Lifestyles for people who smoke 3:00 LGBT Group	<b>5 Open 11-6</b> <b>11:00 Sign up for Cooking Challenge</b> 1:00 Chemical Health Group 3:00 Spirituality Group	<b>6 Closed</b>	<b>7 Open 11-6</b> <b>11:00 Leave for Twins game</b> 12:15 Wellness Group 1:30 Mental Health Support Group	<b>8 Open 12-5</b> 12:30 Diabetes Support Group 1:30 Emotional Awareness 3:00 Physical Activity <b>3:00 1st Camp Meeting</b> 3:30 *Arts and Crafts	<b>9 Open 10-5</b> <b>1:00 Brunch</b>
<b>11 Open 12-5</b> 1:00 Healthy Lifestyles for people who smoke	<b>12 Open 11-6</b> 1:00 Chemical Health Group 3:00 Spirituality Group 4:00 *Journaling Group	<b>13 Closed</b>	<b>14 Open 11-6</b> 11:00 Twins ticket sign up 12:15 Wellness Group 1:30 Mental Health Support Group <b>3:00 Member Appreciation Day Planning Committee</b>	<b>15 Open 12-5</b> <b>1-4 Safety Day</b> <b>Groups cancelled</b>	<b>16 Open 10-5</b> <b>1:30 Bingo</b>
<b>18 Open 12-5</b> 1:00 Healthy Lifestyles for people who smoke 3:00 LGBT Group	<b>19 Open 11-6</b> <b>11:00 Cooking Challenge—Food served at snack</b> 1:00 Chemical Health Group 3:00 Spirituality Group	<b>20 Closed</b>	<b>21 Open 11-6</b> <b>11:00 Leave for Twins game</b> 12:15 Wellness Group 1:30 Mental Health Support Group	<b>22 Open 12-5</b> 12:30 Diabetes Support Group 1:30 Emotional Awareness 3:00 Physical Activity <b>3:00 Racial Equity Task Force</b> 3:30 *Arts and Crafts	<b>23 Open 10-5</b> <b>1:00 Karaoke Joe's</b>
<b>25 Open 12-5</b> 1:00 Healthy Lifestyles for people who smoke	<b>26 Open 11-6</b> 1:00 Chemical Health Group 3:00 Spirituality Group 4:00 *Journaling Group	<b>27 Closed</b>	<b>28 Open 11-6</b> 12:15 Wellness Group <b>No MH Support Group</b> 1:00 Outing <b>3:30 MAC Meeting</b> <b>3:45 Preventing Sexual Violence Seminar</b> 4:30 Dinner of the Month	<b>29 Open 12-5</b> 12:30 Cooking Demo/ Diabetes Support Group 2:00 Emotional Awareness 3:00 Physical Activity 3:30 *Arts and Crafts <b>3:00 Member Appreciation Day Planning Committee</b>	<b>30 Open 10-5</b> <b>1:30 Bingo</b>

# Seward CSP July 2018

MON	TUE	WED	THU	FRI	SAT
<b>2 Open 12-5</b> 1:00 Healthy Lifestyles for people who smoke 3:00 LGBT Group	<b>3 Open 11-6</b> 1:00 Chemical Health Group 3:00 Spirituality Group	<b>4 Closed</b> Happy 4th of July!	<b>5 Open 11-6</b> 12:15 Wellness Group 1:30 Mental Health Support Group	<b>6 Open 12-5</b> 12:30 Diabetes Support Group 2:00 Emotional Awareness 3:00 Physical Activity 3:00 2nd Camp Meeting 3:30 *Knitting Group	<b>7 Open 10-5</b> <b>1:00 Chess Tournament</b>
<b>9 Open 12-5</b> 1:00 Healthy Lifestyles for people who smoke	<b>10 Open 11-6</b> 1:00 Chemical Health Group 3:00 Spirituality Group 4:00 *Journaling Group	<b>11 Closed</b>	<b>12 Open 11-6</b> 12:15 Wellness Group 1:30 Mental Health Support Group	<b>13 Open 12-5</b> 12:30 Diabetes Support Group 1:30 Emotional Awareness 3:00 Physical Activity 3:30 *Arts and Crafts	<b>14 Open 10-5</b> 1:30 Bingo
<b>16 Open 12-5</b> 1:00 Healthy Lifestyles for people who smoke 3:00 LGBT Group	<b>17 Open 11-6</b> 1:00 Chemical Health Group 3:00 Spirituality Group	<b>18 Closed</b>	<b>19 Open 11-6</b> 12:15 Wellness Group 1:30 Mental Health Support Group	<b>20 Open 12-5</b> 12:30 Diabetes Support Group 1:00 SOS Committee 1:30 Emotional Awareness 3:00 Physical Activity 3:00 Racial Equity Task Force 3:30 *Knitting Group	<b>21 Open 10-5</b> <b>12:00 Pool Tournament</b> 1:00 Brunch
<b>23 Open 12-5</b> 1:00 Healthy Lifestyles for people who smoke	<b>24 Open 11-6</b> 1:00 Chemical Health Group 3:00 Spirituality Group 4:00 *Journaling Group	<b>25 Closed</b>	<b>26 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>27 Open 12-5</b> 12:30 Cooking Demo/ Diabetes Support Group 2:00 Emotional Awareness 3:00 Physical Activity 3:30 *Arts and Crafts	<b>28 Open 10-5</b> 1:30 Bingo
<b>30 Open 12-5</b> Leave for Koinonia at 10:00 AM No groups due to Koinonia CSP goes smoke free!	<b>31 Open 11-6</b> No groups due to Koinonia		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

## Dates to Remember

**Celebrate Pride!**  
All Month at the CSP!!



### Leave for Twins Game

Thursday, June 7th, 11am

### 1st Camp Meeting

Friday, June 8th, 3pm

### Safety Day

Friday, June 15th, 1-4pm

### Cooking Challenge

Tuesday, June 19th, 11am to start, food served at snack

### Leave for Twins Game

Thursday, June 21st, 11am

### Karaoke Joe's

Saturday, June 23rd, 1pm

### Member Appreciation Day Planning Committee

Friday, June 29th, 3pm

### MHR Offices Closed for 4th of July Holiday

Wednesday, July 4th

### 2nd Camp Meeting

Friday, July 6th, 3pm

### Chess Tournament

Saturday, July 7th, 1pm

**SAVE THE DATE:**

**Member Appreciation Day!!**

**09.14.18**



*Join us this June on our outing to the Science Museum for this amazing exhibit!*

## Outings

### Minnesota Zoo Outing



MINNESOTA ZOO®

**When: Thursday, June 28th at 1:00pm**

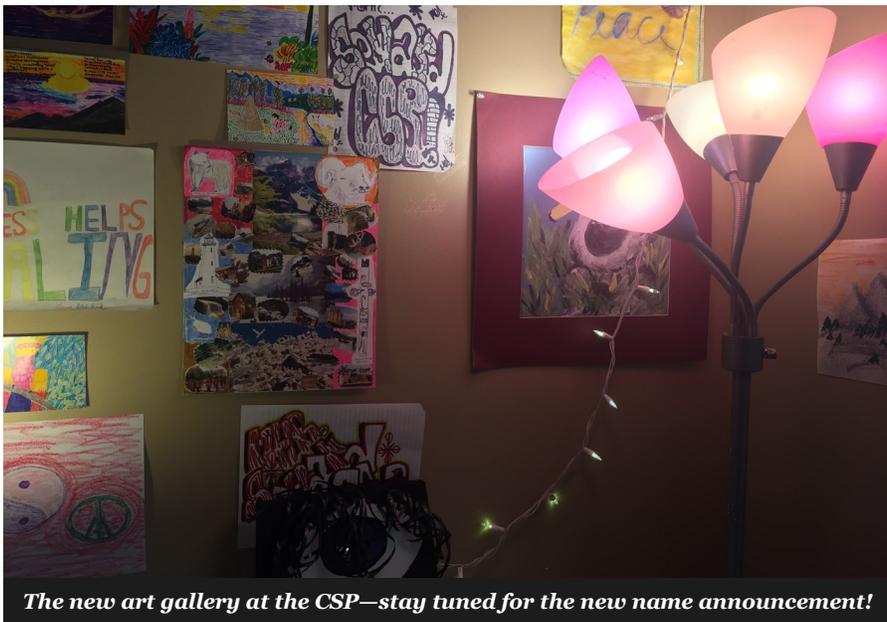
ROAR! The CSP is headed to the Minnesota Zoo in June! And guess what? If you bring your EBT Card and your ID with you, you can get in for free! The Minnesota Zoo is full of animals from all over the world, so take advantage of the chance to see them all in just one afternoon. The seasonal Kangaroo and Butterfly exhibits will be open and there are opportunities to see a penguin feeding, a bird show, or even a shark feeding!

### “Mental Health: Mind Matters” Exhibit

**When: Thursday, July 26th at 1:00pm**

Join the CSP this July in a visit to the Science Museum of Minnesota to view the latest traveling exhibit “Mental Health: Mind Matters.” This exhibit is aiming to create a safe space for important conversations about mental illness. Misconceptions and stigma lead to prejudice and discrimination. This exhibition and related programming can help make it OK to talk about mental health!

\*\*\*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 new art gallery at the CSP—stay tuned for the new name announcement!*

## Member Musings

### I Have the Right

By Diane Fondow

I have the right to breathe  
 I have the right to love someone I chose  
 I have the right to say no  
 I have the right to come and go as I want  
 I have the right to my emotions without judgments  
 I have the right to show my emotions  
 I have the right to talk to anyone I chose  
 I have the right to cry when I want  
 I have the right to learn from my mistakes and choices in life  
 I have the right to say what's on my mind and be heard  
 Don't give up on me  
 Open mine eyes to right lights of life  
 Open my mind to new ideas  
 Don't give up on me  
 Don't give up on me please my maker has plans for me still  
 Do not give up on me

### Seward CSP Fall Anthology

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 two weeks at 3pm or you can turn it in to Sara Wagner, CSP Counselor. We look forward to highlighting your writing! Stay tuned for more details about this collection!

## Fragments, Passion. and Triumph

By Gary 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 connect 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!

## What's Cookin'... *cont.*

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:

June 29<sup>th</sup> @ 12:30pm:  
Chocolate Chip Cookies

July 27<sup>th</sup> @ 12:30pm:  
Sushi Rolls

### FREE TWINS TICKETS!

Interested in attending the Twins game on June 7th or June 21st, either on your own or with other members?

See staff for details! Sign up sheet posted the week before each game.



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

## CSP Recipe Corner

### Spring Rolls

#### Ingredients:

- Rice paper
- Thin rice noodles (sometimes called rice vermicelli)
- Lettuce (chopped or shredded)
- Carrots (finely cut in strips or shredded)
- Scallions (also called green onions, finely chopped)
- Bell pepper (sliced into thin strips)
- Cucumber (sliced into thin strips)
- Pre-cooked sliced protein (chicken, shrimp, seasoned tofu, etc.)
- Cilantro (chopped)
- Other suggested ingredients: pineapple slices, bean sprouts, avocado, fish, cream cheese, the list could go on!

\*Note: Feel free to use whatever ingredients sound good to you – this is a very flexible recipe!

#### For the Sauce:

- 1/2 cup crunchy peanut butter, 1 cup full fat canned coconut milk (found in 'global foods'), 1-2 Tbsp sweet chili sauce, Tbsp soy sauce, 2 tsp lemon juice

#### Directions:

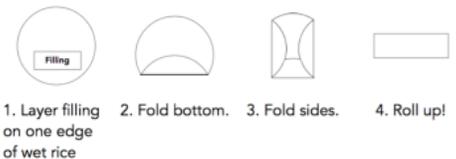
##### **To prepare the peanut sauce:**

1. Put all ingredients into a microwave safe bowl.
2. Heat 15 seconds at a time and stir until fully mixed and smooth.
3. Set aside!

##### **To prepare the rolls:**

1. Chop all ingredients first and have them in bowls and accessible to easily assemble the rolls.
2. Prepare the rice noodles as instructed on package and drain.
3. To prepare the rice paper, fill a bowl with warm tap water, it must be large enough to fit one sheet of rice paper at a time in the water.
4. Take one sheet of rice paper and submerge in water for 5 seconds or until slightly soft. \*Note: Do not submerge too long. It will continue to soften after you take it out of the water.
5. Place wet sheet of rice paper on the plate and fill with desired toppings.
6. To fold, see picture above for guidance.
7. Let spring rolls rest for 3-5 minutes so that they are less sticky. Serve with peanut dipping sauce or other sauce of choice, and enjoy!

#### How to Fold Spring Rolls



# What's Happening at the CSP?

## A Quick Look at Some Big News

### Safety Day at the CSP

Come join us for the Seward CSP's 3<sup>rd</sup> annual Safety Day! We will be hosting various community members from around the metro who will be presenting on topics related to your safety. We've had great turnout in years past and hope to have the same turnout this year!

The event will be held on **June 15th** from **1pm-4pm**. Similar to the past few years, we will have agencies set up at the CSP to share resources such as pedestrian, bike, park and bus safety, domestic violence, and needle exchange safety. Please come and learn with us about how we can create a safer community!

If you want to take an active role in helping us plan and organize this event, please see Sara. S.O.S. Committee is a group that meets quarterly to talk about preventing emergencies at the CSP, what to do when an emergency takes place and how to educate other members on safety measures, as well as recognizing and reviewing overall safety concerns of members. The next S.O.S meeting will take place on July 20, 2018, at 1PM.

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

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

RETURN SERVICE REQUESTED

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

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