

Halloween Party & Talent Show

Join Us on October 31st!

We will be throwing a Halloween party on Tuesday October 31st! Costumes are optional but very welcome, and folks who choose to dress up will be entered into a drawing. At the party, we will be having a Talent Show for the first time in a good while, and we invite you all to showcase your talents! There will be a sign up ahead of time for the Talent Show so keep an eye out for that at the CSP. We will also have a Halloween craft throughout the party.

Safety Fair at the CSP

Save the Date

We kicked off the rotation of the Health Fair and Safety Fair for the first time since pandemic-related closures back in June and the recent Health Fair was a wild success. Your feedback from the Health Fair even gave us some great ideas for who to invite as resources at Safety Fair! The Safety Fair will be held on Tuesday November 28th from 1pm – 3pm. We will have many community resources tabling on different safety topics, and if you participate you will have a chance to get a \$5-\$10 gift card. We hope to see you there!

Flu Shot Clinic

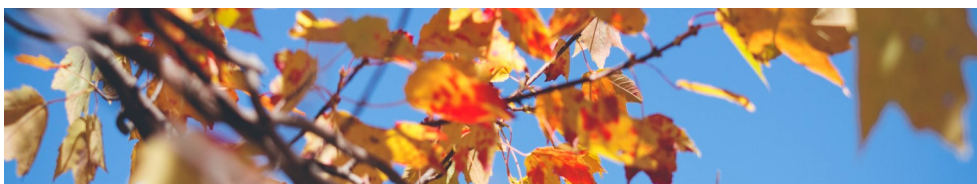
October 24th from 1-3pm

Q: What is quick, convenient, and free plus the easiest way to have a healthier Fall and Winter?

A: The vaccine clinic right at Seward CSP!

On Tuesday, October 24th from 1pm-3pm, the latest flu vaccine and COVID19 booster will be provided on site.

No appointment necessary! Bring your insurance card—if you don't have your insurance card (or active insurance) that is okay, too! Yes- it is safe to get both shots on same day!



Fast forward to fall!

*"We must use
our lives to
make the world
a better place
to live, not just
to acquire
things. That is
what we are
put on the
earth for."*

~ Dolores Huerta

[Learn more about Dolores Huerta here: https://www.womenshistory.org/education-resources/biographies/dolores-huerta](https://www.womenshistory.org/education-resources/biographies/dolores-huerta)

In This Issue

- Events
- Staff Update
- MAD Recap
- Crisis Numbers
- Calendar
- Recipe Corner
- Important Dates
- And so much more!



Staff dressed for the future for our Member Appreciation Day activities!

Welcome, Liz, CSP Intern!!

A Word from Liz

Hi CSP! My name is Liz, and I am thrilled to join the CSP team for the next year as an intern. Currently, I am pursuing my Master of Social Work degree at the University of Minnesota with the goal of one day becoming a Licensed Clinical Social Worker. Before starting school, I worked as a case manager supporting people at a local food pantry. I have a passion for making a positive impact on the lives of those in need! Beyond school and work, you'll often find me knitting and crocheting, nurturing my collection of beautiful plants, and hitting the dance floor with my friends. I am truly excited to be a part of the CSP community and am eager to get to know all of you!



Front Door Construction

We've Got an Update

Unfortunately, the new front door project needed to be pushed out a little later, as the company was waiting on a few supplies. We have now received an update that the construction will be happening next week. As a result, the CSP will be closed on **Thursday, October 5th**. Thank you for your flexibility and cooperation.

Schedule Changes

Mark Your Calendars

Please Note: Tuesday, **October 3rd**, the CSP will open at **12pm** due to an all staff training. **We will also be closed for the entire day on Thursday, October 5th.**

The CSP will be closed for Thanksgiving and Day after Thanksgiving: **November 23rd and 24th.**

Reach out to staff if you have any questions and don't forget you can always check our facebook page for more information about planned and unplanned closures. You can find us at <https://www.facebook.com/SewardCSP>

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



Hispanic Heritage Month

National Hispanic Heritage Month is celebrated across the last half of September into October. Stop by the CSP for more information about this celebration and its history!

Indigenous Heritage Month

This is celebrated in the month of November. The month is a time to celebrate rich and diverse cultures, traditions, and histories and to acknowledge the important contributions of Native people. It is also a time to educate ourselves about tribes, to raise awareness about the unique challenges Native people have faced both historically and in the present, and the ways in which tribal citizens have worked to conquer these challenges. Stop by the CSP for more information about this celebration and local events you may be interested in!

Member Appreciation Day Recap Thank You for Being Here!

Member Appreciation Day was a wild success once again this year!! We had caricature artists here that drew amazing pictures of people, Sara was our fortune teller who looked into people's futures as they chose a custom fortune cookie that determined what size prize they were able to choose, a roomful of incredible prizes for people to choose from along with a custom CSP T-shirt, delicious food catered by Soul Bowl, and staff minute-to-win-it games where technically Emerson won but we all made huge fools of ourselves to the delight of the members. We are so grateful for this amazing community of people and feel so fortunate to be a part of it and be able to celebrate it every year through this event. We want to give special thanks to everyone who helped plan, organize, and support us for Member Appreciation this year. You all are amazing.

Marijuana and Mental Health It's a Complex Topic

Todd Ostertag, Treatment Director at MHR's SUD Clinic shared some information with us about marijuana (cannabis) and mental health and answered the question: **Is cannabis helpful or harmful for mental health concerns?**

Like many of the situations we encounter when working with the people we serve the answer really is, "It depends". Although it is classified as a depressant, cannabis can have stimulating properties for some people. This stimulation can be a feeling of well-being, being grounded and having a positive outlook. Others may experience increased anxiety, paranoia, motor agitation and some of the other side-effects we would typically associate with stimulant misuse rather than a depressant. As a depressant, cannabis can help calm anxiety, help people relax and promote sleep. Other people may experience lethargy, lack of focus, poor quality sleep, low motivation, and isolation. ***And all those differing experiences can come from different people using the exact same product.*** Making things more complicated is the vast plethora of cannabis products, their THC percentage and even how they are made.

Important Information for non-Citizens

While Minnesota legalized recreational use of marijuana, it is still federally illegal and because of this immigration issues could arise. **"Federal immigration law makes no exceptions for marijuana that has been medically prescribed either. Non-U.S. citizens charged with possession of marijuana often face immigration consequences, sometimes as devastating as deportation."** To learn more, read this article from the Minnesota Reformer.

We hope to be hosting an upcoming seminar related to all things THC, so stay tuned!



We had a wonderful time visiting Dusty at his coffee shop recently!

Colder Weather Reminders

Stay Warm this Fall/Winter

Brrr! It about to get a lot colder in the next few months so here are a couple of tips to keep in mind:

Please make sure your Metro Mobility rides or other pick ups are scheduled one full hour before closing time- in general no later than 3pm. As we know metro rides are often late and bad weather plus increased demand makes them even later. If the weather looks especially snowy or icy, it's best to schedule your ride even earlier to avoid being stuck outside waiting in the cold. Make sure you aren't dropped off before 11am so you don't wait outside before open. The CSP rarely closes and it's up to you to make sure you have a safe way to travel to and from the site. If we do close for weather reasons we generally try to call all active members so make sure you update us with any phone number changes and check your voicemail and the Facebook page before setting out in the AM if weather seems questionable. If you are a walker, make sure you have warm footwear and consider purchasing some traction devices [such as Yak Trax] to cope with ice. Frostbite is real! Talk to staff if you aren't sure what to wear. Pull out your coziest sweaters and fuzzy socks and prepare to have fun at the CSP all winter long!

CSP Groups

Attend Groups—Get \$5!!

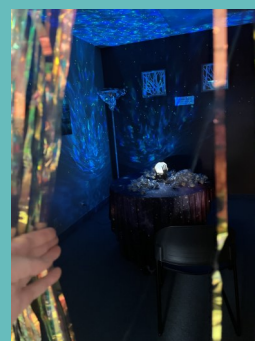
Groups are back in full force at the CSP and it has been so wonderful to see them so well-attended. If you haven't tried out a group, maybe it's a great time to try? And don't forget we have group incentives for attendance (you will get a \$5 gift card for every 5 groups you have attended. Our groups include Dungeons & Dragons Group, Cooking Demo, Boundaries & Balance Group, Healthy Lifestyles Group, MAC Meeting and Let's Move Group.

Photos from Member Appreciation Day!

Check out the Prize Room!!



Madame Sara's Fortune Telling Room







Emerson and Jourdan competing against each other in the staff games!



**BLACK
LIVES
MATTER**



October 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Open 11am – 4pm	3 Open 12pm – 4pm 1pm – 3pm Digital Navigation Drop In	4 CLOSED	5 CSP CLOSED ALL DAY due to front door remodel	6 Open 11am – 4pm Movie Friday! 2pm Let's Move Group 	7 CLOSED
9 Open 11am – 4pm	10 Open 11am – 4pm	11 CLOSED	12 Open 11am – 4pm 12:30pm Boundaries & Balance Group 1:30pm Healthy Lifestyles	13 Open 11am – 4pm 1pm Ping Pong Tourney 2pm Arts & Crafts 2pm Let's Move Group	14 CLOSED
16 Open 11am – 4pm 1pm Outing: Wabasha Caves	17 Open 11am – 4pm 1pm – 3pm Digital Navigation	18 CLOSED	19 Open 11am – 4pm 12:30pm Boundaries & Balance Group 1:30pm Healthy Lifestyles	20 Open 11am – 4pm 12:30pm Seminar: Cope 1:30 Bingo 3pm Let's Move Group	21 CLOSED
23 Open 11am – 4pm	24 Open 11am – 4pm 1pm – 3pm Flu Shot Clinic 2pm Cooking Demo 	25 CLOSED	26 Open 11am – 4pm Dinner of the Month! 1:30pm MAC meeting	27 Open 11am – 4pm 2pm Arts & Crafts 2pm Let's Move Group	28 CLOSED
30 Open 11am – 4pm	31 Open 11am – 4pm 1pm-3pm Halloween Party! 1pm – 3pm Digital Nav. 				

This month:

Outing: Wabasha Caves!

Seminar: Cope: mobile crisis response

Join us on Friday October 20th at 12:30pm to find out more about Cope and bring any questions you may have!



November 2023

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		1 CLOSED	2 Open 11am – 4pm 12:30pm Boundaries & Balance Group 1:30pm Healthy Lifestyles	3 Open 11am – 4pm Movie Friday! 2pm Let's Move Group 	4 CLOSED
6 Open 11am – 4pm	7 Open 11am – 4pm	8 CLOSED	9 Open 11am – 4pm 12:30pm Boundaries & Balance Group 1:30pm Healthy Lifestyles	10 Open 11am – 4pm 1pm Skip-Bo Tourney 2pm Arts & Crafts 2pm Let's Move Group	11 CLOSED
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20 Open 11am – 4pm 1pm Outing: Bowling	21 Open 11am – 4pm 2:15pm Volunteer Outing: People & Pets 2pm Cooking Demo	22 CLOSED	23 CLOSED	24 CLOSED	25 CLOSED
27 Open 11am – 4pm	28 Open 11am – 4pm 1-3pm Digital Navigation	29 CLOSED	30 Open 11am – 4pm Dinner of the Month! 1:30pm MAC meeting		

Outing: Bowling!



This month:

Seminar: Ann Henderson, MHR's CEO

Join us on Friday November 17th at 12:30pm to hear from Ann and bring any questions or thoughts you'd like to!

Cooking Demo

Cooking Demo's are typically happening on the **4th Tuesday at 2pm!** Our next demo will be on Tuesday October 24th at 2pm, and the following will be Tuesday November 28th 2pm! You can still join us on our CSP 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/UCVE4bt-QMgblCayv88ut_GQ

You can also find it by going to YouTube and searching for "Seward CSP".



Recipe Corner

Apple Pie

Ingredients:

- 5 cups apples, peeled & chopped
- ½ cup sugar
- ½ teaspoon cinnamon
- 3 Tablespoons flour
- 1 pinch salt
- 2 Tablespoons butter
- Prepared crust (storebought or homemade)

Directions:

1. Preheat oven to 450F.
2. Mix chopped apples with sugar, cinnamon, flour, and salt. Stir around several times as the sugar and salt draw moisture out of the apples.
3. Lay out the crust in a pie tin (no prep needed if you buy a crust already in a tin), or cut into small rounds to use in muffin tins if you choose to make mini pies. Reserve half the crust to cover the top; if making mini pies, use a cup to cut small rounds to cover the pies.
4. Fill the crust with pie filling and add the top crust; pinch down edges to seal, and cut a few ½" slits in the top of the crust.
5. Cover the top with foil to prevent burning; bake for 15 minutes at 450F, then turn temperature down to 375F and bake another 15 minutes. If baking mini pies, check for doneness after the first 15 minutes (golden crust all around) because they will not take as long as a full size pie.

Enjoy!

Important Dates

Tuesday, October 3rd — Open **12pm**—4pm due to a staff training

Thursday, October 5th—**CSP CLOSED for door remodel**

Friday, October 13th — Ping Pong Tournament @ 1pm

Monday, October 16th — Outing to the Wabasha Caves @ 1pm

Friday, October 20th — Seminar @ 12:30pm: Cope: mobile crisis response
—Bingo @ 1:30pm

Tuesday, October 24th — Flu Shot Clinic 1pm—3pm

Thursday, Oct 26th – Dinner of the Month, MAC Meeting, Health Equity Video

Tuesday, October 31st —Halloween Party/Talent Show 1pm—3pm

Friday, November 10th — Skip-bo Tournament @ 1pm

Friday, November 17th — Seminar @ 12:30pm: MHR CEO Ann Henderson
— Bingo @ 1:30pm

Monday, November 20th — Outing to go Bowling @ 1pm

Tuesday, November 21st — Volunteer Outing to People and Pets @ 2:15pm

Thursday, Nov 23rd & Friday Nov 24th — **CLOSED for holiday**

Thursday, November 30th — Dinner of the Month, MAC Meeting,
Health Equity Video

Seward CSP Connection

Contact Us

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Main CSP line: 612-333-0331
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