

# SEPTEMBER

Guild Community Support Program  
 1740 Livingston Avenue  
 West Saint Paul, MN 55118

**MON 12-4PM      TUE 12-4PM      WED 12-4PM      THU 12-4PM      FRI 12-4PM      SAT**

<p><b>**Classes subject to change: please call ahead to confirm**</b></p>	<p><b>RSVP (651) 457-2248 Ext. 2115</b>  <b>RSVP on or after the 1st of the month</b></p>		<p><b>1</b>  <b>1:00pm Smoking Cessation</b>  <b>2:00pm Music with Mike</b></p>	<p><b>2</b>  <b>12:30pm What's Happening</b>  <b>1:30pm Trivia</b></p>	<p><b>3</b>  <b>Closed</b></p>
<p><b>5</b>  <b>CSP Closed for Labor Day</b></p>	<p><b>6</b>  <b>1:00pm Music Group</b>  <b>2:30pm Peer Support Group</b></p>	<p><b>7</b>  <b>12:30pm Ted Talks</b>  <b>1:00pm Games with Frank</b>  <b>Bowling RSVP</b></p>	<p><b>8</b>  <b>9:15am Let's Go Fishing</b>  <b>RSVP</b>  <b>1:30pm Jean's Arts and Crafts</b></p>	<p><b>9</b>  <b>12:30pm What's Happening</b>  <b>1:30pm Art with Jennifer</b>  <b>RSVP</b></p>	<p><b>10</b>  <b>Closed</b></p>
<p><b>12</b>  <b>12:30pm Ted Talks</b>  <b>1:30pm Art with Jennifer</b>  <b>RSVP</b></p>	<p><b>13</b>  <b>1:00pm Spiritual Conversations with Stan</b>  <b>2:30pm Peer Support Group</b>  <b>4:30pm Dinner Club at Mama Sheila's \$\$</b>  <b>RSVP</b></p>	<p><b>14</b>  <b>12:30pm All Member Meeting &amp; Lunch with Friends</b></p>	<p><b>15</b>  <b>1:00pm Mental Health Support Group</b>  <b>2:00pm Music with Mike</b></p>	<p><b>16</b>  <b>12:30pm What's Happening</b>  <b>1:30pm Art with Jennifer</b>  <b>RSVP</b></p>	<p><b>17</b>  <b>Closed</b></p>
<p><b>19</b>  <b>12:30pm Ted Talks</b>  <b>1:30pm Art with Jennifer</b>  <b>RSVP</b></p>	<p><b>20</b>  <b>1:00pm Music Group</b>  <b>2:30pm Peer Support Group</b></p>	<p><b>21</b>  <b>12:30pm Ted Talks</b>  <b>1:00pm Financial Literacy</b></p>	<p><b>22</b>  <b>9:15am Let's Go Fishing</b>  <b>RSVP</b>  <b>1:00pm Chair Yoga</b>  <b>2:00pm Stories with Jim</b></p>	<p><b>23</b>  <b>12:30pm What's Happening</b>  <b>1:30pm Art with Jennifer</b>  <b>RSVP</b></p>	<p><b>24</b>  <b>NAMI Walk</b>  <b>10am-3pm</b>  <b>RSVP</b></p>
<p><b>26</b>  <b>12:30pm Ted Talks</b>  <b>1:00pm Games with Frank</b>  <b>1:30 LAC Meeting (Dakota Co. Local Advisory Council Meeting)</b></p>	<p><b>27</b>  <b>1:00pm Music Group</b>  <b>2:30pm Peer Support Group</b></p>	<p><b>28</b>  <b>12:30pm Ted Talks</b>  <b>1:30pm September Birthdays and Bingo</b>  <b>RSVP</b></p>	<p><b>29</b>  <b>1:00pm Mental Health Support Group</b>  <b>2:00pm Music with Mike</b></p>	<p><b>30</b>  <b>12:30pm Lunch with Friends</b></p>	<p><b>**Tours of the CSP are available Monday and Friday afternoons. Call Diane or Ally for an appointment**</b></p>

# CSP NEWSLETTER

Monthly updates from Guild's Community Support Program



## NAMI Walk

Join us at the 16th annual NAMI walk this month on **Saturday, September 24th!**

This 5k walk aims to raise awareness about mental illnesses and celebrate

hope. Register with Diane or

Ally by **Wednesday, September 14th** to

walk with the Guild team. Or go to

[www.namiwalks.org](http://www.namiwalks.org) and register with team Guild.

Don't forget to grab your **FREE** Guild t-shirt for the walk!

## Let's Go Fishing!

Don't miss your opportunity to fish with friends on the St. Croix! RSVP with Diane or Ally

**Thursday, September 8th @ 9:15am**

**Thursday, September 22nd @ 9:15am**

# CSP Groups and Classes

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## Art with Jennifer

First four sessions, creating clay objects. Sculpting things that shake, rattle and whistle. Last session, 23rd, spent glazing those objects.

**September 9, 12, 16, 19, 23 @1:00pm**

## Mental Health Support Group

This group is led by CSP staff and explores various topics in mental and behavioral health including: coping skills, healthy relationships, dealing with loss and trauma, overcoming fear, social skills, and many more!

**Thursday, September 15th & 29th @ 1:00pm**

## Jean's Arts and Crafts

Join Jean's art with ink class!

**Thursday, September 8th @1:30pm**

## Birthday Club

Join the birthday club! If it's your birthday month you can win. Enter your name into a drawing during Birthday Bingo and receive a gift card if your name is drawn. Additionally, if your birthday month is coming up and you're interested in being featured in the newsletter, give us a call and we'll give you a shoutout in the next month's edition!

## Lunch with Friends

Lunch with Friends is back! Join us for a free homemade meal and get to know your fellow community members.

**September 14th & 30th @ 12:30pm**

## Outings

### Dinner Club

Come join us for dinner at Mama Sheila's House of Soul on **Tuesday, September 13th @ 4:30pm RSVP**

### Lets Go Fishing

Come fishing with us on the St. Croix river! Fishing is free and spots are limited. All fishing equipment will be provided. **Thursday, September 8th & 22nd @ 9:15am RSVP**

### NAMI Walk

Join us at the 16th annual NAMI walk on **Saturday, September 24th from 10am-3pm**. Location: Minnehaha Park in Minneapolis. Meet us there or meet at Guild at 10am for a ride to the event. Must **RSVP** for ride. Don't forget to pick up your free Guild t-shirt!

## Covid Updates

- Masks are **NO LONGER REQUIRED** while at the CSP Member Center
- Social distancing will be strongly encouraged in all indoor spaces
- Hand washing and extra sanitization of community areas will be implemented and encouraged daily
- Members are required to contact CSP staff if they test positive for or are exposed to COVID-19

# MEMBER'S PAGE

## Member Spotlight: Misty



Misty has been a member at the CSP for over five years and on the Member Council for just as long! Misty enjoys volunteering at the Member Center and outside organizations like the Dorothy Day Center. Misty comes to the Member Center because it helps her mental health, "When you're having a hard day it helps to come up here and talk to everyone". Misty enjoys helping and getting to know her fellow community members. She often joins our art groups and is especially fond of doing tie dye.

We are so grateful to have someone as kind and outgoing as Misty at our Member Center. Come stop by and get to know her, you'll understand why.

## Member Submissions:

### **Kent**

#### ***"Undeniably Smart"***

The Best Thing  
This Place Of Ours Does  
Is To Tell Us  
That We Are Capable  
Our Walk And Talk  
Is Undeniably Smart  
These Gatherings  
Are Always Favorable

Want to see your original work or your favorite quotes, lyrics, recipes, or poems in next month's newsletter? Email submissions to [acarr@guildservices.org](mailto:acarr@guildservices.org) or give us a call at (651) 457-2248 Ext. 2115

**Community Support Program Newsletter**

# Cooking with Diane

The purpose of bringing you these wonderful recipes is to enhance your cooking skills and provide you with recipes that you can make for yourself and your family. The ingredients in the recipes are taken from our food pantry which is supplied by local food shelves.

## Green Pea Salad



### Ingredients :

- 4 cups of frozen peas (thawed)
- 1 cup of shredded cheddar cheese (or 3/4 cup cheddar cheese cubes which is more traditional; use what you have)
- 3/4 to 1 cup of mayonnaise or Miracle Whip (depending on how creamy you like it)
- 1 small onion diced
- 4 hard boiled eggs chopped (optional) save some to garnish
- 8 slices of bacon cooked crispy and crumbled, save some for garnish
- salt and pepper to taste

### Directions:

1. Mix peas, eggs, cheese, mayonnaise, bacon, and onions in a bowl
2. Add salt and pepper to taste
3. Refrigerate for one hour
4. Garnish with eggs and bacon