

CSP Newsletter

Monthly updates from Guild's Community Support Program



Happy New Year!

Happy New Year to you and yours from your friends at the CSP! We hope your year is filled with happiness, success, and joy. Don't forget to come down to the CSP and start your year off right with our various groups and outings being offered this month. We can't wait to see you and ring in the New Year with all your pals at Guild.

Pool Tournament

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Enter to win the official CSP Pool Tournament on Saturday, January 21st from 12pm-3pm. Food will be provided and the winner will receive a \$20 gift card!

Donations needed!

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We are looking for donations for our monthly Bingo prizes. Please donate new or gently used items. Contact Diane or Ally for details.

CSP Groups and Classes

Art with Jennifer

Optional open art all month.

January 6th, 13th, & 20th at 1:30pm

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!

January 5th & 19th at 1:00pm

Birthday Club

Join the birthday club! If it's your birthday month you can win. Enter your name into the drawing during Birthday Bingo and receive a gift card if your name is picked. You must be present at Birthday Bingo to win!

Wednesday, January 18th

Pool Tournament

Enter to win the official CSP Pool Tournament on Saturday, January 21st from 12pm-3pm. Food will be provided and the winner will receive a \$20 gift card! First and second runner ups will also receive a gift card.

Saturday, January 21st at 12:00pm

Outings

- Dinner Club at El Loro in Eagan - **Tuesday, January 10th at 4:30pm RSVP**
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- Games with Frank - Bowling at Drkula's - **Wednesday, January 11th at**
1:00pm RSVP
- Gym Buddies at Planet Fitness - **Mondays, January 9th & 23rd at 3:00pm**

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: Thomas

Thomas has been a member of the CSP since 2017, after a referral by his longtime Dakota County probation agent and his psychotherapist.

Thomas has had a fulfilling career as a small animal veterinary surgeon. He has lived with his parents most of his life until their passing in 2009/2010. Learning to live independently has been challenging and exciting for Thomas and he has developed a strong support system of individuals who care about his mental health; helping him to build his self-confidence and social skills. Thomas has participated in an ARMHS program, Dialectic Behavior Therapy, and anorexic counseling, all while continuing to have mentors and a psychotherapist. Thomas has lived in his current home in Mendota Heights since 1966, stating, "Dakota County has been helpful and guiding during these years and I'm appreciative of their many services".

Thomas is currently serving on the Member Council in an effort to further develop his social skills and learn the names of more members. Thomas enjoys the Ted Talks and Mental Health Support Group classes offered at the CSP, as well as Lunch with Friends.

While at home, Thomas enjoys working outside on his home landscape, doing creative art, and other home projects.

Member Submissions:

Kent

"A New Year"

In These Days
I Like To Wrap My Mind
Around Something
So Perfectly Clear
So It Is My Vision
For What's Ahead
There's Hope
For A New Year

Pablo

"Thy brother has armed himself in steel, to
avenge thy wrongs thy brothers feel, for
vain thy sword and vain thy bow, they
never can win wars overthrow"

- Allen Ginsberg

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 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.

Mexican Cornbread

A special thanks to Larry for making his cornbread for our recent Lunch with Friends!

Ingredients:

- 1 box of Jiffy corn bread mix
- 1/2 can of corn (drained)
- 1/2 can of diced tomatoes or chunky salsa
- 1 egg
- 1/3 cup of milk

Directions:

1. Mix cornbread mix, corn, tomatoes, and egg
2. Add milk as needed to moisten mixture (you can add up to 1/3 cup of milk)
3. Bake at 400 degrees for 20-30 minutes
4. Check with toothpick to make sure bread is cooked through and bake longer if needed
5. Enjoy!