guild
EMPOWERING PEOPLE.

CSP Newsletter

Monthly updates from Guild's Community Support Program

The CSP Is Reopening!

Rejoin us at our Livingston Ave location as we reopen on Monday, April 1st. Come and check out our recent renovations including a brand new kitchen, carpeting, computer lab, and furniture for all of our members to enjoy.

Member Council Elections

Voting for Member Council will be held at the April All Member Meeting on Thursday, April 25th! If you are interested in running for Member Council and still need to complete a submission form, please contact Diane or Ally at (651) 457-2248 ext. 2115

CSP Groups and Classes

Art with Jennifer

Open art all month long! Supplies and instruction will also be provided for members to begin new projects of their choosing.

Wednesdays, April 3rd, 10th, and 24th 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!

Thursdays, April 4th and 18th at 1:00pm

Cognitive Behavioral Therapy Informed Group

In this staff-led group we explore various exercises and practices in Cognitive Behavioral Therapy or CBT. CBT is a type of therapy which aims to uproot negative and irrational beliefs in order to modify dysfunctional emotions, behaviors, and thoughts. Interested in learning more? Join us as we explore everything CBT related in this mental-health focused group!

Mondays, April 1st and 15th at 1:30pm

Outings

- **Dorothy Day** - Saturday, April 6th from 2:30pm-5:30pm **RSVP**.
- **Dinner Club** at Dickey's BBQ in Eagan - Tuesday, April 16th at 4:30pm **RSVP $$**
- **Movie Club** - Wednesday, April 24th at Woodbury 10 Theater. Movie and Time *To Be Determined* (will be a matinee) **RSVP**. Snacks provided.
- **Science Museum** - Monday, April 29th at 11am **RSVP** Lunch and admission provided by Guild. Meet at the CSP at 10:45am.

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

Robert G. Seavey
1957-2024

Bob was a great guy who loved life, his family, and the Native American culture. He had a deep appreciation and love of the Native American culture and lifestyle. He was very creative, using natural materials to create jewelry and Native American art.

Bob was a friend to all, and a loving Father and Grandfather. Bob enjoyed coming to the CSP for art classes and Lunch with Friends. We celebrate the life of Robert (aka Bob, Hawk, Bandana Bob) Seavey.

Thank you Bob for touching our lives. You will be missed.

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.

Broccoli, Chicken, and Rice Casserole

Retrieved from *Everyday Diabetic Recipes,* this recipe is designed for individuals with diabetes and healthy eaters.

Ingredients:

- 1 box Uncle Ben's Chef's Recipe Broccoli Rice Au Gratin Supreme
- 2 cups boiling water
- 4 boneless, skinless chicken breasts (about 1 pound)
- 1/4 teaspoon garlic powder
- 2 cups frozen broccoli
- 1 cup (4 ounces) reduced-fat shredded cheddar cheese

Directions:

1. Heat oven to 425 degrees.
2. In a 13x9 inch baking pan, combine rice and contents of seasoning packet. Add boiling water; mix well.
3. Add chicken; sprinkle with garlic powder.
4. Cover and bake for 30 minutes.
5. Add broccoli and cheese; continue to bake, covered, for 8 to 10 minutes or until chicken is no longer pink in the center.