

Monthly updates from Guild's Community Support Program

GUILD  
COMMUNITY  
SUPPORT  
PROGRAM

FEB. 2025

## **Member Council Elections**

Member Council elections will be held in March! If you are interested in serving on the Member Council, please submit your name for consideration to Diane and Alex. If you have any questions about Member Council duties and responsibilities, please reach out to CSP staff at (651) 457-2248 ext. 2115

## **Mental Health Day on the Hill**

Be a part of the movement for better mental health support in our community! Mental Health Day on the Hill is your chance to connect with policymakers, share your story, and advocate for meaningful changes that impact lives.

When: Thursday, February 20th 2025

10:00 AM: Welcome and Policy Briefing at the National Guard Armory (600 Cedar Street, St. Paul)

1:30 PM: Rally in Capitol Rotunda (75 Rev. Dr. Martin Luther King Jr. Blvd, St. Paul)

- Hear from legislators and advocates.

1:30 PM: Meet with your legislators.

- Registration Deadline: January 30

Let's stand united for better mental health policies and resources. RSVP now to be part of this important event! (651) 457-2248 ext. 2115

# UPCOMING EVENTS/CLASSES

**Art with Jennifer** Continued open art sessions with lessons and discussions about elements of composition. **Fridays, February 7th, 14th, & 28th**

**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, February 13th**

**Dinner Club** At Famous Dave's in Roseville on Wednesday, February 5th at 4:30pm **MUST RSVP \$\$** **Wednesday, February 5th**

**Movie Club** Wednesday, February 29th at Woodbury 10 Theater. Movie and Time \*To Be Determined\* (will be a matinee) RSVP. Snacks provided. **Wednesday, February 19th**

**Morning Motion** Start your day with energy and positivity! This group brings people together for a refreshing morning exercise routine to boost fitness, focus, and well-being. **Tuesdays, February 4th, 11th, 18th, & 25th**

**Pool Tournament** Join us for our quarterly Pool Tournament at the CSP! All are invited whether you're a novice or a seasoned pro! Lunch will be provided. Tournament starts promptly at 11:30am. See you there! **Saturday, February 8th**

**Mental Health Skills Group** A supportive space to learn and practice tools for managing emotions, building resilience, and fostering well-being together. **Tuesdays, February 11th & 25th**

**Mental Health Day on the Hill** Join Guild at the Capitol as we advocate for mental health policy and funding! Event starts at 10am, meet at Guild at 9:30am for transportation. Must RSVP. **Thursday, February 20th**

# CSP Updates



## CSP CLOSURES

The CSP will be closed **Monday, February 10th** for a staff event. Additionally, we will be **closed Thursday, February 20th** to attend Mental Health Day on the Hill. If you would like to attend with Guild, please RSVP with CSP staff.

## CSP LIBRARY GRAND OPENING

The CSP is excited to announce the grand opening of its brand-new library—a space created especially for Members to enjoy. Explore an inviting atmosphere with a diverse selection of books and resources to inspire your next great read.

**When:** Friday, February 21st at 1pm

**Where:** 1740 Livingston Ave, West St. Paul, MN 55118

Join us as we celebrate with readings, an introduction to the library, and special guests!

Light refreshments will be served.

# Cooking with Diane

## GOOD POTATOES

This is a recipe that was handed down from my mother, Pearl. This dish was usually served during our holiday meals, but it can be used as a side dish for any meal. My Mom's recipe called for 6-8 potatoes; see my recipe below for a fast and easier way to make this dish.

### Ingredients

- 1 can (10-3/4 ounces) condensed cream of chicken soup, undiluted
- 1 cup of sour cream
- 1 small onion, finely chopped
- 1/4 cup butter, melted
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 package (32 ounces) frozen cubed hash brown potatoes, thawed or 6- 8 potatoes diced and boiled
- 2 cups shredded cheddar cheese, divided

### Directions

1. Preheat the oven to 350 degrees
2. In a 9x13 pan, spray the pan and combine the first 6 ingredients
3. Stir in hash browns and 1 1/2 cups cheese
4. Bake for 35-40 until potatoes are for tender; add the remaining cheese bake until cheese is melted
5. Add your favorite protein and green vegetables and you have a meal even Mom would love. Enjoy!

