



Community Support Program Newsletter

MAY
2026



Mental Health Awareness Month



This May, take action, raise your voice, and help change the conversation around mental health! Since 1949, Mental Health Awareness Month has been a driving force in addressing the challenges faced by millions of Americans living with mental health conditions. Now, more than ever, the National Alliance on Mental Illness (NAMI) needs you to be part of this movement. Every action helps break the stigma and build a more supportive world.

So let's share our journeys to break the silence and foster healing within our community. Check out [NAMI](#) for more!

Groups & Classes

BIRTHDAY BINGO

MAY 27 | 1:30 p.m.

May birthday celebrants, may the odds be ever in your favor. As there may be Bingo prize in your future!

ART WITH JENNIFER

MAY 1st, 8th, 22nd, 29th | 1:30 p.m.

DISCUSSION W/ FATHER STAN

MAY 11th | 1:30 p.m.

STORIES WITH JIM

MAY 14th, 29th | 1:30 p.m.

WELLNESS WEDNESDAYS

WEDNESDAYS | 1:30pm

MAY 13th | 1:30pm

Culture Club; Celebrating AAPI month and Cinco de Mayo

Shindig Saturdays Are Back!

On Saturday, April 18th, CSP hosted a pool tournament along with a grilled lunch, drawing an attendance of 22 members. The competition was both fierce and friendly, making for an enjoyable event.

The winners were as follows: Heidi C. took 3rd place, Larry E. earned 2nd place, and Eric K. claimed the championship title. Ultimately, the real winners were everyone who attended, as the day was filled with fun and camaraderie for all. If you missed this event don't worry, another tournament will be held this fall.



AAPI Month

May is the time to roll out the red carpet to celebrate Asian American and Pacific Islander (AAPI) Heritage Month, a special time to honor the rich contributions of Asian Americans, Native Hawaiians, and Pacific Islanders (AANHPIs) to American history, culture, and society.

For 2026, the Federal Asian Pacific American Council (FAPAC) has chosen the theme "Power in Unity: Strengthening Communities Together". This theme encourages AAPI individuals to unite their strengths, foster community connections, and inspire the next generation!

Member Council Update

We are excited to introduce the new CSP Member Council members for 2026! Please join us in welcoming the individuals who have stepped forward to serve in this important leadership role:



Mike G.
Thomas K.
Misty L.
Veronica L.
Theresa N.
Daniel N.
Mark T.

The CSP Member Council plays a vital role in supporting and serving our membership. Continuing a long-standing tradition, five to seven members are selected each year to take on these leadership responsibilities for a one-year term. Council members help amplify member voices, provide valuable insight, and strengthen the overall CSP community.

We are grateful to these individuals for their willingness to share their time, talents, and dedication. Thank you for your commitment to CSP—we look forward to all that you will accomplish in the year ahead.

Finding Strength in Community

Community is at the heart of our Community Support Program. For people living with mental illness, connection reduces isolation, builds trust, and fosters hope. Being part of a supportive community helps members feel seen, valued, and understood. Through shared experiences and encouragement, community strengthens resilience and reminds each person that they are not alone on their journey.

Happy Birthday to our members and staff celebrating May Birthdays!

A birthday poem for you:

May opens the world wide
with warmth and color.
Your birthday blooms
among long days and
easy light.

Flowers stand tall, and
laughter feels natural
again.

Everything grows a little
brighter.

May this month gift you
joy, ease, and moments
that linger like sunshine.

CHECK OUT GUILD'S
New Website!



Cooking With Diane

Summer Quinoa Salad

Submitted by Tammi C. (Staff)

Ingredients:

- 1 cup dry tricolor quinoa
- 2 cups water
- 1 zucchini, diced
- ½ bunch asparagus
- 3 tablespoons olive oil
- 2 ears corn on the cob or 2 cups frozen corn, thawed
- 2 tablespoons chopped garlic chives or scallions
- ½ cup chopped fresh basil salt & pepper

Cooking Utensils:

Pot, Knife, Baking Sheet, & Bowls

Cooking Time:

- Prep Time: 10 minutes
- Cook Time: 20 minutes
- Total Time: 30 Minutes

Makes 4 Servings

Directions

1. Preheat the oven to 400°F.
2. In a pot over high heat, cook the quinoa in water. When the water boils, reduce the heat to low and simmer for about 20 minutes or until all the liquid absorbs. Fluff with a fork and set aside.
3. Meanwhile, remove the woody ends of the asparagus and cut them into ½-inch pieces.
4. Toss the zucchini and asparagus with 1 tablespoon olive oil, spread on a baking sheet, and bake for 10 minutes.
5. Cut the kernels from the ears of corn (or defrost frozen corn).
6. In a bowl, combine the chives (or scallions), basil, quinoa, zucchini, and corn. Add the remaining 2 tablespoons olive oil and salt and pepper to taste.



May 2026

Mon	Tue	Wed	Thu	Fri	Sat	Monthly Notes
				1 12:30 PM WHAT'S HAPPENING 1:30 PM ART W/ JENNIFER	2 CLOSED	<p>CSP Open Hours: Monday 12 - 4, Tuesday 11-3, Wednesday 12-4, Thursday 11-3, and Friday 12-4</p> <p>Tours of the CSP are available on Monday and Friday afternoons. Call Diane for an appointment (651) 285-3393.</p> <p>Classes are subject to change: please call ahead to confirm.</p> <p>RSVP (651) 285-3393 on or after the 1st of the month.</p>
4 12:30 PM TED TALK 1:30 PM TRIVIA	5 11:30 AM MORNING MOTION 12 PM PEER SUPPORT 1 PM MUSIC GROUP	6 12:30 PM TED TALK 1 PM JOURNEY EMPLOYMENT	7 12 PM ALL MEMBER MEETING LUNCH WITH FRIENDS	8 12:30 PM WHAT'S HAPPENING 1:30 PM ART W/ JENNIFER	9 CLOSED	
11 12:30 PM TED TALK 1:30 PM DISCUSSION W/ FATHER STAN	12 11:30 AM MORNING MOTION 12 PM PEER SUPPORT 1 PM MUSIC GROUP	13 12:30 PM TED TALK 1:30 PM WELLNESS GROUP CULTURE CLUB	14 11:30 AM MORNING MOTION 1:30 PM STORIES W/ JIM	15 12:30 PM WHAT'S HAPPENING 1:30 PM OUTDOOR GAMES	16 CLOSED	
18 12:30 PM TED TALK 1:30 PM FLOWER PLANTING	19 11:30 AM MORNING MOTION 12 PM PEER SUPPORT 1 PM MUSIC GROUP	20 12:30 PM TED TALK 1:30 PM WELLNESS GROUP	21 12 PM LUNCH WITH FRIENDS	22 12:30 PM WHAT'S HAPPENING 1:30 PM ART W/ JENNIFER	23 CLOSED	
CSP CLOSED MEMORIAL DAY	26 11:30 AM MORNING MOTION 12 PM PEER SUPPORT 1 PM MUSIC GROUP	27 12:30 PM TED TALK 1:30 PM BIRTHDAY BINGO	28 11:30 AM MORNING MOTION 1:30 PM STORIES W/ JIM	29 12:30 PM WHAT'S HAPPENING 1:30 PM ART W/ JENNIFER	30 CLOSED	