

Community Support Program

NEWSLETTER

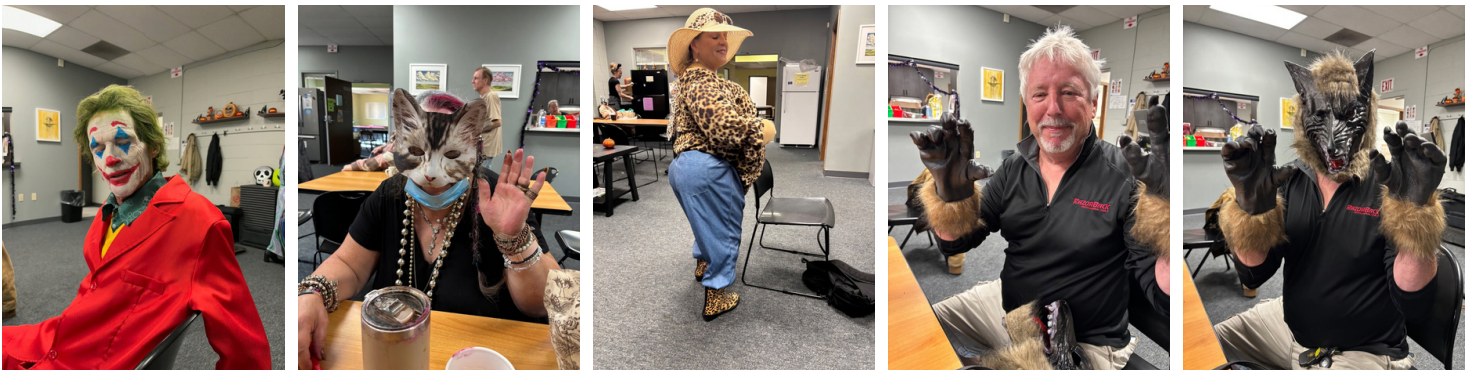
October 2026



Empowering People.
Empowering Change.

Guild CSP community!

We are writing to connect you with the latest information from our program.



The CSP's Annual Halloween Party is October 27!



Get ready for our annual Halloween Party on Tuesday, October 27! The CSP will be closed during normal hours and will instead open from 2 PM to 6 PM so everyone can enjoy the festivities together. Come join your fellow CSP members for an afternoon of spooky costumes, good food, great music from DJ Matt, fun games, and community. We can't wait to celebrate with you!



Anoka is the Halloween Capitol of the World!

The city of Anoka, Minnesota lays claim to the title of the Halloween Capitol of the World! For almost a century, Anoka residents have been holding a community-wide celebration every year on October 31. Festivities include parades, pumpkin carving contests, bonfires, a carnival, and trick or treating, of course! Visit <https://anokahalloween.com/> for more!

Groups & Classes



BIRTHDAY BINGO

OCTOBER 28 | 1:30 p.m.
October birthday celebrants, may the odds be ever in your favor, as there may be a Bingo prize in your future!



ART WITH JENNIFER

OCTOBER 2, 9, 16, 30 | 1:30 p.m.
PUMPKIN PAINTING ON OCTOBER 16!



SPIRITUALITY WITH STAN

OCTOBER 21 | 1:30 p.m.



STORIES WITH JIM

OCTOBER 12, 23 | 1:30 p.m.



WELLNESS WEDNESDAY

OCTOBER 14 | 1:30 p.m.

Mental Health Matters: Seasonal Affective Disorder (SAD)

Seasonal Affective Disorder (SAD) can cause a predictable onset of depressive symptoms in the fall and winter months.

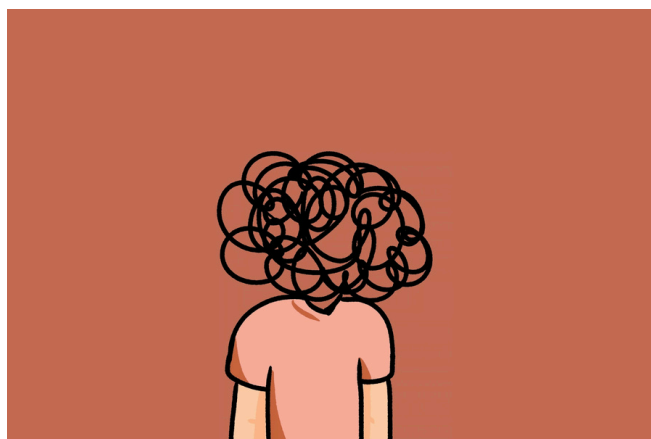
As daylight hours shorten, the reduction in natural sunlight can significantly disrupt the body's internal biological clock by triggering chemical shifts in the brain.

Common signs to watch for include:

- Persistent fatigue and unusually low energy
- Oversleeping (hypersomnia)
- Carbohydrate cravings, overeating, and weight gain
- Social withdrawal or "hibernating" away from friends

Several evidence-based treatments can help you regain control of your mood before spring arrives:

1. **Bright Light Therapy:** Sitting in front of a specialized **10,000-lux light box** for 20 to 30 minutes each morning mimics outdoor light and helps reset your circadian rhythm.
2. **Prioritize Daylight & Movement:** Take a brief 20-minute walk outside during peak daylight hours. Even on cloudy days, natural light helps stabilize your body chemistry.
3. **Seek Professional Support:** Cognitive Behavioral Therapy tailored for SAD (CBT-SAD), antidepressant medications, or checking your Vitamin D levels with a healthcare provider can provide essential relief.





Meet Kierstin, the CSP's new supervisor!

Hi everyone!

I am so excited to be hopping on over to help at the CSP! I have loved CSP programming since I first stepped into one many years ago and am looking forward to getting to know everyone. A little bit about me... I grew up in the Twin Cities but have lived in Chicago and Pennsylvania for periods. If you want to chat about the east coast, I am ALWAYS down to share the love for that side of the country. In my spare time you can find me cuddling my sweet cat, playing or listening to music, or trying a new restaurant around town. Thanks for welcoming me to your community and please don't hesitate to stop me and say hi!

Kierstin

The CSP Art Show was a big success!

On September 16 CSP members, staff, family, and friends gathered at the CSP to celebrate the artistic achievements of our community. A wonderful time was had by all!



Open October 12 - Indigenous Peoples Day

The second Monday in October (October 12, 2026) is officially designated as Columbus Day, a Federal Holiday. Post offices, federal courts, and most banks will be closed.

In 2023, the Minnesota legislature officially replaced Columbus Day with Indigenous Peoples' Day. Minnesota state, Dakota County, and West Saint Paul city offices will be open on normal schedules. Guild's CSP will be open normal Monday hours from 12 pm to 4 pm.

Indigenous Peoples' Day is all about honoring the history, resilience, and vibrant cultures of Native American communities.

At Guild, we believe that everyone deserves a safe place to belong. As we look at the beautiful fall season in Minnesota, we want to take a moment to respect and acknowledge the Dakota people, who have lived on and cared for this land for generations. We are proud to share this space with people of all backgrounds, and we are glad you are a part of our community

Cooking with Diane

Diana's Lasagna Soup

Makes 6 Servings

Submitted by Diana Harris, Director of Clinical Services

Ingredients

- 1 pound ground beef
- 1 box lasagna noodles
- 1 yellow onion, diced
- 1 can (28 oz) crushed tomatoes
- 1 can (6 oz) tomato paste
- 1 can (14.5 oz) petite diced tomatoes
- 5 cups vegetable or chicken broth
- 3 - 5 garlic cloves, chopped

Seasonings (add as much as you like)

- Salt
- Pepper
- Oregano
- Basil
- Parsley
- Thyme
- Rosemary

Directions

1. Cook the ground beef in a large pan until browned.
2. Drain any extra grease and set the beef aside.
3. In a large pot, cook the diced onion in a little oil until soft.
4. Add the chopped garlic and cook for 1-2 minutes.
5. Stir in the crushed tomatoes, tomato paste, diced tomatoes, broth, and cooked beef.
6. Add your favorite seasonings and mix well.
7. Bring the soup to a gentle simmer.
8. Break the lasagna noodles into smaller pieces and add them to the pot.
9. Bring the soup to a boil for about 5 minutes.
10. Lower the heat and let it simmer until the noodles are soft.
11. If you like a thinner soup, add a little more broth.

Cooking Utensils

Pot, Knife, Cutting Board, & Bowls

Cooking Time

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

Optional Cheesy Topping

Mix together:

- 1 tub ricotta cheese
- Shredded mozzarella and parmesan cheese
- Sprinkle of parsley
- Salt and pepper to taste

Add a spoonful on top of each bowl before serving.



October 2026



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SUN	MON	TUE	WED	THU	FRI	SAT
				1 11:30 AM Morning Motion 1:30 PM Halloween Decorating	2 12:30 PM What's Happening 1:30 PM Art with Jennifer	3 Closed
4 Closed	5 12:30 PM Ted Talk 1:30 PM Trivia	6 11:30 AM Morning Motion 12 PM Peer Support 1 PM Music Group	7 12:30 PM Ted Talk 1:30 PM Journey Employment	8 12 PM All Member Meeting Lunch With Friends	9 12:30 PM What's Happening 1:30 PM Art with Jennifer	10 Closed
11 Closed	12 12:30 PM Ted Talk 1:30 PM Stories with Jim	13 11:30 AM Morning Motion 12 PM Peer Support 1 PM Music Group	14 12:30 PM Ted Talk 1:30 PM Wellness Wednesday	15 11:30 AM Morning Motion 1:30 PM Apple Orchard RSVP	16 12:30 PM What's Happening 1:30 PM Art with Jennifer - Pumpkin Painting	17 Closed
18 Closed	19 12:30 PM Ted Talk 1:30 PM Halloween Cookie Decorating	20 11:30 AM Morning Motion 12 PM Peer Support 1 PM Music Group	21 12:30 PM Ted Talk 1:30 PM Spirituality with Stan	22 12 PM Lunch With Friends	23 12:30 PM What's Happening 1:30 PM Stories with Jim	24 Closed
25 Closed	26 12:30 PM Ted Talk 1:30 PM LAC Meeting at Dakota County Northern Service Center - RSVP	27 NO MEMBER HOURS 2 PM - 6 PM Halloween Party	28 12:30 PM Ted Talk 1:30 PM Birthday Bingo	29 11:30 AM Morning Motion 1:30 PM Halloween Movie	30 12:30 PM What's Happening 1:30 PM Art with Jennifer	31 Closed
 Closed						

MONTHLY NOTES

CSP Open Hours: MON/WED/FRI 12 - 4 | TUE/THU 11 - 3

Tours of the CSP are available on Monday and Friday afternoons. Call Diane for an appointment (651) 285-3393.

Classes are subject to change: please call ahead to confirm. RSVP (651) 285-3393 on or after the 1st of the month.