

Seward CSP Newsletter

February—March 2011



Mental Health Day on the Hill

The Mental Health Legislative Network, co-chaired by the Mental Health Association of Minnesota and NAMI Minnesota, will host its annual day on the hill **Tuesday, March 8th.**

The event will begin with an information session about important issues for this year's legislative session at Christ Lutheran Church in St. Paul, followed by a rally at the Capital Rotunda. Mental Health Day on the Hill is a great opportunity for you to share your concerns about legislation that will have an affect on people living with mental illnesses with your legislators.

The Seward CSP will be organizing a group to participate in this opportunity at the state capital and those who attend will be given a box lunch in the Transportation building from 11am-12pm. We will be getting

a sign-up sheet and more details in the next few weeks, so make sure to check in with staff or interns if you are interested in attending this event.

Public Health Nursing Project

I want to welcome Katie West, RN, to the Seward CSP. Katie is an inpatient psychiatric nurse who works at Hennepin County Medical Center and who is also a nursing student taking a course in public health nursing. As part of her class she is expected to choose a community agency and do an assessment of the public health nursing needs of that community. Lucky for us, she chose the Seward CSP drop-in as her community site. She will be here in general on Tuesdays and Saturdays and occasionally on other days of the week to talk with you and learn about what sort of nursing services you all would like to see or would benefit from if they were available to you here at the drop-in.

As part of this project, Katie will be distributing a survey starting on Thursday, January 27th for a few days that will be an anonymous way for you to share your thoughts about the nursing/health needs of the community here. If you complete a survey, you will have the option of putting your name into a drawing for a \$60 gift certificate for dinner for two at Woolley's, a nice restaurant in the Embassy Suites Hotel in Bloomington.

At the end of Katie's project, she will have a list of recommendations or strategies that MHR can take to address some of the nursing needs of the community and hopefully contribute to better overall health of our drop-in community. I hope that you all find this valuable. I also hope that this will be just the beginning of broadening some of the services we offer here at the CSP. Thank you in advance for your help with this project!

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Get your calendars out!



2011 dates to remember

*This is a column that
appears in each newsletter
to keep you informed
of important dates around
the world and during the
year*

February 14th
Valentine's Day
Party

March 8th
Mental Health
Day on the Hill

May 30th
CLOSED
Memorial Day

July 4th
CLOSED
Independence Day

September 5th
CLOSED
Labor Day

November 25-26th
CLOSED
Thanksgiving

December 23-26th
CLOSED
Christmas Holiday

Construction Update

We are one month into the construction project in the warehouse and things are progressing well! The second floor is in place and the outside walls have been insulated. Ventilation, electrical work and lighting work are currently in process. The next steps will include framing out the rooms that will form the offices upstairs and doing the electrical and plumbing work that goes with it. We don't have an set date for completion yet, but we plan to have a celebration when we can re-open the back room for our CSP program activities and groups! Thank you all for your patience during this time.

View of the 2nd floor
Office space. This is
the corner where the
upper storage used
to be.



View when you walk
in the warehouse
from the back door.

Instead of calling the main number, if you know with whom you wish to speak,
please contact them directly:



Drop - In Numbers:

Janna 612-337-4027
Robin 612-337-4002
Emily 612-337-4004
Sheryl 612-337-4019
Speciose 612-337-4010
Cody 612-337-4005
Pam 612-337-4008

Interns:

Heather 612-333-0331 x1049
Paige 612-337-4022
Jessica 612-337-4024

Step Down Case Manager

Christina 612-605-4043

Member Spotlight

This is a new feature of the newsletter that will take the place of “Members of the Month”. We will feature one or two members a month and ask them the same questions and see what they have to say. Today we will ask questions to **Peter O. & Diane F.**

- 1. If someone wrote a biography about you, what do you think the title should be?**
PO: What's it like to grow up in Turmoil
DF: no comment
- 2. What is your favorite movie or song?**
PO: 2001 Space Odyssey
DF: The Wizard of Oz
- 3. What is your idea of a perfect day?**
PO: Sunshine, 60-70 degrees, low humidity
DF: sunshine, mid 70's
- 4. If you had 1 million dollars what's the first thing you would buy, and why?**
PO: a cup of coffee
DF: food & clothes
- 5. Describe the perfect meal.**
PO: Prime Rib & Lobster
DF: meatloaf, mashed potatoes, veg, milk, gravy
- 6. What's the greatest piece of advice you ever received/who gave it to you?**
PO: thinks that lay on the ground don't fall off.
DF: do what you can, forget what you can't—a friend
- 7. If you were re-incarnated what would it be as?**
PO: a person living in a stable loving home
DF: a dog
- 8. What's your idea of the perfect vacation?**
PO: a trip to the moon
DF: time on the beach
- 9. Movie actor or sports super star? Why?**
PO: Mary Poppins—practically perfect in every way.
DF: Micheal Jordan
- 10. If you could drive one car for the rest of your life what one would it be?**
PO: Rolls Royce
DF: I have no interest in driving...I like the bus.

At the movies with Pam B.

Hi Everyone! By the time you read this, the Golden Globe Awards will have already been broadcast, but I would love to highlight a few of the films that are bound to have one an award or two.

First in line is **Black Swan** starring Natalie Portman playing a young ballerina in the New York City Ballet who becomes obsessed with the competition between her and another dancer for the lead role in Swan Lake. Pushed to the limit by an over protective mother, the competition turns to tragedy. For an excellent script and wonderful acting give it 4 stars.

Next is **True Grit**, a remake of the original movie starring John Wayne, now stars Jeff Bridges, Josh Brolin, Matt Damon, and Hailee Steinfeld as a 14 year old girl who hires US Marshall Roster Cogburn to help find her father's killer. For sticking close to the original plot and breathtaking scenery, give it 3.5 stars.

Next is **The King's Speech**, the story of King George VI who is the father of Queen Elizabeth II who reluctantly assumes the throne. Plagued by a dreaded stutter and considered unfit to be king, he engages the help of an unorthodox speech therapist who teaches him how to overcome his disability and fears of public speaking. Give it 3.5 stars.

Next is **Country Strong** starring Gwyneth Paltrow as a country singer trying to make a comeback who sparks romance with a music songwriter. Give it 3 stars for an accurate portrayal of the ups and downs of stardom.

Next is **The Green Hornet** starring Seth Rogan as the green hornet who becomes the publisher of The Daily Sentinel after the death of his father. Also starring Cameron Diaz. Give it 3 stars.

Next is **The Fighter** starring Mark Wahlberg as boxer “Irish” on the rebound after a life of drugs and crime. Also starring Christian Bale and Amy Adams. Give it 3 stars.

On the negative list is **Tron: Legacy**. If you are a sci-fi fan you should enjoy this film, but for those who don't wait for the video store. On the upside this film stars Jeff Bridges as the father (the original Tron) and his son who is a computer programmer who finds himself pulled into the same world of fierce programs and gladiatorial games that his father has been living in for the past 20 years. Give it 2.5 stars.

As always, Enjoy your movies!

The Snowflake

A snowflake twirls out of control
Around the beautiful pine tree
Outside my window
Unique in its creator's design

Will it join a large snowdrift?
Or become a windowsill work of art?

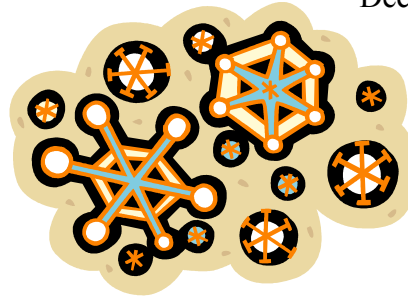
Perhaps a passerby will grab it
And relish it momentarily
Before it disappears into anonymity,
Or evaporates into the universe

Maybe a joyful little boy will mold
It into a snowball, play-full hitting
An innocent pedestrian;

Or perhaps it will merge into a
Snowman or snow cave, until the
Rising temperature destroys its Essence

Whatever its fate, the snowflake
And its billions of friends bring
Our noisy, bustling world to a halt,
Forcing us to meditate on "the
Peace that passes all understanding"

By: Strawberry Jan Forever
December 2010



Mental Health Resources, Inc.
Seward Community Support Program
2105 Minnehaha Avenue
Minneapolis, MN 55404-3107

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