

## SEPTEMBER 2021

### New NCSP Program Manager



Meet Joan Weatherspoon the new Program Manager at NCSP! She joins the Northside team with great enthusiasm and is

looking forward to meeting everyone. Joan received a Bachelor of Arts in Social Studies with a focus in Psychology from Hamline University in St. Paul. Joan has been part of this community her whole life and is passionate about expanding access to individuals in need of mental health care.

### New NCSP Staff Member



Meet Emily DeSanto (she/her), Mental Health Practitioner & Communications Specialist at the Northside Community Support Program.

Emily is super excited to join the Northside team and can't wait to get to know the community!

Emily received a Bachelor of Arts in Communications from the University of Wisconsin-Milwaukee and has traveled all over the country. She is thrilled to call Minnesota her home.

## Events and Activities

### BINGO

Date: September 16, 2021

Time: 1:00pm

Please RSVP by September 9, 2021

### COMMUNITY MEAL

Date: September 23, 2021

Time: 1:00pm

Please RSVP by September 16, 2021

### SEPTEMBER BIRTHDAY CELEBRATION

Date: September 30, 2021

Time: 1:00pm

Please RSVP by September 23, 2021

### SPADES

Date: Every Tuesday

Time: 12:00pm – 3:00pm

Join us for Spades, the trick-taking card game. It is played by four players in bridge-style partnerships, each being dealt 13 cards one at a time from a standard 52-card deck.

## Community Updates

### FOOD SHELF

**Reminder:** Northpoint food shelf delivery is once monthly. If you have received food in the past, please come in and update your paperwork. If you are interested in receiving a box of food, please stop by and get signed up. We are happy to assist you with the paperwork!

**Hours:** Tuesday, Wednesday and Thursday from 12:00pm – 3:00pm.

## SEPTEMBER 2021

## Birthday's

David L.	September 1st
Victoria K.	September 5th
Chester S.	September 5th
Mary M.	September 6th
Sylvia	September 12th
Dinicea B.	September 12th
Scottie	September 13th
Brenda H.	September 13th
Kenny W.*	September 13th
Mary Myles	September 14th
Paul M.	September 17th
Jackie E.	September 19th
Carl P.	September 19th
Craig M.	September 20th
Carrie D.	September 21st
David D.	September 23rd
Bellah M.	September 28th
Doris W.	September 28th

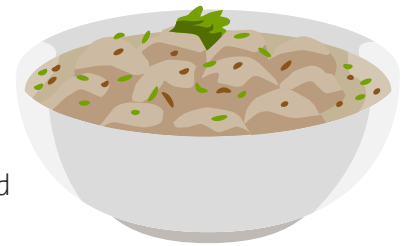
\*Deceased

## Recipe

**MEATBALL SOUP** ([smalltownwoman.com](http://smalltownwoman.com))

### Ingredients:

- 2 tablespoons olive oil
- 1 medium onion chopped
- 2 large carrots peeled and chopped
- 3 stalks celery chopped
- 1 1/2 cups green beans trimmed and cut in one inch segments
- 1 1/2 teaspoon dried parsley
- 1 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 6 cups low sodium beef broth
- 1 can (8 ounce) tomato sauce
- 1 can (14.5 ounce) fire roasted tomatoes
- 1 1/4 lbs fresh or frozen meatballs
- 3/4 cup Mini Farfalle pasta (ditalini, acini de pepe or orzo)



### Instructions:

1. In a large heavy stockpot heat olive oil over medium heat. Add the chopped onion, carrots, celery and green beans. Cook for 7-8 minutes or until slightly soft and fragrant. Add parsley, oregano, basil, garlic powder and onion powder. Cook for 2 minutes; stirring constantly.
2. Pour in beef broth, tomato sauce, fire roasted tomatoes and meatballs; simmer for 7-10 minutes. Add the pasta and cook for an additional 10 minutes; serve promptly