



Avivo Community Support Program

January 2019

Schedule Changes

Tuesday, January 1: Closed for New Year's Day.

Monday, January 21: Closed for Martin Luther King Day.

To Become a Member

Avivo CSP offers recovery-focused, flexible, easy-access services for adults with ongoing mental health and chemical health issues who live in the south Hennepin area. Stop in during Drop-In for a tour. Walk-in intakes are available Wednesdays, 3-5 pm, or for an intake appointment, call Pam at 612-752-8364.

Community Resources

COPE 612-596-1223

Crisis Text Line MN741741
Or **CRISIS

Suicide Prevention Lifeline
1-800-273-8255

Warmline 1-877-404-3190
(toll-free, Mon.-Sat., 5-10 pm)

Loaves & Fishes
(Bloomington) 952-948-0746
(Richfield) 612-869-7700

Metro Transit 612-373-3333
MN Recovery Connection
612-584-4158

NAMI 651-645-2948
United Way 211
VEAP 952-888-9616

Avivo Website
www.Avivomn.org

Editor: Cyndy D.
Design & Editing: Carma G.
Graphics: Mare K.

WHAT'S THE BUZZ



Journaling Workshop

Tuesday, Jan. 15, 2 pm

During this monthly class, you'll explore forms of creative journaling. Each artist will create a journal by covering it with blackout poetry, paintings, quotes, collage, and drawings. Every month artists will be introduced to a new journaling medium or exercise.

The format will provide an open environment for expression and reflection. Over the course of the workshops, the book will become a work of art from cover to cover. Beginner and advanced artists welcome.

Learn How to Save Money on Your Spenddown

Tuesday, Jan. 22, 3 pm

Many people with disabilities fear that if they go to work, they'll lose needed health care and other disability benefits. We will explore different ways to balance benefits and work and learn how income may impact benefits, so that you can make informed choices, reduce fears, and ensure work is part of your recovery plan.

Learn Basic Computer Skills

Tuesdays 12noon-2:30 pm

Opportunities to learn include email, searching the internet, writing a resume, and job searches. If you are interested in any of these things, contact Kay and sign up for a time slot.

30th Anniversary of Our CSP!

Yes, it's been 30 years since Hennepin County signed the contract with Resource—now Avivo—to provide a Community Support Program here in Bloomington (as well as Crystal and Minneapolis). Watch for details on articles in the media, recognition by Avivo, and a June celebration for members and staff.



De-Cluttering Discussion

Thursday, Jan. 24, 2 pm

Do you sometimes feel crowded out of your space by too much "stuff"? Do you avoid having friends drop by because of clutter? Do you live in fear of a housing inspection? This is a space to share our struggles and successes with getting free of clutter. We will explore some of the current ideas in how to free up our space and live happier.



Weather Policy

When the weather is bad, call us at 612-752-8350 before coming over, as we may be closed. We will be closed when Hennepin County offices are closed.



January 2019



Avivo Community Support Program

7888 12th Avenue South, Bloomington, MN 55425 Main Phone: 612-752-8350



| Drop-In Hours: | Monday 12-5 pm | Tuesday 12-5 pm | Wednesday 2:30-6:30 pm | Thursday 12-5 pm | Friday 12-5 pm | Saturday 12-4 pm |
|----------------|-------------------|--------------------|---------------------------|---------------------|-------------------|---------------------|
|----------------|-------------------|--------------------|---------------------------|---------------------|-------------------|---------------------|



| | | | | | |
|---|--|--|---|---|--|
| | 1 Closed for New Year's Day Holiday | 2 Name That Tune 3 pm Group Game 4 pm NAMI Connection Group 4:30 pm | 3 Bingo 1:30 pm Butts Out 2 pm Coping with Anxiety 3 pm | 4 Cooking Group 12:30 pm Mindful Drawing 2:30 pm | 5  |
| 7 Chemical Health Group 1:30 pm Mindfulness 2:30pm Conversation Circle 3 pm Tai Chi Chih 4 pm | 8 Strength Train 12:30 <u>Como Conservatory</u> <u>\$1 donation, 12:30</u> Knitting 1 pm Mindfulness 1:30pm <u>Computer Lessons</u> Open Art 2:30 pm | 9 Name That Tune 3 pm Puzzles 4 pm NAMI Connection Group 4:30 pm | 10 All Member Meeting 1 pm Comedy Hour 2 pm Chair Yoga 3 pm | 11 Creative Writing 1 pm General Support Group 2 pm | 12 Boost Your Gratitude 1 pm Open Art 2 pm |
| 14 Chemical Health Group 1:30 pm Mindfulness 2:30 pm Transparency Art 3 Faith & Life Group 3 pm | 15 Strength Train 12:30 Knitting 1 pm Mindfulness 1:30pm <u>Computer Lessons</u> Journaling 2 pm Nutrition 101 3 pm Gideon Visits 3:30 | 16 Name That Tune 3 pm Phase 10 Game 4 pm NAMI Connection Group 4:30 pm | 17 <u>Walk at Braemar</u> <u>Field 1 pm</u> Butts Out 2 pm Coping with Anxiety 3 pm | 18 Music Jam 12:30 pm Social Justice- Follow Up from Representative Visits 12 pm | 19  |
| 21 Closed for Martin Luther King Jr. Holiday | 22 Strength Train 12:30 Knitting 1 pm Mindfulness 1:30pm <u>Computer Lessons</u> Save \$ on Spendedown 3 pm Card Making 3 pm | 23 Name That Tune 3 pm Card Game 4 pm NAMI Connection Group 4:30 pm | 24 Laugh Your Socks Off 1 pm De-Cluttering Discussion 2 pm Chair Yoga 3 pm | 25 Group Puzzles 12 pm Bingo 1 pm General Support Group 2 pm | 26 Group Game 12:30 pm Mindful Drawing 3 pm |
| 28 <u>Snow Shoe &</u> <u>Snack \$5 1 pm</u> Chemical Health Group 1:30 pm Mindfulness 2:30 pm Tai Chi Chih 4 pm | 29 Cooking 12:30 Strength Train 12:30 Knitting 1 pm Mindfulness 1:30pm <u>Computer Lessons</u> "Up From Depression" 3:30 | 30 Name That Tune 3 pm Card Game 4 pm NAMI Connection Group 4:30 pm | 31 Move & Groove 12:30 pm Pet Pictures & Stories 1 pm Butts Out 2 pm Coping with Anxiety 3 pm | January Holidays & Events 1 New Year's Day 21 Martin Luther King Day (<i>celebrates life & achievements of Civil Rights leader Dr. Martin Luther King Jr.</i>) 27 Holocaust Memorial Day (<i>remembers victims of the Holocaust to make sure it never happens again</i>) | |

It is recommended that you sign up in advance for underlined events/outings. Shaded areas show changes to hours.

Schedule subject to change without notice.

PLEASE RECYCLE THIS NEWSLETTER AT END OF MONTH.

OPPORTUNITIES FOR WELLNESS



Sugary Foods Are Not So Sweet!

Do you tend to crave sweets? Many of us do! But do sugary sweets really make people feel better or calmer? Although it may seem so, there are studies that show sugar can actually make anxiety, depression, and difficult emotions worse.

Eating lots of sugar gives you sudden highs and lows in the amount of glucose in your blood, which causes symptoms like fatigue, irritability, dizziness, insomnia, excessive sweating, poor concentration, forgetfulness, excessive thirst, depression, digestive disturbances and increased risk of diabetes. Our brain and body depend on an even supply of glucose and will not function optimally with major fluctuations.

Sugar can actually make anxiety and depression worse.

These continuous highs and lows in blood sugar levels can also lead to more intense cravings for refined sugars, resulting in a vicious cycle of sugar addiction.

This does not mean you should never eat these foods, but eating them in moderation—about 30 grams per day—will help keep glucose levels in check. (See food labels to find grams of added sugar per serving.)

Eating lots of refined sugar (soda, cookies, cakes and candy) and refined carbohydrates (white bread, pasta, rice and most processed foods) is linked with depression because these foods supply very few nutrients, and they use up the mood-enhancing B vitamins. These foods also feed harmful bacteria in our guts that can lead to further depression and anxiety.

For more information on the gut/depression connection, listen to the interview on this website <https://www.scientificamerican.com/article/is-your-gut-making-you-depressed-or-anxious/>

Eating lots of sugar can lead to more intense cravings—resulting in a vicious cycle of sugar addiction.

Although it will be challenging, try to create a new habit for the new year! Next time you're feeling sad or anxious, consider alternative ways to cope with your emotions, such as exercise, working on a project, cleaning or eating something healthy like fruit or veggies. And remember not to consume too much sugar because it might make things worse.

For more information about reducing sugar cravings and other health issues, please contact Angie, our health coach.

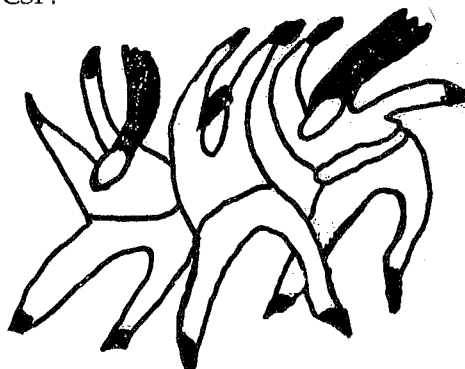


HELPING HANDS

Volunteer of the Month: Dan L.

Dan has been a volunteer for the past six years. He helps with clean-up and subs at the front desk occasionally. In the past he watered the outside flowers. Dan says, "There are many people over the years that I have seen make real progress and recovery. It's very rewarding."

Thank you, Dan, for helping out at the CSP.



General Phone

612-752-8350

Fax 612-752-8351



Avivo CSP

Manager

Cyndy 612-752-8356

Peer Recovery Specialists/Drop-In

Donna 612-752-8372

Joelle 612-752-8384

Wendy 612-752-8374

Sheila (+Outreach)

612-752-8354

Program Coordinator

Pam 612-752-8364

Health & Wellness Coach

Angie 612-752-8355

Housing Coordinator

Maggie 612-752-8358

Career Counselor

Kay 612-751-9746

Avivo Case Management

Manager

Beth 612-752-8376

Case Managers

Amy 612-752-8362

Dara 612-752-8353

Jon 612-752-8360

Garrett 612-752-8366

Michelle 612-752-8368

Support Specialist

Anita 612-752-8335

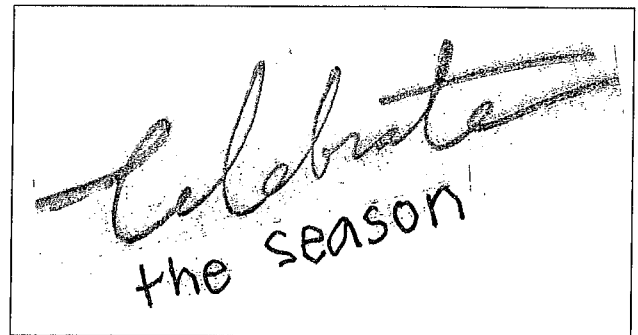
Avivo

7888 12th Avenue South
Bloomington, MN 55425

*Please Recycle This Newsletter
at the End of the Month*



ADDRESS SERVICE REQUESTED



HOW TO ...

Get to Avivo CSP by Bus

We are conveniently located near several bus routes. If you are interested in learning about how to take the bus here, please contact Metro Transit for routes and schedules: 612-373-3333 or <http://www.metrotransit.org>. We are at the intersection of 12th Ave. South and American Blvd. East.

Need a Ride?

If you are a member, live in Bloomington or Richfield, and don't have another way to get to here, you can call Cyndy by 11 a.m., 612-752-8356, to request a ride. Rides are available Mondays and Thursdays. We will do our best to help you out.

Go Green & Get the Newsletter Early

1. *Save postage!* Next month's newsletter can be picked up at our CSP during the last week of each month.
2. *Save postage and paper!* Get the newsletter at bit.ly/Avivo-Community-Support-Program-South-Hennepin. Click on current newsletter.
3. *Let Cyndy know* if you choose one of these options, so we can take you off the mailing list. Thanks!