



Avivo Community Support Program

January 2019

Schedule Changes

Please note we are closed Tuesday, January 1st for New Year's Day and Monday, January 21st for Martin Luther King Jr. Day.

To Become a Member

Avivo CSP offers recovery-focused, flexible, easy-access services for adults who live with mental illness and reside in the northwest Hennepin area. Stop in during drop-in hours for a tour. For information or an intake, call 612-752-8300.

Community Resources

COPE 612-596-1223
Warmline 1-877-404-3190
(Toll-free, Mon.-Sat., 5-10 pm)
Suicide Prevention Line 1-800-273-TALK (8255)
Metro Transit 612-373-3333
MN Recovery Connection
612-584-4158
NAMI 651-645-2948
Local Food Shelves:

- NEAR 763-533-2836
- CEAP 763-450-6371
- Emergency Food Network 763-450-3860
- PRISM 763-529-1350

United Way 211

Avivo Website

www.Avivomn.org

WHAT'S GOING ON!



Holiday Wrap Up

We would like to thank everyone for helping make the holidays such a fun and supportive part of the year! We are always striving to make the CSP a welcoming and inclusive place for everyone. This includes honoring culture and traditions for all that come to the CSP. Question for all: Is there anything that we are missing that could make you or someone you know feel more comfortable around the holidays (or anytime for that matter☺)? Please share with any staff member! Your input is very valuable!

Vulcan Snow Park

Monday, January 28th at 12PM

Visit Vulcan Snow Park to see some amazing works of art – made out of snow! Sculptures on display include an exhibition sculpture by professional snow artists, Minnesota State Snow Sculpting Competition entries and other sculptures, such as those created by students from the Metro Deaf School. The Snow Park is located at that MN State Fairgrounds

Celebrate Diversity:

January 15-- Makar Sankranti (also known as Makara Sankranti or Maghi) refers both to a specific solar day in the Hindu calendar and a Hindu festival in reference to deity Surya (sun) that is observed in January every year. It marks the first day of sun's transit into the Makara (Capricorn), marking the end of the month with the winter solstice and the start of longer days.

Makar Sankranti is one of the few ancient Hindu festivals that have been observed according to solar cycles, while most festivals are set by the lunar cycle of the lunisolar Hindu calendar. Being a festival that celebrates the solar cycle, it almost always falls on the same Gregorian date every year (January 14), except in rare years when the date shifts by a day for that year, because of the complexity of earth-sun relative movement. The festivities associated with Makar Sankranti are known by various names such as Lohri by north Indian Hindus and Sikhs, Sukarat in central India, Bhogali Bihu by Assamese Hindus, and Pongal by Tamil and other south Indian Hindus.

Makar Sankranti is observed with social festivities such as colorful decorations, rural children going house to house, singing and asking for treats (or pocket money), melas (fair), dances, kite flying, bonfires and feast. The Magha Mela, according to Diana L. Eck – a professor at Harvard University specializing in Indology, is mentioned in the Hindu epic, the Mahabharata, thus placing this festival to be around 2,000 years old. Many go to sacred rivers or lakes and bathe with thanksgiving to the sun. Every twelve years, the Hindus observe Makar Sankranti with one of the world's largest mass pilgrimage, with an estimated 40 to 100 million people attending for the event. At this event, they say a prayer to the sun and bathe at the Prayaga confluence of the River Ganga and River Yamuna at the Kumbh Mela, a tradition attributed to Adi Shankara.

WELLNESS WORDS FROM MARY



As a Health and Wellness Coach, I approach wellbeing by looking at if a person is in harmony or balance, not only physically, but emotionally, mentally and spiritually. Becoming a healthy individual takes effort, but the rewards of losing weight, having more energy and just having a better outlook on life can be worth it. I am so excited to work with you towards a balanced, healthier life in the New Year.

This month, I want to chat about our relationship with food. I suspect many of us overindulged in eating last month because of the holidays. I know I certainly did. Our struggles with food can cause tremendous emotional distress, including guilt, shame, and depression. We also know that eating certain foods can lead to debilitating diseases and even premature death. According to the U. S. Department of Health, nearly two out three American adults are overweight or obese. It's also estimated that millions of Americans suffer from anorexia or bulimia. We are seeing these issues because our relationship with food is out of balance. What I mean by that is we no longer take the time to sit down and have a nutritious meal. We are all on the run and eat processed food or fast food too much. We eat and drink too quickly and never truly savor what we are putting into our bodies. To bring balance back into eating we need to become more mindful of how and what we are eating.

Mindful eating is the act of paying full, nonjudgmental attention to our moment-to-moment experience of eating. Simple ways of being mindful are taking the time to chew your food. I mean really chew it. Try chewing each bite of food at least fifteen to thirty times before swallowing. Another technique is to slow down your eating by putting

down your fork or spoon, onto the bowl or plate after each bite of food. Or finally, try eating with your non dominant hand or eat with chopsticks. These are simple ways to slow down your eating while taking in the flavor and sensations of your food. Give these suggestions a try and get back to me on how it goes.

Here to a healthier New Year!
Cheers!

January Birthdays:

Jeff A. Gulled B. China B. Kristen B. Asa B. Katie B. Milton B. Thomas C. Hung D. Stephani D. Sharde D. Leigh F. David F. Feldrick H. Angelina H. Diane H. Medina H. Qamar H. Angelina H. Anna H. Doug H. Lee H. Cieara J. Jeremiah J. Bryan K. Gregory L. Sandra M. John M. Kariann M. Dave N. Marianne N. Canh N. Adrienne O. Jeff P. Lisa P. Michael P. Jacqueline P. Shawna S. Marie S. Victoria S. Linda T. Michael T. Deborah T. William W.

HELPING HANDS!



Thank You November Volunteers!

Victoria S. Roland B. Don E. Suzanne B. Anna R. Carol S. Sandy M. Melissa E. Anne V. Denise V. Shia V. Pettie B. Marilyn B. Sharon P. Jeff P. Roger M. Mark L. Rita L. Gertrude R. Deborah T. Debbie D. Edith H. Liz J. Cece M. MJ I. Terry Robertson Tom Schreiner Nancy Twidell

2019 Planning

Friday, January 11th at 12PM

Is there something you have hoped the CSP offers; a group, an outing, or an art project? Please share your ideas! If you cannot make the above time, call Steph anytime with your input!!

Avivo CSP

General Phone

612-752-8300

Member Phone

612-752-8325

Fax 612-752-8301

Program Director - CSP

David Peebles 612-229-0138

Drop-In Program

Steph Wagner - *Manager* 612-752-8318

Dale Wisniak - *Peer Recovery Support Specialist* 612-752-8312

CSP Coordinator

Mary Kay Ficks 612-752-8304

Pam Sabey 763-321-0222

Program Specialist

Holly Meister 612-752-8328

Lucia Worth 612-752-8314

Health/Wellness Coach

Mary Newstrom 612-499-7955

Employment Support

Anita Knez 612-752-8335

CSP /Case Manager

Morgan Bertinet 612-752-8324

Housing Support CSP & TCM

Georgia Steele 612-752-8322

Program Director - TCM

Open position 612-245-6393

Case Management

Beth Kuettner - *Manager*
612-752-8320

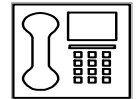
Case Managers

Deb Schmitt 612-752-8327

Tito Catuncan 612-752-8326

Jenny Odegard 612-752-8310

Megan Moreau 612-752-8306



January 2019

Avivo Community Support Program

7000 57th Avenue North, Suite 100, Crystal, MN 55428 Main Phone: 612-752-8300

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
	1 <i>Closed for Holiday</i>	2 Drop-In 11:30-4pm 1:30p Energy Challenge 1:45p Chemical Health	3 Drop-In 11:30-3pm & 5-7pm 11:30-12p 1:1 Spiritual Listening 12:15p Spirituality 1p NAMI Connections 1:15p Essential Fitness 5:30p Spades	4 Drop-In 11:30-4pm 12:30p Friday Fitness 2p Meditation with Goals	5/6
7 Drop-In 11:30-4pm TBD: <u>Movie with Morgan</u> 12:30p Art Group: Dream Catchers 12:30p Birthday Bingo 2p Mindful Movement	8 Drop-In 11:30-4pm 12:30p Walk or Run  2p OUT! 2:15p Employment Support Group	9 Drop-In 11:30-4pm 1p Art with Morgan 1:30p Energy Challenge 1:45p Chemical Health	10 Drop-In 11:30-3pm & 5-7pm 11:30-12p 1:1 Spiritual Listening 12:15p Spirituality 1p NAMI Connections 1:15p Essential Fitness 5:30p Hearts	11 Drop-In 11:30-4pm 12p 2019 Planning 12:30p Friday Fitness 2p Hands-On Wellness	12/13
14 Drop-In 11:30-4pm 12:30p Art Group: Dream Catchers 2p Mindful Movement	15 Drop-In 11:30-4pm 12:30p Walk or Run  2p OUT! 2:15p Employment Support Group	16 Drop-In 11:30-4pm 1:30p Energy Challenge 1:45p Chemical Health	17 Drop-In 11:30-3pm & 5-7pm 11:30-12p 1:1 Spiritual Listening 12:15p Spirituality 1p NAMI Connections 1:15p Essential Fitness 5:30p Scattergories	18 Drop-In 11:30-4pm 12:30p Friday Fitness 2p Meditation with Goals	19/20
21 <i>Closed for Holiday</i>	22 Drop-In 11:30-4pm 12:30p Walk or Run  2p OUT! 2:15p Employment Support Group	23 Drop-In 11:30-4pm 1p Art with Morgan 1:30p Energy Challenge 1:45p Chemical Health	24 Drop-In 11:30-3pm & 5-7pm 11:30-12p 1:1 Spiritual Listening 12:15p Spirituality 1p NAMI Connections 1:15p Essential Fitness 5:30p 500 Bid	25 Drop-In 11:30-4pm 12p <u>Downtown Library</u> 12:30p Friday Fitness 2p Hands-on Wellness	26/27
28 Drop-In 11:30-4pm 12p <u>Vulcan Snow Park</u> 12:30p Art Group: Appreciation Jars 2p Mindful Movement	29 Drop-In 11:30-4pm 12:30p Walk or Run  2p OUT! 2:15p Employment Support Group	30 Drop-In 11:30-4pm 12p Art with Morgan 1:30p Energy Challenge 1:45p Chemical Health	31 Drop-In 11:30-3pm & 5-7pm 11:30-12p 1:1 Spiritual Listening 12:15p Spirituality 1p NAMI Connections 1:15p Essential Fitness 5:30p Up and Down the River		

Underlined events require prior sign-up; schedule subject to change without notice.



Community Support Program
7000 57th Avenue N, Suite 100
Crystal, MN 55428

Nonprofit Organization
U.S. Postage
PAID
Twin Cities, MN
Permit No. 2313

ADDRESS SERVICE REQUESTED

HOW TO ...

Get to Avivo CSP by Bus

Take #721 which goes down Bass Lake Road; get off on Jersey Ave to come to Avivo CSP. You may also take #716 which goes down West Broadway; get off at 57th Ave. If you have additional questions regarding Metro Transit you can talk to Mary Kay at Avivo CSP or call the bus system at 612-373-3333.

Get a Ride to Avivo CSP

If you are a member of Avivo CSP, live in NW Hennepin County area, and don't have another way to get to Avivo CSP, you can call Dale, 612-752-8312, to request a ride. Rides are available Tuesdays, Wednesdays, Thursdays and Fridays to members who reside in our area. We will do our best to help you out. We are not able to give rides on holidays.

Go Green & Get the Newsletter Early

1. *Save postage!* New newsletters are available to be picked up at Avivo CSP the last week of each month.
2. *Save postage and paper!* Get the newsletter at www.avivomn.org.
3. *Let Steph know* if you choose one of these options, so we can take you off the mailing list. Thanks!