



## Avivo Community Support Program



### March 2019

#### 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](http://www.Avivomn.org)

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Design & Editing: Carma G.

### WHAT'S THE BUZZ

#### Social Justice Opportunities: Discussion/Information Table

*Thursday, March 7, 1 pm*

#### Mental Health Day on the Hill

*Thursday March 14, meet at 10am*

Become a more active and responsible citizen. The Avivo Social Justice group will have an information table here March 7<sup>th</sup>. Get answers to your questions about how our government works and current issues. Get resources about our rights and responsibilities as citizens, and voter registration. Find out who represents you and obtain tips on how to communicate with them. The Mental Health Day on the Hill Rally is at the capitol, it's an important time to let your voice (along with many others) be heard and to inform the legislators about the important issue for you.

#### **NEW!** Meet & Greet with Artists *March 12 & 19, 2 pm*

We are proud to announce that we recently received a Minnesota State Arts Board grant to increase our arts programming! We are partnering with COMPAS, an award-winning innovator in the field of arts education, to bring a variety of workshops to our CSP. These workshops will range from SAORI weaving and jewelry making to creative writing, photography and collage art. Each group will be facilitated by a COMPAS Teaching Artist. Celebrate this new partnership by meeting the artists.

#### Guest Meteorologist

*Friday, March 22, 1:30 pm*

Join us to learn about the weather from an expert! We'll cover weather changes, trends, climate change and more. There will be time for your questions.

#### Take the Wellness Challenge!

*Runs through March 11*

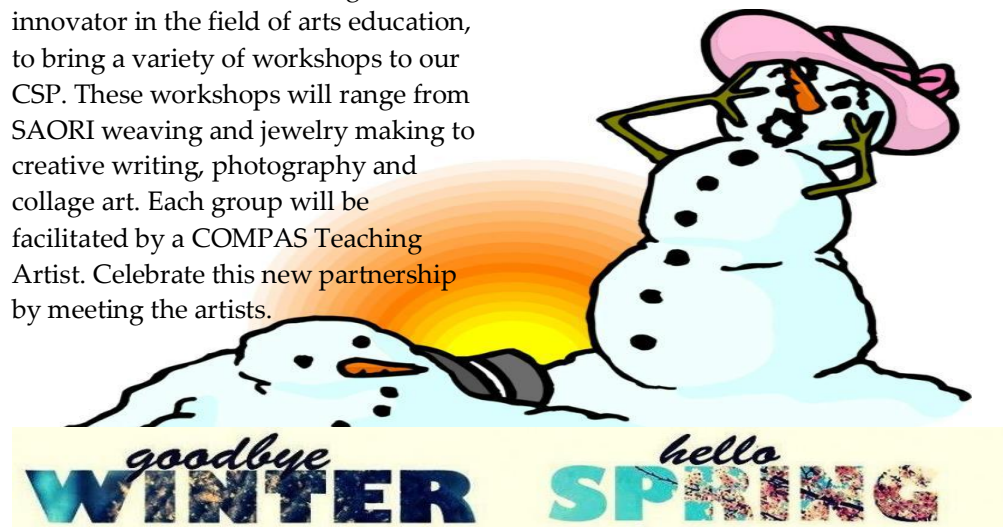
Talk with our Health Coach, CSP staff or members to learn details.



#### Decluttering Discussion

*Thursday, March 28, 1 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 about how to free up our space and live more happily.



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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
<b>March Holidays &amp; Events</b> Women's History Month 6 Ash Wednesday ( <i>Christian holy day of prayer, fasting and repentance</i> ) 8 International Women's Day ( <i>celebrates achievements of women &amp; promotes women's equality</i> ) 10 Daylight Saving Time begins ( <i>spring ahead one hour</i> ) 17 St. Patrick's Day ( <i>celebrates Irish-American culture</i> ) 19-27 Passover begins ( <i>seven-day Jewish festival</i> ) 20 Spring Equinox ( <i>first day of spring</i> ) 20-21 Purim ( <i>Jewish commemoration</i> )					<b>1</b> Cooking Group 12:30 pm Mindful Drawing 2:30 pm Funny Animal Videos 3:30 pm	<b>2</b> 
<b>4</b> Chemical Health Group 1:30 pm Mindfulness 2:30pm Tai Chi Chih 4 pm	<b>5</b> <u>Computer Lessons</u> <u>12-2:30 pm</u> Strength Train 12:30 Mindfulness 1:30pm Bingo 2 pm Open Art 2:30 pm	<b>6</b> Cleaning Day: Join Us to Help Clean Up Our Space — Treats Available NAMI Connection Group 5 pm	<b>7</b> Discussion about Legislature 12:30 +Information Table Knitting 1 pm All Member Mtg. 1:30 Butts Out 2 pm Coping with Anxiety 3 pm	<b>8</b> Creative Writing 1 pm <u>Rent Rebates 1 pm</u> General Support Group 2 pm Laugh Your Socks Off 3 pm	<b>9</b> Group Games 1 pm Watercolors 2 pm	
<b>11</b> Chemical Health Group 1:30 Wellness Challenge Celebration 2:30pm Let's Paint 3 pm Faith & Life 3 pm	<b>12</b> <u>Computer Lessons</u> <u>12-2:30 pm</u> Strength Train 12:30 Mindfulness 1:30pm Artists Meet & Greet 2 pm	<b>13</b> "Drop the Needle" 3 pm Zentangle 4 pm NAMI Connection Group 5 pm	<b>14</b> <u>Mental Health Day</u> <u>on the Hill Rally</u> <u>Meet at 10 am</u> Knitting 1 pm Chair Yoga 3 pm	<b>15</b> Sports Talk 12:30pm Talent Showcase 1:30 pm Irish Music and Treats 3 pm	<b>16</b> 	
<b>18</b> Chemical Health Group 1:30 pm Mindfulness 2:30pm Conversation Circle 3 pm Tai Chi Chih 4 pm	<b>19</b> <u>Computer Lessons</u> <u>12-2:30 pm</u> Strength Train 12:30 Mindfulness 1:30pm Artists Meet & Greet 2 pm Learn to Email 3pm	<b>20</b> Name That Tune 3 pm <u>Thrift Store 4 pm</u> NAMI Connection Group 5 pm	<b>21</b> Move & Groove 12:30 pm Knitting 1 pm Creative Writing 2pm Butts Out 2 pm Coping with Anxiety 3 pm	<b>22</b> Group Puzzles 12 pm Meteorologist 1:30 pm General Support Group 2 pm	<b>23</b> Group Game 12:30 pm Bingo 1:30 pm Sports Talk 3 pm	
<b>25</b> Chemical Health Group 1:30 pm Mindfulness 2:30 pm Gideon Visits 3 pm Tai Chi Chih 4 pm	<b>26</b> <u>Computer Lessons</u> <u>12-2:30 pm</u> Cooking 12:30 Strength Train 12:30 Mindfulness 1:30pm "Up from Depression" 3:30 pm	<b>27</b> Name That Tune 3 pm Card Game 4 pm NAMI Connection Group 5 pm	<b>28</b> Decluttering Discussion 1 pm Knitting 1 pm Latest Health News 2 pm Chair Yoga 3 pm	<b>29</b> Nature Video on Bird Migration 12:30 pm <u>Rent Rebates 1 pm</u> Sports Talk 2 pm Pet Stories 3 pm		

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

### Celebrate Sleep Awareness Week with Better Sleep!

Are you struggling with sleep? Getting too much or too little — or having trouble falling or staying asleep? There can be many causes for sleep disturbances, which may be worth discussing with your health care provider. But there are also many things you can try at home to improve your sleep naturally, without added medications.

March 3-10 is Sleep Awareness Week. Here are some natural tips for better sleep:

- Go to bed and get up around the same time each day, even on weekends.
- To help with falling and staying asleep, eat three balanced meals around the same time each day — and avoid eating within two hours before bedtime.
- Get regular exercise each day, preferably in the morning. There is overwhelming evidence that regular exercise improves restful sleep.
- Get regular exposure to outdoor or bright lights, especially in the late afternoon.
- Try essential oils on your pillow, such as lavender, jasmine and ylang-ylang.
- Encourage your nervous system to rest by massaging your feet, hands, head and neck.
- Decrease daily caffeine intake and avoid caffeine after noon.
- Eliminate tobacco use, as nicotine is a stimulant.
- Turn off all electronics two hours before bed — including TV, cell phones and computers.



- Keep your bedroom dark, cool and quiet. Use dark shades, and find the temperature that is right for you.
- Try a breathing routine or meditation before bed. You can find many free ones on YouTube or apps like Insight Timer.

If you would like to know more, or want to develop an individual sleep plan, please talk with our health coach, Angie.



## ANNOUNCEMENTS

Please welcome our new case management Program Director, *E.J. Dean*.



## HELPING HANDS

### Volunteer of the Month: Heidi M.

Heidi has been a volunteer for the past year and a half. She is a handler for Gideon, the comfort dog. He and Heidi visit each month. She says, "I volunteer because I see all the wonderful people that belong to Avivo, who live to embrace another day, and who make this place on planet Earth a better place to be because they are in it." She says Gideon visits because he gets great massages from the members.

Thank you, Heidi and Gideon, for coming to be with us!

### 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



