



Avivo Community Support Program

March 2019

Schedule Changes

No changes

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!



Mental Health Day on the Hill

Thursday, March 14th leaving at 10AM

Please join us this year at the capitol! We will participate in the rally and hope to visit legislators! ~Bring your own lunch!

De-Clutter Discussion

Monday, March 18th at 12:30PM

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 on how to free up our space and live happier.

Butts Out with NAMI and a Pharmacist

Tuesday, March 12th at 2PM

Individual workshop: This **one-hour workshop** covers information, strategies and resources to help with quitting. Topics include information on coping skills, asking for support, preventing relapse and FDA - approved medications. Additionally, interested individuals will have the opportunity for a one on one personalized feedback session with carbon monoxide monitoring and a free quit kit.

New Art Opportunities in 2019!!

Wednesday, March 13th at 1PM

We are proud to announce that we recently received a Minnesota State Arts Board grant to increase our art 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 theater, creative movement, Carnatic music, sand painting, mosaics, and songwriting. Each group will be facilitated by a COMPAS Teaching Artist. Celebrate this new partnership by meeting the artists on the date listed above.

Write a letter to your legislator!

Monday, March 11th at 12:30PM

Join us to prepare for Mental Health Day on the Hill by composing letters to our representatives along with any posters for the rally. Hope to see you there!

Circle of Light Meditation

Wednesday, March 6th and 13th at 12:30PM

Join us to learn a relaxing and rejuvenating meditative technique called the Circle of Light Meditation. We will learn how to transform stress and anxiety into calming radiating light. No experience in meditation is needed, just an open heart and an open mind. This group will be led by Mary Newstrom, Health & Wellness Coach.

Mardi Gras Celebration

Monday, March 4th at 1PM

Mardi Gras is associated with parades, parties, beads, and masks. There are also three colors associated with Mardi Gras: purple (symbolizes justice), green (symbolizes faith), and gold (symbolizes power). Please join us in celebrating Mardi Gras. ☺

Bowling

Wednesday, March 6th at 12PM

Strike up some fun! Enjoy an afternoon at New Hope Bowl – (cost of bowling is paid by Avivo.) Thanks to the alley, the shoe rental is covered!

Science Museum

Friday, March 15th at 12PM

Experiment. Discover. Investigate. The Science Museum of Minnesota aims to show how science affects all aspects of life through interactive exhibits and a priceless collection of nearly two million artifacts from around the globe. A must-see museum for all ages, come explore more about the Mississippi River, Egyptian mummies, dinosaur fossils and two-headed turtles.

WELLNESS WORDS FROM MARY



How to get beyond feeling lonely?

Loneliness is not defined by the number of friends you have but by the quality of the connections you have to others. The relationships that fend off loneliness make you feel good, understood, and appreciated. Sadly, loneliness is at crisis levels here in the United States, with one out of two Americans stating they feel lonely, while 47 percent in Great Britain reported that their central companionship is a pet or their TV. Studies show that loneliness can shorten life by as much as 15 years. Additional studies have found connections between loneliness and numerous health issues such as heart problems, stroke, cancer, increasing depression and anxiety.

Loneliness affects the body and mind because it creates stress, and that stress produces extra hormones in the body such as cortisol. Too much cortisol impacts the body and ultimately the mind in negative ways. Over long periods, exposure to high levels of cortisol produces high blood pressure, increased inflammation, depression, and increased anxiety. As you can see, there are real consequences of feeling lonely.

Why are so many people feeling lonely? There are reasons why we see an increase in loneliness but some suggested possibilities are not being part of a regular workplace with so many people working from home, or family does not live close by. Even the impact of social media seems to increase the feeling of loneliness. Of Americans, out of the top 25 percent users of social media, twice were more likely to report they feel lonely and not belong to a particular support group.

At Avivo, our Community Support Programs (CSP) offer opportunities that bring people together as a community, to help foster friendships and a sense of belonging. These interactions help members feel supported by one another, and through these interactions, loneliness may decrease. We schedule exercise classes Monday through Friday to bring folks together to build healthy bodies. If you have never tried one of the classes, I invite you to try one out. They are for individuals at different fitness levels, and it is a chance for you to connect with like-minded folks. Try something new like yoga and see how fun it is.

If exercise is not your thing, we are building community through the drop-in center. Come put together a jigsaw puzzle, listen to music or play games with fellow members. We have many organized outings regularly. Join fellow members and go bowling, create crafts, visit museums, go to bookstores or go for a walk around one of many lakes with other members.

Avivo's CSP offers many different programs to support you in a healthy life, in addition to social and recreational activities; we provide career counseling, recovery, and mental health support and housing assistance. Building community means being around others that can relate to you and your life. Join us at the CSP to build community and friendships that will last a lifetime.

Inspiring Poets

Wednesday, March 27th at 12PM

Hear of the most influential poet of our times, Mary Oliver.

March Birthdays:

Andrea A. Lori A. Emily A. Dawn B.
Gil B. Donquarius B. Jolene B. James B.
Chong C. Roxanna C. Sherri C. Matthew
C. Meghan D. Katherine D. Brenda-Mae
D. Porsha F. Jacqueline F. Dale G. Daniel
G. Jesse F. Andrey H. Astin-James H.
Lashanee H. Richard H. Heller H. Lori H.
David H. Curtis H. Edward H. Vonita H.
Anne L. Cathleen M. Sherri N. Carrie O.
Kelli O. David P. Christine R. Gayle R.
Sara S. Denise S. Dontez S. Carrington T.
Valerie T. Ryan T. Ann V. Benjamin W.
Sherilynn W. Jeanie W. Tim Y. Yelena Z.

HELPING HANDS!



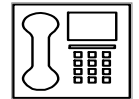
Thank You January Volunteers!

Brad L. Colleen E. Melissa E. Anne V.
Denise V. Marilyn B. Suzanne B. Edith H.
Pettie B. Roger M. Todd S. Gertrude R.
Rita L. Mark L. Ren L. Anna R. Victoria
S. Carol S. Leo B. Sandy M. Terry
Robertson Nancy Twidell

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

Open Position 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

March 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
<p>Tax Time Again — UPDATED INFORMATION Do you find the idea of filing Income Taxes or Rent Rebates complicated and/or scary? No worries; some of the CSP Staff may be able to assist with filing forms for 2018. However, things have changed with the Federal Income Tax Forms.</p>	<p>There are no longer 1040A or 1040EZ Forms; instead, all filers must use Form 1040 along with any necessary schedules. Holly will still be available to assist with this process by appointment on Tuesdays and Thursdays from 12-3, but asks that you please plan to schedule your appointment on or after March 1st as she thinks this will make</p>	<p>filing your taxes a more pleasant and smooth experience. Mary Kay is still willing to assist with Rent Rebate—also known as Property Tax.</p>		<p>1 <i>Drop-In</i> 11:30–4pm</p> <p>12:30p Friday Fitness 2p Meditation with Goals</p>	<p>2/3</p>
<p>4 <i>Drop-In 11:30-4pm</i></p> <p>1p Mardi Gras Celebration 2p Mindful Movement</p>	<p>5 <i>Drop-In 11:30-4pm</i></p> <p>12:30p Walk or Run</p> <p>2p  OUT! 2:15p Employment Support Group</p>	<p>6 <i>Drop-In 11:30-4pm</i></p> <p>12p <u>Bowling</u> 12:30p Circle of Light Meditation 1:30p Energy Challenge 1:45p Chemical Health</p>	<p>7 <i>Drop-In</i> 11:30–3pm & 5-7pm 11:30-12p 1:1 Spiritual Listening 12:15p Spirituality 1p NAMI Connections 1:15p Essential Fitness</p> <p>5:30p 500 Bid Tourney</p>	<p>8 <i>Drop-In</i> 11:30–4pm</p> <p>12:30p Friday Fitness 2p Hands-On Wellness</p>	<p>9/10</p> <p>Daylight savings! Spring ahead</p>
<p>11 <i>Drop-In 11:30-4pm</i></p> <p>12:30p Prep for day on the hill! 2p Mindful Movement</p>	<p>12 <i>Drop-In 11:30-4pm</i></p> <p>12:30p Walk or Run</p> <p>2p  OUT! 2:15p Employment Support Group</p>	<p>13 <i>Drop-In 11:30-4pm</i></p> <p>12:30p Circle of Light Meditation 1p Meet Compas Artists! 1:30p Energy Challenge 1:45p Chemical Health</p>	<p>14 <i>Drop-In</i> 11:30–3pm & 5-7pm <u>Mental Health Day on the Hill</u> 11:30-12p 1:1 Spiritual Listening 12:15p Spirituality 1:15p Essential Fitness</p> <p>5:30p Rummikub</p>	<p>15 <i>Drop-In</i> 11:30–4pm</p> <p>12p <u>Science Museum</u> 12:30p Friday Fitness 2p Meditation with Goals</p>	<p>16/17</p>
<p>18 <i>Drop-In 11:30-4pm</i></p> <p>12:30p De-Clutter Discussion 2p Mindful Movement</p>	<p>19 <i>Drop-In 11:30-4pm</i></p> <p>12:30p Walk or Run</p> <p>2p  OUT! 2:15p Employment Support Group</p>	<p>20 <i>Drop-In 11:30-4pm</i></p> <p>12:30p Birthday Bingo 1:30p Energy Challenge 1:45p Chemical Health</p>	<p>21 <i>Drop-In</i> 11:30–3pm & 5-7pm 11:30-12p 1:1 Spiritual Listening 12:15p Spirituality 12:30p NAMI wellness series 1p NAMI Connections 1:15p Essential Fitness 5:30p Hot Cocoa</p>	<p>22 <i>Drop-In</i> 11:30–4pm</p> <p>12:30p Movie Friday! (at the CSP- let us know if you have any recommendations!) 12:45p <u>Pickle Ball!</u> 2p Hands-on Wellness</p>	<p>23/24</p>
<p>25 <i>Drop-In 11:30-4pm</i></p> <p>12:45p <u>Pickle Ball!</u> 2p Mindful Movement</p>	<p>26 <i>Drop-In 11:30-4pm</i></p> <p>12:30p Walk or Run</p> <p>2p  OUT! 2:15p Employment Support Group</p>	<p>27 <i>Drop-In 11:30-4pm</i></p> <p>12p Inspiring Poets 1:30p Energy Challenge 1:45p Chemical Health</p>	<p>28 <i>Drop-In</i> 11:30–3pm & 5-7pm 11:30-12p 1:1 Spiritual Listening 12:15p Spirituality 1p NAMI Connections 1:15p Essential Fitness</p> <p>5:30p Coloring Mandalas</p>	<p>29 <i>Drop-In</i> 11:30–4pm</p> <p>12:30p Friday Fitness 2p Meditation with Goals</p>	<p>30/31</p>

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



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

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ADDRESS SERVICE REQUESTED



Staff Leaving

Megan Moreau has resigned from her mental health case management position due to a new job offer. Her last day was February 8th 2019. She reported that her new job is a great opportunity to gain personal and professional growth. She is excited about new challenges and taking on rolls that fit with her life long dreams. She was very sad to leave Avivo as it has been a great place to work for the past, almost, year. She will miss all of the members at the CSP and her past clients she has worked with. She felt very rewarded working with everyone and she hopes to stop in to say hi again.

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!