Wellness Challenge Wrap-Up
Tuesday, March 3, 2 pm
Our Annual Wellness Challenge ended in February. Join us for a wrap-up celebration! We’ll share our goals and successes, and support each other for a healthier 2020!

Mental Health Day on the Hill
Thursday, March 12, 10 am-2 pm
Join us to go to the capitol, and become a more active and responsible citizen! This is an important time to let your voice be heard (along with many others)—and to inform state legislators about the important issues for you.

Going Green on a Budget
Save money, save the planet, save your health—all by making small changes to your diet! Almost 15 percent of the greenhouse gases that cause climate change come from producing beef and lamb. That’s about the same as what’s created by all the cars, trucks, planes, and ships in the world combined.

You can help the planet by eating more fruits and vegetables—and cutting red meat to one serving per week. Replace it with chicken, pork, fish, eggs, or plant proteins. This will help your physical and financial health too—reducing your risk of heart disease and colon cancer, and cutting your grocery bill. It’s a win-win-win!

Introduction to Tai Chi Chih
Wednesday, March 25, 4 pm
Would you like to learn a new way to exercise that is slow, calming, and relaxing? Here’s your chance! Tai Chi Chih is an easy-to-learn, easy-to-do, slow meditation practice. It helps improve balance, flexibility, and strength—all of which decline as we get older—and reduces anxiety and stress. Join us to get started with this class, and you’ll be able to continue doing it at home.

How to Get Help with Housing
CSP members who need help with housing can get assistance from CSP Peer Staff, Pam, Cyndy, or our Housing Coordinators, Robert and Georgia. Georgia will be here on Thursdays, 12-4 p.m. Robert will be here on Fridays in the afternoon. Please call Cyndy or Pam if you have questions or need to set up an appointment.

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.
# March 2020

**Avivo Community Support Program**

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

<table>
<thead>
<tr>
<th>Drop-In Hours:</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>12-5 pm</td>
<td>12-5 pm</td>
<td>2:30-6:30 pm</td>
<td>12-5 pm</td>
<td>12-4 pm</td>
</tr>
</tbody>
</table>
| 2             | Chemical Health Group 1:30 pm  
   Mindfulness 2:30 pm  
   Tai Chi Chih 4 pm |                         |                           |                           |                         |
| 3             | Mindfulness 12:30 pm    
   Knitting 1 pm  
   Strength Training 1:30 pm  
   Wellness Challenge Wrap-Up 2 pm  
   Art Project 3 pm |                         |                           |                           |                         |
| 4             | Drop-In Closed for Staff Retreat |                         |                           |                           |                         |
| 5             | Walk at Braemar Dome 1 pm  
   Tobacco Education 2 pm  
   Chair Yoga 2 pm  
   Coping with Anxiety 3 pm |                         |                           |                           |                         |
| 6             | Cooking Group 12:30 pm  
   Pet Lovers’ Group 12:30 pm  
   Bingo 1:30 pm  
   Mindfulness 3 pm |                         |                           |                           |                         |
| 9             | Chemical Health Group 1:30 pm  
   Mindfulness 2:30 pm  
   Faith & Life Support Group 3 pm  
   Tai Chi Chih 4 pm |                         |                           |                           |                         |
| 10            | Mindfulness 12:30 pm    
   Como Conservatory noon-3:30 pm $1 donation  
   Knitting 1 pm  
   Strength Training 1:30 pm |                         |                           |                           |                         |
| 11            | Name That Tune 3 pm  
   Games 4 pm  
   NAMI Connection Group 5 pm |                         |                           |                           |                         |
| 12            | Mental Health Day on the Hill 10 am-2 pm  
   Comfort Dog Visits 3 pm  
   Conversation Circle 4 pm |                         |                           |                           |                         |
| 13            | Help with Rent Rebate noon-2 pm  
   General Support Group 2 pm  
   Mindfulness 3 pm |                         |                           |                           |                         |
| 16            | Chemical Health Group 1:30 pm  
   Mindfulness 2:30 pm  
   Drum Circle 3 pm  
   Tai Chi Chih 4 pm  
   Creative Writing 4 pm |                         |                           |                           |                         |
| 17            | Mindfulness 12:30 pm    
   Knitting 1 pm  
   Strength Training 1:30 pm  
   Irish Music & Treats 2:30 pm |                         |                           |                           |                         |
| 18            | “Drop the Needle”  
   LPs & 45s 3 pm  
   All Member Meeting 4 pm  
   NAMI Connection Group 5 pm |                         |                           |                           |                         |
| 19            | Bowling 1 pm, $2  
   Tobacco Education 2 pm  
   Coping with Anxiety 3 pm  
   Conversation Circle 4 pm |                         |                           |                           |                         |
| 20            | Laughter 12:30 pm  
   Poetry Reading 1 pm  
   Open Art 2 pm  
   Mindfulness 3 pm |                         |                           |                           |                         |
| 23            | Chemical Health Group 1:30 pm  
   Mindfulness 2:30 pm  
   Tai Chi Chih 4 pm |                         |                           |                           |                         |
| 24            | Mindfulness 12:30 pm    
   Knitting 1 pm  
   Guest Musicians 1 pm  
   Paint Bird Houses 3 pm |                         |                           |                           |                         |
| 25            | Name That Tune 3 pm  
   Introduction to Tai Chi Chih 4 pm  
   NAMI Connection Group 5 pm |                         |                           |                           |                         |
| 26            | Bingo 1 pm  
   Chair Yoga 2 pm  
   Gratitude Discussion 3 pm  
   Drum Circle 4 pm |                         |                           |                           |                         |
| 27            | Pet Lovers’ Group 12:30 pm  
   Creative Writing 1 pm  
   General Support Group 2 pm  
   Beanbag Toss Game 3 pm  
   Mindfulness 3 pm |                         |                           |                           |                         |
| 30            | Chemical Health Group 1:30 pm  
   Mindfulness 2:30 pm  
   Sharing Your Resources 3 pm  
   Tai Chi Chih 4 pm |                         |                           |                           |                         |
| 31            | Mindfulness 12:30 pm    
   Knitting 1 pm  
   Strength Training 1:30 pm  
   Up from Depression 3:30 pm |                         |                           |                           |                         |

## March Holidays & Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>8</td>
<td>Daylight Saving Time begins (set clocks forward one hour)</td>
</tr>
<tr>
<td>9-10</td>
<td>Purim (commemorates Jewish people being saved from extermination in Persia)</td>
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<tr>
<td>10</td>
<td>Holi (ancient Hindu Festival of Love—or Festival of Colors—celebrates spring)</td>
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<tr>
<td>17</td>
<td>St. Patrick’s Day (international celebration of Irish pride &amp; culture)</td>
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<tr>
<td>20</td>
<td>Spring Equinox (first day of spring)</td>
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<tr>
<td>21</td>
<td>World Poetry Day (supports expression &amp; diverse languages through poetry)</td>
</tr>
<tr>
<td>28</td>
<td>Earth Hour Day (turn off lights from 8:30-9:30 pm to show support for the earth)</td>
</tr>
</tbody>
</table>

Women’s History Month (honors women’s contributions past & present)

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

Schedule subject to change without notice.
Improve Your Health in 2020: Continue Your Wellness Challenge Goals!

Celebrate spring by continuing to practice your new self-care habits. You reached your Wellness Challenge goal—now make it a part of your daily routine! The best way to make a habit stick is to turn it into something you do automatically. Here are some tips for creating lasting habits:

- **Minimize it.** Make a very small commitment to practice the habit daily. The commitment should be so tiny that you can’t fail. For example, “I’ll walk five minutes each day.” Or, “I’ll eat one vegetable every day.” The important thing is not the size of the action, but doing it consistently every day.

- **Drop an anchor.** Anchor a new habit to something you already do. For example, “I’ll take a five-minute walk after lunch every day.” Or, “I’ll meditate for five minutes after brushing my teeth at night.”

- **Plan for fun!** Fun is an important part of building new habits. Reward yourself for consistency. For example, come up with a reward to give yourself when you’ve stuck to the new habit for 14 days. Be creative!

- **Find a cheerleader!** You need someone to tell you how great you’re doing and to help you if you get off track. The Annual Wellness Challenge has ended, but you can still set up regular check-ins with our Health Coach, Angie, to get the support you need to continue practicing great self-care.

Happy spring!

(Source and further information: https://www.developgoodhabits.com/how-to-form-a-habit-in-8-easy-steps/)

**ANNOUNCEMENTS**

Fallon Nelson is a new case manager and is part of the Avivo Case management team here in Bloomington. Please say hi and welcome her when you see her.

**HELPING HANDS**

**Volunteer of the Month: Kerry C.**

Kerry has been a volunteer for the past 17 years. She facilitates the cooking group, helps members fill out their rent rebates, facilitated a street art project and helps at the front desk on occasion. In the past she facilitated a Living Well on a Budget Group, helped with hiring interviews and did some clerical projects and gardening. Thanks, Kerry, for helping in so many ways.
No winter lasts forever,
No springs skips its turn.

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, we offer rides Mondays and Thursdays. Call Donna by 11 am at 612-752-8372 to request a ride. 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 Avivomn.org
3. Let Cyndy know if you choose one of these options, so we can take you off the mailing list. Thanks!