



Avivo Community Support Program

May 2021

HEALTH & WELLNESS: GETTING THE WORD OUT

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612-752-8300

RSVP line:

612-752-8332

May Full Moon Ritual

By Amanda Rodriguez, NatureWorks Wellness Coach

The Full Flower Moon rises on Wednesday, May 26 and signifies abundance, warmer weather, and the planting season. The Ojibwe's fifth moon of Creation is where all plants display their Spirit sides for all the world to see. This life-giving energy is one of the most powerful healing medicines on Mother Earth. During this moon we are encouraged to explore our Spiritual essences (muskratmagazine.com).

This month, let us add a moon ritual to our spiritual wellness toolkit. Typical cosmologist teachings describe a full moon as time of great energy, heightened intuition, and manifestation. Full moons are a time to cultivate your personal power and recharge your spirit for the upcoming changes you will orchestrate during the New Moon. Use the following ritual like a recipe and adjust or substitute however you need.

- Find a place where you can meditate, doodle, craft or relax. Take a moment to find your center and light a candle or incense if you would wish.
- Acknowledge that as a Hennepin County resident you are residing on traditional, ancestral, and contemporary lands of Indigenous people. Take a moment to honor them.
- Find a comfortable pattern of breath and focus on these following affirmations:
 - I naturally hold the medicines that I need to heal myself and my community.
 - I easily recognize and share my abundance.
 - I absorb the power, positivity, and warmth of the sun.
- If the night is clear, bathe in the light of the moon and let yourself become absorbed in the moment.
- When you feel finished thank yourself, the Earth, and the moon. Extinguish any candle or incense to bring the ritual to a close.

Not sure what to manifest? Do research on the indigenous land you occupy and what you can do to support land reclamation. Redpaper.yellowheadinstitute.org is a great place to start!

WHAT'S THE BUZZ: UPDATES FROM THE CSP

Do you need a computer?

Do you have barriers to accessing technology? Do you need a computer to get online at home? If so, we are working to get members connected to devices for free. Please call J-D Neiman line to access support by calling him at 612-447-9420.

Pre-packed, hot meals to go!***

Monday – Friday, 11:30 AM – 12:30 PM

Avivo Garden, 1825 Chicago Ave S., Minneapolis

Avivo has partnered up with MN Central Kitchen to provide a free, chef-inspired, pre-packed, hot meal to anyone that wants one. As members you are welcome to come and receive a meal or talk to staff if you would like to volunteer. Meal distribution is from 11:30am - 12:30pm, Monday thru Friday in the Avivo Garden at 1825 Chicago Ave S., Minneapolis. No need to sign up -- just show up!

Addressing Stigma Reclaiming Basketry: Tuesday, May 4, 3:15 – 4:15 PM on Zoom

Martha Bird (ArtWorks Collective Member) will present on basketry as a tool for healing and empowerment. Drawing on her background in health care and basketweaving, Bird uses her own experience and research to highlight the health benefits of creating art and to challenge the stigma surrounding mental health issues. Martha will share a history of basketry as both an art form and a therapeutic tool, providing an engaging, far-ranging look at the artform's history, while challenging the misperceptions and stereotypes about basket weaving in popular culture. In 1994, Bird enrolled in her first basket class and fell in love with the materials and wove her way into activity and health after a back injury, two years of prescribed bed rest, and a bout of serious depression. She is a frequent speaker and presenter for both healthcare and arts organizations, using her work as a weaver and health professional to encourage a deeper understanding of how creating with one's hands can enrich our level of well-being.

WHAT'S NEW: HIGHLIGHTS, UPDATES, AND NEW GROUPS

Groups marked with *** are in person (mask required). All in person events are subject to change per CDC, MDH, and Avivo guidelines. RSVP is required at least 24 hours in advance. Staff reach out at least a day in advance with Zoom links and if there are group updates. For all in person events, a Zoom alternative will be offered if outdoor activity is cancelled due to weather. If you have RSVP'd to a group, you will receive a communication if the group is cancelled. Some groups have associated kits that staff will communicate with you about. Avivo is a tobacco-free organization. Thank you for helping us extend this policy during online & in person groups.

The Avivo CSP will be closed on Monday, May 31st to observe Memorial Day. We will not be offering groups or activities that day.

Jenga: Tuesdays 12 – 1 PM* at 1825 Chicago Ave. S**

Build up the Jenga tower and watch it topple. Each Jenga block will have a wellness-related question you may answer if you choose. Join us for an hour of fun and learning outside in the garden space.

Meditative Drumming: Tuesdays 1 – 2 PM* at 1825 Chicago Ave. S**

Group drumming offers time for relaxation, community, and an escape from the stresses of day-to-day life. Participants may feel free to drum along or sit and listen – individuals listening will experience the same health benefits as individuals drumming. Drumming reduces blood pressure, anxiety & stress, improves cognitive function & allows our nervous system to go back into a rhythmic pattern. Supplies provided.

Food Walk: Tuesdays, 2 – 3 PM* at Becker Park, 5530 Douglas Dr N, Crystal**

Walk for food is a healthy way to chat about food while walking in the parks and discovering the basic info of healthy food.

Book Club - Food Will Win the War: May 12 & 26, 12 – 1:30 PM on Zoom

In May we start the new book, Food Will Win the War. Food historian and author Rae Katherine Eighmey engages readers with wide research and recipes drawn from rarely viewed letters, diaries, recipe books, newspaper accounts, government pamphlets, and public service fliers. This engaging book of food, conservation, and life during World War I brings alive the unparalleled, mostly voluntary efforts made by everyday Minnesotans to help win the war.

Crochet Club: Wednesdays, 1 – 2 PM on Zoom

Join us for a crafting social circle. Members will share their crocheting skills with each other in this online group. NEW – this summer we will be trying macrame crafts. Supplies provided upon request with RSVP.

BIPOC Affinity Group: Wednesdays, 2 – 3 PM on Zoom

An online healing space for members who racially identify as Black, Indigenous or a person of color (BIPOC). This identity-based support group is led by BIPOC staff and serves as an informal, restorative gathering to deepen our social well-being and cultural solidarity.

Coping with Anxiety: Thursdays, 12 – 1 PM on Zoom

We will continue our nature-focused Coping with Anxiety group in May. This month's the theme is seeds! We will delve into the mystery, power, and diversity of seeds: What are seeds doing while they are hidden from sight underground? How do seeds move around the world? Which seeds add spice to our lives? This is an open group, members are free to join at any point. RSVP to receive this month's activity kit.

Diverse Foods: Thursdays, 2 – 3 PM on Zoom

Exploring delicious food, with definitive recipes from around the world. It is an essential guide to eating and knowing all about the best food from diverse backgrounds.

Spring Nature Walk: Thursdays, 2 – 3 PM* at various park locations**

We will stroll around our local parks and scout out signs of new growth and renewal in nature. Attend five walking groups throughout the spring and summer and receive a gift at the end of August. Join us as we take in the new life of spring!

Locations – May 6: Becker Park (Crystal), May 13: Minnehaha Falls (Mpls), May 20: Loring Park (Mpls), May 27: Smith Park (Bloomington)

Art in the Park*: Thursdays, May 13 & 20, 2 – 4 PM**

We are so excited that so many of you requested Art in the Park. So, let us art together in person again! Rick and Kate will be facilitating and will come with art activities to explore. On May 13th will meet at Minnehaha Falls at the green picnic tables near Sea Salt (4825 Minnehaha Ave S, Minneapolis) and on May 20th we will meet at the large picnic tables at the Minneapolis Sculpture Garden (725 Vineland Pl, Minneapolis).

Explore and Share Art Kits: Embroidery & Watercolor / Meet up on Friday, May 14 & 21, 1 – 2 PM on Zoom

Sign up for an Embroidery or Watercolor art kit by contacting staff. Each kit comes with a variety of supplies to get you started on a project. Kits are provided by Hennepin County Library and is funded by Minnesota's Arts and Cultural Heritage Fund. **We are hosting two art kit meetups on Zoom** to share about your kit progress, ask questions, and learn more about clay from fellow member Morgan. Meetup attendance is not required to receive a kit. **On Friday, May 14th from 1 – 2 PM, Collective Artist Martha Bird will explore the embroidery kit with you and on May 21st, fellow member Collective Artist Peter Hinze will check in with you about the watercolor kit. Sign up today!**

Mending Our Hearts and Bodies: Starting May 28 for 12 weeks (Therapy Group) Fridays, 2:30 – 3:30 PM on Zoom

In this group setting, we will explore the body's relationship to trauma and the comfort of regulation. Kate will be providing visuals to support exploration in a confidential therapeutic group setting. This group is currently full but for more information or to pre-register for the next group, text or call Kate at 612-446-9119 or email her at Kate.Pabst@avivomn.org.

May 2021

RSVP: 612-752-8332 or email community.support@avivomn.org

Avivo CommunitySupport Program

Masks required for all outdoor groups & all groups are tobacco free

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><u>Zoom:</u> 11am Peers Check-In 2pm Open Studio</p> <p><u>In-Person: Avivo</u> <u>1825 Chicago Ave. S</u> 11:30am Free To-Go Meal</p> <p><u>In-Person: Basset Creek Park</u> 12:30pm Outdoor Fitness</p>	<p>4</p> <p><u>Zoom:</u> 11am Let's Dance 3:15pm Addressing Stigma</p> <p><u>In-Person: Avivo</u> <u>1825 Chicago Ave. S</u> 11:30am Free To-Go Meal Noon-1pm Jenga 1-2pm Meditative Drumming Circle</p> <p><u>In-Person: Becker Park</u> 2-3pm Food Walk</p>	<p>5</p> <p><u>Zoom:</u> 11am Mindful Art 12pm Find your Wellness Flow 1pm Crochet Club 2pm BIPOC Affinity 3pm Mindful Movement</p> <p><u>In-Person: Avivo</u> <u>1825 Chicago Ave. S</u> 11:30am Free To-Go Meal</p>	<p>6</p> <p><u>Zoom:</u> 11am Photography Club 12pm Coping with Anxiety 1pm Exercise 2pm Diverse Foods 2pm Open Studio</p> <p><u>In-Person: Avivo</u> <u>1825 Chicago Ave. S</u> 11:30am Free To-Go Meal</p> <p><u>In-Person: Becker Park</u> 2-3pm Spring Nature Walk</p>	<p>7</p> <p><u>In-Person: Avivo</u> <u>1825 Chicago Ave. S</u> 11:30am Free To-Go Meal</p> <p><u>In-Person: Gold Medal Park</u> <u>(Minneapolis):</u> 2-4pm Photography Club Meet at the intersection of 11th Avenue South & West River Parkway</p>
<p>10</p> <p><u>Zoom:</u> 11am Peers Check-In 2pm Open Studio</p> <p><u>In-Person: Avivo</u> <u>1825 Chicago Ave. S</u> 11:30am Free To-Go Meal</p> <p><u>In-Person: Basset Creek Park</u> 12:30pm Outdoor Fitness</p>	<p>11</p> <p><u>Zoom:</u> 11am Let's Dance</p> <p><u>In-Person: Avivo</u> <u>1825 Chicago Ave. S</u> 11:30am Free To-Go Meal Noon-1pm Jenga 1-2pm Meditative Drumming Circle</p> <p><u>In-Person: Becker Park</u> 2-3pm Food Walk</p>	<p>12</p> <p><u>Zoom:</u> 11am Mindful Art 12pm Bookclub 1pm Crochet Club 2pm BIPOC Affinity 3pm Mindful Movement</p> <p><u>In-Person: Avivo</u> <u>1825 Chicago Ave. S</u> 11:30am Free To-Go Meal</p>	<p>13</p> <p><u>Zoom:</u> 12pm Coping with Anxiety 1pm Exercise 2pm Diverse Foods</p> <p><u>In-Person: Avivo</u> <u>1825 Chicago Ave. S</u> 11:30am Free To-Go Meal</p> <p><u>In-Person: Minnehaha Falls</u> 2-3pm Spring Nature Walk 2-4pm Art in the Park</p>	<p>14</p> <p><u>Zoom:</u> 12pm Sound Healing 1pm Explore & Share: Embroidery</p> <p><u>In-Person: Avivo</u> <u>1825 Chicago Ave. S</u> 11:30am Free To-Go Meal</p> <p><u>In-Person: Boom Island Park</u> <u>(Minneapolis)</u> 2-4pm Photography Club Meet at the gazebo by the parking lot</p>
<p>17</p> <p><u>Zoom:</u> 11am Peers Check-In 12:30pm Fitness Workout 2pm Open Studio</p> <p><u>In-Person: Avivo</u> <u>1825 Chicago Ave. S</u> 11:30am Free To-Go Meal</p> <p><u>In-Person: Basset Creek Park</u> 12:30pm Outdoor Fitness</p>	<p>18</p> <p><u>Zoom:</u> 11am Let's Dance 3:15pm Addressing Stigma</p> <p><u>In-Person: Avivo</u> <u>1825 Chicago Ave. S</u> 11:30am Free To-Go Meal Noon-1pm Jenga 1-2pm Meditative Drumming Circle</p> <p><u>In-Person: Becker Park</u> 2-3pm Food Walk</p>	<p>19</p> <p><u>Zoom:</u> 11am Mindful Art 12pm Find your Wellness Flow 1pm Crochet Club 2pm BIPOC Affinity 3pm Mindful Movement</p> <p><u>In-Person: Avivo</u> <u>1825 Chicago Ave. S</u> 11:30am Free To-Go Meal</p>	<p>20</p> <p><u>Zoom:</u> 12pm Coping with Anxiety 1pm Exercise 2pm Diverse Foods</p> <p><u>In-Person: Avivo</u> <u>1825 Chicago Ave. S</u> 11:30am Free To-Go Meal</p> <p><u>In-Person: Loring Park</u> 2-3pm Spring Nature Walk</p> <p><u>In-Person: Minneapolis Sculpture Park</u> 2-4pm Art in the Park</p>	<p>21</p> <p><u>Zoom:</u> 1pm Explore & Share: Watercolor</p> <p><u>In-Person: Avivo</u> <u>1825 Chicago Ave. S</u> 11:30am Free To-Go Meal</p> <p><u>In-Person: Wood Lake Nature Center</u> 12 - 1:30pm Vegetation Walk</p> <p><u>In-Person: The Commons at US Bank Stadium</u> 2-4pm Photography Club Meet at the intersection of Park Ave & South 4th St</p>
<p>24</p> <p><u>Zoom:</u> 11am Peers Check-In 2pm Open Studio</p> <p><u>In-Person: Avivo</u> <u>1825 Chicago Ave. S</u> 11:30am Free To-Go Meal</p> <p><u>In-Person: Basset Creek Park</u> 12:30pm Outdoor Fitness</p>	<p>25</p> <p><u>Zoom:</u> 11am Let's Dance 3:15pm Addressing Stigma</p> <p><u>In-Person: Avivo</u> <u>1825 Chicago Ave. S</u> 11:30am Free To-Go Meal Noon-1pm Jenga 1-2pm Meditative Drumming Circle</p> <p><u>In-Person: Becker Park</u> 2-3pm Food Walk</p>	<p>26</p> <p><u>Zoom:</u> 11am Mindful Art 12pm Bookclub 1pm Crochet Club 2pm BIPOC Affinity 3pm Mindful Movement</p> <p><u>In-Person: Avivo</u> <u>1825 Chicago Ave. S</u> 11:30am Free To-Go Meal</p>	<p>27</p> <p><u>Zoom:</u> 11am Photography Club Reception 12pm Coping with Anxiety 1pm Exercise 2pm Diverse Foods 2pm Open Studio</p> <p><u>In-Person: Avivo</u> <u>1825 Chicago Ave. S</u> 11:30am Free To-Go Meal</p> <p><u>In-Person: Smith Park</u> 2-3pm Spring Nature Walk</p>	<p>28</p> <p><u>Zoom:</u> 12:30pm Tea Tasting Club 2:30pm: Mending Hearts</p> <p><u>In-Person: Avivo</u> <u>1825 Chicago Ave. S</u> 11:30am Free To-Go Meal</p> <p><u>In-Person: Lyndale Rose Garden</u> <u>(Minneapolis)</u> 2-4pm Photography Club</p>

May At-A-Glance (Remember to RSVP)

On Zoom:

Peers Check In: Mondays, 11 AM – 12 PM, *Peer-led conversational group to check in about how you are doing.*

Open Studio: Mondays, 2 – 4 PM, *Do your art at home in the company of others!*

Let's Dance: Tuesdays, 11 AM – 12 PM, *Use your body to express yourself through dance.*

Addressing Stigma: Tuesdays, 3:15 – 4:15 PM (except May 11), *Peer-led group to address mental health stigma to create a collaborative art piece.*

Mindful Art: Wednesdays, 11 AM – 12 PM, *Explore various art mediums while looking inwards and using a mindful approach.*

Find Your Own Wellness Flow: Wed. May 5 & 19, 12 – 1 PM, *Fun activities and exercises to help you create your own personal wellness toolbox.*

Book Club: Wed, May 12 & 25, 12 – 1:30 PM, *New book this month: Food Will Win the War by Katherine Eighmey. Join in!*

Crochet Club: Wednesdays, 1 – 2 PM, *Crafting social circle to share skills and connect.*

BIPOC Affinity Group: Wednesdays, 2 – 3 PM, *A healing space for members who identify as Black, Indigenous or a person of color (BIPOC).*

Mindful Movement: Wednesdays, 3 – 4 PM, *No barrier exercise class – moving slowly through stretching and breathing.*

Photography Club: Thursdays, May 6 & 20, 11 AM – 12 PM, *COMPAS led art group teaching and exploring digital photography.*

Coping with Anxiety: Thursdays, 12 – 1 PM, *Delve into a nature-inspired anxiety support group by exploring the mystery, power, and diversity of seeds!*

Exercise: Thursdays, 1 – 2 PM, *Invigorating class that encourages you to have a mat or blanket to lie on with water nearby.*

Diverse Foods: Thursdays, 2 – 3 PM, *Exploring delicious foods with definitive recipes from around the world.*

Sound Healing: Friday, May 13, 12 – 1 PM, *Use guided meditation with music to relax.*

Explore & Share Embroidery Art Kit: Friday, May 14, 1 – 2 PM

Explore & Share Watercolor Art Kit: Friday, May 21, 1 – 2 PM

Tea Tasting: Friday, May 28, 12:30 – 2 PM, *Receive a kit to try diverse teas and then meet up to taste together!*

Mending Hearts: Starts Friday, May 28, 2:30 - 3:30 PM, *explore the body's relationship to trauma and the comfort of regulation in this therapeutic group. (registration is full)*

In Person:

Outdoor Fitness: Mondays, 12:30 – 1:00 PM, Basset Creek Park, 6001 32nd Ave N, Crystal, *Bring water, a towel or mat and maybe a snack for exercising outdoors.*

Jenga: Tuesdays, 12 – 1 PM, 1825 Chicago Ave S, Minneapolis, *Explore wellness while building a tower.* **Meditative Drumming Circle:** Tuesdays, 1 – 2 PM, 1825 Chicago Ave S, Minneapolis, *Group drumming activity you can participate in or listen to.*

Food Walk: Tuesdays, 2-3 PM, Becker Park, 6225 56th Ave N, Crystal, MN, *Chat about food while walking in the park, discovering the basic info of healthy food.*

Spring Nature Walk: Thursdays, May 6: Becker Park (Crystal), May 13: Minnehaha Falls (Mpls), May 20: Loring Park (Mpls), May 27: Smith Park (Bloomington), 2 - 3 PM, *Take a scroll in nature!*

Art in the Park: Thurs., May 13: Minnehaha Falls & May 20: Minneapolis Sculpture Garden, 2 - 4 PM

Photography Club: Fridays, May 7: The Commons at US Bank Stadium & May 14: Lyndale Rose Garden, 2 – 4 PM, *COMPAS led art group teaching and exploring digital photography.*

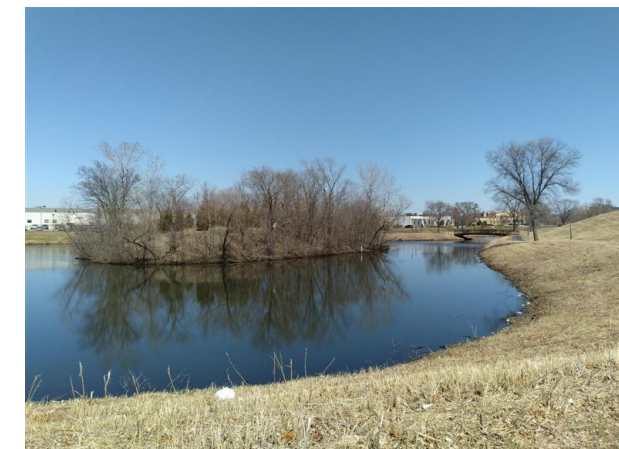
Vegetation Walk: Friday May 21, 2 – 1:30 PM, 6710 Lake Shore Dr S, Mpls, *Walk through the woods looking for different types of vegetation, including mushrooms.*



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Scenes from spring nature walks in various parks throughout Hennepin county. Some walks were sunny, some walks were rainy, but all walks were filled with good conversation and scouting out signs of new growth and renewal in nature.

Check out the calendar for May spring nature walk dates!

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NEW STAFF ALERT: WELCOME TO AVIVO!

A note from Lynn – our new Program Manager:

Hello! I've been very fortunate to have had a wide-range of career experiences, from owning an Illustration and Design business, to arts administration/teaching, catering/baking/cooking for restaurants and businesses, and garden maintenance/container design/floral work.

I'm a proud mother of an amazing daughter, who is an artist living in DC. I happily share my home with the Devilment Twins, 19-year-old brother and sister rescue cats. And, I do not doubt that you might see their wrath on a Zoom call. (I'm just forewarning you in advance!)

Being born and raised in Cleveland, Ohio - I still hope to see the day when we win the Super Bowl and the World Series. In the meantime, I enjoy making art, playing in my garden, baking and practicing yoga. And, it is with great excitement that I join the team and meet you!

-Lynn

A note from Ashley – our new Housing Coordinator:

I am originally from Duluth (born and raised) and moved to the metro in 2018 with my now husband, and two of my 3 children. I have 3 kids, my oldest son is 18, my daughter is 14, and my youngest will be 12 this month. We also have two cats and will be getting a puppy at the end of April. => I have worked in mental health and the medical field my entire working adult life. I have done everything from direct care in residential group homes to treatment director for ARMHS. I am very fascinated by the psyche and enjoy finding individual and out of the box ways to help people get the things they need in life (puzzle work!). I think that is what drew me to this job, it takes a lot of individual approaches, and research to find the best fit for people. I am a huge baseball and football fan (MN teams, even when they're bad!) I enjoy outdoor activities in the tolerable weather months and am obsessed with true crime shows! I look forward to meeting and getting to know everyone at Avivo!

A note from Jamie – our new Housing Coordinator:

I am Jamie and I was born and raised in St. Cloud, MN and moved to Fargo, North Dakota in 2013. I recently moved back to Minneapolis Minnesota in May of 2020. I live with my boyfriend and our 3 dogs (Jasmine, Azura, and Athena). I have taught Preschool, worked with the FM Coalition for the Homeless Persons, Rapid Rehousing, Ryan White Program, Early Head Start, and CADI waiver Case management.

In my free time I enjoy listening to music, watching Golden Girls and Rupaul Drag Race, hiking, going to the gym, and being an advocate in the community (Take Back The Night, LGBTQ, and Coalition for the homeless persons). I am excited learn and grow with Avivo and look forward to getting to know everyone at Avivo!

We are excited to have both Ashley and Jamie on board! Now that we have new Housing Coordinators joining us, this means that Georgia is moving on. We will miss her and wish her the best in her new role at Avivo! She leaves the CSP team with this note:

It is with many varied and mixed feelings that I write to let you know that I am leaving my position as Housing Coordinator for the CSP mid-to-end of May. I won't be going far, just pitching my tent in CSP's backyard, at the North TCM Team. I look forward to returning to work as a case manager, but I will miss all of you, both members and staff, very very very much.

You all, whether here forever like me, or brand spanking new to the program as a member or staff, have taught me so much about how to be generous, caring and how to keep giving to the world all the positive energy we can, no matter what the world throws at us. You all have taught me the great gift of resilience and are the strongest people I know. You also have taught me to remain curious, especially in times of chaos and great stress. You have taught me to embrace the new over and over again. Thank you for that.

I am excited for you all as you move into welcoming two new housing coordinators—Ashley and Jamie— into the fold. They have many gifts to share with us, and will be very good at housing, of that, I am sure. Remember Mary Oliver : “ tell me, what is it you plan to do with your one wild and precious life?”

Carry on being you.

Best, Georgia

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