



Avivo Community Support Program

March 2021

HEALTH & WELLNESS: GETTING THE WORD OUT

Staff Contact Info:

Lam, Director:

612-247-2097

Brenda, Manager:

612-702-0716

Supervisors

Jes (ArtWorks):

612-404-5541

Katie (NatureWorks):

612-450-7538

Specialists

Georgia, Housing

Coordinator:

612-396-9421

J-D, Employment

Coordinator:

612-447-9420

Kate, Mental Health

Professional: 612-446-

9119

Community Coordinators

Leanna (ArtWorks):

612-447-9566

Pam (NatureWorks):

612-532-1713

Lusu (FoodWorks):

612-978-7922

Wellness Coaches

Amanda (NatureWorks):

612-222-0251

Bushra (ArtWorks):

612-423-5351

Mary (FoodWorks):

612-499-7955

Peer Specialists

Chris (FoodWorks):

612-619-5069

Michael (NatureWorks):

612-499-7960

Rick (ArtWorks):

763-321-0222

CSP Main Lines:

612-752-8350 or

612-752-8300

RSVP line: 612-752-8332

Self-Care Through Forgiveness

By Mary, FoodWorks Wellness Coach

Ho'oponopono is the Hawaiian ritual of forgiveness that promotes the unity of everyone and everything, including the healing of ourselves and the earth. Like other ancient cultures, the Hawaiian culture promotes teaching wisdom and love. Hawaiians are known for caring for themselves, their ancestors, and their land, and through Ho'oponopono, this meditative technique helps to make things right or correct a mistake. Essentially, it means to make it right with the ancestors or to make right with the people with whom you have relationships. Ho'oponopono is a simple four-step ritual that helps restore harmony and balance. The process starts by thinking of someone you have a strained relationship with and, as you think of them, stating four intentions; I am sorry, Please forgive me, I love you, and Thank you.

The consistent completion of a Ho'oponopono exercise transforms negative energy into positive outcomes. If you are interested in learning this transformational meditative technique, please reach out to me to schedule a one-on-one coaching session and look for an upcoming workshop where I will be teaching this transformational process.

Each month A CSP Wellness Coach offers a tip to encourage staying healthy and well. We believe that addressing overall wellness – health, social and economic wellness – is the foundation of making lasting change in the lives of people we serve.

A Note from Steph:

Dear CSP members,

I am writing to say goodbye. The time I spent and the memories I made over the last many years will remain with me. I have been honored to get to know each of you and have always been thankful for the CSP community that offers support, kindness, and acceptance. I have never met a group of people that are so strong and inspiring. I will miss you!

~ Steph

Please meet Lam!

Greetings CSP members and community partners, my name is Lam Truong pronouns (He, him), I am the new CSP and Care Coordination Program Director. I would like to thank you for the opportunity to serve you in this role. It is a great honor for me to come and work here at Avivo. I would like to take this opportunity to share with you some information about myself. My family came to America in 1981 as immigrants from war-torn Vietnam. Our first apartment was on 17th and Elliot Ave, just blocks from Avivo's offices. This was where I learned how to ride a bike at age 9. I am a nature lover, self-proclaimed foodie, camper, therapist, parent, and activist. Growing up we had few resources and depended on assistance in order to get through day by day. From this experience I have learned how to be resilient and resourceful. I also learned that it takes a village and community to lift us up and help us reach our potential. These are difficult times, and now with Covid-19, and I know people may be feeling isolated and needing support. Just know that we are here to help. I approach this work with an open-door policy and will be accessible to hear your input on how we're doing.

Free chef-inspired, pre-packed, hot meals!***

Starting March 1st, we are introducing an exciting new opportunity to support CSP members and the greater community. Avivo has partnered up with MN Central Kitchen to provide a free, chef-inspired, pre-packed, hot meals to anyone that wants one. As members you are welcome to come and receive a food or talk to staff if you would like to volunteer. Meal distribution will start for one hour at 11:30am and go thru 12:30pm, Monday thru Friday in the Avivo Garden at 1825 Chicago Ave S., Minneapolis. No need to sign up -- just show up!

WHAT'S THE BUZZ: 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.

Explore and Share Art Kits: Crochet or Woven Bracelets

Sign up for a crochet or woven bracelet kit by contacting Leanna. 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. **Join us on Zoom for a meetup on Wednesday, March 10 from 1 – 2 PM** to share about your kit progress, ask questions, and learn more about crochet from fellow member Tami. Meetup attendance is not required to receive a kit.

Feedback Focus Group***

Thursday, March 4 at 2 PM at Becker Park or Thursday, March 11 at 2 PM at Smith Park

Join us for a chance to connect, see your friends, and most importantly, participate in giving feedback to the CSP! The CSP is a member-driven program; we want to know what you enjoyed in the past six months of CSP activities and what you want to see in 2021. We will ask a series of round-robin questions about the CSP structure, accessibility, programming, staff, etc. to ensure that all participants have a chance to share their views and ideas. Please RSVP. Space is limited to 8 Participants.

Mental Health Day on the Hill: Thursday, March 11, 9 – 11 AM on Zoom

Make your voice heard! Join us for this year's Mental Health Day on the Hill, sponsored by the Mental Health Legislative Network. This year's event will be a virtual one and will kick off at 9 AM with virtual messages from legislators, as well as an overview of current mental health policy and funding issues. Check with staff to get registered.

Addressing Stigma: Thursdays, March 11 & 25, 11 AM – 12 PM on Zoom

Join in on this info session to learn how to collaborate with ArtWorks Collective Members to address mental health stigma in ourselves and in others to increase awareness and its impact on our lives. An integral part of this project is to create a collaborative needle felted work of art led by fellow member Kimberly. This activity is made possible by the voters of Minnesota through a grant from the Minnesota State Arts board.

Dean's Art Demo: Adobe Photoshop: Wednesday, March 17, 1 – 2 PM on Zoom

Learn about Adobe Photoshop through this member-led art demo provided by fellow member Dean.

Let's Dance: Tuesdays, 11 AM – 12 PM on Zoom

In Let's Dance, we will utilize our bodies to express ourselves through dance. We will explore different dance forms such as Umfundalai (MAH-FOON-DAH-LAH), a contemporary African dance technique. In addition, we will use improvisation as a tool to create our own movement. Through class, we will build community, reflect, and connect to the powerful benefits of dance. Come join in!

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 wellbeing and cultural solidarity.

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

This group is not new, but the March theme is. Our March theme will be trees! Trees are an iconic symbol of beauty, endurance, perseverance, connections, and community. They are both grounding and awe-inspiring. We will explore through hands-on guided activities how trees can lead us to a greater sense of connection and self-awareness. Handouts are provided to accompany group activities.

Spring Nature Walk: Thursdays, 3 – 4 PM***

The first day of spring is March 20th and we are excited to walk in warmer weather. Spring is when cold and dark dwindle away and rebirth begins. Light shines brightly and more frequently, animals emerge, plants and flowers bloom. Join us as we take in the new life of spring! **Locations: March 4, 3 – 4 PM at Becker Park; March 11, 3 – 4 PM at Smith Park; March 18, 2 – 3 PM at Powderhorn Park ; March 25, 2 – 3 PM at Powderhorn Park**

New therapy group:

Mending Our Hearts and Bodies: Fridays, 2:30 – 3:30pm on Zoom

Feeling the comfort of regulation.

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. For more information, call Kate at 612-446-9119 or email her at Kate.Pabst@avivomn.org. Please join us for this supportive exploration.

Perspectives Outdoors: Fridays, 3:30 – 4:30 PM***

Please join us for Perspectives Outdoors, an in-person meeting of the ArtWorks photography club. We'll meet in different parks and locations around Hennepin County to enjoy and make art from the scenery. Locations and dates: March 5: Gold Medal Park, Minneapolis; March 12: Smith Park, Bloomington; March 19: Powderhorn Park, Minneapolis; March 26: Becker Park, Crystal.

March 2021

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

Avivo Community Support Program

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Zoom: 12:30pm Fitness 2pm Open Studio</p> <p>In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Hot Meal</p>	<p>2</p> <p>Zoom: 11am Let's Dance 12:00pm Food Photographs 3:15pm Perspectives</p> <p>In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Hot Meal 1pm Meditative Drumming Circle</p>	<p>Zoom: 11am Mindful Art 1pm Crochet Club 2pm BIPOC Affinity 3pm Mindful Movement</p> <p>In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Hot Meal</p>	<p>4</p> <p>Zoom: 12pm Coping with Anxiety 1pm Fitness 2pm Open Studio</p> <p>In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Hot Meal</p> <p>In-Person: Becker Park 2pm Feedback Group 3pm Spring Nature Walk</p>	<p>5</p> <p>Zoom: 11am Recipe Share 12:30pm Collage Club</p> <p>In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Hot Meal</p> <p>In-Person Gold Medal Park: 3:30pm Perspectives Outdoors</p>
<p>8</p> <p>Zoom: 12:30pm Fitness 2pm Open Studio</p> <p>In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Hot Meal</p>	<p>9</p> <p>Zoom: 11am Let's Dance 12:00pm Food Photographs 3:15pm Perspectives</p> <p>In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Hot Meal 1pm Meditative Drumming Circle</p>	<p>10</p> <p>Zoom: 11am Mindful Art 12pm Book Club 1pm Explore & Share: Crochet with Tami 2pm BIPOC Affinity 3pm Mindful Movement</p> <p>In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Hot Meal</p>	<p>11</p> <p>Zoom: 9am Mental Health Day on the Hill 11am Addressing Stigma 12pm Coping with Anxiety 1pm Fitness 2pm Open Studio</p> <p>In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Hot Meal</p> <p>In-Person: Smith Park 2pm Feedback Focus 3pm Spring Nature Walk</p>	<p>12</p> <p>Zoom: 11am Recipe Share 12:30pm Collage Club</p> <p>In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Hot Meal</p> <p>In-Person Smith Park: 3:30pm Perspectives Outdoors</p>
<p>15</p> <p>Zoom: 12:30pm Fitness 2pm Open Studio</p> <p>In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Hot Meal</p>	<p>16</p> <p>Zoom: 11am Let's Dance 12:00pm Food Photographs 3:15pm Perspectives</p> <p>In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Hot Meal 1pm Meditative Drumming Circle</p>	<p>17</p> <p>Zoom: 11am Mindful Art 1pm Crochet Club 2pm BIPOC Affinity 2pm Dean's Art Demo: Adobe Photoshop 3pm Mindful Movement</p> <p>In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Hot Meal</p>	<p>18</p> <p>Zoom: 12pm Coping with Anxiety 1pm Fitness 2pm Open Studio</p> <p>In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Hot Meal</p> <p>In-Person: Powderhorn Park: 2pm Spring Nature Walk</p>	<p>19</p> <p>Zoom: 11:30am Tea Tasting 1pm Collage Club</p> <p>In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Hot Meal</p> <p>In-Person Powderhorn Park: 3:30pm Perspectives Outdoors</p>
<p>22</p> <p>Zoom: 12:30pm Fitness 2pm Open Studio</p> <p>In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30 Hot Meal</p>	<p>23</p> <p>Zoom: 11am Let's Dance 12:00pm Food Photographs 3:15pm Perspectives</p> <p>In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Hot Meal 1pm Meditative Drumming Circle</p>	<p>24</p> <p>Zoom: 11am Mindful Art 1pm Crochet Club 2pm BIPOC Affinity 3pm Mindful Movement</p> <p>In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Hot Meal</p>	<p>25</p> <p>Zoom: 11am Addressing Stigma 12pm Coping with Anxiety 1pm Fitness 2pm Open Studio</p> <p>In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Hot Meal</p> <p>In-Person: Powderhorn Park 2pm Spring Nature Walk</p>	<p>26</p> <p>Zoom: 12:30pm Collage Club</p> <p>In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Hot Meal</p> <p>In-Person Becker Park: 3:30pm Perspectives Outdoors</p>
<p>29</p> <p>Zoom: 12:30pm Fitness 2pm Open Studio</p> <p>In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Hot Meal</p>	<p>30</p> <p>Zoom: 11am Let's Dance 12:00pm Food Photographs 2pm Open Collective Meeting 3:15pm Perspectives</p> <p>In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Hot Meal 1pm Meditative Drumming Circle</p>	<p>31</p> <p>Zoom: 11am Mindful Art 12pm Book Club 1pm Crochet Club 2pm BIPOC Affinity 2pm Study the Artists 3pm Mindful Movement</p> <p>In-Person: Avivo <u>1825 Chicago Ave. S</u> 11:30am Hot Meal</p>	<p>First day of spring is March 20th!</p> 	<p>Monday – Friday Pre-packaged hot meals in the Avivo CSP Garden starting on March 1st from 11:30am – 12:30 PM!</p>