



Avivo Community Support Program

August 2021

Staff Contact Info:

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612-247-2097

Lynn, Manager

612-404-9315

Supervisors:

Coming soon!

Specialists

Ashley, Housing

Coordinator

612-210-1393

Jamie, Housing Coordinator,

612-481-3234

J-D, Employment

Coordinator:

612-447-9420

Kate, Mental Health

Professional:

612-446-9119

Community

Coordinators:

Pam (NatureWorks):

612-532-1713

Lusu (FoodWorks):

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Wellness Coach:

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

WHAT'S THE BUZZ: UPDATES FROM THE CSP

Dear members,

Our newsletter is going digital next month. Please reach out to staff to sign up to receive our monthly updates via email. Call 612-752-8332 today!

THANK YOU FOR ATTENDING THE PICNIC

Thank you for coming out to the Summer Picnic and spending the day with us. We hope you had a lovely time, and we look forward to doing it again!

GET THE WORD OUT:

Smart ways to boost your immunity!

One of the best ways to keep yourself healthy and fight back against colds, flu, or even COVID is to keep your immune system strong.

Keeping your immune system strong comes down to making sure you are getting plenty of sleep. While asleep, your immune system has a chance to re-group and release chemicals your body needs to fight off infections. So, it's critical to put a high priority on sleeping even if things are crazy busy.

When on the move all day, be sure to be moving your body and exercise. Taking a walk or bike ride is a great way to get those muscles moving, but it also helps you be outside in fresh air and sunshine. So, remember to make time to exercise and be outside.

And finally, a great way to build your immunity is to chill out and relax. Take time to have some downtime. Maybe take up meditation or join a book club. If you are more inclined to want quiet time, go walking on the beach or in the woods. Figure out what you like to do, and then do it.

Here at Avivo, we have activities for all different interests. So, check out the calendar, register for the activity and then join in and have fun with staff and members.

Be well,
Mary Newstrom



Avivo ArtWorks Collaborative Art

“KEEP MAKING YOUR ART NO MATTER WHAT.”

I am moving on to focus on the next chapter in my life. I will bring you in my next painting, my next video, my next poem. I will miss you and all of the memories we built together in the ArtWorks studio. Thank you for making art and community with all of us at Avivo!

ArtWorks is yours! Keep making art no matter what! I have so much appreciation for you.

- Jes Reyes :-)

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

Groups marked with *** are in person. 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. 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. Our groups and one-on-one services are safe and confidential, in person or online.

Art in the Garden: Mondays, August 9, 16, 23, 30 2 – 4 PM, 1825 Chicago Ave S.***

Join us for open art time in the Avivo Garden. Supplies will be provided but you are more than welcome to bring your own if you prefer. Occasional art demonstrations will be offered by staff.

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.

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

For August we learn about the cleansing power of breath and how breathing techniques can be both freeing and grounding. Adding regular breathing practice to your routine can be key to feeling calmer and more in control of your life, no matter what the winds blow your way. And we'll explore nature of wind - from Aeolian to Zephyr!

Those Who Inspire Us To Greatness with COMPAS Teaching Artist Beverly Cottman: Thursdays, August 5, 12, and 19, 1 – 3 PM @ Fresh Eye Gallery, 4238 Nicollet Ave S, Minneapolis ***

STORYTELLING WORKSHOP/CREATIVE WRITING

The life and work of historical and contemporary figures like Ida B. Wells and John Lewis will serve as the inspiration for creating and developing a story that will engage, educate, and entertain. Participants will be introduced to basic background research skills, practice synthesis and paraphrasing information, creating, and developing a story, and making oral presentations of their work. Beverly has 30 years experience as an educator. She has presented workshops and residencies for participants at elementary school, high school, colleges, conventions, senior centers, and business meetings. She is a member and workshop presenter with Black Storytellers Alliance, Story Arts of Minnesota, National Storytellers Network, and National Association of Black Storytellers.

Summer Social and Nature Walk: Thursdays, 2 – 3 PM* at Smith Park**

Come to Smith Park to walk for exercise and to enjoy the beauty of this delightful park. We will meet in the largest gazebo on the western side of the park near Park Avenue parking lot. If you prefer you can enjoy hanging out in the gazebo with others and working on your own portable craft project. We will provide some projects left over from previous groups, but you are free to bring your own project and work at the picnic table while chatting with fellow crafters. Join us as we take in abundance of life in summer!

Perspectives Photography Group: Thursdays at 11 AM – 12 PM on Zoom, Fridays at 11 AM – 12:30 PM* (Various Locations)**

Please join Rick and Michael for Perspectives Photography Club. We'll meet every week on Zoom to go over photography technique, and to share and get feedback about photos. Then we'll meet in-person weekly as well, to put photography techniques to use at various parks. Locations: August 6 at Boom Island Park (724 Sibley St NE, Mpls); August 13 at Veteran's Memorial Park (6335 Portland Ave, Richfield); August 20 at Lake Harriet (4135 W Lake Harriet Parkway, Mpls); August 27 at Bassett Creek Park (5609 32nd Ave N, Crystal)

LGBTQ SPACES Book Club: Tuesdays August 17, 24, and 31, 3-4 PM at 1825 Chicago Ave S***

Exploring the taking of our rightful space in the fabric of humanity. Join us in a safe space exploration of multi-cultural LGBTQ+ history. Call Jamie: 612-481-3234 or Kate: 612-446-9119 for more information or if you have questions.

Food Will Win the War Book Club recipe exchange & tasting: Tuesday, August 10, 12 – 1:00 PM***

This is a gathering for those that love to taste different food and discuss yummy dishes. The recipes that will be shared and tasted are from the book *Food Will Win the War* focused on WW1 and food conservation. Join us for a lively discussion and bring a dish to share. RSVP would be helpful because Avivo will provide beverages.

In Good Company: Wednesday, August 18, 12 – 1:30 PM on Zoom

Turning challenges into successes. A monthly spotlight on a celebrity with mental illness and their story. Join us for this once a month 90-minute look into a celebrity with mental illness and discuss stigma, challenges, and triumphs.

Book Club – *The Island of Sea Women*: Wednesdays, August 11 & 25, 12 – 1:30 PM on Zoom (Books provided with RSVP)

Our next book club selection is about female friendship and family secrets on a small Korean island. This beautiful, thoughtful novel illuminates a world turned upside down, one where the women are in charge, engaging in dangerous, physical work, and the men take care of the children. A classic Lisa See story - one of women's friendships and the larger forces that shape them - *The Island of Sea Women* introduces listeners to the fierce and unforgettable female divers of Jeju Island and the dramatic history that shaped their lives.

Mini-Golf: Wednesday, August 25, 2:30 – 4 PM, Veterans Memorial Park, 6335 Portland Ave South, Richfield MN 55423***

Meet at Adventure Park at 2pm for an adventurous round Mini Golf. Who will get the first hole in one? Find out - RSVP to join the fun! Cost of mini-Golf covered- bring your own \$ if you want buy snacks.

“Dear Mary” Coming in September!

A new monthly column by our FoodWorks Wellness Coach, Mary Newstrom!

Mary will answer any questions and give suggestions about wellness for our CSP Members.

If you have a question, you may send it to Mary's email address: mary.newstrom@avivomn.org or call it in to our RSVP line at: (612)752-8332.



Mary

August 2021

Avivo Community Support Program

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

All groups are confidential & tobacco free.

Monday	Tuesday	Wednesday	Thursday	Friday
CSP offers free, chef-inspired, to-go meals at 1825 Chicago Ave. Minneapolis every weekday 11:30am-12:30pm. Excludes observed holidays.				
<p>2</p> <p><u>Zoom:</u> 11-12pm Peers Check-In 2-3 PM Open Studio</p> <p><u>In-Person: Basset Creek Park</u> 11-12pm Outdoor Fitness</p>	<p>3</p> <p><u>In-Person: Avivo 1825 Chicago Ave. S</u> 12-1pm Games Hour 1-2pm Meditative Drumming Circle</p> <p><u>In-Person: Becker Park</u> 2-3pm Food Walk</p>	<p>4</p> <p><u>Zoom:</u> 11-12pm Mindful Art 2-3pm BIPOC Affinity 3-4pm Mindful Movement</p>	<p>5</p> <p><u>Zoom:</u> 12-1 pm Coping w/Anxiety 12-1pm Zoom Fitness 1-2pm Diverse Foods</p> <p><u>In-Person: Fresh Eye Gallery</u> 1-3 PM Those Who Inspire Us</p> <p><u>In-Person: Smith Park</u> 2-3:30pm Summer NatureWalk</p>	<p>6</p> <p><u>Zoom:</u> 1-2 PM Sound Healing</p> <p><u>In-Person: Boom Island</u> 11am-12:30pm Perspectives Photography Group</p>
<p>9</p> <p><u>Zoom:</u> 11-12pm Peers Check-In</p> <p><u>In-Person: Basset Creek Park</u> 11-12pm Outdoor Fitness</p> <p><u>In-Person: Avivo Garden 1825 Chicago Ave. S</u> 2-4pm Art in the Garden</p>	<p>10</p> <p><u>In-Person: Avivo 1825 Chicago Ave. S</u> 12-1pm Recipe Exchange & Games Hour 1-2pm Meditative Drumming Circle</p> <p><u>In-Person: Becker Park</u> 2-3pm Food Walk</p>	<p>11</p> <p><u>Zoom:</u> 11-12pm Mindful Art 12 - 1:30 Book Club 2-3pm BIPOC Affinity 3-4pm Mindful Movement</p>	<p>12</p> <p><u>Zoom:</u> 11-12pm Perspectives Photography Group 12-1pm Coping w/Anxiety 12-1pm Zoom Fitness 1-2pm Diverse Foods</p> <p><u>In-Person: Fresh Eye Gallery</u> 1-3 PM Those Who Inspire Us</p> <p><u>In-Person: Smith Park</u> 2-3:30pm Summer Nature Walk</p>	<p>13</p> <p><u>Zoom:</u> 2-3 PM Open Studio</p> <p><u>In-Person: Veteran's Memorial Park</u> 11am-12:30pm Perspectives Photography Group</p>
<p>16</p> <p><u>Zoom:</u> 11-12pm Peers Check-In</p> <p><u>In-Person: Basset Creek Park</u> 11-12pm Outdoor Fitness</p> <p><u>In-Person: Avivo Garden 1825 Chicago Ave. S</u> 2-4pm Art in the Garden</p>	<p>17</p> <p><u>In-Person: Avivo 1825 Chicago Ave. S</u> 11-12pm Tea Tasting 12-1pm Tasty Tuesday 1-2pm Meditative Drumming Circle 3-4pm LGBTQ SPACES Book Club</p>	<p>18</p> <p><u>Zoom:</u> 11-12pm Mindful Art 12-1:30 In Good Company 2-3pm BIPOC Affinity 3-4pm Mindful Movement</p>	<p>19</p> <p><u>Zoom:</u> 11-12pm Perspectives Photography Group 12-1pm Coping w/Anxiety 12-1pm Zoom Fitness 1-2pm Diverse Foods</p> <p><u>In-Person: Fresh Eye Gallery</u> 1-3 PM Those Who Inspire Us</p> <p><u>In-Person: Smith Park</u> 2-3:30pm Summer Nature Walk</p>	<p>20</p> <p><u>Zoom:</u> 2-3 PM Open Studio</p> <p><u>In Person: Lake Harriet</u> 11am-12:30pm Perspectives Photography Group</p>
<p>23</p> <p><u>Zoom:</u> 11-12pm Peers Check-In</p> <p><u>In-Person: Basset Creek Park</u> 11-12pm Outdoor Fitness</p> <p><u>In-Person: Avivo Garden 1825 Chicago Ave. S</u> 2-4pm Art in the Garden</p>	<p>24</p> <p><u>In-Person: Avivo 1825 Chicago Ave. S</u> Noon-1pm Games Hour 1-2pm Meditative Drumming Circle 3-4pm LGBTQ SPACES Book Club</p> <p><u>In-Person: Becker Park</u> 2-3pm Food Walk</p>	<p>25</p> <p><u>Zoom:</u> 11-12pm Mindful Art 12 - 1:30 Book Club 2-3pm BIPOC Affinity 3-4pm Mindful Movement</p> <p><u>In-Person: Veteran's Memorial Park</u> 2:30 - 4pm Mini Golf</p>	<p>26</p> <p>No groups or activities today</p> <p>CSP closed for all staff event</p>	<p>27</p> <p><u>Zoom:</u> 2-3pm Open Studio</p> <p><u>In-Person: Bassett Creek Park:</u> 11am-12:30pm Perspectives Photography Group</p>
<p>30</p> <p><u>Zoom:</u> 11-12pm Peers Check-In</p> <p><u>In-Person: Basset Creek Park</u> 11-12pm Outdoor Fitness</p> <p><u>In-Person: Avivo Garden 1825 Chicago Ave. S</u> 2-4pm Art in the Garden</p>	<p>31</p> <p><u>In-Person: Avivo 1825 Chicago Ave. S</u> Noon-1pm Games Hour 1-2pm Meditative Drumming Circle 3-4pm LGBTQ SPACES Book Club</p> <p><u>In-Person: Becker Park</u> 2-3pm Food Walk</p>		<p>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.</p> <p>Please call J-D Neiman to access support by calling him at: 612-447-9420.</p>	

August 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: Monday, August 2 & Fridays, August 13, 20, & 27, 2-3 PM, *Do your art at home in the company of others!*

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

Book Club – *The Island of Sea Women*: Wednesdays, August 11 & 25, 12 – 1:30 PM, *our next book club selection is about female friendship and family secrets on a small Korean island.*

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.*

Perspectives Photography Group: Thursdays, 11 AM – 12 PM, *Explore photography technique, share your art and get feedback about your photos.*

Coping with Anxiety: Thursdays, 12 – 1 PM, *a nature inspired Anxiety support group with interactive discussion, practical strategies, and activities to create a sense of calm.*

Zoom Fitness: Thursdays, 12 – 1 PM, *Invigorating class that encourages you to have a mat or blanket to lie on with water nearby.*

Diverse Foods: Thursdays, 1 – 2 PM, *Exploring delicious foods with definitive recipes from around the world.*

Sound Healing: Friday, August 6, 1-2 PM, *guided meditation with relaxing music to help wash away your anxiety and worries.*

In Person:

Games Hour: Tues. 12 – 1 PM (except July 13), *Avivo Garden, explore wellness while playing board games.*

Meditative Drumming Circle: Tuesdays, 1 – 2 PM, *Avivo Garden, Group drumming activity you can participate in or listen to.*

Food Walk: Tuesdays, 2-3 PM, *Becker Park, chat about foodwhile walking in the park, discovering the basic info of healthy food.*

Summer Nature Walk: Thursdays, 2 – 3 PM, *Smith Park, take a scroll in nature!*

Art in the Garden: Mondays, August 9, 16, 23, & 30, 2 – 4 PM, *open art time with art demos.*

Tea Tasting: Tuesday, August 17, 11 – 12 PM, *receive a kit to try diverse teas and then meetup to taste together!*

Tasty Tuesday: Tuesday, August 17, 12 – 1 PM, *come and learn how to make tasty herb dips and spreads.*

LGBTQ SPACES Book Club, Tuesdays, August 17, 24 & 31, *join us in a safe space exploration of multi-cultural LGBTQ+ history.*

Those Who Inspire Us to Greatness: Thursdays, 1 – 3 PM, *Fresh Eye Gallery, the life and work of historical and contemporary figures like Ida B. Wells and John Lewis will serve as the inspiration for creating and developing a story that will engage, educate, and entertain.*

Mini-Golf, Wednesday, August 25, 2:30 – 4 PM, *Veteran’s Memorial Park.*

Open Collective Meeting, Tues. August 31, 2 -3 PM, *meet collective members and learn about their work and contributions.*

Photography Group: Fridays, 11 AM – 12:30 PM, *join peers to put photography techniques to use at various parks located in Hennepin County. Check calendar for locations.*

Outdoor Fitness: Monday, 11 – 12 PM, July 12, 19, and 26 at *Basset Creek Park, fun outdoor exercise class.*

No groups on Thursday, August 26 due to an all Avivo staff event.



**1825 Chicago Ave S
Minneapolis, MN 55404**

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ADDRESS SERVICE REQUESTED



Michael and Pam, CSP staff, in the Avivo Garden during our Meditative Drumming group. Meet us on Tuesdays at 1pm to join in next time.