



MARCH NEWSLETTER

Innovations Community Center is a peer-staffed mental health program that supports the wellness and recovery of individuals from underserved communities. The Center promotes collaborative relationships between recipients of mental health services and mental health and wellness practitioners throughout Napa County.



LAST MONTH'S HIGHLIGHTS

With February, it doesn't seem like there is much to say as to events that happened, it was business as usual for the most part.

The Monthly Gathering was also calmer than the ones in the past this month, but it seems everyone still had a good time. The participants especially enjoyed the enchilada casserole made by our generous volunteer, Lupe. It may very be that we have gotten accustomed to the hectic events during our Halloween, Thanksgiving, and Christmas gatherings, but these more calmer months make it feel refreshing. A well-needed breather.

We are happy to see new faces nearly every week. Lots of people stopping by, requests for tours of the center, word of mouth, you name it. More recognition by the community is an amazing sign that what we are doing is working for people, and nothing motivates us more than that.



GROUPS/ACTIVITIES

We have new groups to announce, finally! This first one has been in development for many months and the people running it are really excited to finally have things start this March. It is dubbed "Age & Wisdom" and will be a senior support group for those 50 years and older. It will be structured similarly to our ESL and Spanish support group classes, with a themed activity that rotates each week. Age & Wisdom will debut on the 5th of March and will be every Tuesday at 9:30am. If it something that interests you or has you curious, we invite you to check it out.

We surveyed participants last month to see if a group centered around playing various tabletop games would be an interest here at the center, and it was! So starting this March, every 2nd & 4th Friday will be "Boardgame Time" from 11am to 12:30pm. We'll be buying boardgames that participants voted on, and other games like dice and playing cards. We had even gotten some boardgames donated to us by participants for everyone to play here, which is an awesome thing to see. We hope people can stop by one afternoon and have some fun with the community.

Lastly, this is more of a sign of change with the seasons but our garden, which has remained dormant during the winter season, will finally be reawakened and making a comeback. It has been mentioned previously but this year will be the first time we will have a salsa garden, growing all kinds of veggies that we can use to make some spicy homemade salsa.

AGE & WISDOM
SUPPORT GROUP

Sharing accumulated life experiences in a Peer-led group setting

Week 1
Topic Discussion

Week 2
Brain Activities

Week 3
Lively Exercises

Week 4
Resource Sharing



"Aging is not lost youth, but a new stage of opportunity, strength, and growth..."

Tuesdays 9:30am - 10:30am

INNOVATIONS COMMUNITY CENTER Mon - Fri 8:00am - 2:00pm
3281 Solano Ave Napa, CA • (707) 259-8692 Or by appt.

Board Game Time
Every 2nd & 4th Friday
11:00am - 12:30pm
Peer-Led!



Play games like Dominoes, Uno, Yahtzee, Chess, Checkers, Phase 10, Cards, Dice, Jenga, and LIFE.

OR
Bring your own games and play with new friends!

What are the benefits?

- Improves Memory
- Reduces stress
- Keeps the mind active!

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UPCOMING EVENTS



There are lots of things happening in March, days such as St. Patty's Day on the 17th and Easter Sunday on the 31st. March also celebrates Women's History month. But for us at the center, this month will have no holidays reflected, just business as usual, 5 days a week.

Jose Martinez from Mentis will be hosting a special paint night the 21st of March at 5:30pm, mainly for teens and older folk ages 65 and up. Their aim is to bridge the generational gap between these two age groups while having a fun art activity. If that is something that interests you, we implore you to check it out.

Our monthly gathering falls on the 29th this month, and speaking of, we are switching things up with the activities that we do during the event. We decided to move Karaoke to our monthly gathering and replace Bingo. It would be a good opportunity to see the engagement from participants and it also seems more fitting than Bingo. Listening to music and singing sounds more appropriate for an end of the month celebration.



MENTAL HEALTH

Spring forward is finally upon us! We'll be gaining a whole hour to our day, so the sun will be out longer. But, sometimes spring can mark a time of anxiety for some. Whether it be from seasonal mood changes, allergies, or important dates, its important to take the necessary steps to take care of yourself as we jump into the spring season.

One of the simplest things you can do is spruce up your environment. With spring comes cleaning out the old and in with the new, so why not treat yourself with buying a new piece of furniture or piece for your home? Also, rearranging your things can help add a comfortable amount of change to your visual life, so things don't look the same year after year.

You can also attempt to try and either fix your sleeping schedule or maintain an already good one. The days may be getting longer but a good night's rest remains true. Ensuring that you are going to bed at an appropriate time and getting enough quality sleep is crucial to feeling at your absolute best every day. Here's a tip for you: instead of browsing on your phone or laptop before bed, try reading for 30 minutes before lights out. Study's show the blue light that comes from our electronic devices can greatly impact both the quality and amount of sleep you get at night, so going offline an hour before bed could reduce the "blue light effect".

FINAL THOUGHTS

Like we predicted, February was a short month even with that extra day included. Parts of us feels like not much went on here at the center. Yet even with that feeling, it was very busy here each week. The good kind of busy, with lots of planning and figuring things out for the center, and a lot of foot traffic coming in. We hope everyone has an awesome and safe March and we'll see you in April, though we won't be doing any pranks of our own when April Fools Day comes around.

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