July 2019 Newsletter

"If the sight of the blue skies fills you with joy, if a blade of grass springing up in the fields has power to move you, if the simple things of nature have a message that you understand, rejoice, for your soul is alive." - Eleonora Duse

Eugene Em’s Baseball Game! On Thursday, July 25th, we’re off to the old ball game! Join us as we root, root, root for the home team. Meet at Mentorship at 6:30 pm to carpool to PK Park at 2760 Martin Luther King Jr. Blvd., or grab your tickets ahead of time at Mentorship and meet us at our seats at 7 pm. Let us know if you need a ride from another Sponsors location. Tickets are free, but if you’re driving, bring $3 cash for parking (you can use your match funds). Mentors, please let us know if you can help with transportation. Ages 18+ only. Tickets are limited, so if you RSVP, do not attend, and do not provide 2+ days’ notice (without a good reason), you will be charged $3 and will not be allowed to attend Mentorship events in the future. RSVP to Amy at (541) 505-5686 or amyers@sponsorsinc.org.

July Speaker Potluck: Chief of Police Chris Skinner and Municipal Court Judge Gregory Gill - Join us on Wednesday, July 31st, 6 - 7:30 pm at The Oaks at 1424 Oak Patch Road for a potluck dinner (please don’t forget to bring a food item to share!) and to hear from two key members of our local justice system. Gregory Gill will speak about “Community Court”, which sentences participants to performing community service and connecting with on-site social service providers. Chief Chris Skinner, who is responsible for the overall leadership of the Eugene Police Department, will discuss his vision for the future of the department. Ages 18+. Free. You are responsible for your own transportation. RSVP to Amy at amyers@sponsorsinc.org or (541) 505-5686.

Pool Tournament - It’s about time we found out who’s really the best pool player at Sponsors! The Mentorship Program will be hosting a pool tournament on Wednesday, July 17th - meet us at Mentorship at 4:45 pm sharp for a ride, or meet us at the pool tables at Putters (1156 Hwy 99 N) at 5 pm sharp. Let us know if you need a ride from another Sponsors location. We’ll spend two hours at six pool tables making our way through a tournament bracket. Free! We’ll return to Mentorship by 7:15 pm. Mentors, please let us know if you can help with transportation. Brett and Ben will lead this event. Ages 18+ only. If you RSVP, do not attend, and do not provide 2+ days’ notice (without a good reason), you will be charged $3 and may not be allowed to attend Mentorship events in the future. To RSVP, contact Amy at (541) 505-5686 or amyers@sponsorsinc.org.
Active in Recovery (AIR): AIR is a Sponsors mentoring program centered on recovery - and we currently have openings for new mentees, especially women looking for support in their recovery. This program can help you attend meetings, get a sponsor, build a positive support system, find a home group, learn about service work, and participate in fun, healthy, pro-social activities. To qualify, you must have a desire to be clean and sober, be age 18 or older, have a criminal history, reside in the Eugene/Springfield area, and not be involved with the Mentorship Program Life Study. Interested? Women should contact Katelyn Darling at (541) 525-4745 or kdarling@sponsorsinc.org; men should contact Ben Bryant at (541) 521-7949 or bbryant@sponsorsinc.org. This program is gender specific, but non-binary individuals’ needs will be addressed on a case-by-case basis.

GED Tutoring Class: Sponsors can help you get your GED! Meets at The Oaks (1424 Oak Patch Road) in the Community Room, 6 - 8 pm every Monday for math help and every Wednesday for language arts help. Sign up with Randy at (541) 636-6564 or Kristie at (541) 505-5665.

Tabling Opportunity: Friendly Area Neighbors Picnic and Dr. Edwin Coleman Jr. Mural Unveiling! On Sunday, July 21st, 1 - 4 pm at the Friendly Area Neighbors Picnic at 1545 W. 22nd Ave., the Dr. Edwin Coleman Jr. Center Mural Project will reveal the result of all their hard work! Ed Coleman was a founding and long-time board member of Sponsors, and Sponsors is a major donor to the Dr. Edwin Coleman Jr. Center Mural Project. Want to share your story at the Mentorship table? Contact Kristie at (541) 505-5665 or kmamac@sponsorsinc.org.

Emotions Anonymous: There are over 1000 “Emotions Anonymous” meetings in 32 countries. Emotions Anonymous meets every Saturday at 10:30 am in room 18 at First United Methodist at 1376 Olive Street (and has been co-organized by a Sponsors mentor)! These weekly meetings will support folks with emotional issues such as depression, anxiety, anger, etc. and are modeled after AA’s 12-step program. Anyone who wants to better their emotional health is welcome. Questions? Please call Betty at (541) 485-4162 or Robert at (541) 285-1647.

Weekly Chair Yoga Class: Join Sponsors’ gentle chair yoga class on Tuesday, July 2nd and then, beginning Wednesday, July 10th, every Wednesday in the Conference Room of The Oaks at 1424 Oak Patch Road! Class is 10 - 11 am. Chair yoga is a gentle form of yoga that is practiced sitting on a chair or standing using a chair for support, making it a great way for anyone to deepen flexibility, strengthen personal body awareness, and achieve relaxation. It can even be done in close quarters, like on an airplane or at a desk! In addition, we sometimes do some Bal-A-Vis-X (a way of bouncing up to three balls at once as a fun way to improve memory, increase creativity and keep the brain young and active) and tai chi. Ages 18+. Email Jean Guidry at jen.guidry1@gmail.com with questions.

Want to work in the Sponsors Garden and make an extra $50 per month? This commitment includes every Tuesday morning at 9 am, plus some small tasks in between. This job is best suited for a Sponsors client who is not job searching and who will live at a Sponsors location for more than 60 days. If interested, contact Jen at jenjackson@sponsorsinc.org or (541) 505-5663.
Match of the Month is... Richard and Bill! Congratulations! Please come in and grab a gift card! Richard and Bill were matched in January of this year. Their relationship started with a video visit, then, a week later, Richard was released and came to live at Sponsors. Since then, the two have been getting together consistently. They started off going shopping, running errands, and eating out, but have recently discovered a common love - golf! They play together on a regular basis. Richard says, “I am grateful for the opportunity to be a part of your Mentorship Program - grateful and blessed. Bill has been amazing, and I look forward to spending time with him. I couldn’t ask for a better mentor. Again, I just really appreciate you all there in Mentorship. Thank you!” Bill has this to say: “I first met Richard via internet while he was still in prison. At that time I felt that we could build a relationship. After he was released we met in person and started to build a friendship by having many meals and playing golf together - not only just the two of us, but with Sponsors’ supported activities. We have also met at each other’s homes for barbecue and fellowship. I look forward to many future events together.”

Golf Game! On Saturday, July 27th at 9 am, meet us on the putting green at Fiddler’s Green (located at 91292 Hwy 99 N) for 20 minutes of golf practice, followed by 9 holes of golf! This event will be led by Brett and may go as late as 5 pm. You are responsible for your own transportation, equipment, and fees (but scholarships may be available on a case-by-case basis, and you can use your match funds). See Fiddler’s Green pricing info at fiddlersgreen.com/golf-course. Ages 18+ only. Wear sunblock and comfortable, weather-appropriate clothes and shoes. No need to RSVP.

Work Out at Oakway Fitness! Want to work out at one of the nicest gyms in Eugene, for free? Stop by the Mentorship Office to grab a free two-week pass to Oakway Fitness! Take a water aerobics class, learn to box, do Pilates, and more.

Mentor Support Group: Mentors only - join us on Tuesday, July 30th, 4 - 5:30 pm at Mentorship for a great opportunity to connect with staff and other mentors about your mentoring struggles and successes. This gathering happens on the last Tuesday of every month, same time and place. RSVP to Amy at (541) 505-5686 or amyers@sponsorsinc.org.

Game Night at The Oaks! Join us for Game Night every Saturday and on the first and third Thursday of every month (this month that’s Thursday, July 4th and Thursday, July 18th), 6 – 8 pm in the Community Room of The Oaks at 1424 Oak Patch Road. Invite your friends! You are responsible for your own transportation. This event is free. Ages 18+ only. RSVP to Phil at (458) 210-0689.
Tabling Opportunity: Summerfest!
Happening Friday, July 5th through Sunday, July 7th at the Graduate Hotel at 66 E. 6th Ave., Summerfest is an annual event for local area AA, Al-Anon, and Alateen communities to unite in fellowship for a sober, fun, and impactful weekend. There will be speaker panels, displays, banquets, dances, a root beer float social, golf, and more. Tabling shifts are available throughout the event. Want to share your story at the Mentorship table? Contact Kristie at (541) 505-5665 or kmamac@sponsorsinc.org.

Don’t forget about the Mentor Referral Program! Do you know someone who would be a fantastic fit for the Mentorship Program? Refer them and get a $20 gift card! Contact us at (541) 735-6400 for more information.

Rescheduled Canoe Trip! We had to cancel the June 27th canoe trip due to lightning, but it has been rescheduled! Join us on Thursday, July 11th for some fun on the water! Meet at the Mentorship office at 1 pm to join the carpool, or meet us at the gravel parking lot located at 2552 Leo Harris Parkway (on the south side of Leo Harris Parkway, right next to the footbridge) at 1:30 pm. Let us know if you need a ride from another Sponsors location. We'll return to Mentorship by 4 pm. No experience necessary. Free! All supplies provided. Ages 18+. Wear sunblock and comfortable, weather-appropriate clothes and shoes that you can get wet in. Mentors, please let us know if you can help with transportation. All spots for the canoe rental are already full, but you can be asked to be added to the wait list. If you are able to bring your own canoe or kayak and your own life jacket, you can skip the wait list and join us! If you RSVP, do not attend, and do not provide 2+ days’ notice (without a good reason), you may not be allowed to attend Mentorship events in the future. RSVP to Amy at (541) 505-5686 or amyers@sponsorsinc.org.