



# THE GRAPEVINE

## A WORD FROM OUR DIRECTOR

Happy New Year...it is 2010! As I was reflecting back (as I am prone to do this time of year) I realized that we are a decade past that time when Y2K was upon us and we wondered if there would be catastrophic events all over the world when the calendar changed from 1999 to 2000. Now we look into 2010 and beyond and we see economic challenges, mid-term elections, myriad changes in state and local governmental representatives, and we are challenged to try to predict and plan for the unknown. At this point there are no ready answers or solutions, but we will remain positive and hopeful as we move forward together.

It is exciting to report that LCMHA has been accredited for another three years by the Joint Commission for Healthcare Organizations. A special thanks to all who

helped and contributed to our success during this process.

We have no concrete information about the budget situation. However, it is likely that we will experience some more belt-tightening in late winter. We continue to work with our partners and will try to be proactive as the budget picture becomes clearer.

Lenawee County recently became part of the Branch-Hillsdale-St. Joseph Health Plan. We appreciate the leadership of the local Access to Healthcare Committee and the Lenawee County Commission in increasing access to primary healthcare for many county residents.

A community collaborative group called "System of Care" is currently working together to find a better way to serve children and adolescents with SED and DD—The aim is to find gaps in service; make



Roger Myers  
Executive Director

accessing and navigating the "system" easier; and to generally ensure that everyone is working together rather than separately.

You have probably noticed that work has ceased on our parking lot. This is good news for all those who were inconvenienced so much over the last few months. We expect completion as soon as the weather improves. The Human Services building is scheduled for significant energy saving upgrades; roofing and maintenance work in the spring, but we do not expect visitors to be affected too much when this is happening.

JANUARY 2010  
LCMHA website: lcmha.org

## LCMHA BOARD

- Judy Ackley—Chair
- Debra Bills—Vice Chair
- Scott Clites—Secretary
- Mark Jackson
- Howard Keller
- Emily Martinez
- Grace Miley
- Nate Smith
- Jim Van Doren—Co. Commissioner
- Don Welch—Co. Commissioner
- Robert Wilson
- William Zimmerman

## INSIDE THIS ISSUE:

SMALL BUSINESS EXPO	2
SEEDS OF HOPE	2
BE SAFE ON THE ICE	2
KEEP AN ACTIVE MIND	2
INTERCONNECTIONS DROP IN CENTER	3
GOINGS ON AT NEW FOCUS CLUBHOUSE	3
NEWS FROM THE HOPE CENTER	3
VACCINATION INFO BIRTH—6 YRS	4
VACCINATION INFO 7—18 YRS	5
VACCINATION INFO ADULTS	5

## HELP FOR VETERANS

There is nationwide concern over the alarming suicide rate among those returning from the war in Iraq and Afghanistan. The Lenawee Community Collaborative has been working with local veterans to help those in need. Uniting Veterans and Supporting Families is supported by the Lenawee Suicide Prevention Workgroup and many local veterans organizations. Small

grants from the Lenawee Community Foundation and NAMI has helped get the group going, with the main perspective of helping veterans and their families receive the services that they



need, and resolve the issues they are facing. For more information about this group call 2-1-1.

*Members of the veterans assistance group (UVSF) look over some emails at a meeting at the DAV in Adrian.*

*(Front row, from left Steve McGee, Jo Linda White, Salvation Army Capt. Gordon Knight and Mike McNally. Back row, Dave Boozer and Joe Saterelli)*

## SMALL BUSINESS EXPO

CMH, New Focus and Community Connections is bringing Micro Enterprise, also known as Small Business Expo to the Human Service Building. On January 28 consumers will

be showcasing their craft in the River Raisin Room on the 2nd Floor from 11am—6pm. If you have an idea for starting a small business, or would like to find out more about starting one

up, come and talk to people who know what they are doing. Many items will be available for purchase—jewelry, candles, cookies and Avon products are just a few.

GREAT NEWS!  
SAFE KIDS  
LENAWEE—  
WAS  
AWARDED  
GRANTS  
FROM STATE  
FARM  
INSURANCE  
& WLEN

## SEEDS OF HOPE

A shared interest group is up and running as of November. This group meets every other week on Tuesdays at 1:00pm in the Demo Kitchen, 2nd Floor, Human Service Building. So far they have made greeting cards, played bingo,

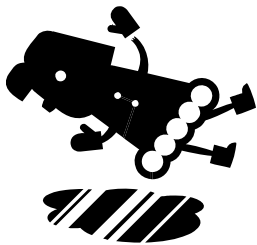
watched movies and read many short stories that touched our hearts as well as our funny bone. Anyone is welcome, participation is optional—just come and watch, or join in the fun. This group is a judgment free zone



and stress free fun is our goal. For more information contact Trudi Grossman at 264.0194.

## BE SAFE ON THE ICE AND SNOW

- ◆ The winter weather brings with it dangerous conditions for old and young alike. So always be careful when heading outside—whether it is shopping or just to the mailbox.
- ◆ Before it freezes, cover surfaces around your home with de-icer, rock salt, sand, or kitty litter. Carry a small bag in your car or pocket to sprinkle on patches of ice when you find them.
- ◆ Look out for broken paving or cracked sidewalks. If a surface looks slippery, try to walk on the grass.
- ◆ Wear proper-fitting boots or shoes with wide low heels and rubber soles, not smooth leather.
- ◆ Snow and ice cleats that fit over your boots and shoes will grip the ice and give you the most traction. Make sure they are easy to put on and take off before purchasing a pair.
- ◆ Carry a flashlight. It will make it easier for you to see and make you more visible to passing drivers.
- ◆ Walk flat footed, not on your toes, lengthen your stride and give yourself extra time.
- ◆ If you do find someone who has fallen outdoors and can't get back on their feet, call 911. Don't try to move them. Keep them as warm as possible and stay with them until help arrives.



## POSITIVE MENTAL HEALTH TIP FOR THE MONTH - KEEP AN ACTIVE MIND

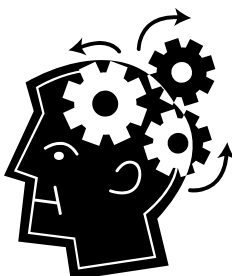
The next time you're frustrated by a difficult word on a crossword puzzle, remind yourself that it's good exercise for your brain. Activities that give your mind a workout can help slow the mental decline

associated with Alzheimer's disease.

Reading, writing, playing board or card games, playing music, and taking part in group discussions are other exercises that help keep your brain in

shape.

Watching and playing along with TV game shows also keeps the mind active and engaged in a healthy way.



## INTERCONNECTIONS—DROP IN CENTER



Veterans were honored on November 12th with a pizza party. The Clubhouse helped with the cost of the pizzas and over twenty consumers enjoyed social time after watching the Veterans Day Parade. Veterans in the group were thanked for their service, and staff and consumers alike were honored to recognize those who have helped keep our country safe.

Christmas was very busy—members enjoyed a dinner and a party. A game of bingo was a huge hit, with Rex calling the balls. Members did a great job of decorating the center to make it festive and bright, the front window display was one of the nicest in the downtown area.

We are very excited to have received two Windows XP

computers for the Internet Café which were donated by a local company.

A pool tournament is scheduled for February—for more information call 265.9588.

Hopefully the New Year will bring many more blessings and new consumers to visit the center.

## GOINGS ON AT NEW FOCUS



A special recognition dinner was held on November 5th for all volunteers at the Clubhouse. Pictured back row (left to right) Tom B; Roger S; Jeff F; Ricardo C, Linda H; Carol C, Rex L. Front row (left to right) Gayle S; Dickie B; Claudia C; Mary M; Doris O; and Jerry O. Well done to all. Also in November a Thanksgiving celebration was held for family and guests.

On December 3rd, Representatives from South Central Michigan Works presented information to members regarding available employment resources; resume writing tips; and strategies to use when looking for a job.

Members are very excited to volunteer at its newest site—the Lenawee Humane Society. Walking dogs, playing with the

cats and generally helping out is a lot of fun for all concerned!

A holiday dinner and party was held on December 10th, and a brunch was enjoyed on Christmas Eve. Getting the New Year off to a good start included a bowl party at a members house on January 1st.

A health wellness group awarded prize money to winners who were judged on weight loss; water intake; exercise time, group participation and healthy meal recipes.

The Clubhouse will be hosting the Michigan Association of Clubhouses in January.



## NEWS FROM THE HOPE CENTER



HOPE Community Center is partnering with both Tecumseh and Adrian Kiwanis Clubs to start a new Kiwanis “Aktion” Club. Aktion Clubs are happening all over the county and are supported by local Kiwanis Clubs. They are clubs run by people with disabilities and include bi-monthly meetings, service projects, and

officer positions. The Lenawee Aktion Club was initiated by Tecumseh Kiwanis President Alan Burg. Burg felt it was a great way for two local Kiwanis Clubs to collaborate while serving those with disabilities in our community. Burg also sits on HOPE’s Board of Directors. An assembly was held in December with

representatives from both Kiwanis Clubs to inform members about the new program. Over 30 people signed up to be new Aktion Club members. Meetings will start soon, there is still space available for anyone that wants to get involved. Call HOPE staff Scott Watson at 265.2410 for more information.

## CALLING ALL ARTISTS

We are looking for art work to be displayed in the Statewide Traveling Art Show 2010-2011. Two dimensional, family friendly art will be collected and

displayed on January 25, 2010 at St. Luke Church, 4205 Washtenaw Ave, Ann Arbor, MI. If you have artwork that you would like to be considered please

contact Customer Services at 263.8905 for an entry form.



## VACCINATION INFORMATION

Not too many people look forward to getting a shot, even when you know it's good for you! But vaccinations are good for you as they help prevent serious and life-threatening illnesses and impairment.

Thanks to vaccines developed throughout the 20<sup>th</sup> century (and many of those in Michigan!) the incidence of children and adults dying or suffering from life long problems from diphtheria, whooping cough (pertussis), measles, mumps, and

tetanus has decreased dramatically.

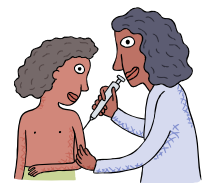
Also, in the last few decades, additional vaccine has come along including Hepatitis A, Hepatitis B, chicken pox, Human Papillomavirus (HPV), meningitis, rotavirus, and shingles.

Of course, seasonal flu shots have been around a long time too, as well as pneumonia vaccine for older adults.

The Lenawee County Health

Department offers all of the above vaccines for county residents. Please contact them at 264-5226 for further information about eligibility, insurance, and hours.

Please see following charts with the vaccine schedules for children and adults:



BIRTH—6 YRS

Range of recommended ages  
 Certain High Risk Groups

VACCINE	AGE	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	19—23 months	2—3 yrs	4—6 yrs
Hepatitis B	Hep B	Hep B	HepB			Hep B						
Rotavirus				RV	RV	RV <sup>2</sup>						
Diphtheria, Tetanus, Pertussis				DTP	DTP	DTP		DTP				DTP
Haemophilus influenzae type b				HiB	HiB	Hib <sup>+</sup>	HiB					
Pneumococcal				PCV	PCV	PCV	PCV				PPSV	
Inactivated Poliovirus				IPV	IPV	IPV						IPV
Influenza						Influenza (yearly)						
Measles, Mumps, Rubella							MMR					MMR
Varicella							Varicella					Varicella
Hepatitis A							HepA (2 doses)				HepA Series	
Meningococcal											MCV	

**AGES 7—18 YRS**

Range of recommended ages  
 Catch up immunization  
 Certain High Risk Groups

Vaccine ▼ Age →	7—10 Yrs	11—12 Yrs	13—18 Yrs
Tetanus, Diphtheria, Pertussis		Tdap	Tdap
Human Papillomavirus		HPV (3 doses)	HPV Series
Meningococcal	MCV	MCV	MCV
Influenza	Influenza (yearly)		
Pneumococcal	PPSV		
Hepatitis A	HepA Series		
Hepatitis B	HepB Series		
Inactivated Poliovirus	IPV Series		
Measles, Mumps, Rubella	MMR Series		
Varicella	Varicella Series		

**ADULT SCHEDULE**

Vaccine ▼ Age →	19—26 Yrs	27—49 Yrs	50—59 Yrs	60—64 Yrs	>65 Yrs
Tetanus, Diphtheria, Pertussis	Substitute 1-time dose of Tdap for Td booster; then boost with Td every 10 yrs				Td booster every 10 yrs
Human Papillomavirus	3 doses (females)				
Varicella	2 doses				
Zoster				1 dose	
Measles, Mumps, Rubella	1 or 2 doses		1 dose		
Influenza	1 dose annually				
Pneumococcal	1 or 2 doses				1 dose
Hepatitis A	2 doses				
Hepatitis B	3 doses				
Meningococcal	1 or more doses				





**Lenawee  
Community  
Mental Health  
Authority**

**LENAWEE COMMUNITY MENTAL  
HEALTH AUTHORITY**

1040 S. Winter St, Suite 1022  
Adrian, MI 49221

Phone: 517-263-8905 or 1-800-664-5005  
Fax: 517-265-8237  
customerservice@lcmha.org

**MISSION STATEMENT:**  
**TO PROMOTE POSITIVE  
OUTCOMES THROUGH  
QUALITY MENTAL  
HEALTH SERVICES**

LENAWEE COMMUNITY MENTAL HEALTH  
AUTHORITY IS A MEMBER OF THE  
CMHSP OF SE MICHIGAN



*Lenawee Community  
Mental Health is  
accredited by The Joint  
Commission on  
Accreditation of  
Healthcare  
Organizations*



Beth Deo, Children's  
Services Supervisor was  
presented with an award  
for 5 years service with  
CMH in November

*(pictured with Board  
Chairperson—Judy Ackley)*



Diane Milliman, Meds  
Clinic Support  
celebrated 5 years with  
CMH in December

**USEFUL WEBSITES:**

[www.cdc.gov/vaccines/recs/acip](http://www.cdc.gov/vaccines/recs/acip)—Recommended Vaccination schedules

[www.do1thing.us/](http://www.do1thing.us/) - Emergency Preparedness for individuals, families, organizations and communities.

[www.donotcall.gov](http://www.donotcall.gov)—National do not call database.

[www.jointcommission.org](http://www.jointcommission.org)—National Accreditation body of Healthcare organizations

[www.HopeCenterLenawee.org](http://www.HopeCenterLenawee.org)—HOPE Center

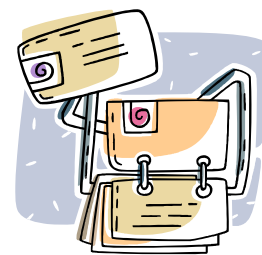
[www.seniorbrigade.com](http://www.seniorbrigade.com)—Useful website for seniors

[www.centralmichigan211.org](http://www.centralmichigan211.org)—211 website

If you **do not** wish to have future newsletters mailed to your home, please notify: Customer Service at 1-800-664-5005

If you would prefer The Grapevine to be sent directly to your email, please provide Customer Services (ssmith@lcmha.org) with your email address.

THEM KNOW  
CONTACT CMH TO LET  
SO, DONT FORGET TO  
TELEPHONE NUMBER? IF  
RECENTLY, OR  
CHANGED  
HAS YOUR ADDRESS



PERMIT NO. 127  
ADRIAN, MI  
PAID  
U.S. POSTAGE  
PRSRPT STD

ADRIAN, MI 49221  
1040 S. WINTER ST. SUITE 1022

**LENAWEE COMMUNITY MENTAL HEALTH  
AUTHORITY**