



THE GRAPEVINE



JANUARY 2011

LCMHA website: www.lcmha.org

A WORD FROM OUR DIRECTOR

I just got accustomed to writing 2010...and, now it is 2011 already! I wonder how many checks (yes, I still do some things the “old fashioned” way) I will have to void and rewrite before I remember to date them correctly?

2010 was a “mixed bag” year for Lenawee CMH. We accomplished much and weathered the general fund financial challenges, thanks in great part to our Affiliation partners. However, in spite of being able to transfer funds within our affiliation we still were forced to add to our GF wait list. We also found it necessary to close the New Focus Clubhouse after a two year period of declining enrollment and attendance.

Our affiliation partner Monroe CMH Authority has agreed to provide Clubhouse for any Lenawee residents who want and qualify for this type of service as part of their plan of service. We continue to appreciate the positive relationships that have developed within the CMH Partnership of Southeast Michigan.

The year ended on a sad and tragic note for Lenawee CMH with the sudden death of employee David Orozco. David was very much respected by his co-workers and loved by the consumers whom he served. He was a great community ambassador for our organization and he will be sorely missed by all.



Roger Myers
Executive Director

David is survived by his wife Rosemary and children (David, Josephina, Thomas, Joel, Emilio and Serena).

So, as we put 2010 behind us, we enter a year of significant change in our state and our country. We look ahead with optimism to the opportunities 2011 will bring, and we wish everyone good health and good fortune in the year now before us.

SUITCASE EXHIBIT COMING

In the previous edition of the Grapevine we announced that “The Lives They Left Behind” exhibit is coming to Lenawee in May for six weeks.

Suitcases filled with belongings were discovered in the attic of Willard Psychiatric Center in New York. The contents paint a picture of peoples lives and gives us insight into what it was like to be locked up, given controversial treatment and in many instances, forgotten. These

stories shed light on the history of mental health care in America through a series of very personal lenses.

The exhibit will be housed at the Lenawee Historical Museum and will be a part of the planned activities for Mental Health Awareness month. It was created to honor the memories of those institutionalized in asylums or psychiatric hospitals during the early-mid 20th century, and raises some difficult and compelling questions.

To learn more about the suitcase owners, the history of mental health policy and treatment from the perspectives of patients, and the movement for human rights in psychiatry, visit: www.SuitcaseExhibit.org.



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CMH LOSES A VALUED STAFF MEMBER.... A TRIBUTE TO “OUR DAVID”.



CMH tragically lost someone who was dearly loved by all on December 14, 2010. David Orozco, MI Case Manager Assistant, died suddenly while carrying out his normal day to day activities. But David was anything but normal. He was exceptional. He was the kind of person we all aspire to be. Caring, compassionate, devoted. Every day David went out of his way to make sure everyone was taken care of. Family, friends, co-workers, consumers; we all received his abundant generosity; always putting everyone else first yet always thinking he could have done more. This is the David we all came to know and admire since joining CMH in January 2002. Those of us who knew him prior to CMH have always witnessed these traits.

Our co-workers are very much our extended family. We spend most of our waking hours with them, forging special bonds of trust and friendship that are unlike any of our other relationships. As news spread of David's death, the shocked response by coworkers and consumers was universal—"our David?!"

"Yes!" we said in saddened disbelief, "Our David". His teammates, along with the rest of the staff are still coming to terms with this devastating loss. The loss of a vital member of our CMH family. The busiest of our CMH family, the CMH family member who never complained and never stopped believing (and demonstrating) in the fact that everyone should be treated with dignity

and respect.

One of David's favorite pastimes (on the rare occasion he was not giving to family, friends, coworkers, consumers, church, community) was to karaoke. He absolutely loved this! And, in true David style, he gave 150% with each note he sang. Work or play, he always had a song in his heart. So, as we collectively mourn the loss of "Our David" we commit to carrying on his commitment to serve others.

Rest in peace our dear David.

Submitted by Judy Warren on behalf of the MI Team



A digital camera to capture all of those moments with the grandchildren!

MARY ANN LYSAGHT RETIRES

Friends and co-workers gathered at CMH on December 15th for a farewell lunch in honor of Mary Ann Lysaght who has been the agency Speech & Language Therapist for the last 18 years.

Mary Ann was presented with a digital camera and photo frame from fellow staff, and a watch from board and

management.

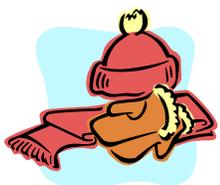
Beth Deo artfully embroidered a picture of Mary Ann's family tree which was framed (*pictured right*).

Mary Ann looks forward to enjoying trips to visit her grandchildren and the upcoming wedding of her daughter, in her new found spare time!



We wish Mary Ann best wishes for a long and happy retirement.

A CHARITABLE STAFF!



LCMHA staff continued their annual Christmas charity giving in a big way this year.

Dozens of hats, mittens and scarves were donated to the St.

Vincent DePaul Food Pantry at St. Joseph Catholic Church as a result of staff benevolence.

Also given were a cash donation and an SUV full of food and

nonperishable products for the food pantry.

Thank you for your continued generosity!

INTERCONNECTIONS DROP-IN CENTER

Interconnections Drop In Center is closed on Sunday and Monday.	A depression support group that meets every Wednesday at 2pm	Family Members of Persons with Mental Illness starts first Friday in February. Call Customer Service for more info.
Tuesday and Wednesday hours are noon—5pm	A Schizophrenia Anonymous group meets every Wednesday at 3pm	Seeds of Hope—every other Tuesday 10am—12 noon.
Thursday and Friday noon—8pm	Depression & Bipolar Support on Thursdays at 3pm or 6:30pm.	Tuesday, starting Jan. 25th.
Saturdays from noon—5pm.		



NEWS FROM THE HOPE CENTER

There's a new initiative taking place at the HOPE Community Center. After a couple of parents voiced their concerns for their children's healthy lifestyle, Executive Director Scott Whitehouse and Program Director Scott Watson started brainstorming on how to bring change to HOPE Members.

The Wellness Club was formed by a collaborative effort between a variety of individuals and agencies including: Lenawee Community Mental Health, Dr. Jim and Linda Feeney, EMU

Office of Dietetics and Human Nutrition, MSU Extension Office, ProMedica, Renaissance Homes, Total Rehab and the YMCA.

The Wellness Club is dedicated to providing adults with disabilities the education, opportunities, and resources to pursue physical and mental health; this includes providing education to their supportive people.

On February 14th, HOPE Community Center will be hosting a Wellness Rally from

10:00 AM to 12:00 PM. The Wellness Rally is open to any persons with disabilities and their families and support staff and features a free lunch prepared by EMU Office of Dietetics and Human Nutrition. Every person who attends will have the opportunity to win door prizes which includes a three month membership to the YMCA.

To reserve your spot and receive more information on the Wellness Rally, please contact Sally Valdez at (517) 265-2410.



WELCOME—BRENDA LAWSON

Thanks to a block grant we have been able to hire a new part time Consumer Advocate—Brenda Lawson. Brenda will be learning from, and mentored by, Peer Support Specialist Trudi Grossman.

Brenda started work at CMH on November 30th and is very excited to be doing something that she is very passionate about. Brenda is very thankful to Judy Warren, her DBT Facilitator, for recommending her for this opening, as she thought she would be a great fit.

Brenda says that the CMH system, and DBT in particular worked very well for her, and she wants to be able to advocate and help other consumers in a similar situation be able to get the help

they need.

Brenda has lived all of her life in Tecumseh. She obtained an Accounting Degree from Eastern Michigan University. However, after countless accounting jobs this career soon began to lose its appeal. She is currently going back to school for a degree in the medical (psychiatry) field, which aligns much more with her interests.

As a divorced mother of two young boys, Grant and Chase, Brenda looks forward to the day when the stigma of having had a mental illness is gone. She says that if she can help just one other person in the world get what they need, it will have been worthwhile!

Brenda will be assisting consumers complete Medicaid paperwork, connecting consumers with available community resources and assisting with whatever other issues may arise. Brenda would like to thank Kathryn Szewczuk for making her feel so welcome in Customer Services Department.

When she is not working, Brenda prefers to spend time with family and friends. She enjoys any outdoor activity and loves to travel. Causes that are very close to her heart are anti-bullying in schools, domestic violence issues, and homelessness.

We are very excited to have Brenda advocating for the needs of our consumers!



“THE ROUTE” - DIAL A RIDE NIGHT SERVICE



The City of Adrian offers a fixed-route bus service on Thursday and Friday evenings only from 6pm—1:00am. General fare is \$1.00. However, SHU; AC & JCC students with a valid ID are free, senior citizens and persons with a disability the fare is 50c. Buses depart every half hour stopping at the following locations: Back parking lot of City Hall

(Adrian Library, downtown businesses, dining etc); Siena Heights, Spotted Cow, Cinema 10, Image Center (Laundromat, coffee shop, tanning), back parking lot of City Hall (again), The Centre (formerly Christian Family Centre); West Maumee Street & Stratford Street, Adrian College (Merillat Field House); Frickers; Culvers; McDonalds

(S.Main/US223); Meijer and Starbucks.

There is also an on-call bus available that will pick you up at your curb-side and take you anywhere within the Adrian City Limits for only \$2.00 per one way trip. Call 605-2423 after 6pm to request this service or for more details.



WHAT IS MENTAL HEALTH FIRST AID?

Mental Health First Aid is the help offered to a person developing a mental health problem or experiencing a mental health crisis. First aid is given until appropriate treatment and support are in place or until the crisis resolves.

This training originated in Australia in 2001 and was modified for the USA through the Maryland Department of Health. Trainers—Trudi Grossman and Aimee Snyder were trained in July 2009 and have now conducted numerous trainings throughout Lenawee, Monroe and Livingston counties. This is

an intense two day training focusing on recognizing the symptoms of mental health problems, understanding how to offer help, and how to guide the individual to professional help if appropriate. A trained Mental Health First Aider does not treat nor counsel an individual, but gains a much broader understanding of mental health issues.

Why train on Mental Health First Aid? It can increase understanding of people with mental illnesses, as well as reduce the fear or stigma that is often associated with it. Front line staff from human service agencies, public

works offices, schools, even police departments are just some of the people who have benefited from this kind of training.

A mental disorder or mental illness is a diagnosable illness that affects more than one in four US adults and can disrupt a person’s ability to work, carry out daily activities and even engage in satisfying relationships.

LCMHA offers 2-3 trainings a year at various sites. The next planned Mental Health First Aid Training is scheduled for March 29 & 30, 2011. Contact Customer Services for more information at 263.8905.

PRESCRIPTION CARDS

For anyone entering the Medicare “donut hole” in 2011, the FamilyWize Prescription Discount Card may help with the cost of generic drugs while in the coverage gap.

Under Medicare Part D, you pay 93% of the cost of your medicine with only a 7% discount. Discounts on generic

drugs with a FamilyWize card can be up to 70%. Always ask the pharmacy to do a price comparison between Medicare and FamilyWize to make sure you are paying the lowest cost. Seniors who fall in the coverage gap will receive a 50% discount on brand name drugs covered by Medicare part D from the drug manufacturer. However,

the full non-discounted amount counts toward your out-of-pocket costs.

The FamilyWize card can always be used for any FDA approved medications which are not covered by Medicare whether in the “donut hole” or not.

Lenawee United Way

Additional details regarding the 2011 Medicare Part D can be found at:

www.medicare.gov/find-a-plan/questions/home.aspx

A NEW YEAR RESOLUTION?

Did you make a New Years Resolution? A couple of the top resolutions are: “to lose weight” and “to exercise more”. To many of us, those are dreaded words!!

Doesn't it sound better if we change that to “develop healthy habits”? If we think in terms of healthy habits and making them part of our life the rewards can be immense.

Here are a few good ideas to get you going:

1. **Avoid crash diets**—they may help you lose weight fast for a short time, but they sabotage your metabolic rate. It is best to eat a variety of healthy foods, keep a food diary and eat 100 less calories per day—you will soon notice a difference.
2. **Don't skip breakfast.** Mom was right—breakfast is the most important meal

of the day. Eating within an hour of waking boosts your metabolism. Mix fiber and protein to help you get through the morning. Ex. oatmeal with nuts and fruit, veggie omelet with whole wheat toast and a tablespoon of peanut butter.

3. **Don't drink those extra calories.** It is so easy to load up on unnecessary calories in soda, sweetened teas, fruit drinks, specialty coffees etc. Exchange soda for 100% fruit juice with club soda added, drink black coffee with only a little sugar or cream—without the fancy additions.
4. **It's OK to snack**—as long as they are healthy snacks like fresh fruit and vegetables or nuts. Follow portion amounts and figure them into your daily

calories. Being able to snack stops you from getting too hungry and making not so healthy food choices as the day goes on.

5. **Drink lots of water.** Sometimes you think you're hungry—but really you are thirsty! Be sure to drink water before each meal and snack, this helps keep those hunger signals down, your metabolism humming along and your GI system happy. If you don't like plain water—add fruit slices or a splash of fruit juice.



Remember to keep your diet colorful (fruits and vegetables) eat food from all of the food groups, with plenty of whole grain and drink plenty of water—enjoy your food!

*Courtesy of Kathy Tripp R.N.
Dr. Oz and www.thatsfit.com*

WALK YOUR WAY TO FITNESS

Everyone can benefit from walking, whether it is on a treadmill, around the office, at the mall, or taking the dog for a walk.

Measuring steps taken by using a pedometer is a good way to measure how much exercise you are getting. Benefits of using a pedometer include finding out how many steps you take every day so that you can judge how many more will boost your activity level appropriately. According to a recent article in USA TODAY, people who wear a pedometer walk about 2000 more steps a

day (about a mile) compared to those that don't. The same article indicated that 12,000 steps a day was a better daily goal for those wanting to lose weight.

Suggestions for increasing the number of steps you take every day, beyond just being aware of it and using a pedometer include but are certainly not limited to:

1. Walk 4 laps around the track at a local school
2. Take a brisk 20 minute walk during your lunch break

3. Program your computer to remind you to get up every hour and walk for a few minutes
4. Park further away from your destination and walk
5. Take a few quick laps around the mall before you start shopping
6. Take the stairs
7. Join and use a gym
8. Be fun and creative finding ways to add to your steps and to your health



USA Today

SILHOUETTE OF MENTAL HEALTH



Customer Services is still looking for volunteers so that a quilt can be made.

A total of 72 silhouette heads is needed to depict what mental health is all about—all of us!

Anyone can have a mental

illness—it can strike anyone at any time for different reasons and to varying degrees.

The goal is to have all the heads done by February 15th. It only takes about five minutes for us to trace around your head for the silhouette.

The finished quilt will be displayed in the CMH lobby.

Please contact Kay Ross, Customer Service Representative at 517.263.8905 if you are interested in being a part of this project.



SEEDS OF HOPE

Welcome to 2011 and a new Seeds of Hope Shared Interest group. Some changes have been made. We now meet every other Tuesday from 10am—noon at Interconnections Drop In

Center, 110 W. Maumee St, Adrian. The first meeting will be on January 25th at 10:00am. The Drop In Center does not open until noon, and if anyone wants to stay and play pool, cards or use the Internet

Café, they are more than welcome.

If you have any questions, or would like to learn more about this group call Trudi, at 517.263.8905 or email her at tgrossman@lcmha.org.

SEEKING SAFETY GROUP

SEEKING SAFETY GROUP MEETS EVERY WEDNESDAY AT 1PM AT CMH

If a trauma in your life has led to other problems—this group is for you.

Learn how to “own” both disorders, recognize their interrelationship and decrease the instances of each disorder triggering the other.

The goal of the group is to help clients become safe. “Safety” includes the ability to:

- Manage trauma symptoms
- Cope with life without

- using substances
- Take good care of yourself
- Find safe people who can be supportive
- Free yourself from domestic violence or other abusive relationships
- Prevent self-destructive acts
- Find ways to feel good about self and enjoy life

The skills you will learn or develop include:

- Learning to ask for help from safe people

- Utilizing community resources
- Exploring “recovery thinking”
- Taking good care of one’s body
- Rehearsing honesty and compassion
- Increasing self-nurturing activities

If you would like more information about this group please contact Peggy Ryder, Access Clinician at 517.263.8905.



LOVE CRAFTS?

A craft group meets on the first Wednesday of every month. The goal is to enter projects into the Open Class

Exhibition at the Lenawee County Fair this summer.

If you are interested in learning a new craft, or are

already skilled at something, this class is for you. For more information call— Kay Ross, Customer Services, at 517.263.8905.

FAMILY MEDICAL CENTER

Did you know that your body’s physical and mental health directly impact each other significantly?

For this reason, Lenawee Community Mental Health Authority and the Family

Medical Center have joined forces to introduce a partnership of the body and mind. Beginning on January 14th LCMHA will have a Certified Peer Support Specialist and a Mental Health

Clinician available on different days at the Family Medical Center, located at 770 Riverside Drive, Adrian.

For more information contact Customer Services at 263.8905.

WISHING YOU A HEALTHY H-A-P-P-Y N-E-W Y-E-A-R



H - ealth Make health a priority this year. Health should be more than the absence of disease – read on for ideas.

A - ttitude Thinking positive can help you deal with misfortune, make the most of your situation and enjoy life more.

P - hysical activity For health benefits adults should aim for at least 150 minutes (2 hours and 30 minutes) a week of moderate intensity physical activity, such as brisk walking.

P - eople Research shows social networks, whether formal (such as a church or social club) or informal (such as meeting with friends), make people less vulnerable to ill health and premature death. Be wary, however, of social support that drains you through people being too demanding or encouraging you to engage in harmful behaviors.

Y - our body Schedule physical

checkups as needed: eyes, teeth, mammogram, colonoscopy, general physical, etc.

N - O! Rather than adding "take a time management class" to your "to do" list, consider starting a "don't do" list. You may discover doing LESS can bring MORE enjoyment to your life.

E - at healthy Make smart choices (foods with the lowest amounts of solid fats or added sugars) from every food group. See www.mypyramid.gov for more healthy eating tips.

W - isdom Take time to listen to your own body. Rather than set your goals based on how fast other people walk or jog, how little sleep others can get by on or how much someone else eats, concentrate on what makes YOU healthy.

Y - our hands Keeping hands clean is one of the most important ways to prevent the spread of infection and illness. Check out the CDC website for more

specifics on handwashing: <http://www.cdc.gov/Features/HandWashing>.

E - nough sleep This one explains itself.

A - void portion distortion Rather than worry so much about "what" you eat, consider "how much" you eat. Downsize your portion sizes. Serve food on smaller plates. Eat from plates and bowls rather than packages and bags, so you see how much you're eating.

R - eading materials Consider the source before starting a new drastic diet or exercise plan. Beware of plans that:

A. *Promise quick, dramatic results*

B. *Charge large fees for consultations, equipment, supplements, etc*

C. *Rely solely on testimonials and statements from "professionals" with unusual sounding degrees.*

*Courtesy of Gretchen Hofing,
MSU Extension*

BASIC NEEDS TASK FORCE UPDATE

The economic situation in Lenawee continues to be critical. All of the places that provide food, either cooked food or pantry meals reported increases in December.

The Daily Bread will be moving to the old St. John's School early in the spring.

Community Action Agency is gearing up to do free income tax preparation for those persons on SSI/SS and for families with incomes less than \$49,000.

CAA is also able to help with

utilities if there has been a shut off notice and a denial notice from DHS. Call 263.7861 for more information.

Applications are available from Community Action Agency or LCMHA for home weatherization. This is based on income level and following an inspection—landlord approval must be obtained on rental property. This includes attic and wall insulation, window repair, air leak repair, weather stripping etc.

Re-Bicycle Lenawee is now ready

to accept applications for free bikes. Application forms can be obtained from Kay Ross, Customer Services, 263.8905.

Habitat for Humanity has home insulation materials available for those who cannot afford it—contact Bob Dister at 265.6157.

Salvation Army is continuing the Fresh Food initiative this winter. Call 265.2038 for more details.

LEAHC has apartments available, call 264.0782 for more information.





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

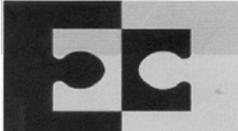
Fax: 517-265-8237

customerservice@lcmha.org

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TO PROMOTE POSITIVE
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QUALITY MENTAL
HEALTH SERVICES

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



Community Mental Health Partnership
OF SE MICHIGAN



Judy Warren—MI Supervisor
celebrated 20 years with CMH
in November

UPCOMING
EVENTS

Saturday **March 12**—
"Leaping in Lenawee"
community event at Adrian
Mall. Bring the whole family
for games, entertainment, give
aways etc. Learn about the
resources and services that are
available for Lenawee
residents.



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

USEFUL WEBSITES:

www.thatsfit.com—information on good
nutrition and exercise.

www.SuitcaseExhibit.org—The Lives They Left
Behind

www.extension.org—MSU Extension.

www.nami.org—National Alliance on Mental
Illness

www.cookinglight.com—Healthy nutrition and
recipes.

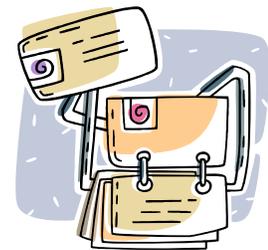
www.mpyramid.gov—Healthy Eating Tips

[http://www.cdc.gov/Features/
HandWashing](http://www.cdc.gov/Features/HandWashing).— The importance of hand
washing.

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THEM KNOW.



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