

LENAWEE COMMUNITY MENTAL HEALTH AUTHORITY



THE GRAPEVINE

July 2011

LCMHA website: www.lcmha.org

A WORD FROM OUR DIRECTOR

The suitcase exhibit, which was located at the Lenawee Historical Museum for 6 weeks, proved to be very successful. In excess of 800 people visited the museum during this period. This does not include the many school field trips; college classes and community groups who had scheduled tours.

The exhibit is now at St. Clair CMH in Port Huron, will then travel to Livingston CMH followed by Muskegon. It certainly highlighted how far we have come in the treatment of

mental illness and developmental disabilities since the beginning of the century. We still have a long way to go as we strive to remove the associated stigma; improve treatment; living conditions and assimilation into the community.

If you were unable to visit the museum, we highly recommend the book associated with the exhibition entitled "The Lives They Left Behind: Suitcases from a State Hospital Attic" by Darby



Roger Myers
Executive Director

Penney and Peter Stastny. The website also has a lot of interesting information and compelling stories - www.suitcaseexhibit.org.

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A BIG "THANK YOU" GOES TO:

The Board and Management of Lenawee Community Mental Health thank the following local businesses and individual donors for their financial support, which made it possible to bring the suitcase exhibit "The Lives They Left Behind" to Lenawee County:

- ◆ ProMedica
- ◆ Adrian Noon Rotary Club
- ◆ United Bank & Trust
- ◆ Inter-Connections Drop In Center
- ◆ Christ Centered Homes
- ◆ Meijer
- ◆ Croswell Opera House
- ◆ Image Center
- ◆ Q-95 Radio
- ◆ Whitcher Heating & Plumbing
- ◆ Hunter Moving & Storage
- ◆ Legacy Printing
- ◆ Adrian Locksmith & Cyclery
- ◆ Lenawee ISD
- ◆ Chef Day and his culinary arts & hospitality students (Tech Center)
- ◆ Rex Lickly (cookies)



Grace & Chuck Miley, Judy & Larry Ackley, Deb & Jim Bills, Howard Keller, Linda & Jim Feeney, Bill Zimmerman, Bill & Barb Ross, Randy & Jeanne Rabe, Laura Schaedler, Sandy Keener, Jim & Amy Philp, Cletus Smith, Kathryn & Steve Szewczuk.

And, last, but not least—thank you to the Lenawee Historical Museum, for housing the exhibit in such a distinguished setting and for working with us to make the exhibit such a success!

“THE LIVES THEY LEFT BEHIND”



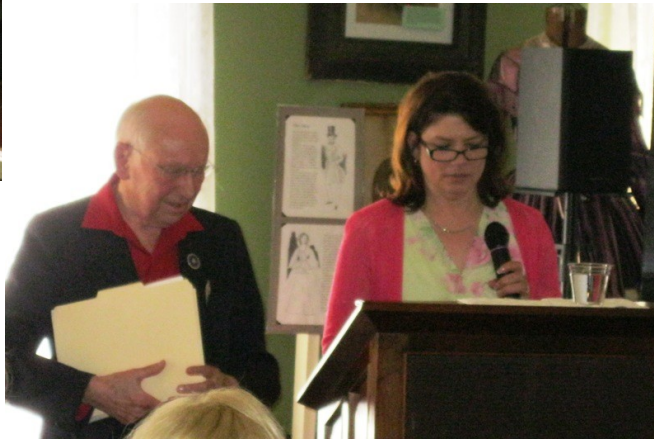
Fred Frese—Keynote Speaker on Friday, May 6th

The traveling suitcase exhibit at the Lenawee Historical Museum proved to be quite a draw during Mental Health Awareness Month.

Pictured right—set up of the exhibit by Hunter Moving & Storage.



Richard Prangley told of his experience of being wrongly institutionalized for 15 years at Coldwater State Hospital



Pictured Left—Kathryn Szewczuk—LCMHA Community Outreach Supervisor, thanked Dr. William Decker for his presentation during the Grand Opening on May 7th.

Right—Refreshments were provided by Chef Day and his hospitality and culinary arts students (Tech Center)



PROJECT FRESH

For more information contact CAA at 517.263.7861 or visit www.caajlh.org.



Community Action Agency, in partnership with Michigan State University Extension and Region II Area Agency on Aging announces the return of “Project Fresh” to Lenawee County. Project Fresh helps community members take advantage of fresh fruits and vegetables from local farms during the summer. The market is offered at

Community Action Agency, 400 W. South Street, Adrian in July starting Friday July 8th, 15th and 22nd from 9am—12 noon. The market sold produce to more than 500 people last year and is open to the public. The farmer’s market features locally grown fresh produce available for purchase along with cooking demonstrations, fresh food recipes and an onsite

registered dietitian providing recommendations for eating healthy. According to Burt Fenby, Director of CAA in Lenawee, “this market helps family’s access fresh foods without having to drive to another location and helps to support local family farms, it’s a win-win for everyone involved.”

INTERCONNECTIONS DROP-IN CENTER

Inter-Connections has had a lot going on the past few months and we have some things to look forward to as well.

We had a light snack after the local Walk-a-Mile. The Drop-In counted 40 people that day! Thanks to everyone who helped make it a success, despite the rain.

Staff and some consumers have been participating in a fitness program called "Couch Potato to 5K" through Adrian Parks and Recreation. This program is aimed at training individuals to run a 5K (although walking one is a great goal too). To complete this program we are participating in the Hospice Run at Blissfield High School. Watch for other fitness programs to take place at the

Drop-In soon!

We have recently acquired two plots for a community garden at Christ Redeemer Church in Adrian, with plans to expand to a third. Consumers can sign up to work at the garden or in some of the other activities that go along with it. Once signed up, each person's hours are tracked for produce distribution.

Our back courtyard has been undergoing renovations! We have taken out the boards and are finishing the process of laying down a stone walkway. It should look much nicer once the project is complete.

Inter-Connections has also published the first issue of its new newsletter *Get Connected*

with *Inter-Connections*. The name was chosen by a consumer through a voting process. Inside the newsletter, consumers will find information about the Drop-In, our calendars for two months; articles about community businesses; helpful resources are also provided in each issue. Each newsletter covers two months with the next issue being released for August-September 2011. Hard copies are available at the Drop-In Center and an electronic version is also available if consumers want the newsletter delivered to their e-mail.

Please e-mail dropinoflen@gmail.com or let us know on our facebook page (www.facebook.com/Inter.Connections.Lenawee).



5 of the 7 that started the Couch to 5K program at Adrian Parks and Rec completed the Hospice 5K run/walk.

SHARING HOPE CONFERENCE

The 10th Annual Sharing Hope Conference will be held on Thursday, **October 13th** from 10am—3pm, at St. Luke's Lutheran Church, 4205 Washtenaw Ave, Ann Arbor, MI. This one day conference is for consumers of mental health services, families, friend's,

professionals and community to learn more and share experiences of HOPE.

The agenda includes a keynote speaker, talent show and breakout sessions. There is no cost to attend. For more information, and for a copy of the registration form, contact

Trudi Grossman, Customer Service at 263.8905.

If you would like to nominate someone to receive the Sharing Hope Achievement Award, please complete the nomination form inside this issue of the Grapevine.



ARE YOUR CHILD'S BEHAVIORS DUE TO A DISABILITY?

- Has your child received poor grades for a year or more?
 - Has your child been absent from school for more than 10 days in one year?
 - Have you been asked to hold your child back a grade?
 - Has your child already been held back a grade?
 - Has your child been sent to the office more than 10 times in one year?
 - Have you been asked to pick your child up from school or been asked to keep your child home from school due to behavioral problems?
- If your child is having behavioral problems due to a disability, the school may be

required by law to provide certain supports and services.

Call the LISD (517.263.8931) or (888.444.8144) if you think your child's behavior is disability related and they will advise you of the steps to take. If you have questions about disability law as it pertains to special education services, call Michigan Protection and Advocacy Service: 800.288.5923.



STATE WALK A MILE RALLY—LANSING

The weather of May 11th proved to be a huge improvement on the two previous years.

Courtesy of the YMCA (Scott Clites) and the use of their van, several consumers and staff were able to rally on the steps of the Capitol Building in Lansing, along with people from all over the state of Michigan.

Jen Stidham (Interconnections Drop In Center) spoke on behalf of Lenawee consumers.



Evelyn Reed really got into the spirit of the event—wearing shoes as earrings!!!

LOCAL WALK-A-MILE

The weather didn't dampen the spirits of those gathered on May 19th. 27 people walked in the drizzle carrying signs in an effort to bring more attention to those suffering from a mental illness or a developmental disability.

After meeting at the Lenawee Historical Museum, and walking around Dennis and State Streets, consumers and staff met back at the Drop In Center for a lunch of subs from Jimmy Johns. Several micro-enterprize ventures had displays set up, and goods were available to purchase.



Tom—keeping dry!



UPCOMING EVENTS



Mark your calendars—**Saturday August 6th**, at Goodwill, for the 4th Annual Car Show to benefit their Workers on Wheels program.

There will also be a drawing to win gas cards, 1st prize = \$300, 2nd prize = \$200, 3rd prize \$100, and five \$50 gas cards. Tickets are \$5.00 each (you need not be present to win) tickets are available from LCMHA Customer Services or at Goodwill.

DAY OF ACTION

9/16/2011 

If you are interested in learning what it means to “Live United” and would love an opportunity to be involved in your community to improve lives in measurable and lasting ways

become involved in a community project on **September 16th**. United Way’s first day of action in 2010 resulted in over 200 volunteers working on 30 projects throughout Lenawee County. For more information about forming your own group project, or if you would like to join in to help out, call Beckie DuShane at 517.263.4696 or beckie@lenaweeunitedway.org

Tuesday, September 27— Todd Crandell will be in Adrian talking to students about his struggles with addiction. Todd’s message is truly inspirational, as he has turned his life completely around. Todd is now a world class athlete, completing 18 Ironman Triathlons across the world. Sober since 1993 his story is amazing and proves that if he can do it—anyone can. His presentation “Racing for Recovery” is something not to be missed. Watch for more information on this event. Todd has a lot more information on his website:

www.RacingforRecovery.com

Also coming in **September**—

Dr. James Henry will be coming to talk about “Healing Invisible Wounds”. Children and adults who have experienced trauma or victimization in their lives are more likely to become involved in the criminal justice system. 75% - 93% of youth entering the juvenile justice system annually in this country are estimated to have experienced some degree of trauma. Youth in correctional facilities face significant challenges related to their incarceration, and those who have experienced trauma will be even more acutely affected. Addressing a child’s trauma is critical to promoting the well-being of the child, his family and the community.

People who have experienced trauma as children are also more likely to develop life-long psychiatric conditions, learning disabilities, and tend to drop out of school early and become involved in risky behavior. To learn more about this Trauma Focused Treatment call Customer Services—263.8905.

October 13th—Sharing Hope Conference.

MOVIE DAY



Did you know that on the 3rd Thursday of every month CMH shows a movie, and its free for any consumers to attend? Call customer service at 263.8905 for more information

MEET KATHY MESSERVY—OUR NEW NURSE

The CMH Meds Clinic welcomes Kathy Messervy to their nursing staff.

Previously Kathy worked at the Dominican Life Center, graduating from JCC as an RN in 2010. She has lived in the Adrian area her whole life, and attended Blissfield schools. She has been married for 26 years and has two daughters. She and her husband have four acres of land, so when she is not at

work you can always find her outside taking care of the property. Kathy’s husband works at GM in Flint, so they are experiencing a long distance relationship, as he stays there during the week.

Kathy has many hobbies including gardening, sewing and making stained glass windows. As an accomplished seamstress who has been wardrobe mistress for Toledo

Ballet, and Tecumseh Center for the Arts for the Nutcracker she is an expert at ballet costumes. Making a tutu is a time consuming, intricate process but rewarding when you see the final product. This was a natural progression for her when her daughter took up ballet at the age of 5, and continued until she was 18.

Welcome to the CMH family Kathy.



GOODBYE LORI!



A true friend to Lenawee CMH and all persons with disabilities is leaving our community! Lori Sallows, WLEN, has decided to join her husband while he travels across the states with his job. She assures us that she will be back in Lenawee frequently, but it

just won't be the same! Lori started us on the road to public speaking by introducing us to Toastmasters and Speechcraft. More than 50 people have taken the Speechcraft program since she introduced it in 2001.

Her work with WLEN has helped us spread the word about stigma and we will miss her. We wish her the best in her travels and hope for visits often. An Open House was held in Lori's honor on June 10th at WLEN.

BAD WEATHER—EARLY WARNING SYSTEM



For those that might not know about this yet, it is a wonderful service available to everyone, and it is free from Lenawee County Department of Emergency Management!

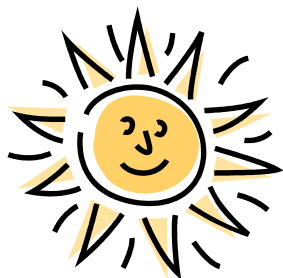
Code Red is a severe weather notification system delivered directly to your phone. To sign up simply go to this website, click on the Code Red icon and follow the 3 step process:

<http://www.lenawee.mi.us/departments/emergency-management>.

Code Red has the ability to send out thousands of phone notifications instantly to those in an area affected by a weather event.

Encourage members of your community and family to take advantage of this service. You are able to select the types of watches or warnings you wish

to receive. Parents are encouraged to register their children's phones, and to also have a plan in place if the family needs to seek refuge from an approaching storm. If you have loved ones or neighbors that do not have computer access, volunteer your assistance to get them registered.



POEM SUBMITTED
BY
WENDY ROCKWELL,
WRITTEN IN 1993

A SMILE!

IS EASILY SPREAD LIKE WILDFIRE
IT WARMS THE HEART WITH GOD'S LOVE
IT'S ALMOST LIKE A HALF-MOON GLOWING BRIGHTLY
IN THE MIDST OF DARKNESS AND DESPAIR
CAN BE VISIBLY SEEN WITHOUT A WORD
NEEDS TO SHINE BRIGHTLY WHETHER IT'S CLOUDY OR FAIR
ANYTIME, ANYWHERE, WHY NOT NOW?

BECOME A QUITTER

It is true that making small changes can improve your health. But there is a bigger change you can make that will help you start getting healthier in just 20 minutes—QUIT SMOKING!

Cigarette smoke contains more than 4,800 chemicals, including 69 known to cause cancer. Smoking is directly responsible for up to 90% of deaths from emphysema and chronic bronchitis.

But there is hope. Within 20 minutes after you stop smoking, your heart rate has a favorable response. And according to the American Lung Association:

- ◆ After 8 hours, the carbon monoxide level in your blood drops to normal
- ◆ After 2 weeks—3 months, circulation and lung function improve
- ◆ After 1—9 months, coughing and shortness of breath decrease
- ◆ After 1 year, your risk of having coronary artery disease is half that of a smoker's
- ◆ After 10 years, your risk of lung cancer is about half that of a continuing smoker



*Spring 2011,
Healthy Living*

TAKE THE STING OUT!

With the warmer weather, and more time spent outdoors, the occasional insect bite is inevitable. The stings of bees, wasps and hornets are painful for all of us, but they can be life-threatening for anyone who has a severe allergic reaction—called anaphylaxis, it can include chest pain, a swollen face or mouth, and trouble swallowing or breathing. Call 911 or your local emergency number if someone around you is having these problems after being bitten.

Mosquito bites may hurt less, but they can still be more than a nuisance. Mosquito-borne illnesses such as West Nile virus can be passed through the bites of mosquitoes, which rest during the day in dark, humid areas and come out at dusk to feed on animals and humans.

The skin irritation you feel after a bite is your allergic reaction to their saliva.

As temperatures rise, follow these safety measures to protect yourself and your

family from bites and stings:

- ◆ Try not to provoke insects or disturb their hives or nests
- ◆ Use insect repellent outside
- ◆ Wear long sleeves, long pants, shoes and socks
- ◆ Stay indoors, especially at dusk and dawn
- ◆ Fix window and door screens
- ◆ Get rid of mosquito breeding sites, such as all forms of standing water
- ◆ Keep grass and weeds cut short
- ◆ Don't depend on insect light electrocuters (bug zappers) which do little to reduce biting.
- ◆ Get rid of the stinger if it's still there by scraping the back of a credit card or other straight-edged object across the stinger. Don't use tweezers, which can worsen the release of venom
- ◆ Wash the site thoroughly with soap and water
- ◆ Wrap ice in a washcloth, put it on the sting for 10 minutes, take it off for 10 minutes and repeat
- ◆ Take an antihistamine or apply creams that reduce itching if needed
- ◆ Watch for signs of infection over the next several days. Warnings may include increasing redness, swelling or pain.



How to treat stings and bites:

Even if you take precautions, you still might get stung. If you do, follow these tips to take the "sting" out of your sting:

*Healthy Living,
Spring 2011*



Lenawee
Community
Mental Health
Authority

LENAWEE COMMUNITY MENTAL
HEALTH AUTHORITY

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



Amber Monahan
(right) DD Supports
Coordinator receives
her 5 year service
award at the June
Board Meeting.



Holly Tripp (bottom
left), DD Supports
Coordinator, and
Rita Potts (bottom
right) Nurse in the
Meds Clinic, were

also presented with 5
year awards by Deb
Bills—Vice Chair of
the LCMHA Board.



USEFUL WEBSITES:

- <http://www.lenawee.mi.us/departments/emergency-management>.—Code Red Emergency Weather Notification.
- www.caajlh.org. Community Action Agency—Project Fresh
- www.suitcaseexhibit.org—The Lives They Left Behind
- www.facebook.com/Inter.Connections.Lenawee. Interconnections Drop In Center Facebook
- www.RacingforRecovery.com Todd Crandall's website

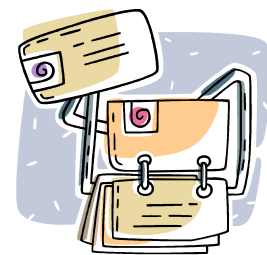


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