The last couple of months have certainly been challenging. The bad weather and recent extensive power outages across our region put a lot of stress on our entire community. It was definitely a reminder that we need to be prepared for emergencies at any time and to not take for granted those creature comfort luxuries to which we have become so accustomed! These events also cause us to take notice of how communities and neighborhoods pull together in time of crisis. I was told about a gentleman who took his portable generator from house to house throughout the power outage and supplied enough power to warm his neighbors up for a few hours at a time. And, there are numerous reports of neighbors checking on neighbors offering shelter and helping each other start the laborious clean up process. These acts of kindness were a good reminder for me that when the chips are down, most people do care and will do the right thing.

Recently I attended our Board Association winter conference where Olga Dazzo, DCH Director, was a keynote speaker. Using Governor Snyder’s theme, “Creating Michigan 3.0”, Director Dazzo brought focus to the Governor’s intent to reform Michigan’s health care system. She concluded her remarks with her observations about what health care reform would mean for behavioral health and developmental disabilities. Some key observations included the integration of mental health and physical health, the importance of Federally Qualified Health Centers (FQHC’s) in Michigan’s health care reform planning, adoption of principles of “patient centered” medical homes and the need to lower health care costs per person in the State of Michigan through innovation and reduction of administrative costs and functions.

A budget briefing for FY 2012 coincided with the last day of the winter conference. Some of the budget proposals related to mental health and substance abuse including a reduction of CMH General Fund by 3%, a reduction of earmarks in the budget of 15% (including multi-cultural services), an increase of 3% (based on increased caseloads) related to Medicaid, a reduction in substance abuse/state disability assistance and a health insurance claims tax of 1% to be applied to all health insurers in Michigan.

There clearly is much work to be done before a FY 2012 budget bill will be ready for signing. We will do our best to keep our readers informed as the budget takes shape and the implications for our system in the months ahead unfold.

We are pleased to announce that CMH board members Judy Ackley, Grace Miley and Robert Wilson were reappointed by the Lenawee County Commission to serve another term. Bill Zimmerman has opted to “retire” from the CMH board after 18 years of service. We will miss his expertise as a board member, but wish him well as he assumes new responsibilities as a Clinton Township Supervisor. County Commissioner Cletus Smith has been appointed to the board. Commissioner Smith, a recently retired Captain from the Sheriff’s Department, was an excellent choice and we look forward to his involvement with our organization.

March, 2011

LCMHA website: www.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
Don Welch—Co. Commissioner
Robert Wilson
William Zimmerman

Inside this issue:

Feeling Sad 2
Keep Your Heart Healthy 2
Can I Walk? 2
Drop In Center 3
News From Hope Center 3
Upcoming Events 3
Food Pantries 4
Free Workshop 5
MHFA Training 5
Buckle Up For The Ride 5
ASD Workshop 6
Seeking Safety 6
Estate Planning 7
FEELING SAD?

It is more common than you might think—approximately 1%-10% of adults in the USA suffer from Seasonal Affective Disorder (SAD) which is now recognized as a type of major depression. Although SAD is frequently thought of as a winter depression, it can affect patients during other seasons too.

The cause of SAD is unknown, but it is widely thought that a lack of sunlight disrupts the body’s circadian rhythm. The amount of light the body receives affects mood and temperament. Feelings of low self esteem, anxiety, obsessive worry and a general inability to be joyful about anything are common symptoms. Other sufferers go through bouts of craving carbohydrates, which in turn leads to the need to sleep more.

While some sufferers may be too lethargic or depressed to leave the house—outdoor activities and regular exercises can help alleviate the symptoms and are just as effective as antidepressant medication in treating patients with major depressive disorders.

When moving to a sunnier locale isn’t an option, a light box can help. Users should make sure their light box was designed for SAD sufferers. Tanning beds are not proper substitutes.

SAD can be a long-term illness, but it doesn’t have to be debilitating. Insist on a workspace with natural light. Same goes for finding a home with ample windows and good sunlight. Throw back the blinds and shades on sunny days, even if it is cold. And during the day, exercise, exercise, exercise.  

MyHealthNewsDaily msnbc.com

KEEP YOUR HEART HEALTHY

The heart is no different than any other muscle in your body—you have to exercise it. Heart exercise is aerobic exercise. The current recommendation is 20—30 minutes of aerobic exercise, seven days a week. Examples of beneficial exercise include: walking, jogging, jumping rope, bicycling, cross-country skiing, skating, rowing and low-impact aerobics or water aerobics.

There are other ways you can reduce your risk of developing heart disease. They include eating a diet based on fruits, vegetables and whole grains and low in saturated fat, cholesterol and sodium; keeping diatetes and blood pressure under control; maintaining a healthy weight; reducing stress, and quitting smoking.

Your Health Magazine, ProMedica, Winter 2011

HEART HEALTHY SUBSTITUTIONS

<table>
<thead>
<tr>
<th>Common Ingredient</th>
<th>Heart Health Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter</td>
<td>Non-hydrogenated margarine</td>
</tr>
<tr>
<td>Whole Milk</td>
<td>Skim or 1% milk</td>
</tr>
<tr>
<td>Cream cheese</td>
<td>Low fat, pressed cottage cheese</td>
</tr>
<tr>
<td>Salt/seasoning salt</td>
<td>Fresh herbs and spices</td>
</tr>
<tr>
<td>Garlic salt</td>
<td>Garlic powder</td>
</tr>
<tr>
<td>One egg</td>
<td>Two egg whites</td>
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</tbody>
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CAN I WALK? - ASSESSING THE WALKABILITY OF YOUR NEIGHBORHOOD

Safety is crucial to the success of your walking program. Prevention is the key to make sure you are safe when walking. Follow these guidelines to keep your walking program safe:

- If you are forced to walk on the road, always walk in the direction facing oncoming traffic
- Walk in the daytime. If you do walk at night, be sure to walk in well-lit areas and wear reflective clothing
- Walk in a group or with a partner at all times
- Notify your local police station of your group’s walking time and route
- Do not wear jewelry
- Do not wear headphones
- Be aware of your surroundings

- Change your route
- Carry some form of ID
- Do not respond to verbal taunts or harassment
- Let someone know where you’re going and when you will be back
- Avoid remote and isolated areas.
- Walk defensively. Don’t assume that a car will stop for you.

Article courtesy of www.extension.org

Studies show that being physically active can lower the risk of heart disease even in people who have other health problems.

Source: American Heart Association

“BE GOOD TO YOURSELF. IF YOU DON’T TAKE CARE OF YOUR BODY, WHERE WILL YOU LIVE?”

KOBI YAMADA
Cooking classes are off to a great start—we had a combined cooking class and Valentine’s Potluck on February 11th, and another class more recently. Consumers are encouraged to attend the classes which teach healthy cooking on a budget. The next classes are scheduled for March 11th & 24th.

We had an “Understanding Eating Disorders” Internet-Based Seminar in celebration of National Eating Disorders Awareness Week (February 20—26). The Drop In Center was lucky enough to be able to remain open for anyone to come in to get warm during the recent widespread power outage in Lenawee County.

Congratulations to Director, Doris Ostrander, on her recent 1st Place Award in the Michigan Protection & Advocacy Service, In “My Personal Advocacy Story” Essay Contest.

Craft Class is on March 15th and Movie Day is March 26th, anyone is invited to attend. InterConnections is located at 110 W. Maumee St, in downtown Adrian. Please call 517.265.9588 or LCMHA Customer Services at 517.263.8905 for more information or to request a personal tour.

The HOPE Hoopsters have had an incredible season—they took first place in the Special Olympics District tournament early this month. With a win in the District Tournament, the Hoopsters have secured their spot in the upcoming State Tournament that will be held in Grand Rapids on March 25 & 26. The team has also been featured in the Daily Telegram. HOPE Hoopsters basketball games are open to the public and admission is free. The next game will be against the Adrian Kiwanis and will take place on Thursday March 24. For more information, contact HOPE’s Program Director, Scott Watson, at 517.265.2410.

May is Mental Health Awareness Month and a special Hoopsters game is being planned to commemorate the event, more information will be available in the coming weeks.

UPCOMING EVENTS

March 30th—Car Seat Check at Raisin Twp Firehall. Call Kay Ross at 517.263.8905 to make an appointment.

Re-Bicycle Lenawee Open House coming soon. For more information call Kay Ross.

April 17th—Adrian College Field Day & YMCA Healthy Kids Day, from 12:00—3pm at Adrian college. Many field events planned.

May 11th—State Walk A Mile in My Shoes Rally, Lansing

May 19th—Local Walk A Mile in My Shoes Rally—walking for one mile around The Lenawee Historical Museum. Anyone interested in visiting the Drop In Center afterwards is welcome.

Guest Speakers Richard Prangley and Dr. William Decker will talk about their experiences. Richard Prangley spent 15 years unjustly institutionalized in the Coldwater State Home and Training Center, and is now an effective advocate for the developmentally disabled. Dr. Decker was a medical superintendent and chief executive officer at Kalamazoo Psychiatric Hospital.

Both speakers have authored books about their experiences, and these will be available for purchase and signing.

Bring your family and friends to see this very interesting exhibit. You will see how far we have come in caring for those with a mental illness or disability.

“The Lives They Left Behind”
Suitcases from a State Hospital Attic
MAY 1—JUNE 12, 2011

At Lenawee Historical Museum
Sponsored by Lenawee Community Mental Health Authority
Stories of people locked away and forgotten in an asylum, shedding light on the history of mental health care in America through a collection of personal stories.
LENAWEE COUNTY FOOD PANTRIES

Addison
Community Christian Interfaith Support, Brooklyn Products Building, 171 Wamplers lake Rd, Brooklyn, MI 49230. 517.592.3947 Tues & Thur 10am—2pm
Addison United Church Emergency Food Pantry 202 S. Talbot St, Addison, MI 49220 517.547.5527 or 517.547.7577 Last Thurs of the month from 3:00—5:00pm
Manitou Road Baptist Church, 175 Manitou, Manitou Beach, MI 48253 517.547.5516
St. Mary’s Church on the Lake 450 Manitou Rd, Manitou Beach, MI 49253 517.547.7496 Fridays from 11:00am—1:00pm

Adrian
Adrian First Church of the Nazarene, 50 Industrial Dr, Adrian, MI 49221 517.263.1579 Mon—Fri 9:00am—3:00pm
The Daily Bread, 302 S. Tecumseh St, Adrian, MI 49221 266.0937. Tues/thur/Fri/Sat/Sun 11:30am—2:30pm.
Commodities Program, United Methodist Church, 1245 W. Maple St, Adrian, MI 40221 263.3585
Fishes and Loaves Food Pantry, 410 E. Maumee St, Adrian, MI 49221 517.759.4421
St. Mary’s Catholic Church, 317 Erie St, Adrian 517.266.0378. Mon/Tue/Thur 1:00pm—3:00pm
St. Vincent’s Society, St. Joseph Church, 415 Ormsby St, Adrian 266.7611. Mon/Wed/Fri 1:00—2:30pm
The Salvation Army, 217 W. Church St, Adrian, MI 49221 265.2038 8:00am—4:30pm

Blissfield
St. Paul’s Evangelical Lutheran Church ELCA, 306 E. Jefferson St, Blissfield, MI 49228 517.486.6464. Mon—Fri 8:30—12:30pm

Britton
Britton Bethel Baptist Church, 296 S. Main St, Britton, MI 49229. 517.451.9921 3rd Thur of month 2:30—4:30pm

Brooklyn/Onsted
Community Christian Interfaith Support (CCIS) Brooklyn Products Building, 171 Wamplers Lake Rd, Brooklyn, MI 49230 517.592.3947. Tue & Thur 10am—2pm.

Clinton
Clinton Community food Bank at Clinton United Methodist Church 10990 Clinton Tecumseh Rd, Clinton, MI 49236. 517.456.4972. Second Thur each month.

Solid Rock Church of Lenawee, 112 E. Church St, Clinton, MI 49236. 517.456.7939. Third Thur of month 5:00pm—7:00pm.

Deerfield
St. Alphonseus Catholic Church, 222 Carey St, Deerfield, MI 49238. 517.447.3500 Wed 2:00—4:00pm

Hudson
Sacred Heart Catholic Church, Hudson Ministry Assoc. 207 S. Market St. Hudson, MI 49247. 517.448.3811. Tue & Thur 11:00am—1:00pm

Morenci
Morenci Food Pantry, 751 N. Summit St, Morenci, MI 49256 Church of the Nazarene. 517.458.7195. 8:00am—noon, except 3rd Thur

Tecumseh
Tecumseh Service Club—Contact local church
Dinner’s On Us—God’s Bread Basket, 312 W. Chicago Blvd, Tecumseh, MI 49286, Church of Christ Thur & Fri 6pm—7:30pm
Great Food for All, First Presbyterian Church, 211 W. Chicago Blvd, Tecumseh, MI 49286. 517.423.3470
FREE WORKSHOP

The Michigan Partners for Freedom are sponsoring a Self Determination workshop on March 18th, from 10am—2pm in the Spartan Room, 2nd Floor, Human Services Building, 1040 S. Winter Street, Adrian, MI 49221.

If you have a disability and want to get more control of your life, your supports, your services, and the people in your life—this workshop is for you. Come and find out what self-determination can mean for your future; what tools you need, how you can help make self-determination a reality for all citizens of Michigan and the steps for building self-determination in Lenawee County.

Registration deadline is March 11, 2011. Call HOPE Community Center at 265.2410 or email: info@hopecenterlenawee.org

MENTAL HEALTH FIRST AID TRAINING

The two day mental health first aid training scheduled for March 29th & 30th at the Human Services Building filled up fast. The trainers—Trudi Grossman and Aimee Snyder are excited to be conducting the training, and there are plans to have another in August and a training for the colleges in the fall. Thanks to a grant the training is free and includes a continental breakfast and lunch. There is a limit of 25 trainees.

The training is valuable for anyone who comes into contact with the public on a regular basis. Participants learn to recognize mental illness signs such as crying spells, missing too much work, the inability to focus on or finish work, not paying attention and any excessive behavior. Mental Health First Aid workers do not diagnose what kind of mental illness someone has, they learn to recognize the signs of diseases, such as bipolar disorder, schizophrenia, anxiety, depression and phobias. They also learn to assess whether someone showing symptoms of mental illness is at risk for suicide or harming others.

Watch for information about the next training in the Grapevine.

BUCKLE UP FOR THE RIDE

Would you like to earn a new car seat? All you have to do is complete six education activities to earn a new car seat voucher from Safe Kids Lenawee!

Participating agencies include:

- Bixby & Herrick Medical Centers—simply sign up for a birthing class (517.265.0300)
- Care Pregnancy Center—sign up for a parent education or family support class (517.263.5701)
- Adrian Early Head Start—prenatal education, basic needs etc (517.263.1118)
- Maternal Infant Health Program—Health Department, home visits for prenatal and infant health education - must be Medicaid eligible. (517.264.5230)
- Community Action Agency—enrol in free food and nutrition education for pregnant moms and children up to age 5 (517.263.7861)
- MSU Extension—breastfeeding support and nutrition education (517.264.5315)
- Love & Logic Classes—learn simple parenting techniques with Lenawee’s Child (517.266.6982)
- Imagination Library—register your newborn—5 year old for new books at Adrian Public Library (517.265.2265)
- Love & Logic Classes—learn simple parenting techniques with Lenawee’s Child (517.266.6982)

Simply pick up a brochure at any of the above locations, obtain a stamp after each activity and the agency providing the 6th stamp will submit the completed card to Lenawee Great Start, who will give you a voucher to redeem at a Safe Kids Lenawee seat check event.

Learn more about safe car seat installation by calling 517.264.0128 Ask for Kay
TRAINING OPPORTUNITY—
FREE TO ANYONE

Effective Practices for Individuals with Autism Spectrum Disorder
Parent Workshop

This workshop is designed to provide participants with in-depth knowledge about Autism Spectrum Disorder and to introduce some effective practices for supporting children with ASD.

- The evidence-based practices discussed in these trainings are currently supported in the research literature as being highly effective for the majority of individuals with ASD.
- The primary focus will be on providing the knowledge and skills necessary to support individuals with ASD in reaching their greatest potential.

This parent workshop is being offered at two different times:

- April 12th—6:30pm—8:30pm
- May 17th—6:30pm—8:30pm
- April 14th—9:00am—11:30am
- May 18th—9:00am—11:30am

Each session will be held at Lenawee Intermediate School District
1st Floor, Human Service Building, Adrian, MI 49221

Participants can register by calling
LCMHA Customer Services at 517.263.8905
These trainings are funded by the LID and the START Project, so there is NO COST to participants.

SEEKING SAFETY GROUP—HELP IS AVAILABLE

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

If you suffer from PTSD and Substance Abuse—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 other abusive relationships
- Prevent self-destructive acts
- Find ways to feel good about yourself and enjoy life

Wednesdays
1pm—2pm
Lenawee Community Mental Health
1040 S. Winter Street
Suite 1022
Adrian, MI 49221
Phone: 517.263.8905
ask for Peggy, or Customer Services
Estate Planning—What Should You Do?

Worried about what will happen to your loved ones after you are gone?

Here are a few things that can be prepared at any time, and would lessen the red tape and worries of estate distribution after death.

An estate plan is a means of controlling the timing and distribution of our estate, care and custody of minor or disabled children, controlling the costs associated with the administration of an estate and provide for any tax concerns.

The basic estate planning tools include a will; a revocable living trust, a general durable power of attorney and a medical patient advocate designation.

The Will—is a direction to a probate court on how you want your assets distributed upon your death. If you do not prepare a will, Michigan law will control the distribution of property. Currently, the law says that the first $200,000 is distributed to your spouse plus 1/2 of all remaining assets. The remaining assets would be distributed to your children. A will provides directions to the probate court and states your personal intentions as to care of your minor or disabled children, the distribution of your remaining assets and names your preference as to who you want as a Personal Representative with the authority to transfer your remaining property. This is all handled by the probate court.

Revocable Living Trust—is frequently used to avoid the probate process. An advantage of creating a revocable living trust is the flexibility it provides to you in controlling the timing, frequency and conditions of any distributions from the trust to your heirs or beneficiaries. The second benefit is to avoid probate. If your assets are titled in the trust name, those assets are not in your individual name and can avoid the probate process. If you become disabled or incapacitated during your lifetime, if the trust is properly funded, there is no need for a conservator because the assets are titled in the name of the trust and the successor trustee would assume the role of managing the financial affairs of the trust. A trust can be used to reduce estate taxes.

General Durable Power of Attorney—this appoints an agent with the authority to make financial or business decisions and conduct transactions for you in the event that you are not capable of doing so at some point during your lifetime. Three things to remember about durable power of attorney: the person designated as your agent typically has access to all of your assets during your lifetime; a general durable power of attorney is not effective after your death, and if you have a properly prepared and funded revocable living trust, upon any disability or incompetency, temporary or permanent, the successor trustee named in your trust would have the same rights and authorities as the named agent and there would be no need for a general durable power of attorney. A general durable power of attorney controls the assets that are in your name, not in the trust name.

Durable Medical Patient Advocate Designation—This designates a patient advocate for you to make future medical decisions in the event that you, as the patient, are unable to make these medical decisions. The advocate knows your wishes and what decisions to make at such time you are no longer able to make these decisions.
Mission Statement:
To promote positive outcomes through quality mental health services

USEFUL WEBSITES:

- [www.SuitcaseExhibit.org](http://www.SuitcaseExhibit.org) — The Lives They Left Behind, Suitcases from a State Hospital Attic.
- [msnbc.com](http://msnbc.com) — MyHealthNewsDaily
- [www.extension.org](http://www.extension.org) — MSU Extension Office
- [www.hopecenterlenawee.org](http://www.hopecenterlenawee.org) — HOPE Center

Lenawee Community Mental Health Authority is a member of the CMHSP of SE Michigan.

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.

Faye Lynn Reaume — MI Case Manager, was the winner of the 4th Annual LCMHA Chili Cook Off recently. Thanks to her efforts and several other great cooks, $75 was raised for the food pantry. Well done Faye Lynn.

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

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