



# THE GRAPEVINE

## A WORD FROM OUR DIRECTOR

To celebrate Mental Health Awareness Month in May there are many activities planned as you will see detailed in this issue. Hopefully the weather cooperates and there is a large turnout for the Walk A Mile events.

We are very excited that consumers, parents and staff alike are reporting good outcomes from the transition to Goodwill from Community Connections. There are many plans for expansion and improvement in the future—Management and staff is working closely together to ensure consumers are receiving the best possible services.

Budget news is still gloomy. The entire community mental health system is targeted for a

\$53m cut in state General Funds. Clearly, this would be a devastating blow to services for persons without Medicaid support. We are following the actions of the Legislature closely and planning advocacy contacts. We are also assessing how the recently passed national healthcare legislation will affect Michigan's budget situation.

DCH performed a site survey of the Affiliation in April, and auditors spent two days at Lenawee. We are proud to say that CMH is in full compliance.

South Central Michigan Works, our partner tenant on the 1st floor of the Human Services Building, is experiencing unprecedented demand for its training, reeducation and other



Roger Myers  
Executive Director

services. The county, CMH and representatives of SCMW have been discussing this issue for several months. We have concluded that CMH will be able to release some space that can be remodeled to meet the needs of SCMW. We will be giving up a corridor and a file storage room. Our staff is very busy scanning and purging files so that this can happen. In addition work is underway on the Honeywell Project for our building as well as completion of the parking lot. We expect some inconvenience at times in regard to parking. Please bear with us as we make these important improvements.

## STATE & LOCAL WALK-A-MILE IN MY SHOES RALLIES

We encourage everyone to join us for the local Walk A Mile In My Shoes Rally on Thursday, May 6th—leaving CMH Employee Entrance at 2:00pm, walking to the Old Courthouse downtown. There will be several speakers as well as statements read by our consumers. Everyone will need to find their own transportation back to CMH, their vehicles, or be picked up at the Old Courthouse. We also encourage you to make signs to carry. *(In case of rain, the alternate date is May 20th).*

The State Walk A Mile In My Shoes Rally will be held on Tuesday, May 11th in Lansing. A bus will be leaving CMH at 10:00am, we will also have several vehicles to transport people, so all are welcome. We will enjoy a picnic lunch on the lawn of our Capital before the walk begins. Last year 2000 people attended the walk—it was an awesome sight!

If you plan on attending the State Walk A Mile, please contact Kay Ross—Customer Service, 517.263.8905 so that

we can plan for transportation and refreshments.



Pictures from last year's events



MAY 2010

LCMHA website: [lcmha.org](http://lcmha.org)

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## ROAD SAFETY

March was a tragic month here in Adrian. In just one week alone there were three terrible accidents on our roads.

Included here are some safety tips for pedestrians and drivers which are worth remembering.



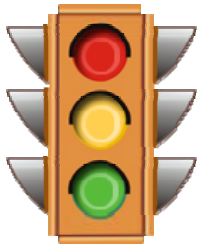
### Pedestrians

**Be safe and be seen: make yourself visible to drivers:**

- ⇒ Wear bright/light colored clothing and reflective materials
- ⇒ Carry a flashlight when walking at night
- ⇒ Cross in a well-lit area at night
- ⇒ Stand clear of buses, hedges, parked cars or other obstacles before crossing so drivers can see you

**Be smart and alert: avoid dangerous behaviors**

- ⇒ Always walk on the sidewalk, if there is no sidewalk, walk facing traffic
- ⇒ Stay sober; walking while impaired increases your change of being struck
- ⇒ Don't assume vehicles will stop; make eye contact with drivers, don't just look at the vehicle. If a driver is on a cell phone, they may not be paying proper attention
- ⇒ Don't rely solely on pedestrian signals; look



before you cross the road

- ⇒ Be alert to engine noise or backup lights on cars when in parking lots and near on-street parking spaces

**Be careful at crossings: look before you step**

- ⇒ Cross streets at marked crosswalks or intersections if possible
- ⇒ Obey traffic signals such as WALK/DON'T WALK signs

- ⇒ Look left, right, and left again before crossing a street

- ⇒ Watch for turning vehicles; make sure the driver sees you and will stop for you

- ⇒ Look across ALL lanes you must cross and visually clear each lane before proceeding. Just because one motorist stops, do not presume drivers in other lanes can see you and will stop for you

- ⇒ Don't wear headphones or talk on a cell phone while crossing

### Drivers

**Be alert: watch for pedestrians at all times**

- ⇒ Scan the road ahead for potential pedestrians
- ⇒ Before making a turn, look in all directions for pedestrians crossing
- ⇒ Don't drive distracted or

after consuming alcohol or other drugs

- ⇒ Do not use your cell phone while driving
- ⇒ Look behind your vehicle for pedestrians before backing up, especially small children

- ⇒ For maximum visibility, keep your windshield clean and headlights on

**Be responsible: yield to pedestrians at crossings**

- ⇒ Yield to pedestrians in crosswalks, whether marked or unmarked
- ⇒ Yield to pedestrians when making right or left turns at intersections

- ⇒ Do not block or park in crosswalks

**Be patient: drive the speed limit and avoid aggressive maneuvers**

- ⇒ Never pass/overtake a vehicle that is stopped for pedestrians
- ⇒ Obey speed limits and come to a complete stop at STOP signs

- ⇒ Use extra caution when driving near children playing along the street, or older pedestrians who may not see or hear you

- ⇒ Always be prepared to stop for pedestrians

[www.walkinginfo.org](http://www.walkinginfo.org)

## MOVIE DAY

The Mental Health Awareness Committee is sponsoring a movie day which is open for anyone to attend.

On the fourth Thursday of each month at CMH, 10:00am we will be watching a movie. In April we saw "The Blind Side".

Each month will be a different movie, so come along and enjoy a relaxed, yet lively time.



## INTERCONNECTIONS DROP IN CENTER

The pool tournament was a huge success, with twelve people participating in "Race to Two" (the first person to win two of three games). There were some very competitive matches with Greg beating AJ in the final. Jessica won her bracket for a prize. Thanks to the efforts of Doris selling dinner, donation fees and two gifts, a total of \$102 was collected.

Doris and Gordon attended JIMHO Directors Training in Lansing recently which was very beneficial.

Staff and consumers will be planting hostas and other shade plants in the backyard smoking area to make it a nicer place to be. Staff recently were trained in fire safety and prevention at the Fire Department.

We will be participating in the

Walk a Mile event on May 6th. You may walk from CMH or start at the Drop in Center and walk to the courthouse.

A group is being formed to do a historical study of the building, if you would like to help with this, or have any old photos or stories which would make us more aware of our towns rich history, please contact Gordon at 265.9588.



## GOINGS ON AT NEW FOCUS

In celebration of National Volunteer Week in April, the Clubhouse recognized those members who volunteer their time to make Lenawee County a better place to be. There are currently 35 Clubhouse members, and most of them volunteer in the community in one way or another. Remember, no one person can do it all, however, everyone can do something!

We are excited to add Family Counseling and Children's Services as a new volunteer site—Diane and Teresa will begin doing office work in

May.

On April 22 we had a party at New Focus to celebrate Donnie J moving on. He has increased his working hours at Goodwill and also plans to take some business and computer classes at JCC in the fall.

Also congratulations to Linda H who graduated on April 30th—we wish you the very best for the future.

We had a site visit from DCH on April 16th, everything went well and there were many compliments about the members and the facility.

In an effort to raise money to attend the Walk a Mile in Lansing Clubhouse members will be having a bake sale in the River Raisin Room at the Human Services Building on May 7th.

Teresa H has been selected to attend an MDCH Member Retreat, May 25—27 in Dewitt, MI to learn about advocacy, public speaking and leadership goals.

Family and friends day is scheduled for July 4th, we are looking forward to seeing everyone for a fun filled day with games and food.



## NEWS FROM THE HOPE CENTER

On April 27<sup>th</sup> HOPE members traveled to Frankenmuth, *Michigan's Little Bavaria*, to experience authentic German culture. Charles Graham, the City Manager of Frankenmuth, gave HOPE Members a tour of the town. Members were delighted to see some of the local shops, especially the world famous Bronner's Christmas Wonderland, which is the largest Christmas store in the world!

The Bavarian Inn Lodge generously donated complementary rooms to HOPE members and gave them a historical tour of their facility, which dates back to 1856. When members weren't sightseeing or eating the delicious German food, they were enjoying the many amenities the Bavarian Inn has to offer. This included: 5 indoor pools, two whirlpools, 18-hole miniature golf, the

Midwest's largest arcade, and much, much more!

All in all, members had a great time and they say they will never forget the experience they shared in *Michigan's Little Bavaria*. The Frankenmuth trip wouldn't have been made possible without the support of both the City of Frankenmuth and the Bavarian Inn who graciously accommodated our every need.





## TONY'S TREATS

When Tony Loudon decided to start up his own micro-enterprise, he knew exactly the way to people's hearts!!

Everybody loves candy, or chocolate or chips...and he knew that they are were not always available at the workplace—so an idea began to germinate. With the help of his natural supports, his Case Manager Cindy Witt, and the generosity of Mike Helf, who donated his time,

money and materials, by making the snack boxes, Tony's Treats has taken off.

So far Tony has boxes of treats at Goodwill, United Bank & Trust, Pet Supplies Plus and Community Mental Health. Everything in the box of treats is 75c and there is a wide selection of candy bars, chips and cookies available. Tony makes the rounds once a week to ensure the boxes are stocked with supplies

and he now has a Sams Club Membership so that he can purchase what he needs.

Tony has two more boxes that he would like to find homes for, and then he would like to expand if possible. If you have any suggestions, or would like to order a box of Tony's Treats at your workplace, or other venue, Tony can be contacted at

[tbone1615@hotmail.com](mailto:tbone1615@hotmail.com).

LCMHA IS  
VERY PROUD  
OF SOME  
VERY  
ENTERPRISING  
CONSUMERS  
WHO HAVE  
THEIR VERY  
OWN SMALL  
BUSINESS OR  
**MICRO-  
ENTERPRISE**

## COOKIES BY REX

Girl scouts—watch out! With fifteen years of cookie baking and selling under his belt—Rex Lickly is a seasoned veteran.

It all began as an activity at New Focus—baking for the consumers there. Then, selling cookies at the Relay for Life to raise money gave him the inspiration to sell to others. Rex still finds joy in baking his cookies. Three times a week he makes

batches at the Clubhouse, with a little help from Tom and Carol (who he mentors) and together they wrap them in plastic wrap and deliver to LCMHA; La Dominique and Tangles. Rex says he usually calls beforehand to see what type of cookies they want—a favorite at CMH are the Chocolate Chip Peanut Butter cookies. During the holidays he also bakes small loaves of pumpkin bread to sell, and in the past has made

fruit pies for the consumers at the Clubhouse.

Rex attends New Focus every day and does a lot of other work there as well as volunteering his time at St. Mary's Food Pantry.

Large cookies sell for \$1 each, \$1.25 for frosted ones and a package of 3 small cookies sells for .30c. The money he makes pays for consumers to attend meetings and conferences.



## THE "WRIGHT" STUFF

Two years ago while he was attending Community Connections, Justin Wright began making customized labels for water bottles, and his first batch of one hundred was sold at the Ride for Hope.

Justin says, that he can create labels for any occasion, such as baby showers; weddings, graduations. He will work with the customer on the design.

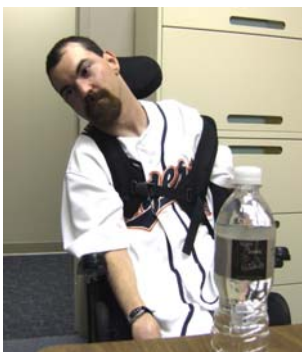
Justin is able to print the labels at his apartment—they are the peel and stick kind—but he does need some help when it comes to putting them on the bottles. He usually buys packages of the 20oz slim water bottles when they go on sale. He charges \$1 for a bottle with a black and white label, a little more if it is in color. Justin will also take orders for candy bar labels.

When he is not busy with his business, Justin can be found watching the Detroit Tigers; listening to the radio, or watching Miley Cyrus (his favorite).

If you are interested in putting in an order Justin can be contacted at 517.264.6590.

For more information go to his website:

[www.thewrightoccasion.com](http://www.thewrightoccasion.com).





## BUBBLE BATH ANYONE?

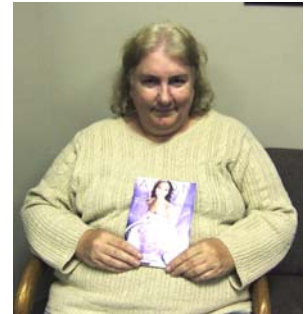
There is nothing Mary Belaire doesn't know about Avon products, because she has been involved in some way or another since the 70's. In 2008 she started up again—she loves being involved, and you can definitely tell. It is a way for her to meet a lot of nice new people and to make a little money too! Although she doesn't have a car, she will walk around local neighborhoods going door to door, or dropping off order books wherever she can. She

has a lot of repeat customers and stresses that the products are many and varied, including jewelry and some clothes which were added recently. The best sellers are the bubble bath, shower gel and skin-soft bath oil. Although the anti-bacterial soap is very good and so are the sunscreen products, and there is always a new perfume or two.

The orders are all hand written, and every other Wednesday evening she has to

enter them onto the Avon website directly. The following Saturday the order arrives and Mary has to sort and package each by customer, and attach the order form to each package. Then comes the task of delivery, Mary is grateful that some people will come to her house and pick it up.

When Mary is not selling Avon, she loves to knit, crochet and play piano and synthesizer.



## RAYMOND'S CANDLES

Jeff Raymond invested in all of his candle making equipment when he was attending Community Connections about two years ago. Today he works at Goodwill three days a week and will begin making his candles again. He says that Goodwill is going to have an area in their store for the micro enterprise items.

Jeff buys his wax and wicks online and the jars from Meijers or Walmart. Making candles is quite a lengthy process which includes melting the wax over

hot water, melting the color blocks and adding it to the wax when it has cooled. This is then poured into the jars and allowed to set for 12—24 hours. Jeff stresses that it is very important to keep the candle maker clean.

A big seller is the cranberry spice, another favorite is the cinnamon bun. He has candles for sale at Sounds of Light and the consignment store next to Pet Supplies Plus. The small size sells for \$6, medium size is \$8 and the large one is \$12.

The money he makes is reinvested back into more supplies. There are plans to start selling items on eBay in the future.

When he is not working Jeff enjoys going for walks or watching TV—Walker Texas Ranger—or any of Chuck Norris's movies. If you would like to know more about candle making, or would like to order one, Jeff can be contacted at 918.3877.



## ANOTHER AVON LADY

Heater Stites says that her sister is responsible for getting her involved in selling Avon almost two years ago, and she is very glad she did!

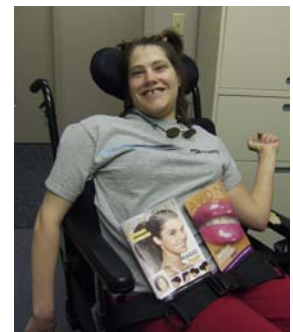
Mostly, Heather gets orders from people at her church, but also from family, friends and staff. Most of all she enjoys meeting lots of different people, and it makes her happy to see them get the products that they

want. She has had a couple of parties at her apartment which are fun.

Her best sellers are the foot creams and lotions. Heather's favorite is the body lotion (Jet Femme fragrance)!

Orders are submitted online on Thursday and are delivered on Saturday. Heather's customers usually come and pick up the orders directly from her.

When she is not selling Avon products, she loves to download and listen to music from the internet, and spending time on Facebook—her favorite! With the pocket money she makes on Avon she buys phone cards, goes out to dinner and buys gifts for her niece and nephew, who she absolutely adores! On Wednesday's and Sunday's she enjoys going to church.



### THE IMPORTANCE OF WORDS



Educating our community about mental illness and developmental disabilities is very important to reducing stigma.

A way to educate people is to use “person first language” when you are talking about someone with a mental illness or developmental disability. Person first language puts the focus on the person not their disability. In other words, a

person has many sides to them, not just their disability. For example, instead of saying “that schizophrenic” you would say “he is a person with schizophrenia” or “that blind man” you would say, “Ray, who is blind”.

For many years individuals suffering from mental illness or developmental disabilities have been seen as not quite the same as the rest of the world

and had fewer opportunities because of this stigma. We can all help fight the stigma that people with mental illness or developmental disabilities face. Please use “person first language” when you speak of someone who has a mental illness or developmental disability.

*Affiliation  
Customer Service Committee*

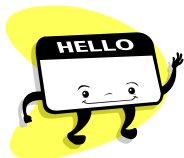


### SOCIAL SECURITY PRESENTATION

On May 25th from 9:30—12:30 CMH is hosting a Social Security presentation by Mr.

Clifford Weisberg. If you are interested in learning more about SS disability and SSI

benefits contact Kay Ross, Customer Services to register 517.263.8905.



### CONSUMER CONFERENCE

The 13th Annual Consumer Conference is on July 22, 2010 at the Kellogg Center, MSU,

E. Lansing. \$30 per person. If you are interested in attending please contact Customer

Services at 517.263.8905—ask about financial aid to cover the cost.

### TRANSFER OF SKILL BUILDING PROGRAM



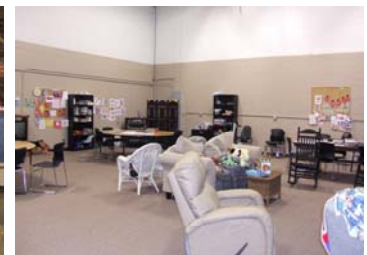
The transfer of the skill building program from Community Connections to Goodwill went very smoothly, and “LINC” Learning Independence Navigating Choices is up and running.

Talk to any of the staff and they are all very excited about the additions and changes going on. They are looking forward to the renovations which will complete the transition—including enclosing open areas, adding bathrooms and creating much needed office space.

Even more exciting is the evident change in the consumers—who are visibly



*(open space will be converted into two more activity rooms)*



*(one of the existing activity rooms)*

more engaged and active. Some are doing things they would never have done before, interacting in group activities and becoming more verbal. Parents in turn are expressing their satisfaction with the new program and facility.



*Wilbur—the newest member of the Goodwill “family”*

“LINC”  
LEARNING  
INDEPENDENCE  
NAVIGATING  
CHOICES

# COMMUNITY FUN DAY AT THE YMCA




## COMMUNITY FUN DAY AT THE YMCA SUNDAY, MAY 16TH 1PM—5PM



**BASKETBALL**



**SWIMMING**



**VOLLEYBALL**

MANY OTHER  
ACTIVITIES AVAILABLE  
INCLUDING:  
BEAN BAG TOSS  
LADDERBALL  
CARD GAMES  
POOL



**BOARD GAMES**

SNACKS  
PRIZES  
GIVE AWAYS

Come and enjoy a **FREE** fun filled afternoon for the entire family  
Everyone is welcome  
Games for all levels— preschool to adult  
Opportunities to play and mingle with persons with special abilities  
Community groups are encouraged to organize teams for friendly competitions  
For more information on this event, or information on transportation pick up spots in Adrian, contact: Customer Services at  
Lenawee Community Mental Health, 517.263.8905

*Sponsored by the Lenawee Community Mental Health Awareness Committee*

THIS  
EVENT IS  
FREE—  
COME  
ON  
DOWN  
TO THE  
Y  
AND  
ENJOY  
THE  
FUN!

## SEEDS OF HOPE

On April 20th the Seeds of Hope shared interest group were invited to Inter-Connections Drop In Center to learn how to grow their very own Bonsai tree.

Bonsai's literal translation is "tree in a tray". Gordon Brown, Director of the Drop In Center was also the

instructor. He gave us a history of the art of bonsai, showed us how to prepare the special soil, how to plant the miniature trees and how to take care of them. There were about 22 participants who thoroughly enjoyed this experience, who also got to take home their

very own bonsai tree. For more information on the Seeds of Hope shared interest group, call Trudi Grossman, Customer Services, 517.263.8905. For more information on activities at the Drop In Center, call 517.265.9588.





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



Congratulations to  
Julie Janego  
DD Case Manager  
for 20 years of  
Service with CMH in  
January

Also

Diana Webster,  
Medical Records  
Assistant—30 years  
in March



**USEFUL WEBSITES:**

- [www.walkinginfo.org](http://www.walkinginfo.org)—safety information for pedestrians
- [www.ssa.gov](http://www.ssa.gov)—Social Security Disability and Benefits
- [www.ymcaoflenawee.org](http://www.ymcaoflenawee.org)—Lenawee YMCA
- [www.goodwillsemi.org](http://www.goodwillsemi.org)—Goodwill, Adrian
- [www.lisd.us](http://www.lisd.us)—Lenawee Intermediate School District

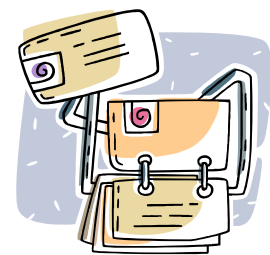


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If you would prefer The Grapevine to be sent directly to your email, please provide Customer Services (ssmith@lcmha.org) with your email address.

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CONTACT CMH TO LET  
THEM KNOW.



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