



THE GRAPEVINE

May 2011

LCMHA website: www.lcmha.org

A WORD FROM OUR DIRECTOR

As we wait patiently for Spring to make its appearance, we look forward to Mental Health Awareness Month and the activities planned here in Lenawee County. Our premier event is the presentation of "The Lives They Left Behind": Suitcases from a State Hospital Attic. Augmenting the exhibit will be presentations by Dr. Fredrick Freese, author, psychologist and advocate who has specialized in the area of schizophrenia for over 40 years, Dr. William Decker, author and superintendent of Kalamazoo Regional Psychiatric Hospital

from 1974 to 1987 and Richard Prangle, whose life as a resident at Coldwater State Home and Training School has been the focus of a book, a documentary and national media coverage.

In addition to the exhibit, Lenawee staff and consumers will be participating in the local and Michigan Walk a Mile events. The Inter-Connections Drop In Center will be hosting a light lunch for the public and will highlight the micro-enterprises in which many consumers are engaged after the local walk. Finally, the Crosswell will feature a free movie related to mental



Roger Myers
Executive Director

health as one of its Sunday night feature presentations.

My thanks to all the individuals and organizations that contributed time, talent and resources to our effort to inform and educate our community. Consumers, staff, board members and our community worked tirelessly to plan and support these efforts.

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JOIN US FOR THE GRAND OPENING CELEBRATION

10AM—NOON

SATURDAY MAY 7TH

Lenawee Historical Museum

Light Refreshments

Guest Speakers

Free Admission

VISITING THE SUITCASE EXHIBITION

Lenawee Historical Museum

May 1st – June 12th

Normal Museum hours

Tuesday—Friday 10:00am—2:00pm

Saturdays 10am—4pm

The exhibit was created to honor the memories of people who were removed from their communities and institutionalized. Their stories illustrate the ordinary lives they led, their families, their jobs—for many, dealing with hardships sealed their fate to a lifetime in a mental hospital. If you would like to know more, or would like to schedule a private tour, contact Customer Services, 263.8905.



LENAWEE IMAGINATION LIBRARY



The Lenawee Imagination Library delivers a new, age-appropriate book each month to registered children ages 0—5 yrs who live in Lenawee County or a Lenawee school district. The books are mailed directly to each child at his/her home from Dolly Parton’s Dollywood Foundation. The children get to keep these books, so a child registered at birth can accumulate a collection of 60 books of their very own.

In 2010, the Lenawee

Imagination Library’s first year, over 12,000 books were delivered to Lenawee children. At the present time, nearly 1,500 children are receiving books each month, while 20-25 graduate from the program each month upon reaching age 5, and receiving “Look Out Kindergarten, Here I Come.”

To allow all children to participate in the Lenawee Imagination Library, there is no cost to the families to receive the books. The cost of approximately \$30 annually

per child is underwritten by the program sponsor, the Lenawee Community Foundation, through many generous individual, corporate, and foundation donors.

For information about the program, or to sponsor or register a child, contact Lenawee Community Foundation at 423.1729, shammersmith@ubat.com, or visit www.lenaweecf.com

“THE BICYCLE IS A CURIOUS MACHINE. THE PASSENGER IS THE ENGINE”

SOME FACES OF RE-BICYCLE LENAWE

Thanks to some of the dedicated and enthusiastic people pictured many lucky recipients are able to get to and from work, or just be able to have a mode of transportation that they never had before.

Families are able to be fitted for a bike that meets their needs, and after learning how to inflate tires, safety check the brakes, and check and lube the drive train, they are fitted for a helmet and go out for a test ride.

It takes several volunteers many hours to restore a bike to good “riding” condition. But, that is only part of the job. When a “match” is found for someone, training begins and routes are created to avoid dense traffic areas. All riders receive a pamphlet from “The League of Michigan Bicyclists” which details everything a rider should know about safe and effective bicycling.

But getting a bike doesn’t stop

there. The “shop guys”, Gary, Jim, Bill, Bob, Dennis and others want you to come back to re-check your bike and are dedicated to making sure your bike is safe and in good working order. This is a passion for them.

If you have a bike and would like to know more about how to take care of it, learn about safety, or if you are looking to purchase a reconditioned bike—visit the Re-bicycle Lenawee shop on Church Street. The “shop guys” are there every Wednesday and Saturday, noon to 4pm. They would love to see and talk with you. They might even hand



Gary



Bo



Bob



Bill



Dennis

you a wrench. Of course they are always willing to accept bicycle donations—any size!



Julie & Vincent

INTERCONNECTIONS DROP-IN CENTER

On Tuesday, May 10th, there will be a consumer-led Bird Walk at 1pm. Anyone interested will get an idea of how to spot different birds from someone who knows a lot about birds and nature.

On Wednesday, May 11th,

join us for the State Walk-a-Mile in Lansing.

On Friday, May 13th, consumers are invited to take a walk from the Drop In center at 2pm to view the Suitcase Exhibit at the Lenawee Historical Museum.

Thursday, May 19th is the local Walk-a-Mile which will be held in Adrian at 10:30am. A lunch reception will follow the walk at the Drop in Center.



NEWS FROM THE HOPE CENTER

Spring has finally sprung, and that means it's almost time for the HOPE Community Garden. This will be the 3rd year that HOPE will be undertaking this project and it wouldn't be possible without the help and support we receive from the community. A number of organizations and agencies in Lenawee County have joined with us this to help with the garden, including: Adrian Parks & Recreation, Boys & Girls Club, MSU Extension, Needle

Lane Farms, Lenawee Intermediate School District, and many, many more!

This year we were awarded a grant from the Lenawee Community Foundation that we will be using to purchase new equipment for the garden such as: an irrigation system, rototiller, and tent. HOPE members will once again be working alongside community volunteers to plant, tend and sell produce from the garden. Also, in keeping with the

spirit of volunteerism, we will also be donating a percentage of our produce to area soup kitchens.

We are always looking for more volunteers, if you're interested in helping with this project; please contact HOPE's Program Director, Scott Watson at 517.265.2410.



GIVING MEDICINE TO KIDS SAFELY

Even though "over-the-counter" medicine is available without a prescription, parents should use extreme caution when giving it to their children. If your child is under 4 do not use cough or cold medicine. Older children may take medicine to treat coughs, sore throats, runny noses and body aches.

5 Tips for Kid's Medicines:

1. Follow directions on the label exactly
2. Don't give adult medicine, like aspirin, to kids
3. Only use medicine that treats your child's symptoms
4. If your child has side effects, stop giving the medicine immediately
5. If you have questions, ask your pharmacist or doctor

A sore throat is no fun at any time, but it is important to know what kind of sore throat it is. It is usually caused by a cold, dry air or allergies. But sometimes a sore throat means a strep infection. Strep is more serious than a regular sore

throat. Signs of strep are: a fever, pus in the throat, rash, drooling or trouble breathing. See the doctor if your child has these symptoms. The doctor will swab your child's throat, and if strep is present, will prescribe antibiotics to stop the infection. If the sore throat isn't strep, your child will not need antibiotics. It will help to give your child warm liquids, have them gargle with salt water or take children's cold medicine. They will feel better in a few days.



ERIC FRANTZ JEWELRY—MICROENTERPRISE



Eric Frantz and his wife have lived in Adrian for a little over a year, and he is enjoying being involved in the micro-enterprise program at Goodwill Industries. He moved here from Westland, but was born and raised in Los Angeles, California.

Eric has been making jewelry for two or three years and thanks his teacher at Hobby Lobby—CJ, who has taught him, in the last 6 months, how to do more complicated and intricate designs. Eric sells his necklaces, bracelets and earrings in the Goodwill Store, he has also been to several art and craft shows. Family members often call and request items for birthday gifts and also give him orders for themselves.

His supplies are mostly purchased from Hobby Lobby, but also from Walmart and Michaels. Eric usually works at home on his jewelry and depending

on the piece it can take anywhere between two and eight hours to finish. Prices for his pieces range from \$7—\$10, with a couple of sets costing a little more—depending on the amount of work that has gone into it and the value of the beads used. Of course, there is a lot more involved with selling your own goods than just making them. Eric has to package and display the jewelry himself and he is continually learning new and better techniques to do so.

The microenterprise program is very grateful to “The Place”, a consignment store in Blissfield, who donates an area specifically for Goodwill consumers to display and sell their wares. But they are constantly looking

for additional locations and possibilities.

Besides looking after his wife of 15 years, who is in a wheelchair, Eric loves to watch TV and play video games. He enjoys working in the Goodwill Store and attending jewelry classes at Hobby Lobby once a week. His goal in the future is to learn how to make rings and pins.

If you are interested in purchasing any of Eric’s jewelry it is always available in the Goodwill Store, 1357 Division Street, Adrian, MI.



“Our mission is to provide opportunities for people facing barriers to improve their lives”

WHAT IS A MICRO ENTERPRISE?

A microenterprise is an opportunity for individuals seeking to start their own business to learn how to develop a small business in alignment with their talents and interests and become independent. The entrepreneur will learn how to develop a business plan, research the need for their

business in the community, and learn how to create, finance and implement the business they want to develop.

For more information on the program run by Goodwill Industries, contact Ronda at 517.263.2135.



“STIMULANT ART” BY DAVID MONTIE—MICROENTERPRISE

Bringing art to life is something that David Montie has been doing for a while now, and after a recent art display at Adrian College to celebrate Disabilities Awareness Week, David will be selling cards that he designed in the college book store! Check out his bulldog design:



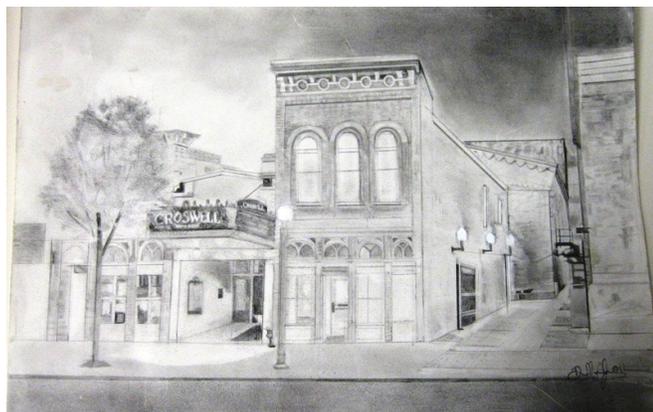
took him about 40 hours to complete! This picture will be on the front of one of his cards.

David has always loved to draw, but feels that he has improved a lot over the years. Although he has only been working on his micro-enterprise for three months, he is already getting a feel for the enjoyment of small business. He sells cards with his designs/sketches on the front. David is also talented at portraits, but really got started drawing pictures of his favorite superheroes. He admits that he is not very good at drawing from memory, but if he has something to look at it is much easier. He uses graphite pencils, colored pencils and pastel chalk.

just enjoying nature. He loves to go to concerts, watching all kinds of sports, working on the computer and play ing video games. One day he would like to write his autobiography and travel around the world.



If you would like to see more of David’s art check out the Goodwill Store, or his Facebook page (where most of his art is displayed).



Also, at the Art-a-licious festival in downtown Adrian, David drew this picture of Crowell Opera House, which

While David works three days a week at Goodwill, and half a day in the microenterprise program, he still finds time to be outdoors, either drawing or



Goodwill Industries is currently working on an internet site where consumers who have a microenterprise will be able to post pictures and sell their merchandise.

The LINC (Learning Independence, Navigating Choices) program at Goodwill participates in delivering Meals on Wheels every Tuesday and Thursday

NO ORDINARY DAY!

Thursday April 21st turned out to be more than the usual day for some consumers and staff at Goodwill. As they delivered a meal to an elderly lady they

heard a cry for help from the other side of the door. She had fallen down the stairs and could not move, and had been lying there for some time. Staff and

participants in the LINC program called 911 and stayed with her until help arrived.



(Diana Szczesny (top)— LCMHA Receptionist, and Shar Dunbar (below), Provider Contracts, enjoying breakfast)



PANCAKE BREAKFAST FOR A GOOD CAUSE

A pancake breakfast was held at Community Mental Health on Tuesday, April 12th to raise money for the State Walk a Mile Rally in Lansing.

Money raised is to cover the cost of transportation of consumers for the day.

Many thanks to the Drop In Center, who provided all of the ingredients and to Kay Ross, who provided the home grown maple syrup, they cooked up a wonderful breakfast for staff.



(Robyn McKenzie—MI Child Casemanager)

(Kay Ross—Customer Service Dept preparing the pancakes)

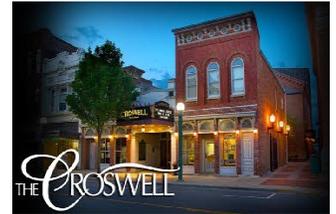


MOVIE DAY AT THE CROSWELL

Watch for more information about Movie Day at the Croswell Opera House.

The Croswell has offered to show a movie that relates to mental health in honor of Mental Health Awareness

Month. This event will be free of charge, and will be something the whole family can come and enjoy on Sunday May 15th. For more information call Customer Service at 517.263.8905.



STATE WALK A MILE RALLY

On May 11th a group of consumers, staff and volunteers will be going to the state capitol in Lansing to rally on the State Capitol Lawn from 1pm—3pm. Thousands of advocates, people living with disabilities, and their families will rally to let our legislators know that “Mental

Health Matters” Transportation will be provided by the YMCA—leaving CMH at 10:00am, returning at 4:00pm.

Each of Michigan’s 83 counties will be represented by a person living with a mental illness, developmental

disability and/or substance use disorder. One at a time each of the County Representatives will take the mic and deliver an inspirational message of hope to the crowd.

If you are interested in participating, contact Customer Services on 263.8905.



LOCAL WALK A MILE RALLY

On May 19th, the local Walk a Mile Rally is planned beginning at 10:30am leaving from the Lenawee Historical Museum, where the Suitcase Exhibit is currently on display.

Following the Walk, a light lunch will be served at Interconnections Drop In Center.

Also for viewing at the Drop

In Center following the walk, consumers with a Micro Enterprise will be displaying their wares, which will also be available for purchase.

LISD CHILD FIND OUTREACH



Are you concerned about any Lenawee County resident's (birth—age 25) development? If you think a person's growth, learning, or social skills are not the same as others the same age, the sooner this person is evaluated the better.

Contact:

Lenawee Intermediate School District (LISD),
Director of Special Education,

4107 N. Adrian Hwy, MI 49221 (517) 265.1682.
Toll Free (888) 444.8144

For more information, visit the LISD Special Education webpage: <https://webapps.lisd.us/sites/specialed/Pages/Specialedhome.aspx>

Please be aware that anyone, at any time, may contact the following, as well as the LISD

Staff Resources Office:

Office of Civil Rights
United States Dept. of Education
400 Maryland Ave, S.W.
Washington, D.C. 20202-1100
(202) 245.6800 OR

Office for Civil Rights United States Dept. of Education
600 Superior Avenue East,
Cleveland, OH 44114-2614
(216) 622.4970

IMPORTANT—NEW INFORMATION

2012 Medicare Part D Plan

Open Enrollment Period: OCTOBER 15—DECEMBER 7, 2011

For plans effective January 1, 2012

CONSUMER CONFERENCE

“Recovery: The Road to Freedom” presented by MDCH Office of Consumer Relations Justice in Mental Health Organization, will be held at The Kellogg Center, Michigan State University, 55 South Harrison Road, East Lansing, MI 48821 from 7:30am—4:00pm on July 28th.

This conference is a wonderful opportunity for consumers to network with other consumers, and to meet others who have struggled and successfully learned how to manage their mental illnesses over time, promoting hope and long-term success in others.

If you are a consumer and are

interested in attending this event, please contact Customer Service Dept. at 517.263.8905

There is a registration fee of \$30 per person, and this includes breakfast, lunch and refreshments. Two scholarships are available, but does not include transportation.



PATH WORKSHOPS

LCMHA has a great new way to improve both your physical and mental health. PATH—Personal Action Toward Health—is a chronic disease self-management program developed by Stanford University. It teaches people how to self-manage all kinds of chronic conditions through problem solving, mind distraction, weekly action plans and much more. PATH is a 6 week workshop which meets

once a week for 2 1/2 hours. Each week learn how to use a different technique to relax, fight fatigue and deal with anger, pain and depression.

Workshops will consist of no more than 15 people. The group will learn to brainstorm and help each other learn how to better self-manage most chronic conditions and how to deal with not only their disease, but also the impact it has on our lives and emotions. Group

motivation is key to PATH, and it is a wonderful new addition to the services that LCMHA offers to its consumers. Facilitated by Certified Peer Support Specialists Trudi Grossman and Brenda Lawson, each workshop includes a healthy snack.

For more information contact Customer Services at 262.8905, or talk to your Case Manager about joining a workshop.





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:
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CMHSP OF SE MICHIGAN



Bill Zimmerman, CMH Board Member for 19 years, was presented with a plaque for his service and dedication to the consumers of LCMHA at the March Board Meeting. Goodbye Bill—we will miss you!



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

USEFUL WEBSITES:

www.lenaweecf.com—
Lenawee Community
Foundation

www.suitcaseexhibit.org—
The Lives They Left Behind:
Suitcases from a State Hospital
Attic.

www.extension.org—MSU
Extension Office

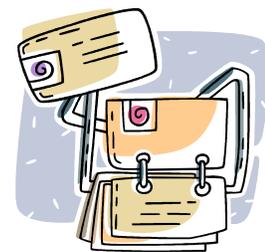
www.hopecenterlenawee.org
—HOPE Center

[https://webapps.lisd.us/
sites/specialed/Pages/
Specialhome.aspx](https://webapps.lisd.us/sites/specialed/Pages/Specialhome.aspx)—LISD
Special Education Webpage

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