



THE GRAPEVINE

NOVEMBER 2009
LCMHA website: lcmha.org

A WORD FROM OUR DIRECTOR

We are proud to announce that LCMHA has been accredited by the Joint Commission for another three years. The surveyor gave very positive feedback on the agency, our staff and New Focus Clubhouse. We commend our staff for their hard work that resulted in our successful bid for reaccreditation.

On October 15th LCMHA hosted the annual Affiliation Recipient Rights Advisory Committee. We welcomed a large group to our agency where the Rights Office staff reported on their activities across the Affiliation. The meeting was productive and informative.

A few Board Members and staff attended the MACMHB Fall Conference in Traverse City in

October. In addition to the numerous educational workshops, this was an important time for us to network with other CMH board members and staff. Of course, the state budget was one of the major concerns shared by all and a large part of our conversations.

Lenawee was again well represented at our Sharing Hope Conference. The planners did an outstanding job of arranging workshops and activities for the event. A highlight was the talent show and awarding of the Sharing Hope Awards.

Finally, to those readers who live in Lenawee County and frequent the Lenawee County



Roger Myers
Executive Director

Human Service Building we apologize for the massive amount of building and parking lot renovations that have made your visits to the building such a task. Everyone has been inconvenienced by the simultaneous complete excavation of all parking lots. Parking up and down the street to walk to the building and then dodging graders, dozers, trucks and trenches has tested the patience of us all. Please bear with us as these much needed improvements are completed.

LCMHA BOARD

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Scott Clites—Secretary

Mark Jackson

Howard Keller

Emily Martinez

Grace Miley

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Jim Van Doren—Co. Commissioner

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SHARING HOPE CONFERENCE

The 8th Annual Sharing Hope Conference was held at St. Luke's Church in Ann Arbor on October 22nd. Lenawee was well represented as usual—Master of Ceremonies was our very own Jim Thompson, this is his fifth successive year of participating—fourth year as host. Rebekah Johnston was the keynote speaker for Lenawee. Doris Ostrander did a great job of emceeing the Talent Show. Todd Ackley and Doris made us proud with their version of "Achey Breakey Heart," and John Applegate made us realize that Elvis is alive after all! Janice Jones and her son Jeremy read a

poem about Autism; Tammy Glancy entertained at the piano with "Don't Break my Heart", and Phyllis White sang beautifully acappella.

There were many other festivities, not least the Sharing Hope Award winners. Roger Myers and Judy Warren presented Vicki Horn with her award (see p.5). Nurses Sandy Place and Marsha Dicenzo were part of a DD panel (which also included Todd Ackley). Bob & Michelle Wilson also participated on an expert panel. Other sessions included Integrated Health and the PCP process.



Todd Ackley and Doris Ostrander
(pictured top)

John Applegate (bottom)



LCMHA WELCOMES TWO NEW EMPLOYEES



Becky Schersten (pictured top) is an old friend to CMH—working for us from December 1990 until Gerontology Network took over the contract for services to the elderly in January 1999. Welcome back Becky! She will be receiving and processing screenings from nursing homes for people applying for nursing home placement and making recommendations for mental health treatment. Becky reports that it is a privilege to get to know older adults at one

of the most challenging times in their lives, and that she is always amazed at the strengths people show, that they never knew they had! Becky has lived in Adrian for 25 years with her husband, who is a teacher at Siena Heights. She has two sons, one of whom will be presenting her with her first grandchild soon.

years, and before that worked at Great Lakes Home Health for 7 years, and the Daily Telegram for 18 years. Annie brings a wealth of knowledge and experience to her new position and is looking forward to utilizing her customer service skills. She loves helping people and making sure that their needs are met. Annie was born and raised in Adrian, and her son is a junior at Adrian High School. She enjoys roller skating and loves cats.



Annie Ringkvist (pictured bottom) joined CMH on October 1st. Annie was the office manager at Gerontology Network in Adrian for 5 1/2

DEPRESSION BIPOLAR SUPPORT ALLIANCE

Did you know?

DBSA support group meets every Monday at 3pm at Interconnections Drop In Center, 110 W. Maumee St, Adrian. For more information call: 517-265-9588

STOP THE SPREAD OF GERMS WHEN SOMEONE IN YOUR HOUSEHOLD IS ILL

- ◆ Use bleach and hot water in the laundry
- ◆ Use a disinfectant on solid surfaces in the kitchen, bathrooms, and laundry room
- ◆ Don't let your kids share toys, books, and other hand-held items when they are ill, and teach them to wash their hands with hot water and soap whenever they come into contact with someone who is sick, as well as after going to the bathroom and before and after meals.
- ◆ Cough and sneeze into the crook of the arm, not hands, to stop the airborne spread of germs

DEALING WITH
STRESS IS NOT
ABOUT
MOVING AWAY
FROM THE
NEGATIVE, IT'S
ABOUT
MOVING
TOWARD THE
POSITIVE,
DOING THINGS
THAT MAKE US
HAPPY!

*Douglas Mennin,
Yale Anxiety and Mood
Services Department of
Psychology*

POSITIVE MENTAL HEALTH TIP FOR THE MONTH— STRATEGIES FOR BEATING STRESS



- ⇒ Socialize—with friends, family, co-workers. Laugh, cry, get angry and express your feelings. It's a great way to vent and receive support.
- ⇒ Tell someone how much you appreciate them—every day, and take the time to say “thank you” for the things that make your life better.
- ⇒ Avoid drama. Overreacting and exaggerating increases anxiety and drains energy. When you find yourself thinking the worst—tell yourself, “that’s not helping to change things.”
- ⇒ Live in the present—instead of comparing it to the past.
- ⇒ Plan something to look forward to every day.
- ⇒ Don't blame yourself for unexpected changes or events.
- ⇒ Take care of your body by getting regular exercise, enough sleep and following a healthy diet.
- ⇒ Meditate, practice deep breathing or spiritual practices that have meaning for you.

THINK ABOUT WHAT YOU ARE EATING DURING THE HOLIDAY SEASON!

The holiday season is a special time to share with family and loved ones. Unfortunately many activities revolve around eating and leave many worrying about how they are going to manage their weight or health condition, such as diabetes. Consider some activities that still bring you together to celebrate the season without a focus on food:

- Have family or guests help decorate for the holiday
- Organize groups to attend holiday musicals or plays
- Invite others over for a caroling party
- Go shopping (keep within a budget)
- Give gifts to those in need
- Mall walk just to take in the decorations, smells and holiday sights and sounds.

You can still eat traditional holiday foods, however, think about making some changes to lower the calorie and fat content. Many desserts can be made with low-calorie sweeteners. Often it is possible to use nonfat or low-fat yogurt, nonfat or low-fat sour cream and fruit purees, applesauce or cottage cheese for some of the fat in baked goods, like muffins, cakes, cookies and quick breads.

Don't forget to include a place on your table for vegetables and lettuce salads. These will fill you up, but not contribute a lot of calories. Go light on the gravy, sauces and butter; avoid second helpings; and use high-fat condiments sparingly.

Parties are difficult for many people. It's best to decide ahead of time what and how much you'll eat. Offer to bring

a healthy dish—that way you will ensure that there is at least something healthy for you to eat.

Don't go to the party famished—you will eat too much. Instead, if you're very hungry before the party eat something light at home to curb your appetite. Don't hang around the buffet table—it is too tempting! Instead, mingle with guests. You will eat less if you are talking.

Remember that no one is perfect—don't set your expectations too high. Your overall health won't suffer with a little indiscretion. Enjoy the special times and a few special meals, but remember to get back on track the next day.

Enjoy your holiday festivities!

Article—courtesy of Michigan State University Extension Office, Lenawee Co



EAT SALAD—IT WILL FILL YOU UP, BUT NOT CONTRIBUTE A LOT OF CALORIES—AND ITS GOOD FOR YOU!

SEEDS OF HOPE

Seeds of Hope is a new shared interest group—a place to come together and share activities—such as movies, books, cooking, crafts and more. A place for activities to promote ideas, thoughts, friendships and comfort. Come without fear of judgment to help plant the seeds of hope in yourself and those around you!



The meetings are bi-weekly in the Human Services Building, Second Floor, Demo Kitchen.

For more information on this support group or questions—call Trudi at LCMHA, 517.263.8905 or email her at tgrossman@lcmha.org.

RECOVERY ENHANCING ENVIRONMENT SURVEY

We will be inviting adults with mental illness who receive services to participate in a survey (REE) for a better understanding of recovery needs. This survey will be conducted by peer-support specialists across Michigan's public mental

health system. It will be done in Lenawee on November 30 and December 1. For more information or to possibly participate contact Judy Warren or Sharon Smith at 517.263.8905.

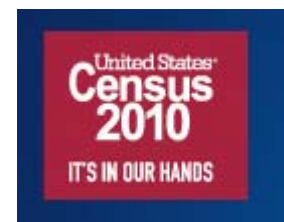
2010 U.S. CENSUS

April 1 2010 will be census day—every residence will receive a short questionnaire of just 10 questions. Data collected by the census helps

communities receive more than \$400 billion in federal funds for schools, hospitals, senior centers etc. Census takers are needed—for more information

visit 2010censusjobs.gov or call 1-866-861-2010.

Watch for more information to come.



INTERCONNECTIONS—GRAND RE-OPENING



Roger Myers—mingling



Gordon Brown, Director Interconnections Drop In Center

It is very exciting to report that the whole center has been remodeled. Gordon Brown began as Director just as the renovations were getting underway, and he dived in to help do some of the moving and other odd jobs. New carpet was installed on the first floor and offices were moved upstairs. There is a new table for board meetings as well as consumer projects. New chairs were purchased for watching TV or reading. We have also created an Internet Café and are hoping for the donation of some computers soon. Staff and consumers are being encouraged to volunteer in



civic activities such as Relay for Life, and a blood drive at the center is being planned. Flyers have gone out at Adrian and Siena Heights campuses to let students know about the center. Support groups have been started for DBSA and depression. We are hoping for trips to Pistons and Lions games and will be hosting a pool shoot-out to raise



donations for the re-felting of the pool table. We would love to have a new sign, and are currently working on getting a permit from the city. Many thanks to all CMH staff and others who came to the grand re-opening.

Pictured top right Doris Ostrander and Jeffrey Fouch, and top left Grace & Chuck Miley.

LCMHA BOARD MEETING CHANGE:

NOVEMBER & DECEMBER MEETINGS WILL BE COMBINED—NEW DATE IS DECEMBER 10TH AT 3:00PM

GOINGS ON AT NEW FOCUS

The Clubhouse was closed on Wednesday October 7th for all staff and 16 members to attend Power Day. CMH chartered a bus from Lenawee Christian School and traveled as a group to Lansing. Guest speakers shared some of their life experiences and emphasized the importance of continuing mental health services.

We also took two vans to the Sharing Hope Conference, and were very excited that a past member was the recipient of the Sharing Hope Award for Lenawee County—she is truly deserving of this award.

The Clubhouse also recently

completed a food drive at Busch's Value Land in Tecumseh. We are very thankful to them for allowing us to do this on their premises. We are proud to have raised \$451.50 for the Salvation Army, along with 8 -10 bags of groceries.

A special Recognition Dinner was held for all volunteers on November 5th and there are plans for more fundraisers in the future.

October was celebrated with a Hay Ride at Heritage Park. Members had a great time and this is one of the activities that we enjoy before the cold



weather arrives. Hot dogs, s'mores and cider were enjoyed around the campfire.

Upcoming dates to remember:

November 19—9:30am
A guest speaker from South Central Michigan Works will be coming to talk about job opportunities and unemployment benefits.

November 26—Thanksgiving Dinner

December 10— Traditional Holiday Party.

NEWS FROM THE HOPE CENTER

The main fundraiser of the year— Beacon of HOPE Event is on Saturday November 28th at Lenawee County Club. This year the "Angels of HOPE" award goes to: Earlene

Zuschnitt, Michelle Buku, Barb Blanden, Teke Westfall and Julie Koehn who have given countless amounts of time, talent and resources to HOPE over the years. There will be

dinner, live music and a silent auction. Tickets are \$50 per person. For more information, or to RSVP contact—HOPE Community Center, 431 Baker, Adrian 517.265.2410



SHARING HOPE AWARD—LENAWEE WINNER— VICKI HORN

Spirited; courageous; strong; expressive; bold; bluntly honest; and most of all funny—just a few words to describe Vicki Horn!

I nominated Vicki for this award based on the strength and fortitude she has shown, particularly over the past 6 months. Indeed, over the last few years I have witnessed a level of maturity grow and blossom within her, and I have the utmost respect for this transformation. Hope and Recovery are powerful words—words not even in her vocabulary so many years ago. In order to truly appreciate where she is today, the story must begin several years ago. Although her story is painful at times, let me take you on her journey to see how truly far she has come in overcoming all of her adversities.

Vicki was placed in foster care by Protective Services at the age of 9 after years of unspeakable abuse, she had her first psychiatric hospitalization at the age of 13. By the age of 17 she had been in 14 different AFCs and had multiple stays in juvenile detention centers. Vicki came to CMH at the age of 20 and was transferred to ACT. Back then (and even sometimes today) you knew she was coming and you definitely knew when she arrived. One of Vicki's greatest strengths is her voice!! Unfortunately back then, her voice (and certainly

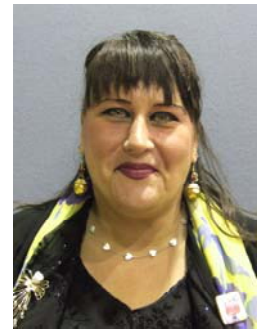
her words) got her in trouble time after time! She was a repeat visitor to community hospitals, state hospitals, she had housing problems, legal issues, financial woes, substance abuse, physical health concerns—you name it she had a problem attached to it. She had no self-esteem and no natural support system. One by one, step by step we tackled problems. She terminated services several times because she was so frustrated and angry.

After she suffered the devastating loss of her baby, Vicki again found herself in an inpatient psychiatric unit. Upon discharge she vowed never to have another hospitalization. She has kept her word, to this day. It has not been easy—we have struggled to continue to find the answers to her questions, reasons to live, to be happy and to be “whole”. She would make steps forward in her recovery and back slid several times. She continued to be in some really dark places, I truly feared for her life many times. Fast forward to 2005 when she met a man who loved her from the first moment. Through his love she was able to make huge strides in her recovery. They found a home and adopted a dog, which all helped to decrease Vicki's dependence on CMH. She realized that her mental illness did not control her or define her. Graduating from New Focus

Clubhouse was a definite landmark in her recovery—a celebration was held for her on April 21, 2009, and she was beaming with pride.

The very next day on April 22nd 2009 her fiancée was killed in a tragic accident. I cannot tell you the devastation Vicki felt (and continues to feel) she again lost the will to live. However, over the days and weeks that followed, Vicki's strength reemerged, as I knew it would. She continued to babysit for a 9 year old neighbor. She would spend the entire day with a friend's mother who has Alzheimer's—caring for her, and listening to the same stories over and over, and watching the apartment manager's 9 year old son, swimming with him and playing games. She now has friends over for spaghetti dinners and plays a mean game of scrabble. She recently joined a fitness center as she has set some physical goals for herself.

Does she still struggle with grief and mental illness?— Yes, but she is a work in progress and she has come miles from where she started. She is a living testimony to hope— that if you work hard, you can overcome almost anything whether it's a mental illness or losing those closest to you. That is why I nominated Vicki for this year's Sharing Hope Award.



JUDY WARREN—
MI ADULT
SUPERVISOR
NOMINATED VICKI
FOR THE SHARING
HOPE AWARD
THIS ARTICLE IS
TAKEN DIRECTLY
FROM THE
NOMINATION
FORM



Lenawee
Community
Mental Health
Authority

LENAWEE COMMUNITY MENTAL
HEALTH AUTHORITY

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Congratulations to
Mary Poore—Adult
DD Case Manager who
was presented with her
20 Year Service Award
at September’s Board
Meeting by Chairperson
Judy Ackley.



Sandy Keener—CMH
Clinical Director was
presented with an award
for 25 years service at
October’s Board
Meeting



And pictured bottom
Barb Howard—
Receptionist,
congratulations on 10
years with CMH on
October 12th

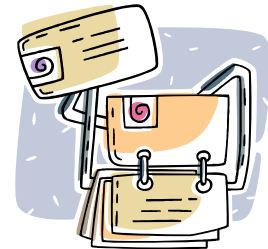
USEFUL WEBSITES:

- www.germproofyourkids.com
The Complete Guide to
Protecting (without
overprotecting) Your Family
from Infections.
- www.msue.edu/portal—
Michigan State University
Extension Office
- 2010census.gov or
2010censusjobs.gov -
information and jobs related to
the 2010 census.
- www.HopeCenterLenawee.org
—Hope Center
- www.lenawee.mi.us—Lenawee
County website
- www.macmhb.org—Michigan
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