

LENAWEE COMMUNITY MENTAL HEALTH AUTHORITY



THE GRAPEVINE



November, 2010

LCMHA website: www.lcmha.org

A WORD FROM OUR DIRECTOR

It has been a busy couple of months here at Community Mental Health. October 1st saw the launch of a new electronic medical record (E-II) which has not been without its challenges for staff, but we look forward to getting those ironed out soon.

Congratulations to a couple of people—Kathryn Szewczuk, Community Outreach Supervisor, for her efforts (along with other members of Customer Services Dept) in pulling together the “Meet the Candidates Forum” which was very well received and

attended.

Also Evalyn Reed—Lenawee’s Sharing Hope Award Winner.

Some Board Members attended the MACMHB Fall Conference in Traverse City in October—this is always a great networking opportunity for our Board Members to meet their counterparts from all over the State of Michigan and to attend educational workshops and trainings.

The October Board Meeting was held at Goodwill so that members could see the



Roger Myers
Executive Director

renovations for themselves and take a tour of the facility that many of our consumers enjoy every day. Thanks to Bev Lyell and Goodwill staff for making us feel so welcome!

We wish everyone a healthy, happy holiday season and best wishes for 2011!

LCMHA BOARD

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CANDIDATE FORUM



Lenawee Community Collaborative, in conjunction with Siena Heights University, Adrian College, Adrian Area Chamber of Commerce, Lenawee RICC and WLEN joined together to host a “Meet the Candidates Forum” on October 25th in the Francoeur Theatre, Siena Heights University. Kathryn Szewczuk, LCMHA Community Outreach Supervisor, who is also the Lenawee Community Collaborative Coordinator, helped organize the event which proved to be very successful.

Candidates for office in attendance were: Mark Schauer-D/Tim Walberg-R (US Congress 7th District); Nancy Jenkins-R/Harvey



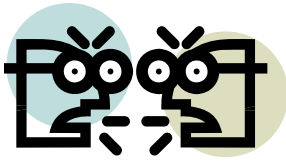
Schmidt-D (House of Representatives 57th District); Bruce Caswell-R/Doug Spade-D (State Senate 16th District); John Glaser/Laura Schaedler (Lenawee District Court Judge).

The moderator of the event was Monique Savage, Director of Counseling Services, Adrian College, and it was broadcast live by WLEN.

The candidates were each asked the same three or four questions relating to important issues facing Lenawee County; the economy; services and funding and what their approach would be if elected.

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“Anger is seldom without reason—but seldom with a good one”

Benjamin Franklin

HANDLING YOUR ANGER

It is perfectly normal to become angry, even furious, on occasion. But how you handle anger can affect your family life, your job, even your health. Helpful strategies for dealing with anger include:

- Be aware of what makes you angry and try to avoid those triggers.
- Think about why you’re angry. If you blow up at a minor event, the cause of your anger might be something else.
- Problem solve: make a plan to work on the problem that made you angry.
- Communicate.
- Unexpressed and unresolved anger can lead to depression, so it’s important to communicate. Name calling or finger pointing rarely ends a disagreement.
- Learn strategies that can help change your perspective.

HAPPINESS IS CONTAGIOUS!



The happiness of the people around you can make you happier, research shows. Over a 20 year period, nearly 5,000 people were asked at three separate times about their happiness. They also provided information about their friends, family and coworkers.

University of California researchers found that happy people tended to stick together, as did unhappy people. A person was 15 percent more likely to be happy if a close friend or family member was happy. Happiness spread even three

friends deep. For instance, your friend’s friend’s friend who was happy increased your odds for happiness by 5 percent.

Spring 2010

Living Healthy Magazine

HAVE GOOD THOUGHTS!



Happiness is not something that just comes or happens to you. It is something you create—now, today. Waiting for something to change in order to be happy is waiting to live your life. It is not what happens to you that counts, it is how you react to what happens to you. It is all about your attitude. When you adopt a positive attitude, life becomes a rewarding adventure instead of something to get through.

Improving your lifestyle; having a good role model; having faith in your abilities and being disciplined are just a few ways to improve your outlook on life.

Try to focus on positive thoughts, for example:

- ◆ The brightest future will always be based on a forgotten past, you can’t go on well in life until you let go of your past failures and heartaches
- ◆ It’s true that we don’t know what we’ve got until we lose it, but it’s also true that we don’t know what we’ve been missing until it arrives.
- ◆ The happiest of people don’t necessarily have the best of everything, they just make the most of everything that comes along their way
- ◆ When the door of happiness closes, another opens but often times we look so long at the closed door that we don’t see the one which has been opened for us
- ◆ Happiness lies for those who cry, those who hurt, those who have searched and those who have tried, for only they can appreciate the importance of people who have touched their lives
- ◆ The best kind of friend is the kind you can sit on a porch and swing with, never say a word, and then walk away feeling like it was the best conversation you’ve ever had

“Stop worrying about the potholes in the road and enjoy the journey”

Barbara Hoffman

“The happiness of your life depends on the quality of your thoughts”

Marcus Aurelius Antonius

INTERCONNECTIONS DROP-IN CENTER

The annual Thanksgiving Dinner will be on November 14th and everyone is welcome—just bring a dish to pass. Members will be making centerpieces for the tables. A party is planned for November

27th for the U of M vs Ohio State football game. A Wii bowling tournament is planned for December 4. The annual Christmas Potluck will be on December 11th, with bingo starting at 12:30pm. On the

17th December join us for Christmas Wreath making. A New Years party is planned on December 31st from 2pm—5pm. For more information call: 265.9588.



GOINGS ON AT NEW FOCUS

Family and friends day at the Clubhouse included a hayride and bonfire at Heritage Park on October 8th. Members came with their loved ones, we enjoyed hot dogs, cider and chips.

A trip to Toledo Zoo on October 16th was a great success and fun for all with a picnic lunch along the way.

Field Day was combined with a

Halloween Pot Luck on October 20th. Many consumers, staff and visitors participated and dressed in their favorite Halloween costumes for the occasion. Bingo was the main event, with many prizes and plenty of great food for everyone.

The Clubhouse was closed on October 21st to enable staff and consumers to attend the Sharing Hope Conference in

Ann Arbor. We have many talented members who participated in the Talent Contest, and special congratulations to Evalyn for receiving this year's Sharing Hope Award.

We are in the process of planning for Thanksgiving at New Focus—we will be open and serving turkey with all the trimmings.



NEWS FROM THE HOPE CENTER

The annual Halloween Dance was a huge success this year—a special thanks to Civitan of Lenawee County for sponsoring this event. The festivities included: a live band, haunted house, face painting, refreshments and of

course dancing! When asked what they thought about the dance, HOPE members said they really liked the band and dancing all night long! HOPE staff, interns and members all worked hard to put together this year's haunted house. Kim

Young, an LISD teacher at HOPE, said that the "haunted house was the best one ever." All in all, it turned out be a great night. Everyone had a great time and are already looking forward to next year's Halloween Dance!.



UPCOMING EVENTS

December 14th—Annual Holiday Party sponsored by Mental Health Awareness Committee and Interconnections Drop in

Center at 12:00—1:30pm at CMH. Soup will be served, there will be a puppet show and carol singing. RSVP to Kay Ross by December 10th

if you plan to attend. Attendees are encouraged to bring a canned goods item to be added to the CMH holiday donation to the food pantry.



NEED HELP FOR THE HOLIDAYS?

There is assistance available at the Salvation Army. They will be taking applications throughout the month of November, Mon-Fri 9:00-11:30am and 1:00—3:00pm. Distribution will be the week

of December 20th. Clients need to bring Drivers License, proof of income and social security cards for each member of the household to apply.

The Salvation Army provides a hot Thanksgiving meal on Wednesday November 24th at 4:00pm, and Christmas Dinner on Christmas Day at 4:00pm.



5TH ANNUAL ROSS FORUM



Harvey Schmidt was presented with the Community Health Professional Award by CMH Executive Director— Roger Myers

LISD Tech Center was the venue again this year for the Training and Recognition Forum for Direct Support Professionals, held on September 15th.

Dr. Thomas E. Pomeranz, Universal LifeStiles, was the guest speaker. He is a nationally recognized authority, trainer, clinician and consultant in the field of services for people with disabilities, and he did a wonderful job of entertaining and educating a variety of home staff assembled for this event at the LISD Tech Center.

The afternoon was reserved for two community awards and Direct Home Care Staff Awards.

The Community Health Professional Award was presented to Harvey Schmidt, of Schmidt & Sons Pharmacy, by Roger Myers, for outstanding professional service and support on behalf of persons with developmental disabilities and other special needs.

Bill Ross presented Frank (and Shirley) Dick with the Compassionate Citizen Award for their contribution to the scholarship fund which enables Direct Support Professionals to continue their education, also for their many philanthropic endeavors and generosity in the Adrian area.



Bill Ross (Right) presented the Compassionate Citizen Award to Frank (and Shirley) Dick



Tom Pomeranz, Universal LifeStiles



Scott Whitehouse (Hope Center) presented Sally Valdez with the Outstanding DSP Award



DSP Staff (Lawrence Block Jr, Katie Raper and Larry Flanagan) performed a skit in the afternoon!



Bishop Ira Combs (Christ Centered Homes) awarded Stephanie Krutz (Tipton) with the Outstanding Direct Support Professional Award



Bev Lyell (Goodwill) presented Deb Meredith with the Outstanding Direct Support Professional Award

Mike Conner (Renaissance Community Homes) presented Brent Reuter (Riverside) with the Outstanding Direct Support Professional Award



SUPPORT IN PINK!

National Bullying Prevention Day at CMH on October 20th was supported by many staff wearing pink.

Over 160,000 children stay home every day because of bullies. Too often bullying goes unreported due to the stigma associated with seeking help. In many cases bullying leads to suicide.

Communities in Schools in Lenawee and the Anti-Bullying



Task Force promoted “Pink Shirt Day” to promote awareness and prevention in schools, workplaces and on the internet.

There are many resources



available to students, parents and community members, these are listed on the back page.



Meghan Niblack—Daughter of Darcy Niblack (Medical Records Coordinator, LCMHA) supports anti-bullying at her school, 7th Grade, Britton-Deerfield

CRAFTERS NEEDED



The Open Class Fair Group has finalized project classes for the coming year. Do you enjoy cooking

and baking or would you like to learn more about it? How about photography, do you own a camera but not sure what to do with it? Are you interested in crafts such as sewing, cross stitch or hook rug? Then this group is for you.

We will be meeting in November to start the sign up process and set a schedule for projects. Call Kay Ross or Kathy Illenden if you are interested in joining our group, at 517.263.8905.



HAVE A HEALTHY HOLIDAY

While all foods have a place at the table in moderation, this year set the tone for future years and make a new tradition of incorporating a healthier food or two.

There are multiple ways to improve your nutrition and help to ease your mind about extra fat and calories during the holiday season. Use reduced fat versions of dairy products, like lower fat milk for hot

chocolate and eggnog; or try reduced fat cream cheese and sour cream for baking and appetizers. Try applesauce or other fruit purees as substitutes for half of the oil in baked goods. Fruits can be a prominent part of desserts, and vegetables easily lend themselves to appetizers and sides. Take a closer look at your table, and personal plate, and make sure it has lots of

colors from fruits and vegetables.

Also consider making an activity or game the focus of holiday gatherings rather than food. When food is a part of the event, take the initiative, set the standard and share something along the healthier lines. Set the example and tradition with a tasty holiday dish that you can feel good about.



Article—courtesy of G. Hofing, MSU Extension Office

ASSOCIATED CHARITIES NEED YOUR DONATIONS

It is projected that Associated Charities will give away over 1400 food baskets this year and over 8,000 toys for children—this will be an increase of 10%

over last year, in partnership with local churches, service organizations and individuals who adopt children and/or families. They co-ordinate their

list with the Salvation Army and local churches to avoid duplication. They are always accepting donations.



SHARING HOPE

The 9th Annual Sharing Hope Conference was held on October 21st at St. Luke's Lutheran Church in Ann Arbor. Lenawee was well represented.

Interesting workshops included a panel of experts answering questions and sharing insight into their experiences with mental illness; another panel of experts discussed experiences with developmental disabilities. A stress management workshop helped with coping skills, and a recovery transformation group talked about embedding recovery into all aspects of services and delivery.

An awards and talent show was enjoyed. Four of our friends performed in front of an audience, and they did a great job.



Eric sang "Jesus Takes the Wheel" by Carrie Underwood



Rose sang a song she wrote about the Titanic



Tammy played "Amazing Grace"



Todd singing from Phantom of the Opera



Roger Myers presented Evalyn Reed with this year's Sharing Hope Award for Lenawee County.

Kay Ross nominated Evalyn for this award. Evalyn moved to Adrian from Flushing, MI about one year ago. She came here to be near her daughters and grandchildren.

She is a very special lady as she thinks of everyone as a potential friend and likes to give hugs. She is the first person to jump in and help when anything needs doing. For example: Re-Bicycle event; Consumer Advisory Committee, Mental Health Awareness; Seeds of Hope, New Focus Halloween party and more. She always volunteers and makes everyone feel very comfortable around her as she loves to laugh.

Evalyn lives at an apartment complex and has helped lots of people there—even if it is just walking them to the store if they are feeling scared. She has taken her mental illness and moved forward and upward in her own recovery very quickly and never feels less because of this illness. She believes everything is a gift and always tries to give back. She loves bright jewelry and is an avid seamstress.

Congratulations on this year's Sharing Hope Award—Evalyn—you deserve it!

HEADS UP!



Kay Ross, Customer Service Representative, is still looking for volunteers who would allow her to make a silhouette of them (head only) which would be put on a square of material to create a quilt for

the lobby. If your "head" is used for the quilt, you may even write something on it.

If you are interested in being a part of this project please contact her, or just pass the

information along to others.



Heads Up—contact Kay Ross, Customer Services Dept. 517.263.8905.

SUITCASE EXHIBIT COMING TO LENAWEЕ

The Mental Health Awareness Committee is excited to announce that “The Lives They Left Behind” exhibit is coming to Lenawee for six weeks for Mental Health Awareness Month next May.

In 1995 during the closure of Willard Psychiatric Center in New York’s Finger Lakes region, several hundred suitcases filled with the personal belongings of former patients were discovered in the hospital attic. The suitcases and their contents bear witness to the rich, complex lives these people led before they were committed to Willard—and speak to their aspirations, accomplishments, and community connections as well as to loss and isolation.

From pictures, clothing and personal objects left behind, we can gain some understanding of who these people were before they disappeared behind hospital walls. The pictures and stories illustrate the ordinary lives these people led: they raised families, had jobs, were educated and traveled, fell in love, and faced misfortune. For many, dealing with hardships sealed their fate to a lifetime in a mental hospital.

“The Lives They Left Behind” was created to honor the memories of these and others who were removed from their communities and institutionalized. The exhibit provides insight into psychiatric institutions in the

early—mid 20th century, and also raises some difficult and compelling questions.

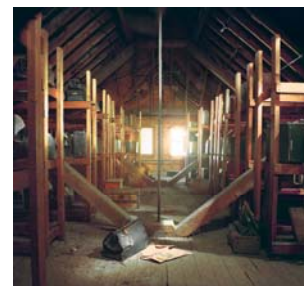
The exhibit will be housed at the Lenawee Historical Museum and will be accompanied by many other artifacts from (now closed) Michigan State Hospitals. Numerous other activities are also planned for the entire month, such as guest speakers and educational forums etc.

There is a lot of organizing and preparation to do for this exhibit, so if you are interested in helping out contact Kay Ross, Customer Services, LCMHA. 517.263.8905 or kross@lcmha.org



For more information visit:

www.SuitcaseExhibit.org



LENAWEЕ WINS VSU AWARD

We are pleased to recognize the Lenawee County Victim Services Unit (VSU). The Lenawee VSU was recently awarded the Unit of the Year by the Michigan Sheriff’s Association (MSA). The VSU program was established by the Michigan Sheriffs’ Association in 1991 to provide assistance to law enforcement when going out on unexpected death notifications. Currently, there are 51 active units with more than 800 trained volunteer advocates state-wide. It’s a testimony to the dedication of our unit to be recognized in this way.

The Lenawee Unit was established in March of 2008 thanks to the hard work of the Steering Committee (members from Sheriff’s Office, Adrian Police Department, Hudson

Area Schools, Hospice of Lenawee and Lenawee Community Mental Health Authority). Those tireless individuals set up the first training in January, 2008. The Coordinator met his Executive Team and all the volunteers at that 1st training. Sergeant Polan then pulled off the impossible. He had the unit up and running by March (a 2 month miracle!). In 2009, we scheduled a 2nd VSU training to recruit additional volunteers. Both trainings were filled to capacity!! As of this writing, we have 25 active volunteers who consistently attend monthly meetings which include ongoing training, participate in some interesting warm up activities (like drawing pictures on top of their heads or dressing up as

Christmas Trees) and just have fun together. Since the unit started, we have been out on over 40 calls! We have heard from those who call us out and from the victims about how helpful this unit really is. We have always been able to send a team any time we are called. This is a terrific group of caring people! It is truly an honor to serve Lenawee County along side of them!

For information on how to get involved, call Kay in Customer Services at 263-8905.





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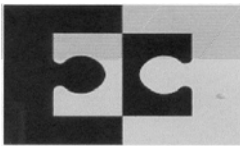
1040 S. Winter St, Suite 1022
Adrian, MI 49221

Phone: 517-263-8905 or 1-800-664-5005
Fax: 517-265-8237

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



Community Mental Health Partnership
of Southeastern Michigan



Stephanie Albright,
Service Inquiry
Representative, was
presented with a
certificate for
15 years with CMH
in September



Melinda Perez,
Compliance Officer
has been with CMH
for 25 years in
October

Congratulations to
both



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

USEFUL WEBSITES:

www.SuitcaseExhibit.org—
The Lives They Left Behind

Anti-Bullying Resources—
[www.pacer.org/bullying/
bpam/index.asp](http://www.pacer.org/bullying/bpam/index.asp)

[www.youtube.com/watch?v
=gIZtnETgBTw](http://www.youtube.com/watch?v=gIZtnETgBTw)

[www.cartoonnetwork.com/
promos/stopbullying/
index.html](http://www.cartoonnetwork.com/promos/stopbullying/index.html)

[www.dailykos.com/
storyonly/2010/10/10/9091
16/-Our-son-was-bullied.-
this-week.-Updated:re-
National-Anti-bullying-Day-
Oct.-20](http://www.dailykos.com/storyonly/2010/10/10/909116/-Our-son-was-bullied.-this-week.-Updated:re-National-Anti-bullying-Day-Oct.-20)

Tinyurl.com/pinkshirtday

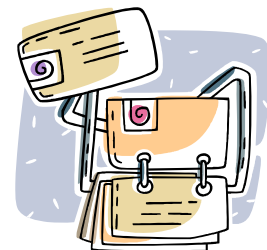
http://

[www.usc.salvationarmy.org/
adrian](http://www.usc.salvationarmy.org/adrian)—Salvation Army

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