

## LENAWEE COMMUNITY MENTAL HEALTH AUTHORITY



# THE GRAPEVINE

### A WORD FROM OUR DIRECTOR

We are in the "dog days" of summer and this year seems to be speeding by. The kids are back to school, and thoughts are turning to cider and doughnuts, hay rides and pumpkins.

We are keeping a close watch on the budget situation as we try to anticipate the cutbacks that may need to be made going into next year. The fact that Lenawee is one of the lowest General Fund boards in the state makes the situation especially critical. Lenawee County has been hit especially hard with unemployment and we are experiencing a significant increase in the number of people requesting our services.

Congratulations to the Mental Health Awareness Committee who planned and hosted a very

successful legislative breakfast. Personal stories from 10 individuals were scheduled and there were several additional comments presented to the legislator panel from the general audience. The stories were compelling and served an important role in getting our message out.

On October 1<sup>st</sup> the transfer of the OBRA Assessments and Nursing Home Mental Health Monitoring service from Gerontology Network, Inc., to LCMHA will be complete. We have enjoyed and appreciate the great relationship with the Gerontology Network administration and staff and the excellent service they have provided over the past several years. As part of the transition we welcome new employees

Becky Schersten and Annie Ringqvist to CMH. *Roger Myers  
Executive Director*



Perhaps the most exciting recent event is the closing of one of our specialized residential group homes. An increasing number of residents and families are expressing a desire for more independent living options. Apartment living offers residents the opportunity to gain greater independence and to live more fulfilled lives in the community. Staff monitoring or assistance is tailored to the needs of each resident. It is our pledge to continue to support and encourage our consumers when they express a desire to consider new living opportunities.

### CMH HOSTED A LEGISLATIVE BREAKFAST

The words of mental health consumers touched everyone at the LCMHA Legislative Breakfast held on August 28th. The large room at CMH was filled to capacity as people ate, mingled and spoke personally to many of the legislators.

In attendance were: State Representative Dudley Spade, Nancy Jenkins—District Rep. for Senator Cameron Brown, and Renell Weathers, Representative for Congressman Mark Schauer. Speaking and adding a new voice was Lenawee County Probate Judge Gregg Iddings. Many CMH Board Members

and staff were present, as were County Commissioners, Sheriff Jack Welsh, declared candidates for vacating seats in the legislature, local media and many consumers who would be adversely affected by any reduction in funding.

The focus of the breakfast was to hear the concerns people had about the proposed Medicaid and mental health cuts and how they would affect their lives. Each compelling story stressed that the services provided by CMH were essential to their recovery and quality of life. The impending



cuts would be devastating to many who rely on Medicaid. Besides this breakfast, CMH has urged consumers to become involved in their future by writing letters to their legislators. This wonderful turnout spoke volumes about how each voice needed to be heard. One voice makes a big difference—if you wish to contact your legislators and need help, please call Customer Services at 263-8905.

SEPTEMBER 2009  
LCMHA website: 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—Co. Commissioner  
Don Welch—Co. Commissioner  
Robert Wilson  
William Zimmerman*

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## BEST TO JUST LET THOSE GARBAGE TRUCKS PASS YOU BY!

THE FOLLOWING ARTICLE APPEARED IN THE AUGUST 9TH, 2009 EDITION OF THE DAILY TELEGRAM, AND WE THOUGHT IT WAS VALUABLE ENOUGH TO SHARE.

When was the last time that someone cut you off in traffic, or snuck in front of you in line at a grocery store, or when a cashier at a fast food restaurant failed to smile, say "thank you" or barely said anything to you?

Based on my observations recently, I would say that these type of incidents are on the rise, probably due to the financial stress of the world today.

A co-worker shared a story with me that I thought would be great advice for all of us to keep in mind as these incidents happen to us. It starts with a man hopping into a taxi in New York City.

He hopped in a taxi, and they took off for Grand Central Station. They were driving in the right lane when, all of a sudden, a black car jumped out of a parking space right in front of them.

The taxi driver slammed on his brakes, skidded and missed the other care by mere



inches! The driver of the other car, they guy who almost caused a big accident, whipped his head around and started yelling bad words at us. The taxi driver just smiled and waved at the guy. And I mean, he was actually friendly!

So, he asked him, "Why did you just do that? This guy almost ruined your car and could've sent us to the hospital!"

And this is when the taxi driver told him about what I now call "the Law of Garbage Trucks."

"Many people are like garbage trucks. They run around full of garbage, full of frustration, full of anger and full of disappointment. As their garbage piles up, they need a place to dump it, and if you let them, they'll dump it on you. When someone wants to dump on you, don't take it personally. Instead, just smile, wave, wish them well and move on. You'll be happier because you did."

Wow. That really got me thinking about how often do I let garbage trucks run right over me? And, how often do I then take their garbage and spread it onto other people: at work, at home, on the streets? After hearing this story I made a choice, "I'm not going to do it anymore."

Since then, I have started to see garbage trucks everywhere. Just like the kid in the "Sixth Sense" movie said, "I see dead people," I can now say, "I see garbage trucks."

I see the load they're carrying...I see them coming to drop it off. And like the taxi driver, I don't make it a personal thing; I just smile, wave, wish them well, and I move on.

What about you? What would happen in your life, starting today, if you let more garbage trucks pass you by?

Have a great day.

*Joe Williams*

*President & CEO,*

*United Bank & Trust*

## BRAIN FOOD!

Fish in your diet is good for the brain—it increases mental awareness! Nutritionists recommend eating fish two or three times a week because of the many nutritional benefits.

Fish is naturally low in fat, and is a good quality protein. A 3 ounce cooked serving of fish or shellfish provides about 20g of protein, or 1/3 of the average daily recommended protein

intake. The protein in fish is of high quality, containing an abundance of essential amino acids, and is very digestible for people of all ages. Seafood is also loaded with minerals such as iron, zinc and calcium. Unlike meat it is not necessary to drain off excess fat during cooking.

Tuna is an excellent source of protein and much lower in fat, saturated fat and cholesterol content. Salmon is high in

heart and brain healthy omega 3 fatty acids.

Adding more fish and seafood to your diet is easy. One helpful tip is simply substitution. Slowly try substituting fish for one or more types of protein—include tuna sandwiches for lunch and sardines for snacks! It is excellent on the grill, and there are some really tasty marinades out there.



## DROP IN CENTER UNDERGOES RENOVATIONS



There is lots of work going on at the Drop In Center. Staff and members alike have been lending a helping hand in the renovations. The "old" place will look like new—fresh paint, new carpeting and furniture.

A "grand re-opening" is

planned for October 13th. Everyone is welcome to attend from 2pm—5pm. New programs have also been added, it is all very exciting—so come along and find out more.

The Drop In Center is a consumer run outlet for people with mental illness to connect with each other socially. The hours are:

Sunday—1—5pm  
Monday—Thursday 2—5pm  
Friday and Saturday  
12—5pm.



MARK YOUR CALENDAR FOR THE GRAND RE-OPENING—OCTOBER 13TH FROM 2PM-5PM



## SOCIAL SECURITY SPEAKER

Are you interested in finding out about how Social Security works, and how changes will affect you in the future?

If so there will be a guest speaker at New Focus Clubhouse on October 8th at 9:30am to talk about the changes within Social Security and how it affects our consumers.

We would like an idea of numbers attending though, so

if you are planning on coming—please call Paula at New Focus Clubhouse, 1200 N. Main, Adrian. (517-263-3577) to let her know that you will be there.



## NEW DOCTOR IN THE AREA

Devil's Lake Medical Clinic just opened at 6155 US223 (old Target directory building) in Manitou Beach. Telephone 252-5224. They will be open from 9am—10pm, 7 days a week, including holidays (closing early on major holidays).

Dr. John Barden has 35 years of experience in family practice, and along with his assistant Melissa

Wynn, will see everyone who walks in. They will accept all insurances. If there is no insurance—a payment plan can be worked out. They are on 24 hour call and will do after hours/emergency care. Free child vaccines will also be available.



## FAMILY MEDICAL CENTER

The Family Medical Center, located at 770 Riverside Ave, Suite 205, Adrian has two full time doctors, five days a week from 8am—5pm, with some Saturday hours, and they serve everyone from pediatric to geriatric.

Services are provided on a sliding scale fee (patients must provide income

paperwork ex. pay stubs or last years taxes) payment is expected on the day of service, however if money is not paid on the day of the appointment, they will be sent a bill.

Routine appointments may be scheduled within 2—3 weeks, otherwise the majority of patients are seen within a day or two.

Immunizations are available, including the flu vaccine. Smoking cessation and nutritional education is offered off site, but the person is responsible for their own transportation to get there.

For more information call: 517-263-1800.



## MENTAL HEALTH FIRST AID TRAINING

"IN ANY ONE YEAR, ONE IN FOUR AMERICAN ADULTS (26%) REPORTED SYMPTOMS SUFFICIENT FOR DIAGNOSING A MENTAL DISORDER"



In July, Aimee Snyder, an adult MI Supports coordinator and Trudi Grossman, a Certified Peer Support Specialist from LCMHA went to a week long intense training that originated in Australia in 2001.

Mental Health First Aid Training was first piloted in the U.S. in 2008 and has since had trainings in 32 states. The vision of this training is to offer help to a person developing a mental health problem or experiencing a mental health crisis. First aid is given until appropriate treatment and support are received or until the crisis resolves. This training is

aimed at: community members who work in law enforcement, nursing homes, schools, county agencies or even families and caring citizens. Many people are not well informed about mental health problems and do not know how to respond when a situation arises at work or in other community settings. In any one year, more than one in four American adults, a staggering 26% of adults, reported symptoms sufficient for diagnosing a mental disorder. Mental illnesses can be mild, moderate or severe. Mental Health First Aid is not therapy or a support group, but rather an education/

informational course just like regular first aid called CPR.

What Mental Health First Aid does is increases mental health literacy, expands individual's knowledge of how to help someone in a crisis, reduces stigma, and connects individuals to needed services.

Training for MHFA is about 12 hours and can be broken up into several days. If you or your organization is interested in learning more about Mental Health First Aid Training please contact Lenawee Community Mental Health Authority Customer Services at 517-263-8905.

## MARK YOUR CALENDARS FOR THE SHARING HOPE CONFERENCE!

FOR MORE INFORMATION ON THE SHARING HOPE CONFERENCE PLEASE CALL CUSTOMER SERVICES 517-263-8905 OR 1-800-664-5005

**SAVE THE DATE**

### 8th Annual SHARING HOPE CONFERENCE

**October 22, 2009  
9:00—3:30**

St. Luke's Lutheran Church  
4205 Washtenaw Ave.  
Ann Arbor, MI

A one-day conference where consumers of mental health services, families, friends, professionals, and community will learn of and share experiences of HOPE.

Breakout Sessions on:

- Integrated Health
- Ask the Experts on Mental Health Developmental Disabilities
- How to Improve Your Life & Community
- Talent Show

Directions:  
US 23 to Ann Arbor. Exit 37A onto Washtenaw Avenue going east. Take Washtenaw Avenue past Carpenter Road. St. Luke's Lutheran Church is on the north side, just east of Carpenter Rd.



For more information or to register call:  
1.877.779.9707

## PROTECT YOURSELF AGAINST THE SWINE FLU!



- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol based hand cleaners (antibacterial) are also effective.
- Avoid touching your eyes, nose or mouth (germs spread this way)
- Try to avoid close contact with sick people
- If you are sick with flu-like symptoms the CDC recommends that you stay home for at least 24 hours after your fever is gone.

### **What are the signs and symptoms of this virus in people?**

The symptoms of the H1N1 flu virus in people include:

fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting. Severe illnesses and deaths have occurred as a result of illness associated with this virus, but can range from mild to severe. Most people who have been sick have recovered without needing medical treatment.

As with most seasonal flu, certain people are at high risk of serious complications:

- Teens and young adults
- Children younger than 2 years old
- Pregnant women
- People with chronic medical conditions

Normally flu hits older people the hardest, but not Swine Flu, scientists think older people have some immunity from years of exposure to earlier viruses.

### **How long can an infected person spread this virus to others?**

People infected with seasonal and novel H1N1 flu may be able to infect others from 1 day before getting sick to 5—7 days after. This can be longer in some people, especially children and people with weakened immune systems.

### **How does the virus spread?**

Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people become infected by touching something—such as a surface or object—with flu viruses on it and then touching their mouth or nose.

People 6 months to 24 years old should be first in line for swine flu shots, also pregnant women, health care workers, parents and care givers of infants, and adults 25—64 with medical conditions.

If you have other health problems or are pregnant and develop flu-like symptoms, call your doctor right away. You may be prescribed Tamiflu or Relenza, these drugs can reduce the severity of swine flu if taken right after symptoms start.

**"NOVEL H1N1 INFLUENZA VIRUS IS SOMETIMES CALLED THE SWINE FLU BECAUSE LAB TESTING SHOWED THAT MANY OF THE GENES IN THIS NEW VIRUS WERE SIMILAR TO INFLUENZA VIRUSES THAT NORMALLY OCCUR IN PIGS"**

<http://cdc.gov/h1n1/flu/qa.htm>

## ANTI-STIGMA T-SHIRTS AND AWARDS



Doris Ostrander—Chair, Mental Health Awareness Committee, presented certificates at the August Board Meeting to members of organizations who were generous enough to donate money for the purchase of Anti-Stigma T-shirts.

Left—Scott Clites (YMCA), Center—Alan Spadafore (Civitan) and Right—Patti Clark (Noon Rotary)

**Anti-Stigma T-shirt (front)**



**Back**



## FOURTH ANNUAL LENAWEE FORUM FOR DIRECT SUPPORT PROFESSIONALS

THE LENAWEE FORUM IS SPONSORED BY:  
THE BRENDA ROSS FUND;  
LCMHA;  
CHRIST CENTERED HOMES;  
HOPE NETWORK;  
RENAISSANCE COMMUNITY HOMES  
AND THE DEVELOPMENTAL DISABILITIES INSTITUTE OF WAYNE STATE UNIVERSITY

Wednesday September 9th saw the Fourth Annual Forum for Direct Support Professionals at the LISD Tech Center.

Sandy Place, RN was the Forum Moderator, and the Keynote Speaker (Dr. Scott Shepherd) spoke very passionately about rekindling the spirit. Deirdre Mercer of MORC, gave a presentation about "Creating a Culture of Gentleness".

After lunch Bill Ross presented two awards—The Health Professional Service Award was given to Dr. Laurie Barkway, a doctor in Tecumseh, who frequently goes above and beyond her call of duty when treating and caring for our patients.



The Compassionate Citizen Award was presented to Dr. Jan Rizzo, a very personable dentist from Clinton who makes consumers feel quite at ease in the dentist chair.



A parent and guardian panel proved very enlightening and

at times very moving—it was unanimously agreed that things would be impossible without the help and support of the direct care staff involved.

Winners of the Direct Support Professional Awards this year were: Kevin Kelly from Christ Centered Homes; Tamara Barker from Renaissance, and Beth Pickney from Hope Network. Congratulations to these wonderful staff members who each received a plaque and a check for \$50 (pictured left to right with Barb and Bill Ross)



## CHANGES AT THE HOPE CENTER



Scott Whitehouse—Director of the HOPE Center explained reasons for the changes at the August Board Meeting of LCMHA.

Unfortunately the depressed economy is affecting us all, especially those programs that depend on outside donations or funding sources to keep it running—The HOPE Center is one of those services! To stay open it has been necessary to make some changes:

- Starting Tuesday, September 8th, HOPE will reduce hours of operation. They will now be open to members from 8am—2:30pm.
- Starting in January 2010 the Annual Membership fee for frequent flyer HOPE members will be \$150 and will be mandatory in order to receive services. \$50

scholarships will be available via an application process.

- Starting in January 2010 the Annual Membership Fee for occasional flyer HOPE members will be \$50 and will be mandatory to receive services.

Affording this mandatory fee when many HOPE members live below the poverty line is a concern. Many have \$44 or less of disposable income after expenses and some of this must go towards medication costs etc. Whitehouse explained that \$150 per year is actually \$3 a week (the cost of two cans of soda, a McDonalds breakfast, half a pack of

cigarettes, 2 candy bars or a bag of chips) so concessions will need to be made.

It may be necessary to reach out to those in a support circle to help...for example—friends, friends of friends, family members, people at church, clubs, neighbors, employers etc.

Part of transferring financial responsibility on the shoulders of its members is a positive move towards taking responsibility for things you value in life.

If you would like more information, or would like to make a donation, or sponsor someone to attend the HOPE Center—call 517-265-2410.

## GOINGS ON AT NEW FOCUS CLUBHOUSE

On September 3rd, Marty Alward from the Department of Community Health came to the Clubhouse to talk to staff and members about the difference between SSI and SSDI, and about the benefits and how employment could affect those benefits. He explained Freedom to Work Medicaid and the 9 month sheltered work shop program.

A guest speaker will be scheduled each month. On October 8th—a representative from the Social Security Office will be coming to talk about what everyone should know about Social Security now and for the future.

Also in the planning process is an employment/volunteer celebration which will be held quarterly to recognize those who have gained some kind of employment, are volunteering in the community, or who have made achievements/accomplishments at the Clubhouse.

Many members recently attended the Legislative Breakfast held at CMH. Clubhouse members continue to encourage each other to remain strong and to work together to support one another through these difficult economic times. We all know that the decisions being made at the state level must be

extremely difficult and working on these issues is very important.

New Focus will be hosting the MAC meeting (Michigan Association of Clubhouses) in January 2010. This is a part of getting the New Year off to a good start. Many events are being planned for us to participate in—for example Power Day and the Sharing Hope Conference.

**NEW FOCUS CLUBHOUSE IS A PSYCHO-SOCIAL REHABILITATION SITE LOCATED AT 1200 N. MAIN, ADRIAN**



### UPCOMING EVENTS:



Power Day, Capitol Building  
Lansing—**October 7th**

Social Security Speaker at New Focus Clubhouse—**October 8th**

Grand Re-Opening—  
Interconnections Drop In Center—  
**October 13th**—2pm-5pm

Focus Hope Fun Festival—  
Hope Center—**October 16**

Sharing Hope Conference,  
Ann Arbor—**October 22**

Michigan Association of Clubhouses  
Meeting at New Focus Clubhouse—  
**January 2010**

### VISIT LCMHA ON FACEBOOK



We have been working on a Facebook page for Community Mental Health Authority, so to find out what's happening visit

[www.facebook.com](http://www.facebook.com) and search Lenawee Community Mental Health.

### LCMHA LOBBY MONITOR

Did you know that the monitor in the lobby at CMH is maintained and updated by our very own—Jeffrey Fouch and Doris Ostrander?

They meet on a regular basis to ensure that all of the information is up to date and correct, and that any new events/groups/important information is added to the PowerPoint, so that everyone is fully aware of the goings on in and around Lenawee and CMH. If you see them—stop and thank them for volunteering their time!

If you have valuable information that could be added to the presentation—please call Customer Services at 517-263-8905.

You can see the information presented on the lobby monitor at any time if you visit the LCMHA website—[www.lcmha.org](http://www.lcmha.org).





Lenawee  
Community  
Mental Health  
Authority

## LENAWEE COMMUNITY MENTAL HEALTH AUTHORITY

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Fax: 517-265-8237  
[customerservice@lcmha.org](mailto: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



Presentations were  
made at the July Board  
Meeting to Robyn  
McKenzie (top)  
Supports Coordinator  
for 10 years service with  
CMH



Shar Dunbar (center)  
Contract  
Coordinator—who has  
been with us for 20  
years



And Dawn Ehret—  
Supports Coordinator,  
who has also been at  
CMH for 20 years

*Not Pictured*

Mary Poore—Supports  
Coordinator, celebrated  
20 years in August

## USEFUL WEBSITES:

[www.ssa.gov](http://www.ssa.gov)—Social Security  
Administration website.

[http://www.health.gov/  
dietaryguidelines/dga2005/  
document/pdf/  
dga2005.pdf](http://www.health.gov/dietaryguidelines/dga2005/document/pdf/dga2005.pdf)—USDA Dietary  
Guidelines

[http://www.cfsan.fda.gov/  
seafood1.html](http://www.cfsan.fda.gov/seafood1.html)—USDA  
Seafood Information Resources

[www.1-800-volunteer.org](http://www.1-800-volunteer.org)—  
Volunteering in Lenawee

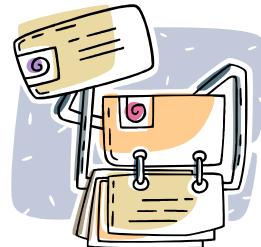
[http://cdc.gov/h1n1/flu/  
qa.htm](http://cdc.gov/h1n1/flu/qa.htm)—Swine Flu, questions  
and answers

[www.facebook.com](http://www.facebook.com)—Visit  
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THEM KNOW.  
CONTACT CMH TO LET  
SO, DON'T FORGET TO  
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