

# LENAWEE COMMUNITY MENTAL HEALTH AUTHORITY



# THE GRAPEVINE

SEPTEMBER 2010

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

## A WORD FROM OUR DIRECTOR

It has been a long, hot summer and fall is fast approaching. There is nowhere more beautiful to be than Michigan at this time of year!

The CMH offices, along with the rest of the Human Services Building, are now a lot more energy efficient, thanks to the Honeywell Project, which is finally complete. Luckily we did not experience too much disruption to our normal work day apart from some seriously hot days when there was no air conditioning! We have a whole new entrance and the parking lot has been resurfaced.

This spring and summer has seen the retirement of many long time county leaders: Steve Krusich (LISD); Mike Kight (Health Dept); Jae Guetschow (DHS) and more planned in the near future—our good wishes go to our good friends for their

retirement. We welcome the new leadership of Jim Philp as interim LISD Superintendent; Patsy Bourgeois, Health Officer and Nancy Bishop will assume the DHS responsibilities.

It is increasingly important to continue to lobby legislators as they finalize the FY2011 Budget. The CMH system cannot function as we know it with continued financial cuts. Early estimates have roughly a \$50 million DCH general fund reduction for the coming year. As we prepare the LCMHA budget for 2011 it is very disheartening to have to plan for a 20% cut across the board in general fund, since we are already serving only those who are in extreme crisis.

On a much more positive note, LCMHA was awarded a two year block grant, which will enable us to co-locate an



*Roger Myers*  
Executive Director

Access Clinician and a Certified Peer Support Specialist at the Family Medical Center. Through the grant we will be able to build and enhance capacity for outreach to adults with or at risk of serious mental illness and support them in regaining and maintaining independence. The grant will also allow us to assist members of the community who are experiencing mental health concerns in connecting with community support and resources. We have begun planning meetings with the staff of the Family Medical Center. Stay tuned as more details will follow.

## 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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## MEET THE CANDIDATE FORUM PLANNED

Siena Heights University in collaboration with Adrian Area Chamber of Commerce, Lenawee Community Collaborative, RICC, and Lenawee Community Mental Health will be holding a Meet the Candidate Forum.

This will be held at Siena Heights University in the

Auditorium at 6:30pm—9:00pm on October 25th.

This will be the perfect time to find out where the legislators stand on the most important issues, and for members of the public to make their concerns known. Expected to be in attendance will be State and Federal candidates running for office.



CMH will provide transportation for those that need it. Contact Customer Services at 517.263.8905.



### FREE BOOKS FOR PRE-SCHOOLERS!

Did you know that preschool children (birth until their fifth birthday) who reside in Lenawee County are eligible to receive a free book once a month mailed directly to their home?

registration form has been received, books will begin arriving at your home and will continue until your child turns five or you move out of Lenawee County.



Dolly Parton's Imagination Library is a **free** gift to our children! All you have to do is read to your child!

Stop by any library in Lenawee County and pick up a registration form. If you know of a business, organization or individual who would like to donate funds to support this

gift; they can send their donations to the Lenawee Community Foundation, P.O. Box 142, Tecumseh, MI 49286. Tel: 517.423.1729.

Eight to ten weeks after your

BY READING REGULARLY WITH YOUR CHILDREN DURING THEIR PRESCHOOL YEARS, YOU ARE GIVING THEM THE BIGGEST BOOST TOWARD A SUCCESSFUL EDUCATION THEY WILL EVER GET.

### LCMHA EMPLOYEE SERVICE AWARDS



Congratulations to Susan Arena-Elardo, Access Clinician for 20 years service in July



Michelle Hutchison, Children's Case Manager (left), and Darcy Niblack, Medical Records Coordinator (right) were presented with 5 year awards at the August Board Meeting by Board Chair, Judy Ackley



Mary Ann Kingsley, Supports Coordinator, celebrated 15 years in July.



Congratulations, Valerie Barker, DD Case Manager (left), on receiving her 10 year award in August.

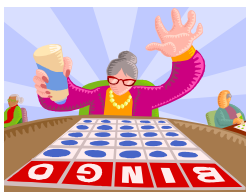


Cindy Witt, Supports Coordinator also 15 years in July.

Beth Binegar, Children's Case Manager (right) has completed 20 years at CMH in August



### FIELD DAY—OCTOBER 6TH—RAIN OR SHINE



The Mental Health Awareness Committee, together with New Focus Clubhouse and the Interconnections Drop in Center are planning the annual Field Day.

informal setting to socialize. Please join us and bring a dish to pass for the Potluck lunch starting at 12 noon at New Focus Clubhouse.

information contact Customer Services at 263.8905.

This is a time for consumers and staff to get together in an

We will be playing volleyball, bingo, ladder-ball and other games after lunch. For more



## INTERCONNECTIONS DROP-IN CENTER

Peer run support groups are open for anyone to attend. The Depression Support Group meets on Wednesdays from 2pm—3pm. A Schizophrenia group meets on Wednesday from 3pm—4pm, and the Depression/Bipolar Support Group meets on Thursdays from 3pm—4pm.

There is a monthly drawing for anyone who brings in a new consumer, the winner receives a \$10 gift card. The winner in

August was Evelyn Reed. We are also excited that we have a new resident at the Center—Jaxx, the cat. Once a month, usually on a Sunday, there is a family and friends pot luck. Jeff Fouch will be conducting computer trainings for anyone interested. A beginners class will be on September 10th from 1pm—2pm. The September 24th class will be how to find a job by looking at the Michigan Works Talent

Bank website. October's classes are on the 8th & 22nd, November 5th & 12th—topics to be announced, all are at 1pm.

Interconnections is very excited to have a new part-time staff member—Jennifer Stidham, (see article on page 7) who among other things will be helping facilitate the support groups.



## GOINGS ON AT NEW FOCUS

Five Clubhouse members were lucky enough to attend the Croswell Opera House presentation of "A Chorus Line" on July 8th. This was a very enjoyable experience. The play tells the story of Broadway gypsies auditioning for a role in a show. Our members always enjoy a trip

to the Croswell.

The Consumer Conference at the Kellogg Center in Lansing was attended by six of our members on July 22nd. Also in July we enjoyed an evening trip out to the Mud Hens game in Toledo—unfortunately the Mud Hens lost, however a good time was

had by all.

The Clubhouse recently hosted a car wash and half of the proceeds were donated to Relay for Life.

A Field Day is being planned for October 6th along with a Pot Luck—so bring a dish to pass, come along and enjoy a fun filled day of activities.



## NEWS FROM THE HOPE CENTER

HOPE Community Center will be hosting a Health Fair for the underserved on Friday, September 10<sup>th</sup> from 9am until noon. The event is sponsored by ProMedica Health Systems and will include free health screening such as: *body mass index, cholesterol, height/weight,*

*bone density, glucose, blood pressure, etc.* Attendees will receive new or gently used bath towels, washcloths, blankets and toiletries while supplies last. All public welcome. If you have any question or concerns, please contact Denise Kapnick,

Community Wellness Coordinator for ProMedica Health System at 517-265-0161, or Scott Watson, Program Coordinator for The HOPE Community Center at 517-265-2410.



## SEEKING SAFETY

Seeking Safety is the name of a new group coming to Lenawee Community Mental Health in October.

The CMH Access Department will be offering this group for our clients. The goal is to give

clients the opportunity to free themselves from negative behaviors by learning new and effective coping skills.

Watch for more information at CMH letting you know how to become a part of the group and

where and when it will be offered.

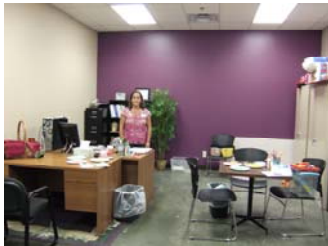
For more information you may contact Access Department at 517.263.8905.





## GOODWILL RENOVATIONS

Renovations to the LINC (Learning Independence Navigating Choices) program area at Goodwill are almost complete. Originally there were four program rooms which were remodeled into two very spacious areas, each room large enough to accommodate up to 40 people where consumers can socialize, make crafts and play Wii with their peers. Outside the building is a new wheelchair accessible fenced in patio area.



*Rhonda Jewell in the new micro-enterprise room*

Along with the new program rooms, there is now a micro-enterprise room, two new conference rooms and the Work Force Development Offices.

One of the ladies restrooms has been updated—a handicapped stall was added and the four regular stalls were enlarged. The room located next to the ladies restrooms is currently being remodeled to house three new areas—a first aide room, a second handicap accessible restroom and another restroom and

shower/changing area. There is also a new drinking fountain.

Currently Phase III of the remodeling is underway, which includes the expansion of the main entrance to include a wider sidewalk, canopy, seating and a larger pick up/drop off area for the busses.



*New main entrance door*



*Phase III underway —main entrance*



*Before—outside patio area*



*After—Outside patio area*



*New program area*



*New program area*

## HEADS UP!!



Kay Ross, Customer Service Representative, would like to create a quilt for the lobby to represent Consumers and Recovery. She is 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. If we use your “head” 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.



## UPCOMING EVENTS

**September 15th**—5th Annual Lenawee Training/Recognition Forum for direct care staff, at the LISD Tech Center, sponsored by the Brenda Ross Fund.

**September 15th**—Tom Pomeranz will be the guest speaker to talk about “Promoting an Envable Life” in the River Raisin Room, Human Service Building, 2pm—4pm, anyone is invited to attend. Contact the Hope Community Center if you plan to attend—

265.2410.

**September 25th**—Free car seat check at Adrian Meijer’s Parking Lot at 10am—3pm, with free smoke alarms starting at 1:00pm.

**September 25th**—Prescription Drug Take-Back Day from 10am—2pm at the Michigan State Police Post, 2222 N. Adrian Hwy.

**October 6th**—Field Day, New Focus Clubhouse

**October 21st**—Sharing Hope

Conference, St. Luke’s, 4205 Washtenaw Ave, Ypsilanti, MI

**October 21st**—Pajama Rama—at Adrian Mall, bring donations of new pajamas, underwear, socks, sports bras, money and gift cards to benefit the Homeless Education program at all Lenawee County Schools.

**October 25th**—Meet the Candidates Forum, Siena Heights University Auditorium, 6:30pm—9:00pm.

### MOVIE SCHEDULE AT CMH

10am—noon

September 23rd—Night at the Museum 1

October 28th—Night at the Museum 2

November 18th—The Santa Claus

No movie in December

## READ NUTRITION LABELS FOR BETTER HEALTH

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container about 2	
Amount Per Serving	
<b>Calories 250</b>	<b>Calories From Fat 110</b>
% Daily Value*	
<b>Total Fat 12g</b>	<b>18%</b>
Saturated Fat 3g	15%
Trans Fat	
<b>Cholesterol 30mg</b>	<b>10%</b>
<b>Sodium 470mg</b>	<b>20%</b>
<b>Total Carbohydrate 31g</b>	<b>10%</b>
Dietary Fiber 0g	0%
Sugars 5g	
<b>Proteins 5g</b>	
<b>Vitamin A</b>	<b>4%</b>
<b>Vitamin C</b>	<b>2%</b>
<b>Calcium</b>	<b>20%</b>
<b>Iron</b>	<b>4%</b>
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on you calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g

1 **Serving Size**

2 **Amount of Calories**

3 **Limit these Nutrients**

4 **Get Enough of these Nutrients**

5 **Percent (%) Daily Value**

6 **Footnote with Daily Values (DVs)**

1. Look at the serving size and the number of servings per container. A typical can of soup contains two servings. If you eat the whole can, you double the amount of calories, fat and nutrients you consume!
2. Look at the number of calories (and calories from fat). If the calorie amount is 250, and the calories from fat is 110, nearly 50% of the calories come from fat. Remember to increase the numbers if you eat more than one serving.
3. Check the % daily value per serving. This number represents the percentage of the daily recommended amount contained for each item listed. **Limit the items in yellow to 5% or less of your daily diet. The items in red should be 20% or more of your daily diet. Remember that all fats are high in calories.**
4. Check the ingredient list (not pictured). Ingredients are listed in order by weight; those in the largest amounts are listed first. Watch for hidden sugars that may be listed under such names as sucrose, fructose, glucose, dextrose, lactose, corn syrup, honey or molasses.
5. **Footnote with Daily Values (DVs) - is only found on larger labels and does not change from product to product.**

Article courtesy of  
MSU Extension Office  
  
Gretchen Hofing  
MPH, RD

## WEIGH LESS AND EAT MORE....

...fruits and vegetables that is!!! Fruits, vegetables and being overweight both come into the national spotlight in the month of September. September is National Childhood Obesity Awareness Month and Fruits & Veggies—More Matters Month!

September is a time for everyone to:

- Realize children’s lives are in danger from the excess of unhealthy foods and the lack of physical activity in our society
- Make the small changes that will result in healthier kids
- Take responsibility for our health; and stop the rising obesity statistics.



Obesity rates for everyone in the US have increased tremendously in the last 40 years, with 4 times as many obese children ages 6—11. There are more than 23 million Americans ages 2—19 considered to be obese or overweight. This epidemic puts these kids at early risk for Type 2 diabetes, high blood pressure, heart disease and even stroke.

If these numbers alarm you check out: [www.fruitsandveggiesmatters.org](http://www.fruitsandveggiesmatters.org) or [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov). These sites are a wealth of information about the health benefits of eating fruits and vegetables. There are tips on shopping and preparing fruits and vegetables, as well as recipes. These foods are

naturally low in calories and fats and chock full of vitamins, minerals and fiber—making them an obvious and essential part of a healthy, balanced diet.

Families, Food and Fitness website: [www.extension.org/families\\_food\\_fitness](http://www.extension.org/families_food_fitness) is a trustworthy source of science based, peer reviewed information. Check out the website’s fun interactive tools such as “Beverage Guide to Sugars”, “Fast Food Menu with Fitness Calculator”, “Spice Guide” and “Nutrition Facts Label”. There are also healthy recipes, a cooking and nutrition glossary and instructional videos.

Together we can change the future for our children. Start today by moving more and eating better.



## PROJECTS GROUP

Are you interested in crafts? How about photography? Do you like to bake or sew? If you answer “yes” then we have a group for you. The Projects Group will be starting up on October 6th at 3:30pm at

Community Mental Health. We are looking for people who would like to make items to be displayed at the Lenawee County Fair. If you love to work on crafts, or have a

special skill and would like to share it with others—we need you.

If you are interested please contact Kay Ross or Kathy Illenden at 517.263.8905.

## PRESCRIPTION DRUG “TAKE-BACK” DAY



The US Drug Enforcement Administration (DEA) and government, community, public health, and law enforcement partners are holding a nationwide prescription drug “take-back” day. On Saturday, September 25th from 10am—2pm. Collection sites around the country will take any expired, unused, and unwanted prescription drugs for safe,

legal, and environmentally friendly disposal. The closest collection site for Adrian is the Michigan State Police Post located at 2222 N. Adrian Hwy.

The misuse of prescription drugs, including diversion, accidental poisoning, and overdose, has been increasing at an alarming rate. One of the easiest ways individuals can help reduce this problem

is to properly dispose of unused or expired medications. Studies have shown that a majority of prescription drugs are easily obtained from family and friends, including from the home medicine cabinet. The “take-back” day offers an easy way to dispose of prescription drugs and help reduce the rate of abuse.

## DROP IN CENTER—NEW STAFF MEMBER

Jennifer Stidham started work at Interconnections on August 11<sup>th</sup> and will be helping out on Wednesday, Thursday and every other weekend. She will be facilitating support groups and doing any other jobs that need doing.

Mostly Jennifer enjoys interacting with the members, she is a very good listener and an advocate for those suffering with a mental illness, as this is something that has also touched her life. Jennifer is definitely a people person who enjoys helping others. She would like to get the message out that being diagnosed with a mental illness is not the end of the world, and

that it is possible to get your life back!

She was born and raised in Adrian and after being home schooled, attended Siena Heights University, graduating with a BA in Psychology. She is also a substitute special education teacher for the LISD. Jennifer is 25 years old, and is engaged to be married – maybe in the fall of 2011. She has many interests and hobbies which include reading and writing; spending time with her cats (she has 3); walking; exercising. She is a nature lover and finds being outdoors very relaxing.

Jennifer would like to see more young people using the Center.

A mental illness can surface at any age, but teenagers and young adults are less likely to seek help, so the aim is to publicize the Center as an available resource. This week Jennifer and Doris created a Facebook page which should appeal to a younger audience.

In the future Jennifer would like to see a few more educational type classes being offered such as assistance with resume writing. She believes that journaling would be beneficial to some consumers too. If you have a few minutes, stop in to the Drop in Center, at 110 W. Maumee St, Adrian and welcome Jennifer.



## CARD MAKING CLASS

A big “thank you” goes out to Jaina Brown from D’Printers who came to Interconnections Drop in Center on July 16th to teach card making.

The class was such a success that before Jaina left, she asked “when

are we doing this again?”

If you are interested in learning how to make cards for any occasion, or would just like to come along and make some—call Interconnections Drop in Center at 517.265.9588.



## AKTION CLUB

Aktion Club is the newest member of the Sponsored Organizations and programs at Kiwanis International. Aktion Club is a community-service group for adult citizens who live with a disability. The mission of Aktion Club is:

- To provide adults living with disabilities an opportunity to develop initiative and leadership skills
- To serve their community
- To be integrated into society

- To demonstrate the dignity and value of citizens living with disabilities

Aktion Club members strive to return to their communities the benefits, help, and caring they have received, as well as develop important skills in the process.

An Aktion Club can benefit its members in many ways through service and recreational events which enable members to:

- Participate in the active life of the community

- Provide an opportunity to contribute to the community
- Develop mechanical, creative, and intellectual abilities
- Social interaction awareness
- Improve self esteem
- Develop leadership skills
- Achieve personal and service goals



If you would like more information contact The HOPE Center at 517.265.2410.





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

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TO PROMOTE POSITIVE  
OUTCOMES THROUGH  
QUALITY MENTAL  
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AUTHORITY IS A MEMBER OF THE  
CMHSP OF SE MICHIGAN



**USEFUL WEBSITES:**

- [www.imaginationlibrary.com/](http://www.imaginationlibrary.com/) Dolly Parton's Imagination Library
- [www.lenaweecf.com/](http://www.lenaweecf.com/) - Lenawee Community Foundation
- [www.pparx.org](http://www.pparx.org/)—Partnership for Prescription Assistance
- [www.rxassist.org](http://www.rxassist.org/)—Accessing Pharmaceutical Patient Assistance Programs
- [www.rxhope.com](http://www.rxhope.com/)—RxHope: The Heart of the Pharmaceutical Industry
- [www.nami.org](http://www.nami.org/)—NAMI
- [www.macmhb.org](http://www.macmhb.org/)—Michigan Association of Community Mental Health Boards
- [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org/)—health benefits
- [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov/)—health benefits, CDC website
- [www.extension.org/families food fitness](http://www.extension.org/families_food_fitness)—Families, Food & Fitness, science based nutrition
- [www.healthierkidsbrighterfutures.com](http://www.healthierkidsbrighterfutures.com/)—National Childhood Obesity Awareness Month

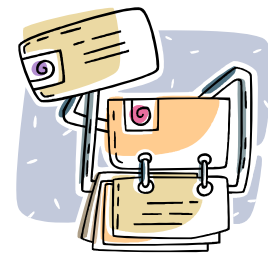


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Healthcare Organizations*

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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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