



# THE GRAPEVINE

September 2011

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

## A WORD FROM OUR DIRECTOR

At CMH we are proud of our staff and the high quality of service they provide and we frequently recognize individuals or teams for a particular skill, credential or achievement. However, when someone from our organization is acknowledged by the community the recognition is even more meaningful.

Recently, our receptionist Barb Howard received the Compassionate Citizen Award at the 6<sup>th</sup> Annual Training and Recognition Forum for Direct Support Professionals (see page 6). This annual training is planned through the Brenda Ross Fund. The planning committee accepted written

nominations for the award and selected Barb as one of the recipients.

The reception area is a very busy place at Lenawee CMH. Barb's response to consumers and the public is always gentle and welcoming, kind and caring. She always remains patient, never gets angry or displays frustration...and she does it all with a smile and quiet voice regardless of the circumstances. Barb epitomizes the Gentle Teaching philosophy and is clearly an outstanding selection for this award. Congratulations again, Barb Howard...and thank you for your commitment to those whom we serve.



*Roger Myers*  
Executive Director

This has been another difficult financial year. However, staff rose to our board's challenge to eliminate the wait list and in spite of having to make some cutbacks, everyone was removed from the list by the end of July. We are unsure of the budget situation for the coming year, but we remain steadfast in our mission to promote positive outcomes for those we serve.

## UPDATED PRIVACY PRACTICES

As part of the community Mental Health Partnership of Southeast Michigan (CMHPSM) affiliation, Lenawee Community Mental Health Authority would like to take this opportunity to inform you that the affiliation has a new Notice of Privacy Practices. Our notice of privacy practices has been updated to include new information on privacy breaches related to electronic health records, which is part of the Health Information Technology for

Economic and Clinical Health (HITECH) Act, a part of the larger American Recovery and Reinvestment Act (ARRA). As part of HIPAA we are required to inform you of any changes to our privacy practices and make copies of the new privacy practices notice available to you if you desire.

The new language in the notice of privacy practices adds your right to request an electronic copy of information that is stored in

your Electronic Health Record (EHR) as well as requiring that your EHR is secured and protected in specific ways. In addition you have the right to know if there has been unauthorized access to information in your EHR and what was done to fix or protect it. If you would like a copy of our new notice of privacy practices, please ask for one the next time you visit the agency, or call LCMHA Customer Service at 517.263.8905.

### LCMHA BOARD

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## TICKET TO WORK PROGRAM

IF YOU RECEIVE SOCIAL SECURITY OR SSI BENEFITS DUE TO DISABILITY, ARE BETWEEN 18 AND 64 YEARS OLD AND WANT TO WORK, GETTING STARTED IS EASY. VISIT [WWW.SOCIALSECURITY.GOV/WORK](http://WWW.SOCIALSECURITY.GOV/WORK) FOR MORE INFORMATION ON THE TICKET TO WORK PROGRAM AND WORK INCENTIVES. YOU ALSO MAY CALL 866-968-7842 (TDD 866-833-2967) TO LEARN HOW GOING BACK TO WORK MAY AFFECT YOUR BENEFITS.

*Tonya Mow,  
Manager, Adrian Social  
Security,  
Daily Telegram*

Millions of Americans receive disability benefits from Social Security and there could be good news for many of those who want to work. A free and voluntary program called Ticket to Work gives individuals who receive Supplemental Security Income (SSI) or Social Security disability benefits access to meaningful employment while maintaining control over benefit choices.

Ed Bairos, a farmer and mechanic, went back to the work he loved with the help of the Ticket program. He began receiving Social Security disability benefits after suffering from severe arthritis, complicated by a knee injury that would require 20 surgeries. He was concerned about losing the cash payments and health care he needed to survive and worried that employers might not want to hire him.

Then Bairos learned about the Ticket to Work program when he received a notice in the mail from Social Security. The notice was a “ticket” that Bairos could use with an employment network of his choosing. Employment networks are organizations that offer specialized services such as career counseling, job search assistance, vocational rehabilitation and training.

Bairos decided to use his ticket with an employment network and returned to work. He continued to receive health care and cash benefits because of work incentives, which are special considerations that make it easier for beneficiaries to explore whether going back to work is right for them.

Pleased with Bairos’ industry knowledge and skills as a farm

manager, his employer gave him a promotion and a raise. Now he is self-sufficient, working for another division within the company.

Bairos earns more money than he would have by relying solely on disability benefits. By using his Ticket, Bairos’ medical reviews were put on hold and he is eligible to receive Medicare coverage for up to eight and a half years after discontinuing his disability payments.

“Returning to work has made me whole again, especially being able to work in the area that I love. My self-esteem was at its lowest when I wasn’t working and on disability. Returning to work not only improved my self-worth but also my financial wealth. The Ticket to Work program and the ability to keep my Medicare was the reason I was able to return to work,” he said.

## IMPORTANT SOCIAL SECURITY HELP



APPLY FOR BENEFITS	
Apply for Social Security retirement/spouse’s benefits	<a href="http://www.socialsecurity.gov/applyforbenefits">www.socialsecurity.gov/applyforbenefits</a>
Apply for Social Security disability benefits	<a href="http://www.socialsecurity.gov/applyfordisability">www.socialsecurity.gov/applyfordisability</a>
Apply for Medicare	<a href="http://www.socialsecurity.gov/medicareonly">www.socialsecurity.gov/medicareonly</a>
Apply for extra help with your Medicare prescription drug costs	<a href="http://www.socialsecurity.gov/i1020">www.socialsecurity.gov/i1020</a>
ESTIMATE YOUR FUTURE BENEFITS	
Get a retirement benefit estimate	<a href="http://www.socialsecurity.gov/estimator">www.socialsecurity.gov/estimator</a>
Use benefit planners to calculate your retirement, disability, and survivors benefits	<a href="http://www.socialsecurity.gov/planners">www.socialsecurity.gov/planners</a>
IF YOU GET BENEFITS	
Change your address or telephone number	<a href="http://www.socialsecurity.gov/coa">www.socialsecurity.gov/coa</a>
Get a replacement Medicare card	<a href="http://www.socialsecurity.gov/medicarecard">www.socialsecurity.gov/medicarecard</a>
Request a proof of income letter	<a href="http://www.socialsecurity.gov/beve">www.socialsecurity.gov/beve</a>
Sign up for or change direct deposit or Direct Express ®	<a href="http://www.socialsecurity.gov/deposit">www.socialsecurity.gov/deposit</a>
Get a Form 1099/1042S (Social Security Benefit Statement)	<a href="http://www.socialsecurity.gov/1099">www.socialsecurity.gov/1099</a>

## INTERCONNECTIONS DROP-IN CENTER

### “FAMILIES UNITED WORKSHOP” SUPPORT FOR FAMILIES IMPACTED BY MENTAL ILLNESS AND DEVELOPMENTAL DISABILITIES.

September 29th from 5:00pm—8:30pm

#### HOPE Center

We are partnering with the Hope Center and LCMHA Mental Health Awareness

Committee, to provide this informational workshop.

Expert panel discussions and keynote speakers will provide great insight and support for family members of the mentally ill and the developmentally disabled. Refreshments provided.

For more information or to register, please call: 517.265.9588 or email [interconnectionsdropin@yahoo.com](mailto:interconnectionsdropin@yahoo.com).

An Open House will be held on December 8th to kick off our 20th anniversary celebrations. More information to follow.

To continue with our fitness regimen, consumers at the Center have started doing fitness walks with some of the staff on Friday afternoons.



## NEWS FROM THE HOPE CENTER

On Saturday, October 29<sup>th</sup> HOPE Community Center will be hosting a variety show at the Croswell Opera House. The event which we are calling the Not-So Late Show with Jerry & Steve will be a spin off the Late Show with David Letterman. Jerry & Steve who do the morning show at Lenawee County’s local radio station, 103.4 WLEN will be the emcees of the event. There will also be a number of performers

including a standup comedian from Chicago and ‘cameo’ musicians such as Lenawee’s Las Vegas Singer Michael Lackey, local drummer and entrepreneur Pat Farver, and Adrian Symphony Orchestra Conductor John Dodson!

The whole idea for the show came about as a reunion concert for our Executive Director, Scott Whitehouse’s former band, Nobody’s Heroes. The Christian rock band which

was popular in the late 90’s, disbanded in 1999. Two of the former band member’s went on to be quite successful in the Christian music industry, especially Ben Gowell. Today, he is a professional guitarist and music producer that performs all over the world. For the past 3 years he has been touring with popular Christian musicians including Michael W. Smith, Paul Baloche and Sarah Groves!

Tickets are on sale now at the Croswell Opera House Box Office and 100% of proceeds will go to benefit the HOPE Community Center.

We encourage everyone to come and enjoy and family fun event that Lenawee County won’t soon forget!

## BREAKFAST BRAIN FOOD

What happens when we don’t supply our brains with enough energy for the day? We tend to become irritable, lethargic, and even develop headaches. The best solution to avoid these things is to make sure our body is getting the calories and nutrients it needs to help us think clearly for the whole day.

The best place to start is with breakfast.

Breakfast literally means “to break the fast.” when we wake up in the morning it has been about eight hours or more

since the last time we’ve eaten any food. A healthy breakfast can improve our attention and concentration on our morning tasks. This is especially important for school age children. Teachers often report that children who don’t eat breakfast become restless and inattentive by late morning. Breakfast is also important because it provides about 1/4 of our daily calories and nutrients. A nutritious breakfast is exactly what a growing child or teenager needs, without it they are

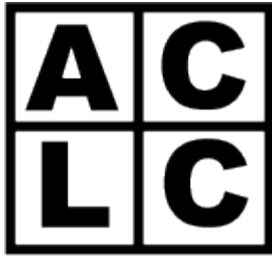
unlikely to make up this nutritional loss through other meals/snacks during the day.

A healthy breakfast can be as simple as a banana and peanut butter sandwich. Make that break whole-grain and you have an even healthier meal. Low fat milk and cereal, toasted cheese sandwich and orange juice, even a leftover slice of pizza will help you make it through the morning. Include some protein to help your breakfast last until your next meal.



[www.extension.org/pages/24797/breakfast-brain-food](http://www.extension.org/pages/24797/breakfast-brain-food)

## UPCOMING EVENTS



### ACDC RIDE—SEPTEMBER 10TH

Associated Charities of Lenawee County (ACDC) Annual Bike Ride (ACDC—Associated Charities Donate & Cycle) at Trestle Park, 302 Hunt St. Four routes to choose from, 7 & 14 mile bike path or the 50 & 100K road

route. There will be refreshments, 6 rest stops and an after party with DJ Jeff DiCenzo. Free tire inflation and seat adjustments courtesy of Adrian Locksmith & Cyclery, give aways and more.

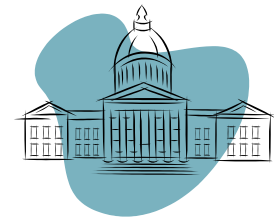
More information and registration forms can be found at Hadrian on a Bicycle at <http://velofolk.wordpress.com> or [www.thecharities.org](http://www.thecharities.org). or call 517.265.7255.

### POWER DAY, LANSING—SEPTEMBER 14TH

Power Day is a day for those who support services for persons with disabilities to talk with their legislators about important issues. We need people who can speak up for persons with mental illness and developmental disabilities to

be heard by our legislators. If you feel that you are informed about current issues and are not afraid to speak up.

Contact Customer Services at 517.263.8905. Transportation will be provided.



### TRAUMA INFORMED COMMUNITY TRAINING - SEPTEMBER 21ST



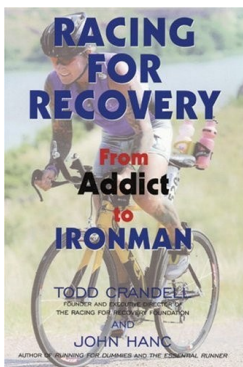
Parents, foster parents, school staff, childcare providers—anyone who comes into contact with children and interested in knowing about childhood trauma should attend this **free** training at the Adrian Room, Adrian College from

8:30am until 4pm. Lunch is provided. CEU's for Social Workers & SB-CEU's for counselors will be available.

Understand the impact of trauma and complex trauma on brain development, how it affects mood and

behavior, and learn the essential elements of caregiving. For more information call Customer Services at 517.263.8905.

Register online at: [www.solutionwhere.com/lisd](http://www.solutionwhere.com/lisd) by September 16th.



### RACING FOR RECOVERY—SEPTEMBER 27TH

Todd Crandell is a dynamic speaker with an inspiring story. This **free** presentation will be at Dawson Auditorium, Adrian College at 6:30pm—7:45pm.

Todd Crandell went from being a suicidal drug addict to a world class athlete by making better decisions. He is also now a professional counselor who travels the country

spreading the mission of Racing for Recovery. His message of hope and inspiration resonates in boardrooms and high school auditoriums with as much power as it does in jail cells and drug rehabilitation centers.

His feature length documentary, *Running with Demons*, showcases a

recovering addict turned tri-athlete, documenting his participation in endurance and Ironman competitions.

For more information about Racing for Recovery, visit Todd's website at: [www.RacingforRecovery.com](http://www.RacingforRecovery.com)

For more information contact Customer Service at 517.263.8905.

## EMERGING LEADERS

**Lenawee United Way**

Congratulations to three CMH Staff who were recently

accepted into the United Way Emerging Leaders Program:

**Michelle Hutchison,  
Robyn McKenzie  
Holly Tripp.**

The mission of Emerging Leaders is to develop

leadership skills that can be employed in the workplace as well as in the community. Participants learn from community leaders and local experts who provide opportunities for networking and cultivating leadership.

## MEDICARE—QUALITY CARE FINDER

It can be difficult to find health care providers like doctors, hospitals, or nursing facilities that meet your needs. Now, you can find all of Medicare's resources to compare providers and plans in one place, Medicare's Quality Care Finder, available at [www.medicare.gov/qualitycarefinder](http://www.medicare.gov/qualitycarefinder).

**What is the Quality Care Finder?** The Quality Care Finder on Medicare.gov offers tools such as Hospital Compare, Nursing Home Compare, and Plan Finder in one place that show objective information about the quality of health care providers and plans. These tools help you make "apples to apples" comparisons among similar types of providers and plans. For example, you can check how often hospitals in your area give the recommended care for certain conditions, compare nursing homes by their star ratings, look at health plan costs side-by-side, and more.

**Why should Medicare.gov be the first stop when looking for a new provider?** The quality of health care providers and facilities you choose can impact your health. Providers and facilities may vary in how well they care for patients, and

their experience with specific health conditions or procedures.

Finding the right expertise and care for your needs may help speed up your recovery time and improve health problems. Getting personalized information when choosing a health plan may help you save on costs.

Medicare's Quality Care Finder helps you find all these tools in one place so you can choose the most appropriate providers and plans for you and your loved ones.

**What kind of comparison information is available?**

**Compare Hospitals:** Use Hospital Compare to compare Medicare-certified hospitals based on the quality of their care (for example, the rate of readmission to the hospital within 30 days for certain conditions, like heart attack and pneumonia).

**Compare Nursing Homes:** Use Nursing Home Compare to find Medicare-certified nursing homes based on services like dementia care, ventilators or rehabilitation. Then compare their star ratings and the quality of care they give (for example, whether residents have gotten their flu shots, are in pain, or are losing weight).

**Compare Home Health**

**Agencies:** Use Home Health Compare to find Medicare-certified home health agencies based on services like skilled nursing care, physical therapy, speech therapy and home health aides. Then compare each home health agency based on the quality of their care (for example, how well they manage pain and treat wounds, keep patients safe, and more).

**Find a Medicare Health or Drug Plan:** Use Plan Finder to get detailed, personalized information about the cost and benefits of available Medicare health and drug plans.

**Compare Dialysis**

**Facilities:** Use Dialysis Facility Compare to find Medicare-certified dialysis facilities and their services. Then compare each facility based on quality of care (for example, whether patients had enough waste removed from their blood during dialysis treatments, or if their anemia was controlled properly).

**Compare Doctors:** Use Physician Compare to find doctors based on medical specialty, clinical training, foreign languages spoken, and more (for example, whether a doctor accepts the Medicare-approved amount as full payment).

TO START BENEFITTING FROM THESE VALUABLE TOOLS VISIT

[WWW.MEDICARE.GOV/QUALITYCAREFINDER](http://WWW.MEDICARE.GOV/QUALITYCAREFINDER).

DATA IS COLLECTED AND UPDATED REGULARLY TO ENSURE ACCURATE INFORMATION TO HELP YOU MAKE THE BEST CHOICES. YOU SHOULD DISCUSS THE INFORMATION WITH YOUR DOCTOR AND LOVED ONES, AND VISIT THE FACILITIES YOU ARE CONSIDERING.

TO LEARN MORE ABOUT MEDICARE AND OTHER RESOURCES, VISIT

[WWW.MEDICARE.GOV](http://WWW.MEDICARE.GOV) OR CALL 1-800-MEDICARE (1-800-633-4227). TTY USERS SHOULD CALL 1-877-486-2048.

US DEPT OF HEALTH & HUMAN SERVICES

# ROSS FORUM



The 6th Annual Lenawee Training & Recognition Forum was held on Wednesday, August 17th at the LISD Tech Center.

to the agency with a welcoming smile. She is very kind and patient—she makes CMH a pleasant place to visit!



Bill & Barb Ross set up the Brenda Ross Fund in honor of their daughter who passed away after spending 15 years at a group home. In appreciation of the people who cared for their daughter—the Direct Support Professionals are honored with their own annual training and recognition event.

The second Compassionate Citizen Award was presented to Doug Spade for his video narration, and his work over the years for people with disabilities.

Two very special awards were presented to Compassionate Citizens. Pictured top left—Roger Myers, Executive Director of CMH presented Barb Howard—CMH Receptionist with her award. Barb always welcomes visitors

Sue McMahon, part time administrator of the Brenda Ross Fund, acted as moderator of the event. Guest speakers included John Raffaele (The National Alliance of DSP's Code of Ethics Alive and in Full Color; A Close Encounter of the Ethical Kind) and Richard Prangley, a former resident of Coldwater State Home (People Need People).



*Pictured left—Debra Collins—Outstanding DSP, Christ Centered Homes, presented by Bishop Ira Combs. Pictured right—Amy Moran—Outstanding DSP, Goodwill Industries, presented by Bev Lyell*

*Kim Raymond - Outstanding DSP—Renaissance Community Homes, presented by Scott Brown*



*Gentle Teaching Essay Winners—pictured right were: Joseph Crabtree, Amy Lambert, Jackie Philo, Joann Plato, and Wanda Plantier*

# GENTLE TEACHING



On August 12th, Amber Monahan (right) and Amanda Lopez (left) conducted their final training in the process for being Certified Trainers for Gentle Teaching. Under the supervision of Deirdre Mercer (center) from the Center for Positive Living Support they conducted a two day training session for twenty staff from Renaissance Group Homes.

Comments heard by those that attended the training were: "I was told this would be boring but I learned more in 2 days than....., and "it was fun not at all boring".

According to Deirdre, she is happy and proud of the awesome, fantastic job that

Amber and Amanda did and will do in their future of training other individuals and groups in Lenawee County. Deirdre would like to see the core principals of Gentle teaching be a part of our culture and the natural way we serve people. She saw that Lenawee Community Mental Health Authority has a good plan to work on this effort for the future.

Amber and Amanda will provide follow-up trainings—these are scheduled for:

- ◆ September 26 & 27th
- ◆ October 11th & 12th
- ◆ November 21st & 22nd

◆ December 5th & 6th

All of the trainings will be in the Spartan Room, Human Services Building, from 9:00am—3:00pm. It is the intention of CMH to have all provider staff attend Working with People Training.





Lenawee  
Community  
Mental Health  
Authority

LENAWEE COMMUNITY MENTAL  
HEALTH AUTHORITY

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TO PROMOTE POSITIVE  
OUTCOMES THROUGH  
QUALITY MENTAL  
HEALTH SERVICES

LENAWEE COMMUNITY MENTAL HEALTH  
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CMHSP OF SE MICHIGAN



Diana Szczesny—(above) has worked as a  
CMH Receptionist for 5 years and received  
her award from Board Chairperson Judy  
Ackley in July.



Congratulations to Wendy Cadieux—  
Fiscal Services Team Leader on 25 years  
service in July.

**USEFUL WEBSITES:**

[www.socialsecurity.gov/work](http://www.socialsecurity.gov/work)  
Ticket to Work, Social Security  
Program.

[www.medicare.gov/qualitycarefinder](http://www.medicare.gov/qualitycarefinder). Medicare  
Quality Care Finder.

[www.RacingforRecovery.com](http://www.RacingforRecovery.com)  
Todd Crandall

[www.extension.org/pages/24797/breakfast-brain-food](http://www.extension.org/pages/24797/breakfast-brain-food) MSU Extension

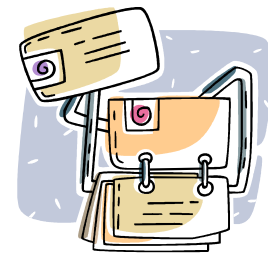


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