



THE GRAPEVINE

March, 2011

LCMHA website: www.lcmha.org

A WORD FROM OUR DIRECTOR

The last couple of months have certainly been challenging. The bad weather and recent extensive power outages across our region put a lot of stress on our entire community. It was definitely a reminder that we need to be prepared for emergencies at any time and to not take for granted those creature comfort luxuries to which we have become so accustomed! These events also cause us to take notice of how communities and neighborhoods pull together in time of crisis. I was told about a gentleman who took his portable generator from house to house throughout the power outage and supplied enough power to warm his neighbors up for a few hours at a time. And, there are numerous reports of neighbors checking on neighbors offering shelter and helping each other start the laborious clean up process. These acts of kindness were a good reminder for me that when the chips are down, most people do care and will do the right thing.

I recently attended our Board Association winter conference where Olga Dazzo, DCH Director, was a keynote speaker. Using Governor Snyder's theme, "Creating Michigan 3.0", Director Dazzo brought focus to the Governor's

intent to reform Michigan's health care system. She concluded her remarks with her observations about what health care reform would mean for behavioral health and developmental disabilities. Some key observations included the integration of mental health and physical health, the importance of Federally Qualified Health Centers (FQHC's) in Michigan's health care reform planning, adoption of principles of "patient centered" medical homes and the need to lower health care costs per person in the State of Michigan through innovation and reduction of administrative costs and functions.

A budget briefing for FY 2012 coincided with the last day of the winter conference. Some of the budget proposals related to mental health and substance abuse including a reduction of CMH General Fund by 3%, a reduction of earmarks in the budget of 15% (including multi-cultural services), an increase of 3% (based on increased caseloads) related to Medicaid, a reduction in substance abuse/state disability assistance and a health insurance claims tax of 1% to be applied to all health insurers in Michigan.

There clearly is much work to be done before a FY 2012



Roger Myers
Executive Director

budget bill will be ready for signing. We will do our best to keep our readers informed as the budget takes shape and the implications for our system in the months ahead unfold.

We are pleased to announce that CMH board members Judy Ackley, Grace Miley and Robert Wilson were reappointed by the Lenawee County Commission to serve another term. Bill Zimmerman has opted to "retire" from the CMH board after 18 years of service. We will miss his expertise as a board member, but wish him well as he assumes new responsibilities as a Clinton Township Supervisor. County Commissioner Cletus Smith has been appointed to the board. Commissioner Smith, a recently retired Captain from the Sheriff's Department, was an excellent choice and we look forward to his involvement with our organization.



Commissioner Cletus Smith

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

Don Welch—Co. Commissioner

Robert Wilson

William Zimmerman

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FEELING SAD?

It is more common than you might think—approximately 1% - 10% of adults in the USA suffer from Seasonal Affective Disorder (SAD) which is now recognized as a type of major depression. Although SAD is frequently thought of as a winter depression, it can affect patients during other seasons too.

The cause of SAD is unknown, but it is widely thought that a lack of sunlight disrupts the body's circadian rhythm. The amount of light the body receives affects mood and temperament. Feelings of low self esteem, anxiety, obsessive

worry and a general inability to be joyful about anything are common symptoms. Other sufferers go through bouts of craving carbohydrates, which in turn leads to the need to sleep more.

While some sufferers may be too lethargic or depressed to leave the house—outdoor activities and regular exercises can help alleviate the symptoms and are just as effective as antidepressant medication in treating patients with major depressive disorders.

When moving to a sunnier

locale isn't an option, a light box can help. Users should make sure their light box was designed for SAD sufferers. Tanning beds are not proper substitutes.

SAD can be a long-term illness, but it doesn't have to be debilitating. Insist on a workspace with natural light. Same goes for finding a home with ample windows and good sunlight. Throw back the blinds and shades on sunny days, even if it is cold. And during the day, exercise, exercise, exercise.

MyHealthNewsDaily msnbc.com

Antidepressants, therapy, exercise and light-box treatment may help alleviate seasonal affective disorder

Studies show that being physically active can lower the risk of heart disease even in people who have other health problems.

Source:
American Heart Association

“BE GOOD TO YOURSELF. IF YOU DON'T TAKE CARE OF YOUR BODY, WHERE WILL YOU LIVE?”

KOBI YAMADA

Article courtesy of www.extension.org

KEEP YOUR HEART HEALTHY

The heart is no different than any other muscle in your body—you have to exercise it. Heart exercise is aerobic exercise. The current recommendation is 20—30 minutes of aerobic exercise, seven days a week. Examples of beneficial exercise include: walking, jogging, jumping rope, bicycling, cross-country skiing, skating, rowing and low-impact aerobics or water aerobics.

There are other ways you can

reduce your risk of developing heart disease. They include eating a diet based on fruits, vegetables and whole grains and low in saturated fat, cholesterol and sodium; keeping diabetes and blood pressure under control; maintaining a healthy weight; reducing stress, and quitting smoking.

Your Health Magazine, ProMedica, Winter 2011

HEART HEALTHY SUBSTITUTIONS	
Common Ingredient	Heart Health Ingredient
Butter	Non-hydrogenated margarine
Whole Milk	Skim or 1% milk
Cream cheese	Low fat, pressed cottage cheese
Salt/seasoning salt	Fresh herbs and spices
Garlic salt	Garlic powder
One egg	Two egg whites

CAN I WALK? - ASSESSING THE WALKABILITY OF YOUR NEIGHBORHOOD

Safety is crucial to the success of your walking program. Prevention is the key to make sure you are safe when walking. Follow these guidelines to keep your walking program safe:

- If you are forced to walk on the road, always walk in the direction facing oncoming traffic
- Walk in the daytime. If you do walk at night, be

sure to walk in well-lit areas and wear reflective clothing

- Walk in a group or with a partner at all times
- Notify your local police station of your group's walking time and route
- Do not wear jewelry
- Do not wear headphones
- Be aware of your surroundings

- Change your route
- Carry some form of ID
- Do not respond to verbal taunts or harassment
- Let someone know where you're going and when you will be back
- Avoid remote and isolated areas.
- Walk defensively. Don't assume that a car will stop for you.

INTERCONNECTIONS DROP-IN CENTER

Cooking classes are off to a great start—we had a combined cooking class and Valentine’s Potluck on February 11th, and another class more recently. Consumers are encouraged to attend the classes which teach healthy cooking on a budget. The next classes are scheduled for March 11th & 24th.

We had an “Understanding Eating Disorders” Internet-Based Seminar in celebration

of National Eating Disorders Awareness Week (February 20—26).

The Drop In Center was lucky enough to be able to remain open for anyone to come in to get warm during the recent widespread power outage in Lenawee County.

Congratulations to Director, Doris Ostrander, on her recent 1st Place Award in the Michigan Protection & Advocacy Service, In “My

Personal Advocacy Story” Essay Contest.

Craft Class is on March 15th and Movie Day is March 26th, anyone is invited to attend.

InterConnections is located at 110 W. Maumee St, in downtown Adrian. Please call 517.265.9588 or LCMHA Customer Services at 517.263.8905 for more information or to request a personal tour.



NEWS FROM THE HOPE CENTER

The HOPE Hoopsters have had an incredible season—they took first place in the Special Olympics District tournament early this month. With a win in the District Tournament, the Hoopsters have secured their spot in the upcoming State Tournament that will be held in Grand Rapids on

March 25 & 26. The team has also been featured in the Daily Telegram. HOPE Hoopsters basketball games are open to the public and admission is free. The next game will be against the Adrian Kiwanis and will take place on Thursday March 24. For more information, contact HOPE’s

Program Director, Scott Watson, at 517.265.2410.

May is Mental Health Awareness Month and a special Hoopsters game is being planned to commemorate the event, more information will be available in the coming weeks.



UPCOMING EVENTS

March 30th—Car Seat Check at Raisin Twp Firehall. Call Kay Ross at 517.263.8905 to make an appointment.

Re-Bicycle Lenawee Open House coming soon. For more information call Kay Ross.

April 17th—Adrian College Field Day & YMCA Healthy Kids Day, from 12:00—3pm at Adrian college. Many field events planned.

May 11th—State Walk A Mile in My Shoes Rally, Lansing

May 19th—Local Walk A Mile in My Shoes Rally—walking for one mile around The Lenawee Historical Museum. Anyone interested in visiting the Drop In Center

afterwards is welcome.

Guest Speakers Richard Prangley and Dr. William Decker will talk about their experiences.

Richard Prangley spent 15 years unjustly institutionalized in the Coldwater State Home and Training Center, and is now an effective advocate for the developmentally disabled.

Dr. Decker was a medical superintendant and chief executive officer at Kalamazoo Psychiatric Hospital.

Both speakers have authored books about their experiences, and these will be available for purchase and signing.

Bring your family and friends to see this very interesting exhibit. You will see how far we have come in caring for those with a mental illness or disability.

**Mark your calendars
GRAND OPENING
CELEBRATION
MAY 7TH
10am—noon
Lenawee Historical
Museum**

**“THE LIVES THEY LEFT
BEHIND”
Suitcases from a State
Hospital Attic
MAY 1—JUNE 12, 2011**



At

Lenawee Historical Museum

Sponsored by:
Lenawee Community Mental
Health Authority



Stories of people locked away and forgotten in an asylum, shedding light on the history of mental health care in America through a series of personal lenses.

LENAWEE COUNTY FOOD PANTRIES



For current information
call 2-1-1

UTILITY ASSISTANCE

CAA—263.7861
DHS—264.6300
SALVATION ARMY—
265.2038
ST. MARY'S
CHURCH—263.4681

OTHER ASSISTANCE

VETERANS DIRE
NEED (LEAHC) -
264.0782

RENT ASSISTANCE
(LEAHC) -
264.0782

211 HUMAN
RESOURCE
INFORMATION
LINE—2-1-1

Addison

Community Christian
Interfaith Support, Brooklyn
Products Building, 171
Wamplers lake Rd,
Brooklyn, MI 49230.
517.592.3947
Tues & Thur 10am—2pm

Addison United Church
Emergency Food Pantry 202
S. Talbot St, Addison, MI
49220 517.547.5527 or
517.547.7577 Last Thurs of
the month from 3:00—
5:00pm

Manitou Road Baptist
Church, 175 Manitou,
Manitou Beach, MI 48253
517.547.5516

St. Mary's Church on the
Lake
450 Manitou Rd, Manitou
Beach, MI 49253
517.547.7496 Fridays from
11:00am—1:00pm

Adrian

Adrian First Church of the
Nazarene, 50 Industrial Dr,
Adrian, MI 49221
517.263.1579 Mon—Fri
9:00am—3:00pm

The Daily Bread, 302 S.
Tecumseh St, Adrian, MI
49221 266.0937. Tues/
thur/Fri/Sat/Sun
11:30am—2:30pm.

Commodities Program,
United Methodist Church,
1245 W. Maple St, Adrian,
MI 40221 263.3585

Fishes and Loaves Food
Pantry, 410 E. Maumee St,

Adrian, MI 49221
517.759.4421

St. Mary's Catholic Church,
317 Erie St, Adrian
517.266.0378. Mon/Tue/
Thur 1:00pm—3:00pm

St. Vincent's Society, St.
Joseph Church, 415
Ormsby St, Adrian
266.7611. Mon/Wed/Fri
1:00—2:30pm

The Salvation Army, 217
W. Church St, Adrian,
265.2038 8:00am—4:30pm

Blissfield

St. Paul's Evangelical
Lutheran Church ELCA,
306 E. Jefferson St,
Blissfield, MI 49228
517.486.6464. Mon—Fri
8:30—12:30pm

Britton

Britton Bethel Baptist
Church, 296 S. Main St,
Britton, MI 49229.
517.451.9921 3rd Thur of
month 2:30—4:30pm

Brooklyn/Onsted

Community Christian
Interfaith Support (CCIS)
Brooklyn Products Building,
171 Wamplers Lake Rd,
Brooklyn, MI 49230
517.592.3947. Tue & Thur
10am—2pm.

Clinton

Clinton Community food
Bank at Clinton United
Methodist Church 10990

Clinton Tecumseh Rd,
Clinton, MI 49236.
517.456.4972. Second Thur
each month.

Solid Rock Church of
Lenawee, 112 E. Church St,
Clinton, MI 49236.
517.456.7939. Third Thur
of month 5:00pm—
7:00pm.

Deerfield

St. Alphonsus Catholic
Church, 222 Carey St,
Deerfield, MI 49238.
517.447.3500 Wed 2:00—
4:00pm

Hudson

Sacred Hearth Catholic
Church, Hudson Ministry
Assoc. 207 S. Market St.
Hudson, MI 49247.
517.448.3811. Tue & Thur
11:00am—1:00pm

Morenci

Morenci Food Pantry, 751
N. Summit St, Morenci, MI
49256 Church of the
Nazarene. 517.458.7195.
8:00am—noon, except 3rd
Thur

Tecumseh

Tecumseh Service Club—
Contact local church

Dinner's On Us—God's
Bread Basket, 312 W.
Chicago Blvd, Tecumseh,
MI 49286, Church of Christ
Thur & Fri 6pm—7:30pm

Great Food for All, First
Presbyterian Church, 211
W. Chicago Blvd,
Tecumseh, MI 49286.
517.423.3470

FREE WORKSHOP

The Michigan Partners for Freedom are sponsoring a Self Determination workshop on March 18th, from 10am—2pm in the Spartan Room, 2nd Floor, Human Services Building, 1040 S. Winter Street, Adrian, MI 49221.

If you have a disability and want to get more control of

your life, your supports, your services, and the people in your life—this workshop is for you. Come and find out what self-determination can mean for your future; what tools you need, how you can help make self-determination a reality for all citizens of Michigan and the steps for building self-determination in

Lenawee County.

Registration deadline is March 11, 2011. Call HOPE Community Center at 265.2410 or email: info@hopecenterlenawee.org

This event is funded by the Michigan Developmental Disabilities Council grant #2011065

MENTAL HEALTH FIRST AID TRAINING

The two day mental health first aid training scheduled for March 29th & 30th at the Human Services Building filled up fast. The trainers—Trudi Grossman and Aimee Snyder are excited to be conducting the training, and there are plans to have another in August and a training for the colleges in the fall. Thanks to a grant the training is free and includes a continental breakfast and

lunch. There is a limit of 25 trainees.

The training is valuable for anyone who comes into contact with the public on a regular basis. Participants learn to recognize mental illness signs such as crying spells, missing too much work, the inability to focus on or finish work, not paying attention and any excessive behavior. Mental Health First Aid workers do not diagnose

what kind of mental illness someone has, they learn to recognize the signs of diseases, such as bipolar disorder, schizophrenia, anxiety, depression and phobias. They also learn to assess whether someone showing symptoms of mental illness is at risk for suicide or harming others.

Watch for information about the next training in the Grapevine.



BUCKLE UP FOR THE RIDE

Would you like to earn a new car seat? All you have to do is complete **six** education activities to earn a new car seat voucher from Safe Kids Lenawee!

Participating agencies include:

Bixby & Herrick Medical Centers—simply sign up for a birthing class (517.265.0300)

Care Pregnancy Center—sign up for a parent education or family support class (517.263.5701)

Adrian Early Head Start—prenatal education, basic

needs etc (517.263.1118)

Maternal Infant Health Program—Health Department, home visits for prenatal and infant health education - *must be Medicaid eligible.* (517.264.5230)

Community Action Agency—enrol in free food and nutrition education for pregnant moms and children up to age 5 (517.263.7861)

MSU Extension—breastfeeding support and nutrition education (517.264.5315)

Love & Logic Classes—learn

simple parenting techniques with Lenawee’s Child (517.266.6982)

Imagination Library—register your newborn—5 year old for new books at Adrian Public Library (517.265.2265)

Simply pick up a brochure at any of the above locations, obtain a stamp after each activity and the agency providing the 6th stamp will submit the completed card to Lenawee Great Start, who will give you a voucher to redeem at a Safe Kids Lenawee seat check event.



Learn more about safe car seat installation by calling 517.264.0128 Ask for Kay

ESTATE PLANNING—WHAT SHOULD YOU DO?

Worried about what will happen to your loved ones after you are gone?

Here are a few things that can be prepared at any time, and would lessen the red tape and worries of estate distribution after death.

An estate plan is a means of controlling the timing and distribution of our estate, care and custody of minor or disabled children, controlling the costs associated with the administration of an estate and provide for any tax concerns.

The basic estate planning tools include a will; a revocable living trust, a general durable power of attorney and a medical patient advocate designation.

The Will—is a direction to a probate court on how you want your assets distributed upon your death. If you do not prepare a will, Michigan law will control the distribution of property. Currently, the law says that the first \$200,000 is distributed to your spouse plus 1/2 of all remaining assets. The remaining assets would be distributed to your children. A will provides directions to the probate court and states your personal intentions as to care of your minor or disabled children, the distribution of your remaining assets and names your preference as to who you want as a Personal Representative with the authority to transfer your remaining property. This is all handled by the probate court.

Revocable Living Trust—is frequently used to avoid the probate process. An advantage of creating a revocable living trust is the flexibility it provides to you in controlling the timing, frequency and conditions of any distributions from the trust to your heirs or beneficiaries. The second benefit is to avoid probate. If your assets are titled in the trust name, those assets are not in your individual name and can avoid the probate process. If you become disabled or incapacitated during your lifetime, if the trust is properly funded, there is no need for a conservator because the assets are titled in the name of the trust and the successor trustee would assume the role of managing the financial affairs of the trust. A trust can be used to reduce estate taxes. As of today, there will be an estate tax on estates with a value over \$1,000,000. The highest estate tax rate will be 55% and this could impose a substantial tax burden for decedents with estates of \$1,000,000. The value of all personal and real property can easily accumulate to this amount (life insurance, retirement benefits, home value, IRA or 401(k)). The only disadvantage is the time and expense necessary to establish and create a trust. But remember, this would be no more than would occur after your death through the probate court. In essence, you are administering your estate and making decisions while you are alive—without the

trust, you are leaving it to a third party's discretion.

General Durable Power of Attorney—this appoints an agent with the authority to make financial or business decisions and conduct transactions for you in the event that you are not capable of doing so at some point during your lifetime. Three things to remember about durable power of attorney: the person designated as your agent typically has access to all of your assets during your lifetime; a general durable power of attorney is not effective after your death, and if you have a properly prepared and funded revocable living trust, upon any disability or incompetency, temporary or permanent, the successor trustee named in your trust would have the same rights and authorities as the named agent and there would be no need for a general durable power of attorney. A general durable power of attorney controls the assets that are in your name, not in the trust name.

Durable Medical Patient Advocate Designation—

This designates a patient advocate for you to make future medical decisions in the event that you, as the patient, are unable to make these medical decisions. The advocate knows your wishes and what decisions to make at such time you are no longer able to make these decisions.





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

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



Faye Lynn Reaume—MI Case Manager, was the winner of the 4th Annual LCMHA Chili Cook Off recently. Thanks to her efforts and several other great cooks, \$75 was raised for the food pantry. Well done Faye Lynn.



- Lenawee Historical Museum
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, Suitcases from a State Hospital Attic.

msnbc.com—MyHealthNewsDaily

www.extension.org—MSU Extension Office

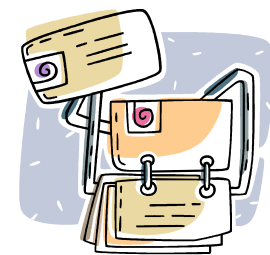
www.hopecenterlenawee.org—HOPE Center

<http://freepages.history.rootsweb.ancestry.com/~keller/museum/work/>

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