



Our Journey

Meaningful, relevant information for our community, published monthly.

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Mental Health
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Welcome to *Our Journey*. We hope you will find the articles informative and helpful. Your ideas and submissions are welcome! Please also take time to check out the Northern Lakes Community Mental Health (NLCMH) website, the flat screen monitor, information tower, and monthly calendar (in the tower) for more information on topics in this newsletter and more. Join us in the ongoing creation of this newsletter to best serve you!

Are you Protected?

Immunizations and vaccines are not just for kids. This month is National Infant Immunization Week (April 18-25) and World Immunization Week (April 24-30).



Are you (and your children) protected from the ills of the world? Measles, whooping cough (pertussis), influenza (flu) are all recent **buzzwords** in the media. Here in northern Michigan, whooping cough was recently being watched by many and out in California, measles are of concern and worldwide, polio is a vaccine needed by many. Being safe in the United States has led some people to choose not to be vaccinated or to have their children vaccinated. This has posed a risk to some that have not traveled elsewhere but are exposed in the community.

Polio has not been seen much in the United States but, if you are traveling abroad and haven't had the polio vaccine, you might want to rethink why you haven't had it. Unicef and other organizations continue to work worldwide to provide vaccines. India has eradicated polio with no new reported cases for two years. Vaccines are for the community in most cases, applied to the individual to protect the community.

"Have you had your flu shot?" is heard yearly in the doctor's office. The influenza vaccine is different each year and therefore is needed each year. Have you had the chickenpox? There was no vaccine when many of us were young and continued on back...

This and That

The Departments of Human Services and Community Health are to be merged in April 2015 as the **Department of Health and Human Services** headed up by Director Nick Lyons. This will be the largest department in state government.



April is National Autism Awareness month. The International Autism Speaks "**Light it up Blue**" campaign is celebrated from Australia to South Africa to the International Space station, lighting up iconic landmarks in commemoration of the United Nations-sanctioned World Autism Day, April 2. In our area of Michigan there will be a Fun Walk for Autism Awareness (about a half mile) on April 25, in Boyne City at Veterans Memorial Park.

April is also Alcohol Awareness Month. Did you know that "1 drink" is a: 12-ounce bottle of beer, 5-ounce glass of wine, or 1.5-ounce shot of liquor?
<http://1.usa.gov/Z6m3mw>



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to receive
Our Journey
electronically.

Submissions may also
be accepted, space
permitting.

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Mini- Conference

REGISTER BY
April 17 to
attend the
Traverse City
Mini-Conference
on **April 21** from
10-2:00pm
(lunch included).
Feature topics:
Building
community
relationships,
Advocacy 101,
Saving for
Dreams, and
more.

...continued from front with age comes the need to think about the shingles vaccine. Japan licensed a vaccine for the chickenpox in 1987 and the United States licensed it in 1995. It is 85–90% effective. So if you were not vaccinated and had the chickenpox, now you may get shingles; at age 60 this vaccine is recommended as your chances of getting shingles increase as you get older.

Parents are getting more education when it comes to their child’s immunization. Immunizations begin at birth and continue through childhood, protecting the child and the community. Do you know where you stand? Are you protected or are you vulnerable? Did your parents waive the immunization recommendation when you were a child? Do you get a flu shot? Cut yourself and need stitches? Is your tetanus shot up to date? Yes, the need for vaccinations comes around throughout life too.

Vaccines are available at your doctor’s offices (including at the Traverse Health Clinic on site at Northern Lakes CMH’s Traverse City office) and at the Health Department. Flu shots are available at many pharmacies as well. Talk with your health professional to make the best decision for you!

Action Group

The Action Group began discussing the fall ‘Recovery Celebration’. So far, we know that the date will be September 23, the place will again be the Barn Hall in Manton, the theme will be *Reaping Recovery: Harvesting Hope*. Other items that are being tackled are: decorations, menu, possible speakers and topics. They are also providing feedback on various topics to assist the agency in moving forward, such as a speaker’s bureau and revising the mini-conferences to be open to the public starting late summer.

Attendees shared items of interest that are happening in their communities, presently or in the near future. In Traverse City, the Dennon Museum and WCMU are once again bringing the Community Cinema. In March they featured The Homestretch a documentary about homeless teens and on May 14 it will be Limited Partnership. These are free events.

The next **Action Group meets on April 8** at 11:00am, video conferenced from Cadillac, Houghton Lake and Traverse City. Contact Katie Deller or Windy Near for questions or more information. See you there!

Mark your Calendar



Grand Traverse RICC (Regional Interagency Consumer Committee)
.....Thursday, April 2, 2:30pm. Traverse City Chamber of Commerce
Consumer Advocacy Council (CAC).....Wednesday, April 8, 1:30pm
in Traverse City Board Room
Dual Recovery Anonymous (DRA).....Mondays & Thursdays, 6:30pm
Central United Methodist Church, Traverse City
DBSA (Depression Bipolar Support Alliance)Tuesdays, 6:00pm.
Munson Cadillac, Mortimer Room.
Walk-a-Mile Rally.....Wednesday, May 6. Lansing, Capitol Grounds
Own Your Health Day of Recovery Celebration..... Friday, May 15.
Tree Tops Resort, Gaylord (NMRE event)
Michigan Annual Peer Conference, Save the Date.....May 26-28, 2015.
Lansing Center, Lansing