



Our Journey

Meaningful, relevant information for our community, published monthly.

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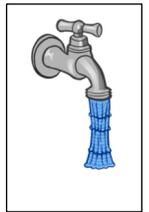
Northern Lakes
Community
Mental Health
northernlakescmh.org

August 2016



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!

Water Water Everywhere



August is National Water Quality Month. What would you do without water or if you only had sea water? Or the well that you get your water from became contaminated? Water and the crisis in Flint left many of us with a bad taste in our mouth. How did this happen and could it happen at home? Many of us have our own water source (wells) and many live in communities that provide the water and deal with the sewage too.

Clean Water Action offers a succinct but thorough [factsheet](#) on what individuals and families can do to prevent water pollution from their homes, including: Not using antibacterial soaps or cleaning products, not flushing unwanted or out-of-date medications down the toilet or drain, not putting anything but water down storm drains, fixing leaks that drop from cars and putting liners in driveways to collect oil and other materials, avoiding using pesticides or chemical fertilizers, choosing nontoxic household products when possible, picking up after pets and not paving properties.

There are local watershed areas that are posted on highways and county roads so you are aware of where the run-off will end up. Water is vital not only to you but to all of nature and wildlife too.

What is a watershed? Easy! If you are standing on ground right now, just look down. You're standing, and everyone is standing, in a watershed. A watershed is the area of land where all of the water that falls in it and drains off of it goes to a common outlet. Watersheds can be as small as a footprint or large enough to encompass all the land that drains water into rivers that drain into Chesapeake Bay, where it enters the Atlantic Ocean.¹

¹ <http://water.usgs.gov/edu/watershed.html>

Senior Reach

Reaching Out ✧ Meeting Needs

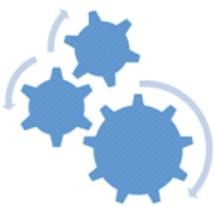
Are you a senior (or know one) who needs: A ride to doctor's appointments, help with housing chores or support for living independently? **Senior Reach** is a program created for adults 60+ who live independently and could use assistance with: Household chores, emotional support for grief, anxiety and depression, transportation needs, being more active in the community, transition into retirement or empty nest and other challenges of living independently. Call Senior Reach at 844 933-4930.



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to receive
Our Journey
electronically.

Submissions may also
be accepted, space
permitting.

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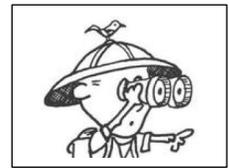


Quick Connect

Come join the
Quick Connect
meeting in
Grayling on
(Wednesday)
August 24 from
10-2pm.

We will watch the
movie "Inside Out"
followed by a
panel discussion.
This film shows the
emotional turmoil
of an adolescent in
an animated form.
Health and safety
information will
also be presented.
Popcorn and
beverages will be
provided. This
event is open to
the public – all are
welcome!

Take an Adventure



August is National Adventure Month and Michigan has challenging adventures for the physically fit and some less taxing adventures for those who may have physical challenges. Right close by there are many rivers, lakes and rental locations. Try canoeing or kayaking a river or just take it easy on a lake. Have you climbed the Sleeping Bear Dunes? The hike up can be quite trying or you can take a nice drive on Pierce Stocking Scenic Drive (National Park) for those less mobile or fit and you still get the beautiful views at several lookout spots.

For a tamer adventure take a drive on the Roscommon Quilt Trail which has 19 stops. Old Mission and Wexford – Missaukee Counties have quilt trails too. Here is a hiking adventure to find: Briar Hill is a hill that stands at a mere 1706 feet above sea level in Wexford County in Manistee National Forest. It is the sixth highest county highpoint in Michigan. Be aware that there is another Briar Hill in the same area just a couple miles north of the county highpoint off of M-115 next to The Briar At Mesick Golf Club. Maybe you can find them both! We are also blessed with many camping areas, both rustic types and ones with cabins you can stay in. Disc golfing is becoming more available in many areas. Grayling has two courses at the Hansen Hill Recreation Authority. Hickory Hills, Northwestern Michigan College and Kingsley have courses in Grand Traverse County. Cadillac has Kenwood Heritage Park and Diggins Hill; Kirtland Community College in Roscommon, and Skinner Park in Houghton Lake. There are more in nearby counties and a few private courses too. *Private may mean you have to pay a fee or it is being shared but on private land.* This is a low-cost activity with just the cost of a disc (similar to a Frisbee). The adventure is in the places you get to see out in nature or exploring a college campus.

If you just can't get out, there are always adventures in books at your local library. Visit a foreign land, hike the Appalachian Trail or sail around the world. For some, the best part of the adventure is in the planning and all that you learn before you step out the door. **Hope you find an Adventure this month.**

Break Through

I try to break through
And see the part of myself
That I like.
It's a roller coaster of emotions.
Screaming,
I'm at the top of a big tall tower
In the dark,
Bumping into everything in my path,
Trying to get out of there
And back on solid ground.
Trying to break through
It's like an everlasting asthma attack.

- Melissa Robinson

Melissa's poem was in the Michigan Association of Community Mental Health Boards' newsletter.

Happenings in Lansing

Colleen Jasper of MDHHS held the State Anti-Stigma Conference in July. Drop-in Centers, Clubs, CMHs and others attended and shared what they are doing to eliminate stigma. Each year a wealth of information is shared at this conference to assist and inspire others. Leslie Sladek of NLCMH did a great job presenting at this year's conference. We also heard about River's Edge Drop-in Center's Stigma Stings, Oakland County CMH's BEST campaign, and the Mental Health Foundation of West Michigan's Be Nice program, which packages information on mental health, bullying, recovery and resiliency in a box for purchase, to help change the culture within schools. There is more that can be mentioned here but *"We will continue to progress in eliminating Stigma."*