



# Our Journey

Meaningful, relevant information for our community, published monthly.

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Northern Lakes  
Community  
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!

## Access for Everyone



Disability Network Northern Michigan continues to work on Access for Everyone (Access for Everyone is a campaign led by local individuals to ensure everyone has the ability to actively work, play, and live in our community) at our local beaches and lakes. Mitchell State Park, in Cadillac, now has EZ Kayak & Canoe access at the park on the camp ground side for visitors of the park. In Traverse City both Clinch Park and Bryant Park have access to the beach. At Clinch Park there is a free Mobi-waterchair available from 10am – 6:00pm through Labor Day weekend. The water chair allows someone to get into the water and enjoy our lakes like everyone else. So get out and enjoy summer with friends and family while it is still here. Fall is just around the corner.

## Meaning and Purpose

Meaning and purpose in life can be so often a struggle for those with a mental health diagnosis, or if your life is passing from one phase to another, i.e., school to adult or parent to empty nest. Here is a little about meaning and purpose from the book, *100 Simple Secrets of Happy People*.

### **Your life has purpose and meaning.**

You are not here just to fill space or to be a background character in someone else's movie. Consider this: nothing would be the same if you did not exist. Every place you have ever been and everyone you have ever spoken to would be different without you.

We are all connected, and we are all affected by the decisions and even the existence of those around us.

*Studies of older Americans find that one of the best predictors of happiness is whether a person considers his or her life to have a purpose. Without a clearly defined purpose, seven in ten individuals feel unsettled about their lives; with a purpose, almost seven in ten feel satisfied.* Lepper1996

What is Your Meaning and Purpose? Maybe it is time to define that and bring a piece of happiness into your life.



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*Our Journey*  
electronically.

Submissions may also  
be accepted, space  
permitting.

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Community  
Connects

Wednesday  
August 23<sup>rd</sup>  
10 - 2:00pm  
Grayling office.

Health and  
Safety will be  
covered and the  
movie "Sing"  
will be featured  
with a  
conversation to  
follow around  
the subject of  
finance and how  
that happened in  
the movie.

Beverage and  
popcorn  
provided.

## What we Think we Become

*"All that we are is the result of what we have thought. The mind is everything. What we think we become."* ~Buddha

Often times our thinking can be negative. The key to changing this is recognizing when it happens, catching it! You need to practice catching it yourself, when you are changing fact to fiction. The next step is to check it! Check it against what is happening, the bare facts. Then you will be able to change it! The thoughts should be more reality based and not based on assumptions.

Once self-talk starts on the negative path it often spirals out of control so practice; catch it, check it and change it to improve your thinking and to become more optimistic in your life. It is important for a successful recovery, to change these thought and become a master of catch it, check it and change it in your thinking. Let's become what we think with positive thinking.



## Recovery Celebration & Nominations

This year's recovery celebration theme is: The Magic of Recovery. It will be held at the Barn Hall in Manton once again on Wednesday, September 27, from 10 to 2:30 pm.

It is time to nominate that person you know who has: supported the recovery movement at NLCMH, assisted a group or individual's recovery or inspired others by their example. Only you can help recognize these deserving individuals by filling out a nomination form putting forth that person. Nominations are due August 18.

Remember to register to attend the celebration too! Nomination forms and registration forms can be found in your local NLCMH lobby. Look forward to seeing you in Manton.

## Celebrate Seniors



National Senior Citizens Day is an observance on August 21 to honor the contributions of senior citizens in the United States.

For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older — places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity. ~ *President Ronald Reagan – August 19, 1988 Proclamation 5847*

Plan to spend a little time with the senior citizens in your life. Share some family or historical stories of their life; what they remember and experienced is important to all.