



# Our Journey

Meaningful, relevant information for our community, published monthly.

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Northern Lakes  
Community  
Mental Health  
northernlakescmh.org

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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!

## RAK 'Random Acts of Kindness'

*No act of kindness however small is ever wasted. – Aesop*

February 14-20 is Random Acts of Kindness (RAK) week. A recent study shows that acts of kindness can be a cost-effective way to reduce the effects of stress. The research article published in *Clinical Psychological Science*, a journal of the *Association for Psychological Science*, recruited individuals for the study and found that the natural way to help in relieving the impact of stress on health is through helping others. People who performed more acts of kindness experienced fewer negative emotions.

"Our research shows that when we help others we can also help ourselves," Emily Ansell said in a press release.

## Heart Health & Aging

As you age there may be some heart problems that you will face but most heart problems are not due to aging. There are many different kinds of heart disease. The most common is atherosclerosis, the buildup of fatty deposits or plaques in the walls of arteries. This slows down the oxygen supply to the body. Depending on where the buildup is, it can cause a heart attack, leg pain, or a stroke. This is not part of aging and can be serious. You can make choices to prevent or delay heart disease, including: don't smoke, stay at a healthy weight, don't be or become a couch potato, exercise, manage your stress and if you have diabetes, high blood pressure or high cholesterol, keep them under control.

The bottom line: Get physical and exercise; if you smoke you should get help in quitting; and eat a heart healthy

diet like food with high fiber content and a lot of fresh vegetables and fruits. Heart disease does not have many symptoms so it is important to get regular checkups.

A heart healthy diet as you age will look similar to My Plate for Younger Adults. The picture below highlights some of the foods that have good nutritional value for you. To learn more: [www.nutrition.tufts.edu/research/myplate-older-adults](http://www.nutrition.tufts.edu/research/myplate-older-adults).



# Leaders in Policy Advocacy (LIPA) in Northern Michigan



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to receive  
*Our Journey*

electronically.

Submissions may also  
be accepted, space  
permitting.

This newsletter is  
funded by Northern  
Lakes CMH.



Enjoy your extra  
day, Monday,  
Feb. 29<sup>th</sup>.

Happy birthday  
*LEAPERS!*

Most of the world  
follows the  
Gregorian calendar.  
The Chinese  
calendar is a  
*lunisolar* calendar.

To keep our  
calendar in  
alignment with the  
season we need to  
adjust for earth's  
rotation around the  
sun which takes  
365.242199 days, 5  
hours, 48 minutes  
and 46 seconds.

Here is an opportunity to get involved in Leadership and Advocacy in Northern Michigan for those adults who have a developmental disability or for the parents of a minor child who has a developmental disability. Upcoming classes will take place in Kalkaska over 6 weekends beginning in April.

**Topics include:** *Disability History; Inclusion Education; Assistive Technology and Social Media; Self Determination and Alternatives to Guardianship; Person Centered Planning; Access to Housing and Employment; Benefits and Systems of Support; Systems Change.*

Classes will be on Friday, 12:30pm – 9:00pm, and resume on Saturday from 8:30am – 3:00pm. There is no cost to attend, meals will be provided for participants and caregivers and mileage will be reimbursed. If overnight accommodations are needed, participants will be asked to share rooms with other participants at no cost.

LIPA is a leadership development program for adults with developmental disabilities and parents of minor children with developmental disabilities. The project trains and supports participants to become leaders in the disability rights movement. It is funded by the Michigan Developmental Disabilities Council and administered by The Arc Michigan.

To apply, go to <http://www.arcmi.org/new/lipa.htm>, where you can complete an application form online or download and print one to fill out and mail in. Please contact Project Coordinator Salli Christenson if you have questions or need help in applying. She can be reached at 1-800-292-7851, ext. 130, or [salli.c@arcmi.org](mailto:salli.c@arcmi.org)

**Application Deadline March 15, 2016**

## Quick Connect

Traverse City will be hosting Quick Connect on Wednesday, February 24 from 10am-2:00pm.

Popcorn and Beverages will be provided but you are encouraged to bring your own bag lunch or snack too.

### Topics for the day are:

- Information on Health & Safety
- The Movie *'The Pursuit of Happyness'* with Will Smith
- Planning upcoming recovery events and
- Panel discussion

This is open to anyone in the community so feel free to bring a friend. Next Quick Connect is in May, at Houghton Lake.

**NO REGISTRATION REQUIRED**

For more information contact Karla at (231) 876-3262

## CAC

Consumer Advocacy Council (CAC) is meeting on **Friday, February 12**. The meeting is changed to Friday this month to accommodate the guest speakers.

Jim Fischer and Terri Kelty will be here from Munson Behavioral Health to follow up and receive input on the changes being made.

The meeting will start at 1:30pm in the third floor boardroom.

You are welcome to stay for the remainder of the CAC's meeting, which runs until 3:00pm.

Wear **Red** for Heart  
Health, Friday,  
February 5<sup>th</sup>

