



# Our Journey

Meaningful, relevant information for our community, published monthly.

Volume 3 • Issue 1

Northern Lakes  
Community  
Mental Health  
northernlakescmh.org

January 2015



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!

## National Drug Facts Week



Shattering the myths of drugs, are received from the internet, television, movies, music and friends. Check out your Drug IQ at

<http://teens.drugabuse.gov/quiz/national-drug-facts-week/take-iq-challenge/2014> or check the

tower for a printed copy. How did you do? Nation Drug Facts Week starts January 26, 2015 and goes through, February 1. This event was launched in 2010 by the National Institute on Drug Abuse, (NIDA) and is part of the National Institutes of Health. Is your school involved? For more facts and information go to <http://teens.drugabuse.gov/drug-facts>.

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## Blood Donor Month



The facts: Every two seconds someone needs blood in the United States. One in seven people entering the hospital will need blood. It takes less than an hour to donate a pint of blood from registration to cookies. Your blood can save up to three lives.

Taking medication does not mean you cannot donate blood ask your doctor to see if you are well enough or consult with the blood center medical staff if you have questions about eligibility.

There is no need to wait for Blood Donor Month to give blood; you can donate blood every 56 days. Red blood cells (the oxygen carrying cells) they take about two weeks to return to normal. You don't need to be rich to donate blood, just a little time. This January can be your new beginning to helping someone even saving a life. It could even be your New Year's Resolution.

It is easy to find a local blood drive at <http://www.redcross.org/blood> or <http://www.americasblood.org/>. Here are a few Blood drives coming up in a community near you: Grayling American Legion, 106 James St. Jan. 7 12-6pm, Kingsley High School Jan. 9, 9:30-3pm, St. Johns Lutheran Church 288 W Houghton Lake Rd. Jan 12, 12-6pm, VFW Cherryland Post, 3400 Veterans Dr. TC, Jan. 26, 12-6pm, Temple Hill Baptist Church, 1601 W Division, Cadillac, Feb. 2, 1-7pm or check the website for more.



Please contact  
Leslie Sladek  
[leslie.sladek@nlcmh.org](mailto:leslie.sladek@nlcmh.org)  
231 933-4907  
to receive  
*Our Journey*  
electronically.

Submissions may also  
be accepted, space  
permitting.

This newsletter is  
funded by Northern  
Lakes CMH.



### MINI- CONFERENCE

Traverse City is  
up next  
(Tuesday, Jan. 20,  
10:00am -  
2:00pm)

Shopping on a  
Budget,  
mindfulness,  
stress reduction  
and more. Be sure  
to register by  
Friday Jan. 16<sup>th</sup>.

Invite a friend,  
enjoy good  
company, learn a  
little and spend  
some time out of  
the cold.

## Out with the Old



**Greg Paffhouse**

was recently the recipient of the Ralph Sperry Memorial Award. The award is presented yearly by COOR ISD to an individual or group in recognition of their contributions to assist people with disabilities to overcome barriers and to participate fully in their communities. Paffhouse, who plans to retire in 2015, “is a long-term advocate for people with disabilities and in his role as executive director he has supported a wide range of services that lead to enhanced independence and empowerment for people with disabilities,” a COOR press release stated. His support of community rehabilitation programs like ROOC, helps to assure a wide range of options exist for people with disabilities in our communities.”

Greg was also involved in the Recovery Council for Michigan and established a similar Recovery Council at NLCMH; he supported the peer movement of Certified Peer Support Specialist’s working at CMH’s and he advocated for the Culture of Gentleness to be the norm for NLCMH. Many of you have a relationship with Greg and he will certainly be missed.

## In with the New



**Karl Kovacs** takes the

reigns of NLCMH January 1, 2015. What kind of a new year does he have in mind for you? Some areas of focus this year will be; uniformity/consistency, efficiencies, effectiveness and being a data driven agency.

Karl played a large part in helping bring better health opportunities to Northern Michigan with a SAMHSA grant for the next three years. He is a big promoter of Integrated Care and has worked with the integrated clinic located in the Traverse City office. He also has a part in a ‘Health Home’ pilot project in Grand Traverse County. The Health Home pilot is also being offered in Manistee County and the state hopes to learn from these for future Health Homes in Michigan.

Karl are new CEO has been out and meeting community members i.e. County Commissioners, with Greg Paffhouse who will help Karl in the transition through January.

As Karl enters into his new role he plans to keep all informed of his plans for NLCMH.

## Good and Cheap<sup>\*</sup>

*Recipes for \$4.00 a day*

There are so many types of yogurt in the grocery store: some low in fat and high in sugar, some with cute animal pictures. Some are Greek. Some have chocolate shavings and candy. Some have names like “key lime pie.” Now forget about all of that. The best value for your money are the big buckets of plain yogurt. The fat content is your choice—just check that it doesn’t contain gelatin and you’re all set. Starting with plain yogurt, you can make super flavors in your own kitchen, where you know exactly what’s going into it.

If you have kids, ask them what flavors they can imagine and go make it! It’s a lot more fun than letting the supermarket choose for you. Try something new and smash it in! Check out these ideas; add coconut, jam, fresh fruit, honey, peanut butter or nuts.

If you want a thicker Greek-style yogurt, all you have to do is strain regular American yogurt through cheesecloth to remove the extra water. Yogurt’s versatility makes it a great staple to keep in the fridge.\*

\* For more recipes or the free book go to:  
<https://41aac1a9acbe9b97bcebc10e0dd7cb61ef11502c.googleusercontent.com/host/0B9c5aT4eSIRfMzVpbC0xemtKsIE/good-and-cheap.pdf>