



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!

Nominations Needed!

It is that time again: time to nominate people for awards which will be presented at the 2015 Recovery Celebration, 'Reaping Recovery: Harvesting Hope'. We will present *You Made a Difference* and *Leading by Example* awards. Has someone supported you or someone else in their recovery? This is an opportunity for that person to be recognized for their efforts in the culture change focused on recovery.

Additionally, the 'Each One Reach One' award may also be given this year. The *Each One Reach One* award is open to a person who meets the following four criteria: 1) has demonstrated that recovery is possible; 2) has given his/her greatest gift of time; 3) has



promoted hope and inspiration; and 4) has practiced providing encouragement and uplifting others.

Check the Recovery Tower for an award form or click here [FORM](#). Nominations are due by: Aug. 1, 2015.

The Recovery Celebration is celebrated each year to recognize these special individuals and to celebrate your hard work on your own recovery.

National Wheelchair Beautification Month

July is the month to deck out your chair or that of a family member or friend's chair. National Wheelchair Beautification Month began with author and illustrator Horace Knowles, a wheelchair user. Mr. Knowles attached a florist tube near the top of his chair with Velcro and inserted flowers. Why stop at flowers? Try a helium balloon, a new bag for the back, shine the rims, add a streamer...the ideas are as endless as your imagination.

The lovely lady shown here went above and beyond and so can you!



Why not join your local Independence Day parade or other local festival?



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Our Journey
electronically.

Submissions may also
be accepted, space
permitting.

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**Reaping
Recovery:
Harvesting
Hope.**

Registration for
the 9th Annual
Celebration of
NLCMH
consumers and
staff will be at the
Manton Barn Hall
on September 23.
Registration
needs to be
submitted by
Friday,
September 11.
Forms are in the
Recovery Tower.

National Blueberry Month

Blueberry pancakes and muffins appear on many American tables for breakfast. Here is a new idea to try for breakfast; **Blueberry Salad with Blueberry Vinaigrette.**

Assemble the following in order on 4 plates: 1 pounds salad greens, 2 cups blueberries, 2 cups orange sections or mandarin oranges, 1 cups granola. Top with vinaigrette.

Blueberry Vinaigrette: 1. In a food processor container, combine ½ cup olive oil, ½ cup frozen blueberries (thawed), 1½ teaspoons Dijon mustard, 1 tablespoons brown sugar, 1 teaspoons minced shallot (or onions), ½ teaspoon kosher salt, ¼ teaspoon ground white pepper and ¼ teaspoon paprika; 2. Process until mixture is smooth; 3. Chill at least 30 minutes to blend flavors. Yield: 1 cup.



Written Prose

WHISPERS OF THE MOONLIGHT:
A DAY OVERCAME

Defeat, this is what they call me,
Everything but my name, I bathe in shame,
Public embarrassment, stage fright,
Rags on my back, pimples on my face.
From being homeless, livin' on the streets
To verbal attacks, many times over,
Tennis shoes falling apart, stranded
In the dark. They've taken advantage
Of my kindness. Alone another night.
Defeat, they tell me I am a human waste.
Defeat, beatin' down without a chance.
After all this, I still have my faith
Which is quite difficult, considering.
Defeat, I don't know you,
Lonely, sad and blue.
Defeat, chastised, days and nights,
Whispers of the moonlight.
They talk behind my back, lookin' over
My shoulders, waiting for the attack.
Schizophrenic, paranoia, defeat, please
Help me up. Medication over due, medications
help me through,
Back to my feet. Defeat
I don't know you, but I know this
Crippling anxiety. They pick on me all day,
Defeat, no breaks in between
To gather my thoughts. To make a difference
In my life, let alone yours, but I'll give you
What I got, struggling. Defeat, they say I'll
Never amount to anything. I'm nothing
according
To them, for the dump, human scum. Defeat,
I will overcome you, no matter which way you
come,
You are barking up the wrong tree.
Eager to free myself from these
Chains, strengths from the kind,
A smile goes a long way, but still

Stigmas continue, plaguing me.
Am I invisible, frustration
Eating me alive. Never mind, oh just never
mind.
These bruises and these scars, banging
My head off these walls. Defeat, if it's
Not nice to say then don't say it at all.
Defeat a fresh start. Defeat,
These voices in my head. I'm starting to
Manage them. I am not to blame, stripe me
From this shame, no longer am I your name,
Because of your stigmas of deceit.
Ya, I know you game, dare to press
Play, on my way to counseling. Defeat,
I overcame, ACT Team by my side
Here to help, to distinguish fiction. To
Defeat, your nonexistent purpose of
Random evil, taunting us innocent,
Us vulnerable. So who are you?
Cuz I know who I am and I am important,
Encouraging words of wisdom, knowledge to
Explain, spoke to the world of those
Out there, whose minds are at war
With itself, a mental illness, coping with
My sickness, cigarette smoke, worried about
My health, sabotage, neglecting my own
wellness.
It gets better by the day, so don't
You go and give up, even when it seems
Hopeless. You know what's real and
What's make believe. Defeat, long gone,
Not me, converted to a supreme being
So keep on keeping on and reach out
For help. Cuz it is out there, we're all
Special and there's beautiful people
Out in the world who care.
So keep holding your head up high
Never mind them lies, a stigma to a superstar.

By Rob Dues

Whispers of the Moonlight: A Day Overcame is a poem from the Michigan Association of Community Mental Health Boards' *Creative Minds Changing Minds* collection.