



# Our Journey

Meaningful, relevant information for our community, published monthly.

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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!

## Me/Family Time



**Set up a getaway.** It could be camping with friends or a trip to the tropics. The act of planning a vacation and having something to look forward to can boost your overall happiness for up to 8 weeks! The actual planning can be as fun as the vacation/getaway. Anticipating the good times and excitement of where you are going or what you will be doing can help in boosting your mood.

A getaway can be a day trip to one of our beautiful state parks or one of the local festivals, all at an affordable cost. Being free of all the duties at home can be freeing to the soul, one can truly relax and bask in the sunshine. What is your favorite local festival? Do you have one?

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## My Pocket Sized Friend

Little stick full of smoke,  
You have been a trusted friend,  
When I need to feel calm, on you I depend.  
You've been with me through the worst of times,  
You've even been there when I've wrote my rhymes!  
And for your friendship, all I must give,  
Is my money, my looks, and many years I could live!  
Hey Wait! That doesn't seem quite fair -  
I must give up all of that for you to care.  
Well then, let me re-think just where we stand,  
With you I won't exist, without you I still can.  
And for your company, you ask too much.  
You're not a true friend, you're more like a crutch.  
So, I think it's time for some new remedies,  
Cause with friends like you, who needs enemies?!  
By: Robert

**Michigan Tobacco Quitline** [The Michigan Tobacco Quitline](#) offers free telephone coaching to help quit smoking. Callers without insurance may qualify for free nicotine patches. Call 1-800-QUIT-NOW (1-800-784-8669).

# Embracing Life on Wheels

by Jessica Grono



Have you checked out your wheelchair lately? July is the month to make it beautiful to match your personality, because it is **National Wheelchair Beautification Month**. Time to show off your style along with your unique taste.

Illustrator and wheelchair-user Horace Knowles had the idea to Velcro a florist's water tube to the top of his wheelchair to display flowers. His goal was to show his happiness and put a smile on the faces of others who saw him.

Over the years, the concept of decorating one's wheelchair took off with people all over the country. Contests, parades, and decorating competitions are held in different communities, especially during the month of July. If you don't want to decorate with glitter, balloons, and such, you can get the job accomplished several other ways. You can add a bandana to your armrest, a flower on your joystick, or color wheelchair seat covers — whatever makes it originally you and comfortable.

People who can walk sometimes get confused that a wheelchair is much like a car. No, a car and a wheelchair are two very different things. A wheelchair simply helps us to be mobile, like someone walking around. I and other people who use wheelchairs cringe when we hear people ask, "Do you want to race?" I'm not using a car so there is nothing to race.

When I received my first motorized wheelchair, I felt thrilled with my newfound independence. However, I didn't like how the wheelchair looked and felt like it stood out. Nowadays, there are so many options to choose from when picking out a new wheelchair. What makes your chair special for you?



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to receive

*Our Journey*

electronically.

Submissions may also be accepted, space permitting.

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Stars  
can't  
shine  
without  
darkness



**FREE**

## World Hepatitis Day

July 28, 2018

We are pleased to announce that we have received a grant which allows us to provide free screenings for Hepatitis B, C & HIV for consumers, staff and community members. Northern Lakes Integrated Health Clinic health staff will provide screenings and education two times a month in each office. Please take advantage of this free opportunity if you have any of the risk factors below.

**Questions, call (231) 935-3062.**

Hepatitis C (HCV) is often a "silent" infection that can damage the liver. Until recently, treatment required weekly injections and oral medications that many people couldn't take because of other health problems or unacceptable side effects. That's changing. Today, chronic HCV is usually curable with oral medications taken every day for two to six months.

Your risk of Hepatitis C infection is increased if you:

- Are a health care worker who has been exposed to infected blood, which may happen if an infected needle pierces your skin
- Have ever injected or inhaled illicit drugs
- Have HIV
- Received a piercing or tattoo in an unclean environment using unsterile equipment
- Received a blood transfusion or organ transplant before 1992
- Received clotting factor concentrates before 1987
- Received hemodialysis treatments for a long period of time
- Were born to a woman with a hepatitis C infection
- Were ever in prison
- Were born between 1945 and 1965, the age group with the highest incidence of hepatitis C infection.

