



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!

Quick Connect

In February Windy Near and Karla Eisner, Homeless Prevention & Recovery Specialists, rolled out the first 2016 Quick Connect meeting. The meeting contained a section on Health & Safety, a film followed by a panel discussion, an introduction to Under The Jacket (a staff education initiative), and upcoming recovery events. Attendees viewed the movie, *The Pursuit of Happyness*, starring Will Smith. His character, Chris Gardner (a real person), was going through many changes and struggles leading to homelessness for him and his son. He had to learn to navigate resources and make tough choices, all while pursuing a new career. Many of the attendees took part in the conversation, having dealt with homelessness in their life. Chris Gardner held on to hope for himself and his son. Hope is an essential part of recovery and a big area that all people need to have in their life if they want to pursue the life they want for themselves. It takes work, hard work. **The next Quick Connect is in Houghton Lake** on May 25 with film *Miracle Run*.

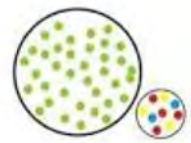
A **BIG** thank you to Traverse House and Oleson's for providing snacks for all.

Reveal the Faces: *Inclusion Across a Lifetime*

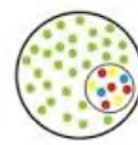
Join in with the Arc, its chapters and members in: *Revealing the Faces of Intellectual and Developmental Disability*. March is National Intellectual and Development Disabilities (I/DD) Month, and there are many ways in which you can promote inclusion and reveal the faces over a lifetime. Here are a couple ideas: **Update** your status on Facebook and Twitter with examples of inclusive programs and services available in your community; or **Host** an inclusive play date with young children. For more head to the Arc's website at: www.thearc.org. Remember to use **#DDAware**. Also, registration for the **Disability Policy Seminar 2016 in Washington DC** ends March 10. The Seminar is April 11 - 13, 2016. The Arc website has information on this as well.



Exclusion



Segregation



Integration



Inclusion

Coming your Way



**Dream
Big**

Northern Lakes
COMMUNITY MENTAL HEALTH

Please contact
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to receive
Our Journey
electronically.
Submissions may also
be accepted, space
permitting.

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Lakes CMH.



March is **Brain Injury Awareness Month.**

After a concussion
signs and symp-
toms may not be
readily apparent, &
some may take
days to appear.

Watch for these general signs:

- Dizziness
- Headaches
- Blurred vision
- Nausea
- Vomiting
- Slurred speech
- Appearing dazed
- Ringing in the ears
- Delayed response
to questions.

The person may or
may not lose
consciousness,

Start SPRING fresh! WRAP - Wellness Recovery Action Plan group is starting in April with Peer Support Specialist Christa, in Traverse City. There are a variety of topics that will be discussed and reviewed to assist you in writing your own WRAP or maybe dusting off the one you have and bringing it up to date.

The WRAP plan was developed by Mary Ellen Copeland who uses the WRAP in her life to help with her own mental illness. You will need to register for this group as space is limited. The group will meet on Wednesdays from 1 -3:00pm and will run for eight weeks. Contact Christa at 935-3188.

Nutrition: Food as Medicine, news you can use. Please attend: Wednesday, March 16 at 2:00 p.m. in the 1st floor conference room in Traverse City. MaryLee Pakieser, Nurse Practitioner, will have information on the special nutrition our bodies need when we have a chronic health condition. Come learn about some small changes that pay off big. Please register if possible so we may plan accordingly; 231 935-3062.



The **NLCMH CAC** (Consumer Advocacy Council) will be meeting on Wednesday March 9th in the Traverse City Boardroom at 1:30pm. Everyone is welcome to attend! Video conferencing is available as requested, Please call three days prior to scheduled date. Request should be made to the Director's office, 231 935-3677.

Nutrition Month

Nutrition is important for everyone but can be challenging if you're on food stamps/SNAP. Leanne Brown developed a book for eating on \$4.00 a day. *Good and Cheap* is a cookbook for people with very tight budgets, particularly those on SNAP/Food Stamp benefits. The book is **free to download** and also includes basic cooking information, such as pantry basics, tips for eating and shopping well, and much more. Here is the link to the free download: <http://www.leannebrown.com/>, you can also purchase the book online. You can also follow her on facebook at eatgoodandcheap and @leelb on twitter to keep up on new recipes and tips.

If you enjoy cooking, Leanne has another cookbook, *From Scratch*, which is also under the Creative Commons License. Here is an excerpt from that book :

The structure of this cookbook



reflects the way I think people ought to approach home cooking—loosely and confidently, with an intent to answer the basic questions that animate life. For example, when I make a meal, I am simultaneously trying to answer several questions. What do I, and those I'm feeding, feel hungry for? What do I have on hand or left over from other meals? How can I use healthy produce, unfamiliar ingredients, or fresh food from local farms and businesses? How can I incorporate my favorite flavors?

Check the Recovery Tower for a few of her recipes to try at your home, and enjoy a good, affordable meal.