



Our Journey

Meaningful, relevant information for our community, published monthly.

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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 CMH 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!

Recovery Celebration



Karl Kovacs & Alicia Drum



All had a good time at this year's 12th annual Recovery Celebration. Thirty awards were given out this year to staff and those served. This year's "Each One Reach One" Award was given to Alicia Drum for: *For going above and beyond to support other people's recovery through years of connection and service. You regularly go out of your way to help others and have inspired many through sharing your experiences and your strong belief in and expectation of recovery, personally modeling the use of the coping skills you so effectively teach others...* There were many games to participate in at the end of the afternoon awarding tickets for participants to enter into baskets being raffled off. Karl Kovacs gave a message of hope and all were entertained with a bit of magic too!

Art of Recovery Show: Enter Art through October 5



This year the 12th annual art show will be held at the Traverse Area District Library. The artist reception will be on Wednesday, October 24 from 3 to 6:30 p.m. Art will remain on display through November. Please take time to see the wonderful art celebrating the healing power of our community. Entries are accepted through 10/5/18 – forms are in the Recovery Tower.





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to receive
Our Journey
electronically.

Submissions may also
be accepted, space
permitting.

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Health Tip

*Apples satisfy
hunger for few
calories so it's
not surprising
that they can
be part of a
healthy diet
that promotes
weight loss.*

Medium Apple

4 grams
soluble fiber,
95 calories,
Total Carbs
25g,
14% of daily
Vitamin C

Halloween, Trick or Treat



As it turns out, you really can overdose on candy – or, more precisely, black licorice. For adults age 40 or older, the FDA says, eating 2 ounces of black licorice a day for two weeks may lead to arrhythmia, or irregular heart rhythm, which could land you in the emergency room. The culprit is glycyrrhizin, a sweetening compound derived from licorice root. In large amounts, glycyrrhizin can cause the body’s potassium levels to drop, which in turn, may lead to abnormal heartbeat and high blood pressure. It can also cause water retention and swelling, which is a particular risk for people with congestive heart failure. Who knew? Try dark chocolate instead!

Recovery is Rooted in Hope

NMRE Day of Recovery Education

The Day of Recovery Education is held each year in Gaylord by the NMRE (Northern Michigan Region Entity). It is a lovely way to spend a beautiful fall day with the leaves in full color.

This year, keynote speaker Dee Whittaker will speak on “Whole Body Health and Holistic Alternatives in Recovery”. Breakout session will cover suicide – effects and prevention, pet therapy and more. Registration should be in by October 5 to Rosemary Rokita. Questions, call Rosemary at 800 337-8598.

Registration forms are in the Recovery Tower.

Healthy Snack



A delicious, high-fiber snack, these roasted chickpeas are a crispy, crunchy alternative to bland, mushy chickpeas. Chickpeas are oven roasted and seasoned to taste for a delicious, high fiber snack.

Roasted Chickpeas

1 can chickpeas, drained and dried (find these in with the beans)
2 tablespoons olive oil
Seasoned salt to taste
Preheat oven to 450°.

Blot chickpeas with a paper towel to dry them. In a bowl, toss chickpeas with olive oil. Spread on a baking sheet, and bake for 30 to 40 minutes, until browned and crunchy. Watch carefully the last few minutes to avoid burning. Remove from oven and toss with salt or seasoned salt.

Nutrition Facts

Per Serving: 161 calories; 7.7 g fat; 19.3 g carbohydrates; 4.2 g protein; 0 mg cholesterol; 337 mg sodium.