



# 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!

## Walk a Mile Rally

People representing the counties served by NLCMH made statements on the capitol steps on May 6<sup>th</sup>. This was the 11<sup>th</sup> annual Walk a Mile Rally to be held. All statements were followed with a resounding '**Walk a Mile in My Shoes!**' The following are the statements from each county: **Crawford** - Hi I'm Victor, from New Beginnings Drop-In Center. I would like to ask the State of Michigan to please restore the cuts to CMH so that we can return those of us who lost services due to budget cuts. **Grand Traverse** - Clubhouses are critically important to thousands of people across the state. Clubhouses give a sense of community and keep people out of institutions. **Leelanau** - In Leelanau County, affordable housing and jobs are big concerns. It is so much easier to focus on feeling better when we have safe homes and jobs. **Missaukee** - In 2003, I was diagnosed with bipolar disorder and was in the hospital. My son had been in foster care and it felt like my whole world was coming down. Now with support from Club Cadillac and CMH, I am stable. I'm living on my own and



my son is back living with me.

**Roscommon** - Hi, my name is Edmund. I'm the president of New Beginnings Drop-In Center in Houghton Lake. Before that I was a staff member and consumer. Now with Lynda and Amanda leading the way it's a great center for people with mental illness to come in and get help. **Wexford** - I spent 5 years addicted to drugs. Thanks to my doctors at CMH and my Club Cadillac family, I've been clean now for 1 year.

**Walk a mile in my shoes!**

## Summer Outing!

Not planning on being in Saginaw but still want to get out and have some fun? The Huron and Manistee National Forest and the Sleeping Bear Dunes National Park accept the **Access Pass**. The Access Pass is a lifetime access pass to National Parks, National Forest and other National lands for people with a permanent disability. What is the Access Pass? A free, lifetime pass - available to U.S. citizens or permanent

3rd Annual  
**Zippity Zoo Da Day**  
Let's Explore Together  
**save the date!**  
All people with disabilities and their families are invited to join us for a day of **FREE** activities and fun  
Free tickets are available at the front gate  
Saginaw Children's Zoo  
July 30, 2015  
10 am-5 pm

residents of the United States that have been medically determined to have a permanent disability - that provides access to more than 2,000 recreation sites managed by five Federal agencies. Check out this website <http://store.usgs.gov/pass/access.html> or visit the Ranger Station for the Sleeping Bear National Park in Empire or the Cadillac office for the Manistee National Forest to get yours. Award letters from Social Security or the VA are two ways of proving your disability.





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to receive  
*Our Journey*  
electronically.

Submissions may also  
be accepted, space  
permitting.

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### Mini-Conference

**REGISTER BY  
June 12** to  
attend the  
**Grayling Mini-  
Conference** on  
**June 16** from  
10-2:00pm  
(lunch included).  
Feature topics:  
Building  
Community  
Relationships,  
Advocacy 101,  
Mindfulness and  
more.

## Ideas to Include in Your June

6<sup>th</sup> **National Trails Day** – get out and hike or bike on the trails near you, have you tried geocaching?

**National Fresh Fruit and Vegetable Month** – eat some healthy food from your local farmer or grocery store. Strawberries are in season for a sweet treat.

18<sup>th</sup> **International Picnic Day** - Pack a lunch and head out to the local park by yourself or with friends, don't forget a tablecloth or blanket for the ground.

Take a book to read or a frisbee to toss around.

21<sup>st</sup> **Go Skate Day** - *"I've got a brand new pair of rollerskates, you got a brand new key"* Well, inline skates don't have keys but you get the idea. Skating is not just for kids.

24<sup>th</sup> **Swim a Lap Day** - In the pool a lap or two, or out in the lake a dip you can take. Enjoy Summer!

## Written Prose

### Starlight

Night comes softly  
Flitting through space  
Leaving sweet echoes in time

Sometimes it is a friend  
With gifts of gentle rest  
The darkness covers heartache

Yet there are moments  
When sleep will not come  
And throbbing, pounding memories  
Engulf your soul – crush your heart

And these times  
I tossed and turned  
And looked for ways to escape

To me there was no answer,  
No light

For many nights,  
Sometimes months  
The cruel experience continued  
And rest was gone

A soul, weary  
Is vulnerable to attacks

And the spiral continues

Yet hope will find you  
In the darkest places  
In the deepest night

One night in desperation  
I looked up  
And saw starlight

The light warmed my heart  
And the numbness inside  
From so much pain  
Began to subside

One star shining brightly  
Can give a soul peace

For the One who made it  
Supplies beauty and grace

I found there are answers  
That this life is not all there is

And I learned from the stars  
To shine brightly  
In the darkness

To bring light to the hopeless

That my own experiences  
Prepare me to speak  
Into the harshest of night

To whisper truth to ears  
That have heard lies

To build up the cast down

To love

So tonight, look up  
Through eyes full of tears  
Or with a glance of bright hope  
And see what I saw

Starlight

*By Melody Williams*

**Starlight** is a poem from the Michigan Association of Community Mental Health Boards' *Creative Minds Changing Minds* collection.