



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 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!

Michigan Protection & Advocacy Service Sponsors Annual Ernie Reynolds Essay Contest

Michigan Protection & Advocacy Service (MPAS) is now calling for entries for the 2019 Ernie Reynolds Essay Contest. Ernie was one of the first peer support specialists in Michigan and he worked for Northern Lakes Community Mental Health. He was an amazing champion for recovery and we are thrilled to be able to help spread the word about this contest held each year in his honor. MPAS is looking for real, motivating stories about people with disabilities who have achieved success while advocating for themselves or others. Entries are due January 11, 2019. There is no charge to enter so there is nothing to lose! The first prize is \$300, second prize is \$200 and third prize is \$100. Details and entry guidelines are available at:



<https://www.mpas.org/newsroom/2019-ernie-reynolds-essay-contest>

Holiday Budgeting 101

Money is the No. 1 holiday stressor. Budget wisely by following these simple tips:

- Review your shopping list carefully. Does everyone listed truly need a gift?
- Set a maximum dollar limit for each person and stay within that limit.
- Leave the credit card at home when you go shopping.

Remember, the sentiment of a gift is much more important than the cost.





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



**Do you or
someone you
know struggle
with opioids?**

Through our
partnership with
myStrength.com
you can access a
new area of
support for opioid
addiction online.

Go to
myStrength.com
and set up an
account if you do
not have one yet.
You can use the
free code
NLCMHCommunity

You can also call
the NMRE at 1-
800-834-3393.



Club Cadillac News

The Clubhouse Choir sang for Halloween and Thanksgiving celebrations and the Club will be caroling as part of its mobile outreach program! Maybe you will see them around town. Also, congratulations to club for having members successfully employed at the Blue Heron and Habitat for Humanity. There will be a New Year's Eve Party on December 31 at 9:00 PM.



Tips for Winter



Holidays and winter weather are coming and it's more important than ever to take care of yourself. Here are a few tips from *US News*.

Want to spend a week of winter cooped up at home, suffering from fever, fatigue and aches? Didn't think so! According to the U.S. Centers for Disease Control and Prevention, "The single best way to prevent the flu is to get a flu vaccine each season." And no, no, no, the flu vaccine cannot give you the flu.

Hydrate with tons of water throughout the day, and your immune system will thank you. The foods you eat can also help prevent the cold. Yogurt, with all its probiotic glory, has been shown to [boost the immune system](#), and one serving of seaweed packs more vitamin C than an orange.

Buy in-season veggies, such as beets, broccoli and Brussels sprouts. Not to mention cabbage, carrots, cauliflower, eggplant, kale and squash. An abundance of tasty autumn vegetables makes it easy to reap the benefits of a plant-based diet, such as diabetes prevention, hypertension control, heart health and more.

