Jeanine’s Story

My name is Jeanine Johnson-Lewis. I grew up in Davison and moved to Flint in 1996. I am divorced and live on my own. I suffered a traumatic brain injury in 1993 and was diagnosed with Bipolar disorder. In 1999, I was also diagnosed with Post-Traumatic Syndrome. I first noticed symptoms when I was put in day treatment. I was in and out of the psych ward for four years starting in 2000 and I was eventually referred to GHS for treatment. I had a lot of anger issues before treatment and was not able to stay focused. Staying on my medication and going to see my therapist has helped me stay on the road to recovery. Having a brain injury and a mental health diagnosis means I will always be in recovery. Keeping active and doing things to better myself is healing for me. My case manager and cousin Marcey also help keep me well and in recovery.

I am currently attending Mott Community College and taking classes to become a social worker. I want to be able to help people who have shared some of the experiences that I have and maybe become a peer-support specialist. In my free time I enjoy shopping, volunteering with the Labor and Delivery department at McLaren, talking to my friends and family on Facebook, doing crafts for my craft making business, and exercising.
Happy Holidays! It won’t be long. It seems the weather has already started with the same frigid temperatures we had last year. We all better get ready.

Speaking of getting ready, please make sure you are doing everything you can to be prepared for the bad weather. Have warm clothes, a safe place to stay, and plan to go somewhere safe if things get bad. If you need help with any of this, please see your case worker or ask in Customer Services at GHS. We want to make sure everyone is safe and warm.

Hopefully you will be able to enjoy the holiday parties with your families and loved ones or join the many community events that are available. Again, check with Customer Services for ideas on where to go.

I also want to encourage you to try to stay as healthy as you can. The Holidays are always a temptation to eat poorly and not take care of ourselves. Please try to have fun, but maintain healthy and safe practices also. Enjoy the holiday snacks in moderation, and continue to eat healthy foods. Get plenty of sleep, and follow all those rules for avoiding people who are sick. You really do have to be on guard all the time.

Finally, this is the time of the year that we should reflect on our blessings. I know many individuals have difficult struggles. My hope is that we can all find those things that bring us joy and peace, even for a short time.

Happy Holidays.

Dan

Dan
Connecting to the Community

GHS Connects contributor Deborah Duckett has put together these events and offerings in our area to better connect you to our community.

FREE Things to Do

**Holiday Walk**
December 2, 2014
Tree Lighting Ceremony at 5:15 pm
5:30 pm - 1:30 am
Flint Cultural Center Campus
1241 E. Kearsley St.
Flint, MI 48503
*Santa will be in The Whiting for family visits and photos through the evening.

**Jazzwalk**
Great Flint Arts Council
3/27/14 - 1/29/15
Sounds of Jazz Every 4th Thursday of every month
[excluding Nov & Dec which will be a week earlier]
White Horse 5:30 - 7:30
Cork on Saginaw 6 - 8 PM
Blackstones 7 - 9 PM

**Writers' Circle**
The Greater Flint Creative Alliance: 810-423-8169
A workshop for poetry writers, but open to any form.
Free to the public. Please bring a writing sample & 2 copies. Every Thursday at 7:00 pm at Churchills.
Under 18 allowed until 9:00 pm

FREE Things to Do

**Collab Night**
Presented by Greater Flint Creative Alliance at Good Bean
November 19, 2014 - December 21, 2016
Good Bean Café
328 N. Grand Traverse
Flint, MI 48502
Free to the public! Collab Night is an open mic open canvas event. Poetry and music is generally performed.
There is also an open canvas, where paint supplies are provided, and collaborative piece of art is created through the duration of the event.
Individual Dates & Times: *
Dec 17, 2014: 7 pm - 10 pm (Wed)
Jan 21, 2015: 7 pm - 10 pm (Wed)
Feb 18, 2015: 7 pm - 10 pm (Wed)
Mar 18, 2015: 7 pm - 10 pm (Wed)
Apr 15, 2015: 7 pm - 10 pm (Wed)
May 20, 2015: 7 pm - 10 pm (Wed)
Jun 17, 2015: 7 pm - 10 pm (Wed)
Jul 15, 2015: 7 pm - 10 pm (Wed)
Aug 19, 2015: 7 pm - 10 pm (Wed)
Sep 16, 2015: 7 pm - 10 pm (Wed)
* Event durations (if noted) are approximate. Please check with the presenting organization or venue to confirm start times and duration.
Phone: 810-423-8169

At the Library

**Flint Public Library Events**
1026 E. Kearsley St.
In the Flint Cultural Center
Flint, Phone (810) 232-7111

**Armchair Traveler at the Library**
Take a visual vacation Tuesdays at 12:15pm with these travelogues. Bring your lunch. Coffee provided.

**Holiday Walk**
December 2, 2014
Holiday Walk 5:30-8:00pm
Craft 5:30-7:30pm
Music 5:30-6:30pm
Puppet Show 6:00pm and 7:30pm
Play-Snow White 7:00pm
Refreshments 5:30pm-7:30pm

**Young Adults Writers Group:**
11:00 am on December 6, January 17, February 7

**Rhymes and Reading:**
6:30 pm on December 9

**Raise it Up Youth Teen Poetry Workshop:**
11:00 am December 13, January 24, February 28

**Walk-In Craft for Kids:**
12:00 pm December 13

**Knitting For a Cause: Chemo Caps:**
2:00 pm on December 9, January 13, February 10

**Monthly Book Talk:**
1:00 pm on December 18, January 22, February 26

More at www.fpl.info
For most tobacco users, tobacco cravings or urges to smoke can be powerful. But you’re not at the mercy of these tobacco cravings. Each time you resist a tobacco craving, you’re one step closer to stopping smoking or other tobacco use for good. But it can be difficult.

Here are some ways to help you resist the urge to smoke or use tobacco when a tobacco craving strikes:

**Try nicotine replacement therapy**

Talk with your doctor about nicotine replacement therapy (NRT) to help deal with cravings. The nicotine nasal spray and the nicotine inhaler are available by prescription, as are the stop-smoking medications bupropion (Zyban) and varenicline (Chantix). However, some types of NRT, including patches, gum and lozenges, are available over-the-counter (OTC).

After reviewing decades of research, the Food and Drug Administration recently announced that there’s no significant safety concerns associated with using more than one OTC NRT at the same time. So if you’re using nicotine replacement patches, gum or lozenges while trying to quit but you slip up and have a cigarette, you don’t need to stop using the NRT. Instead, keep using the NRT and keep trying to quit.

**Avoid triggers**

Urges for tobacco are likely to be strongest in the situations where you smoked or chewed tobacco most often, such as at parties or bars, in the car, or while watching television. Identify your trigger situations and have a plan in place to avoid them entirely or get through them without using tobacco. Don’t set yourself up for a smoking relapse. If you usually smoked while you talked on the phone, for instance, keep a pen and paper nearby to occupy yourself with doodling rather than smoking.

**Delay**

If you feel like you’re going to give in to your tobacco craving, tell yourself that you must first wait 10 more minutes and then do something to distract yourself for that period of time. This simple trick may be enough to derail your tobacco craving. Repeat as often as needed.

**Chew on it**

Give your mouth something to do to fight a tobacco craving. Chew on sugarless gum or hard candy, or munch on raw carrots, celery, nuts or sunflower seeds — something crunchy and satisfying.

**Don’t have ‘just one’**

You might be tempted to have just one cigarette to satisfy a tobacco craving. But don’t fool yourself into believing that you can stop at just one. More often than not, having just one leads to another—and you may end up using tobacco again.

**Get physical**

Physical activity can help distract you from tobacco cravings and reduce the intensity of cravings. Just 30 minutes of moderate physical activity can make a tobacco craving go away. Get out for a walk or jog. If you’re stuck at home or the office, try squats, deep knee bends, pushups, running in place, or walking up and down a set of stairs. If physical activity doesn’t interest you, try prayer, needlework, woodwork or journaling. Or do chores for distraction, such as vacuuming or filing paperwork.

**Practice relaxation techniques**

In the past, smoking may have been your way to deal with stress. Resisting a tobacco craving can itself be stressful. Take the edge off stress by practicing relaxation techniques. These include deep-breathing exercises, muscle relaxation, yoga, visualization, hypnosis and massage.

**Call for reinforcements**

Touch base with a family member, friend or support group member for moral support in your effort to resist a tobacco craving. Chat on the phone, go for a walk together or simply share a few laughs — or get together to commiserate about your cravings.

Remember, trying something to beat the urge is always better than doing nothing. And each time you resist a tobacco craving, you’re one step closer to being totally tobacco-free.

**Resources to help you quit smoking**

**Michigan Tobacco Quit line**

The Michigan Tobacco Quit line 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).

**Medicaid**

Many Medicaid programs cover the nicotine patch and nicotine gum. Michigan ENROLLS can help you find out if you qualify for Medicaid. Call 1-888-367-6557 or visit the Michigan Medicaid page.

**Great American Smokeout** Thursday November 20, 2014. Call 1-800-227-2345 or visit cancer.org/smokeout for more info.
The holiday season is a time to celebrate with family and friends. Unfortunately, for many it also becomes a time for over-eating and weight gain. According to the National Institutes of Health, holiday eating can result in an extra pound or two every year. Over a lifetime, holiday weight gain can really add up. The holidays don’t have to mean weight gain. Focus on a healthy balance of food, activity, and fun. By implementing a few simple tips you can stay healthy through the holiday season.

**Ten Tips for Healthy Holiday Eating:**

1. Be realistic. Don’t try to lose pounds during the holidays, instead try to maintain your current weight.
2. Plan time for exercise. Exercise helps relieve holiday stress and prevent weight gain. A moderate and daily increase in exercise can help partially offset increased holiday eating. Try 10- or 15-minute brisk walks twice a day.
3. Don’t skip meals. Before leaving for a party, eat a light snack like raw vegetables or a piece of fruit to curb your appetite. You will be less tempted to over-indulge.
4. Survey party buffets before filling your plate. Choose your favorite foods and skip your least favorite. Include vegetables and fruits to keep your plate balanced.
5. Eat until you are satisfied, not stuffed. Savor your favorite holiday treats while eating small portions. Sit down, get comfortable, and enjoy.
6. Be careful with beverages. Alcohol can lessen inhibitions and induce overeating; non-alcoholic beverages can be full of calories and sugar.
7. If you overeat at one meal go light on the next. It takes 500 calories per day (or 3,500 calories per week) above your normal maintenance consumption to gain one pound. It is impossible to gain weight from one piece of pie!
8. Take the focus off food. Turn candy and cookie making time into non-edible projects like making wreaths, dough art decorations or a gingerbread house. Plan group activities with family and friends that aren’t all about food. Try serving a holiday meal to the community, playing games or going on a walking tour of decorated homes.
9. Bring your own healthy dish to a holiday gathering.
10. Practice Healthy Holiday Cooking. Preparing favorite dishes lower in fat and calories will help promote healthy holiday eating. Incorporate some of these simple-cooking tips in traditional holiday recipes to make them healthier.

- **Gravy** — Refrigerate the gravy to harden fat. Skim the fat off. This will save a whopping 56 gm of fat per cup.
- **Dressing** — Use a little less bread and add more onions, garlic, celery, and vegetables. Add fruits such as cranberries or apples. Moisten or flavor with low fat low sodium chicken or vegetable broth and applesauce.
- **Turkey** — Enjoy delicious, roasted turkey breast without the skin and save 11 grams of saturated fat per 3 oz serving.
- **Green Bean Casserole** — Cook fresh green beans with chunks of potatoes instead of cream soup. Top with almonds instead of fried onion rings.
- **Mashed Potato** — Use skim milk, chicken broth, garlic or garlic powder, and Parmesan cheese instead of whole milk and butter.
- **Quick Holiday Nog** — Four bananas, 1-1/2 cups skim milk or soymilk, 1-1/2 cups plain nonfat yogurt, 1/4 teaspoon rum extract, and ground nutmeg. Blend all ingredients except nutmeg. Puree until smooth. Top with
- **Desserts** — Make a crust less pumpkin pie. Substitute two egg whites for each whole egg in baked recipes. Replace heavy cream with evaporated skim milk in cheesecakes and cream pies. Top cakes with fresh fruit, fruit sauce, or a sprinkle of powdered sugar instead of fattening frosting.

Enjoy the holidays, plan a time for activity, incorporate healthy recipes into your holiday meals, and don’t restrict yourself from enjoying your favorite holiday foods. In the long run, your mind and body will thank you.

http://michronicleonline.com
Holy Angels Warming Center
Winter 2014/2015

“For I was a stranger and you welcomed me in…” Matthew 25:35

The Holy Angels Warming Center provides a safe environment for those seeking warmth from the cold. Open December 1, through March 31, in the Catholic Charities’ Center for Hope, visitors can get a hot lunch, enjoy a cup of coffee, read, or watch TV.

Open 24 hours
in the Holy Angels Soup Kitchen,
at the Center for Hope.
Please use the center door off the parking lot.

Donations are always accepted, including:
Coffee    Plastic Silverware
Creamer   Cups
Sugar     Bagels
Cereal    Fresh Fruit
Books     Magazines
Individually Wrapped Snacks

Monetary contributions are urgently needed! All donations are tax deductible.

For more information call Catholic Charities Community Services
810-785-6911
Connecting to “Your Voice”
Contacts, Services & Feedback Options

**Contact Us**

Access Center & Substance Abuse:
(810) 257-3740
(810) 232-6310 TTY

24 Hour Crisis Line:
(810) 257-3740
(877) 946-3648

Customer Services:
420 W. Fifth Avenue, 1st Floor
Open 8 am to 5 pm Monday - Friday
(810) 257-3705
(810) 257-1346 TTY
Toll Free at (866) 211-5455

**Recipient Rights**
Do you want to know more about your rights? You can talk directly to a Rights Advisor by calling
(810) 257-3710 or (810) 762-5298 TTY.

If you would like to speak with someone in person, come to the Office of Recipient Rights at 420 W. Fifth Avenue to meet with a Rights Advisor.

**Customer Services for YOU**
420 W. Fifth Avenue, 1st Floor
We can help you if:
♦ You want to feel welcomed and treated you in a friendly and professional way.
♦ You are unhappy with your GHS experience.
♦ You need help with service choices and providers.
♦ You’re looking for help with how the GHS Network system works.
♦ You are looking for resources and help in the community.
♦ You want to provide feedback about your experience and how we can improve.
♦ You’re interested in attending our educational groups to assist in your recovery.
♦ You want to be involved with the decision-making process and to work on projects and work groups.

We do:
♦ Presentations, publications & health fairs.
♦ Follow-up through surveys, evaluations & grievances.
♦ Our website is full of information,
www.genhs.org

**Know Your Options!**
What to do when you:
♦ Are denied services at Access
♦ Are denied hospitalization
♦ Need a Medicaid Fair Hearing
♦ Need a Local Grievance.
♦ Need a Local Medicaid/Non-Medicaid appeal
♦ Have a delay in services.
Contact Due Process at (810) 424-6065 or Customer Services for help.

**Genesee Community Health Center**
www.genchc.org
For you medical needs
422 West 4th Avenue
Flint, MI 48503
(810) 496-5777

M, T, Th, F 8 to 4:30 pm
**WEDNESDAYS:** 8 to Noon
Closed daily 12 -12:30 pm
2nd Location:
3109 Kleinpell, 48507
810-422-5834. Same hours at both locations.

**Helpful Organizations**

NAMI Genesee County
(810) 232-6498

Project Vox
(810) 496-5599

Advanced Care Pharmacy
(810) 496-4876
Toll Free (877) 496-4876
TTY (810) 496-4879

Lose something?
Customer Services has a Lost & Found