

GHS CONNECTS

Genesee **HEALTH SYSTEM**
Consumer Newsletter

Volume 53
Spring 2016

**The CHAT is now GHS
CONNECTS**

**The mission of this
newsletter is to connect
consumers to**

- **The GHS network**
- **Each other**
- **The community**

Connecting You to

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**CELEBRATIONS OF RECOVERY—A CONTINUING SERIES:
Stories of individuals on their recovery journey**

Turcoy's Story

My name is Turcoy Johnson. I am a 36 year old mother of one. I live in Flint Township and have been getting services at GHS since November of 2014. I first became involved in services at GHS following a nervous breakdown in October of 2014. As a result, I spent a week in the hospital and was diagnosed with Major Depressive Disorder. The breakdown



occurred because I had been fired from my job of eighteen years and I was having issues with my child's father. Losing my job cost me my two-bedroom apartment and my car.

Since attending services at GHS, I have been able to overcome years of verbal and physical abuse. I take my medication which was hard for me at first because I did not feel I needed medication. The self-esteem class, the support of my family, along with my faith in God has helped to make me into the woman I am today. I have a long way to go, but I will not give up. In my free time, I enjoy spending time with family, watching TV, doing crafts, reading my bible, praying, and most of all I enjoy the time I share with my child.

To me recovery means overcoming the many things that are buried inside. It means to take the "cover" off of things. What's covered can't heal. The thing I like most about GHS is the people I have met in and outside of class. I am not 100%, but every day I get better and better. In my spare time, I enjoy movies and bowling. Recovery to me means feeling good about yourself and doing what makes you happy.

Connecting to the CEO

Danis Russell

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Greetings:

My message is very short this time, because I don't want the message to get lost.

And I want everyone to read it.

It is very simple: Please let us know if you need help because of the water crisis.

Let your worker know, or contact Customer Services.

Please do not hesitate.

Thank you.

Take care.

A handwritten signature in black ink that reads "Dan".

Dan

Customer Services can help you apply for Healthy Michigan. Computers are in both the front lobby and the Customer Services lobby.



Customer Services lobby computer

GHS Consumer Council

By Deborah Duckett

About Your Consumer Council

The Consumer Council is made up of US the Consumers! It is where we can receive information and where we have a voice in many matters here at GHS.

There is a different speaker at every quarterly meeting from different departments within GHS and public service agencies in the area. We also receive updates from NAMI, Voices and Customer Services at each meeting. You have a chance to ask questions and find out anything regarding the services that you, a friend or a family member may need to know

We on the Consumer Council vote for the art work that is submitted each year and those votes decide who is 1st, 2nd, 3rd, etc. place winners ☺ It is amazing some of the talent we have submitted from all the consumers and very hard to choose just three.

We have four officer positions;

- Chairperson:
- Co-Chairperson:
- Co-Secretary:
- Parliamentarian:

Each Consumer Council member is given a stipend for each meeting, but before you join you have to complete Consumer Recruitment training. All you have to do is sign up for the next training session in the Customer Services Department. They will call and notify you when the next training will take place. It is a six-week course and is extremely informative and important to being a member. You will receive a stipend for the classes.

You, the consumers, are needed and so are your voices and your opinions. We have many openings and will welcome you with "Open Arms". Consumer Council is also fun. We celebrate birthdays of everyone for the months before the meeting. We have a Lupper (Lunch & Supper) before the meeting. We have holiday celebrations and many other things. So it is not just work!!! I have enjoyed being on the Council so much I decided to run for office and I have been elected Chairperson I have learned about a lot of services I had no idea were available to me and others I know.

Come join us, have a voice and have more knowledge
Knowledge Is Power!!

I look forward to seeing all your new faces there!!



Connecting to the Community

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

Armchair Traveler (205)

Every Tuesday, 12:15 – 1:30pm

Flint Public Library, Main Branch, 1026 E. Kearsley, Flint, MI 48503

Bring your lunch and watch travel films from around the world. Coffee provided.

Microsoft Word for Beginners (LAB)

Tuesday, March 1, 2016, 5:30 – 7:30pm

Flint Public Library, Main Branch, 1026 E. Kearsley, Flint, MI 48503

Once you've learned the basic skills of using a computer, take this introductory course on Microsoft Word, where you will learn to create, edit, save, and print documents. This is an intermediate class.

Computers for Beginners: Part 1

Thursday, March 3, 2016, 1 – 3pm

Tuesday, March 8, 2016, 5:30 – 7:30pm

Tuesday, April 19, 2016, 5:30 – 7:30pm

Thursday, April 21, 2016, 1 – 3pm

Part I:

- Learn about the basic components of a computer and the Windows operating system
- Practice using the mouse.
- Practice opening and closing windows and programs.

Computers for Beginners: Part 2

Thursday, March 10, 2016, 1 – 3pm

Tuesday, March 15, 2016, 5:30 – 7:30pm

Tuesday, April 26, 2016, 5:30 – 7:30pm

Thursday, April 28, 2016, 1 – 3pm

Flint Public Library, Main Branch, 1026 E. Kearsley, Flint, MI 48503

This 2-session class is an easy way to learn the basics, from mouse handling to surfing the Internet! No previous experience required. A new session begins every few weeks. Call to reserve a seat: (810) 249-2569.

Part II:

- Go to web sites by typing in addresses, clicking on links, and searching on the Internet.
 - Learn to web...
-

Internet Skills: Beyond the Basics

Thursday, March 31, 2016, 1 – 3pm

Flint Public Library, Main Branch, 1026 E. Kearsley, Flint, MI 48503

Take your beginning Internet skills to the next level. In this class you will visit seven web sites with different types of information, and will learn an Internet skill at each site. This is an intermediate class.

Volunteer Income Tax Assistance (B1)

Saturday, March 5 & 12, 2016, 9am – 5pm

Main Library, 1026 E Kearsley St, Flint, MI 48503-1923

REGISTRATION BEGINS AT 9 AM, AND ENDS WHEN THE DAY'S SLOTS ARE FULL

VITA volunteers will provide income tax assistance for families with yearly incomes of \$49,000 or less filing 2014 returns.

NOTE: No itemized deductions, business income or capital gains transactions.

BRING WITH YOU:

- Proof of Income (W-2, SSI benefits, etc.)
- Proof of Identity (MI Driver's License or State ID)
- Social Security Cards for every family member being claimed.

Call (810) 249-2569 for more information.

St. Patrick's Day Craft

Saturday, March 12, 2016, 2 – 4pm

Flint Public Library, Main Branch, 1026 E. Kearsley, Flint, MI 48503

Make a St. Patrick's Day craft

Fiction Only Book Club (205)

Flint Public Library, Main Branch, 1026 E. Kearsley, Flint, MI 48503

Wednesday, March 16, 2016, 12 – 1pm

This Month's book: The Blizzard, by Vladimir Sorokin

Wednesday, April 20, 2016, 12 – 1pm

This Month's book: The Unquiet Dead by Ausma Zehanat Khan

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Chess for Everyone! (205)

Saturday, March 5 & 19, April 2 & 23, May 7 & 21, 2016, 3 – 5:30pm

Flint Public Library, Main Branch, 1026 E. Kearsley, Flint, MI 48503

Come and have fun playing with others that love the game!

Teen Forum: 2016 African/African Diaspora Artist Series: Niyi Osundare, Nigerian Poet, Playwright, Educator (GRR)

Thursday, March 17, 2016, 10:30 – 11:30am

Flint Public Library, Main Branch, 1026 E. Kearsley, Flint, MI 48503

Teen Forum. Nigerian Poet, Niyi Osundare, City Without People: The Katrina Poems, will be the featured book for this year's program. The Katrina Poems are a testimony to the devastation caused to the poet, the people and to the community of New Orleans from this natural disaster.

2016 African/African Diaspora Artist Series: Niyi Osundare, Nigerian Poet, Playwright, Educator (GRR)

Thursday, March 17, 2016, 5 – 6:30pm

Flint Public Library, Main Branch, 1026 E. Kearsley, Flint, MI 48503

Reception and Poetry Reading by Nigerian Poet, Niyi Osundare, City Without People: The Katrina Poems,

with be the featured book for this year's program. The Katrina Poems are a testimony to the devastation caused to the poet, the people and to the community of New Orleans from this natural disaster.

Niyi Osundare will be autographing books following the poetry reading. Hors d'oeuvres and refreshments will be served.

Earth Day Family Activities and Crafts

Saturday, April 23, 2016, 2 – 4pm

Flint Public Library, Main Branch, 1026 E. Kearsley, Flint, MI 48503

2 pm - A visit from ForMar's Truck Farm

3 pm - Raptors from Howell Nature Center

Craft: Start your own recycle bin!

Used Book Sale (B1)

Tuesday, April 19, 2016, 5 – 7:30pm

Thursday, April 21, 2016, 12 – 7:30pm

Flint Public Library, Main Branch, 1026 E. Kearsley, Flint, MI 48503

Give a deserving book a good home at the semi-annual used book sale.

Friends of the Flint Public Library Annual Event: Whatever Happened to Idlewild? (GRR)

Saturday, April 30, 2016, 2 – 4pm

Flint Public Library, Main Branch, 1026 E. Kearsley, Flint, MI 48503

"Whatever Happened to Idlewild?" is a documentary film by Coy Davis, JR. Idlewild, Michigan was once a thriving community steeped in African American culture and entertainment. Once known as

America's "Black Eden", Idlewild was an active year-round community from 1912 through the mid-1960s and was visited by well-known entertainers and professionals from throughout the country.

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Call 810-249-2569 to register.

Connecting to the Pharmacist

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Provided by Advanced Care Pharmacy

Spring into Good Health!

These Spring
Health Tips
are brought to
you courtesy
of



With the change of season comes the impulse to clean and replace the old with the new. But spring doesn't just have to be about cleaning and reorganizing – it's also a great way to start healthy new habits and break the old. Here are a few tips to get a head start in your spring health!

1. **Start an Exercise Routine** – The weather is getting warmer and the days are longer which makes it a perfect combination to get active outside. The American Heart Association recommends that individuals do moderate exercise for at least 150 minutes per week, or 75 minutes per week of vigorous exercise.

2. **Fresh Fruits and Vegetables** – Take advantage of the variety of vegetables available during spring. The Flint Farmer's Market is a great place to get fresh fruits and vegetables. A healthy diet includes adding vegetables and fruit every day. Vegetables like broccoli, green beans, leafy greens, zucchini, carrots, and tomatoes are low in calories and high in fiber, vitamins, and minerals. Try to eat about 3 to 5 servings every day. Fruit is also a good source of fiber, vitamins, and minerals. You should try to eat about 2 to 3 servings of fruit each day.

3. **Drink More Water** – As the heat kicks into high gear it is harder to stay hydrated and more important to drink more water. Drink plenty of water before going outside and have plenty on-hand to stay hydrated.

4. **Cut Out the Night Cap** – If one of your habits is having a drink before bed, or having a few at dinner, you may want to reconsider your next glass of Merlot. Alcohol not only causes dehydration, but is also associated with sleep disorders, high blood pressure and certain types of cancer. It is recommended that women limit themselves to one drink per day, and men up to two alcoholic beverages each day.

5. **Check In for a Check-Up** – Spring is the time to get back to the doctor for a head-to-toe check up! A periodic exam is not just about good medical care, but it also gives you the opportunity to learn more about beneficial health habits, counseling and community support services as well as an overall view of the best ways to take care of yourself and your family for a lifetime. Your doctor will let you know how often they need to test for high blood pressure, diabetes, other diseases, and cancer screenings.

6. **Protect Your Skin** – It's going to get hot, the sun is shining, and your skin needs protection. Not only do men and women need to regularly moisturize their skin, but also protect it from the harsh rays of the sun. If you're outside, make sure to use a sunscreen with SPF 15 or higher that protects against UVA and UVB rays. It doesn't hurt to throw on a pair of sunglasses and hat as well!

7. **Renew Relationships** – It's time to get out of the house and visit with your friends and family. Research has shown that good, strong relationships benefit your overall health and happiness. Spend the day with people you love, and schedule regular outings to enjoy the great spring weather.

**Advanced Care
Pharmacy-Genesee
810-496-4876
Located within the
Main Campus of
Genesee Health
System**

Connecting to “Your Voice”

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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.

Lose something?

Customer Services has a
Lost & Found

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

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