



November 2019



Our Vision: "To Promote a culture of health and wellness for those we serve, our staff, and our communities"

CULTURE OF HEALTH & WELLNESS COMMITTEE

The committee is focused on creating a culture of health and wellness by expanding upon Behavioral Health Prevention and Wellness Promotion Initiatives targeting CMHA-CEI consumers, staff, and community. Some of the more recent initiatives are highlighted in this newsletter.

DIABETES AWARENESS

November is diabetes awareness month!

There are two main types of diabetes - Type 1 and Type 2. It is not yet known how to prevent Type 1 diabetes, which is usually diagnosed in childhood or young adulthood. The good news is that Type 2 diabetes, is preventable and manageable through lifestyle changes, including quitting smoking, incorporating or increasing an exercise routine, and making healthy choices in your diet.

Diabetes and high blood pressure.

About 25% of people with Type 1 diabetes and 80% of people with Type 2 diabetes have high blood pressure.

As part of the efforts of the Culture of Health and Wellness Committee, there is a **new blood pressure monitor in the lobby at Jolly Rd!**

This machine can monitor your blood pressure, take your weight, and check your blood oxygen levels! Try it out next time you are at Jolly Rd and encourage consumers to utilize this service as well!

HOLIDAY SELF CARE

The holidays are a time of year filled with celebration and activity. Amid all of the hustle and bustle, it is common to feel overwhelmed and run-down from time to time. Being intentional about self-care can help you to enjoy the holiday season without all the stress.



1. Take breaks

Take time to disconnect and relax- build in times to rest and recharge in your busy holiday schedule. Even a quick nap or solo walk around the block can help to clear your mind.

2. Maintain your routine

It can be easy for routines to get lost or shifted during holiday travel. Try focusing in on your morning and bedtime routines to help maintain consistency and keep you feeling balanced.

3. Set boundaries

The holidays can come with obligations and time commitments. It's okay to say "no" and prevent yourself from becoming over-committed - a common culprit for stress.

4. Practice mindfulness

Take a few moments to focus on your senses. Spend time identifying the specific sights, sounds, smells, and sensations of the holidays.

5. Focus on gratitude

The holidays are a great time to practice identifying things you are grateful for! Make sharing gratitude a part of mealtimes with family and friends, or try writing them down in a "gratitude journal."

6. Stick to your budget

Over-spending can become a major stressor any time of year, and it's especially easy to do during the holidays. Set a budget for things like gifts, travel, and special meals well in advance, and avoid the temptation to over-spend.



Culture of
**Health &
Wellness**
Committee

MICHIGAN **QUIT** LINE

Quitting smoking can be hard, but with support like medications and counseling, your chances of success increase dramatically. According to a Truth Initiative study, 59% of individuals who have smoked in their lifetimes have since quit.

The Michigan Quitline offers no-cost resources and information, including coaching and nicotine replacement aids for those who qualify.
1-800-QUIT-NOW (1-800-784-8669)

**HEALTHY RECIPE
FOR THANKSGIVING
LEFTOVERS**



**Turkey and cranberry salad
(serves 2-3)**

- 3 cups of mixed greens
- 1 cup leftover, shredded turkey
- 1/2 medium red onion, thinly sliced
- 1/4 cup dried cranberries
- 1/4 cup chopped pecans
- 1/4 cup crumbled goat cheese (optional)
- 2 tablespoons olive oil
- 1 tablespoon apple cider vinegar
- Salt and pepper

1. Combine mixed greens, turkey, onion, cranberries, and pecans in a large bowl.
2. In a small bowl, mix together olive oil and apple cider vinegar, add salt and pepper to taste. Drizzle mixture over the assembled salad.
3. Top with goat cheese, if using. Serve and enjoy!

FALL WALKING GROUPS

Fall walking groups have started across CMHA-CEI sites, including Eaton County Counseling Center, Older Adults Services, and Jolly Road! So far, over 30 individuals have participated across the three sites. At Jolly Road alone, walkers have logged over 5 miles!

Do you have your own walking group, or want to start one? Let us know to receive your Stand Against Stigma fitness watch pedometers!

Please be aware that walking groups are a voluntary, unpaid lunch-time activity.

NEW SHAREABLE BOOKLETS!

The "Our Services" booklet showcases all of the services offered at CMHA-CEI and the "Community Resource Directory" provides a listing of community based activities that are available to the public.



For copies of these books contact prevention@ceicmh.org.

STAY PHYSICALLY ACTIVE ALL WINTER LONG

Staying active year-round is good for our bodies and minds. Also, by staying consistent and in shape, you're less likely to become injured come spring. Here are some ideas for staying active through the winter months:

- Join a gym or buy an indoor walking pass
- Try a winter sport like skiing or snowshoeing
- Work out with an at-home exercise DVD or YouTube video
- Wear the right gear! Bundling up in warm clothes and boots makes a difference when being outdoors in the winter months
- Shovel driveways for your friends and neighbors- you'll feel good about helping out while doing something active!