

DECEMBER 16, 2020

# VOICES



**Community**  
MENTAL HEALTH  
CLINTON • EATON • INGHAM  
Together we can.

## MDHHS Extends Epidemic Order Through December 20

The Michigan Department of Health and Human Services (MDHHS) has extended by 12 days the epidemic order that restricts indoor social gatherings and other group activities. The additional 12 days will allow the department to determine the full impact of the Thanksgiving holiday on the spread of COVID-19 across Michigan.



The order will keep existing measures in place through Dec. 20 and does not include a blanket stay-home action. To learn more about what activities are open or not open, view the Executive Order from the Michigan.gov by [clicking here](#).

## Find a Wellness Coach

CMHA-CEI is prioritizing integrating physical and behavioral healthcare, and we have implemented a treatment modality called Wellness Coaching. Wellness Coaching is a conscious, deliberate process that requires a person to become aware of and make choices for a more satisfying lifestyle. Out of eight Dimensions of wellness, we focus primarily on Physical Wellness. Physical wellness consists of: 1) Diet and Nutrition, 2) Physical Activity, 3) Sleep and Rest, 4) Relaxation/Stress Management, 5) Medical Care/Screening, 6) Habits & Routines.

Wellness Coaching is a strength based approach which builds upon what a person is already doing well. It is a guided, time limited process focused on assisting the individual in developing a meaningful and achievable goal, based on their priorities and desires. We have Wellness Coaches trained throughout the agency. Are you interested in working with a Wellness Coach? Speak with your Case Manager to see if you qualify!

## Need Help?



Do you have any questions or need help accessing any part of this newsletter? Contact Customer Service at 517-346-8244 or [customerservice@ceicmh.org](mailto:customerservice@ceicmh.org).

## Writer Spotlight

We are still taking submissions for our Writer Spotlight! Do you have a similar story, poem, joke, or something else that you think could be shared in a future issue of this newsletter?

Make submissions to Customer Service at 517-346-8244 or [customerservice@ceicmh.org](mailto:customerservice@ceicmh.org).

This week, we received a submission of a quote:

**“Foundations are made of words.”**

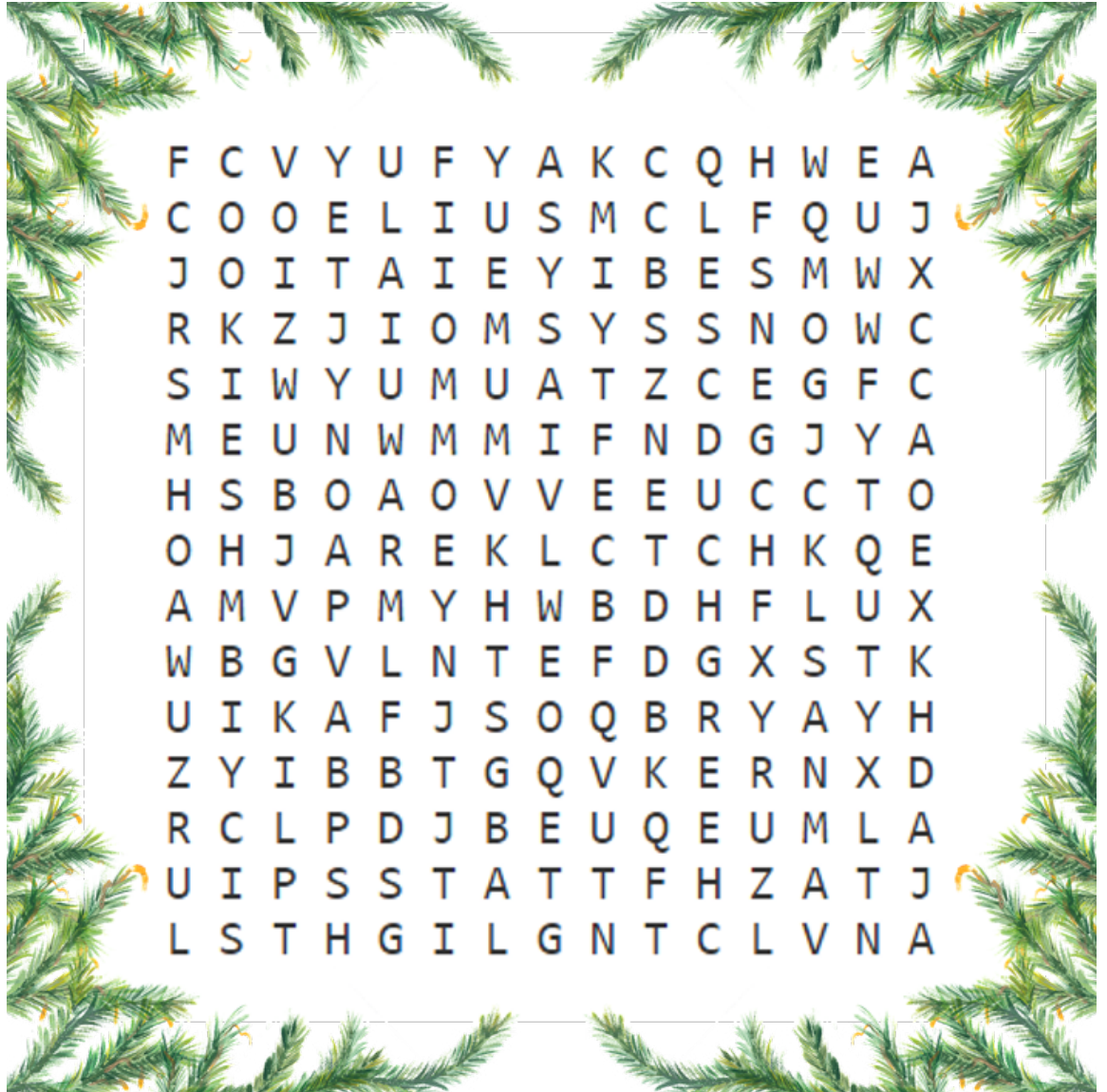
-Linda M.

For news and information from CMHA-CEI, visit our website at [www.ceicmh.org](http://www.ceicmh.org) and Facebook page at [www.facebook.com/CEICMH](https://www.facebook.com/CEICMH).

# CAN YOU FIND THESE WORDS?

See if you can find these festive terms in the wordsearch on the right!

- CHEER
- COOKIES
- COZY
- FAMILY
- FESTIVE
- LIGHTS
- MUSIC
- SNOW
- WARM



Found them all?  
Snap a pic of your completed word search and send it to [prevention@ceicmh.org](mailto:prevention@ceicmh.org) for a shout-out in our next newsletter!

## Questions About COVID-19?



Call the COVID-19 Hotline at 888-535-6136, 7 days a week from 8 a.m. to 5 p.m.



Email [COVID19@michigan.gov](mailto:COVID19@michigan.gov) 24/7. Emails will be answered 7 days a week, 8 a.m. to 5 p.m.



Subscribe to e-newsletter updates at [Michigan.gov/Coronavirus](https://michigan.gov/Coronavirus).



The most up-to-date and accurate information about COVID-19 can be found through local health departments and the CDC. Visit the websites of the following agencies by clicking the buttons below:

Ingham County Health Department

Mid-Michigan District Health Department

Barry-Eaton Health Department

Michigan Department of Health and Human Services

Centers for Disease Control and Prevention

For news and information from CMHA-CEI, visit our website at [www.ceicmh.org](http://www.ceicmh.org) and Facebook page at [www.facebook.com/CEICMH](https://www.facebook.com/CEICMH).