

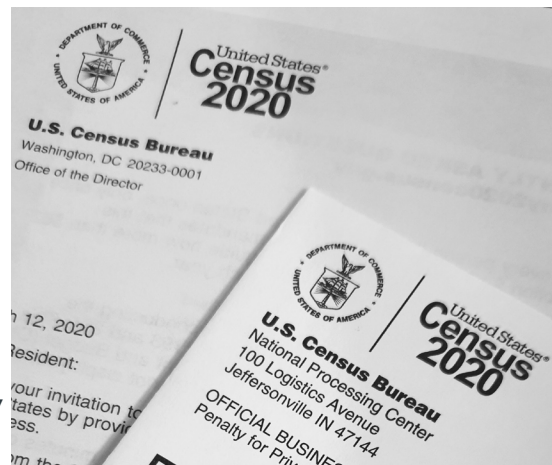
JULY 14, 2020

VOICES



It's Not Too Late: Be Counted, Take the Census

Every 10 years, the U.S Census Bureau conducts a census to determine the number of people living in the United States. For every person who fills out the census, \$1,800.00 of federal funding is allocated to local communities in the state per year. **This funding helps create jobs, provide housing, fund K-12 education, health-care, roads and other community development.**



Only 62% of households have completed the 2020 Census so far. Taking the census could be one of the easiest ways to help your community today (and it only takes a few minutes!).

There are three ways to take the Census:



Online at my2020census.gov



By mail: When you receive an invitation to complete the Census at your home



By Phone: Call to complete Census in English (844) 330-2020 in Spanish (844) 468-2020

Have more questions or need assistance? Customer Service is available to provide information, answer questions, and to assist anyone with completing the census. Contact them at 517-346-8244 or by emailing customerservice@ceicmh.org.



The census is confidential. Your census responses are safe and secure. By law, your responses cannot be used against you. Your online responses are safe from hacking and cyberthreats.

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.

Take a Virtual Vacation

The Greater Lansing Visitor's Bureau put together a list of Greater Lansing attractions offering virtual tours, activities, classes, videos, Facebook live events and more! Check it out by [clicking here](#).



DO THE FIVE

to stop COVID-19

- 1. HANDS** wash them often
- 2. ELBOW** cough into it
- 3. FACE** don't touch it
- 4. SPACE** keep safe distance
- 5. HOME** stay if you can

For news and information from CMHA-CEI, visit our website at www.ceicmh.org and Facebook page at www.facebook.com/CEICMH.

Drive-Through Mobile Food Bank

If you or someone you know needs food assistance, Greater Lansing Food Bank is holding an upcoming mobile food bank distribution for residents of the City of Lansing. Proof of residency is required- so remember to bring either a valid ID or piece of mail with your address.



Where: First United Methodist Church 3827 Delta River Dr. Lansing, MI

When: Saturday July 18th

Vehicles can line-up for registration at 7:00 AM

Food distribution starts at 9:00 AM and ends at 11:00 AM or when all food has been distributed.

Questions? Call (517) 908-3680

Writer Spotlight

Find out how one consumer is taking care of themselves and coping during this time of new routines and physical distancing in the story below. Do you have a similar story, poem, joke, or something else that you think could be shared in a future issue of this newsletter? Contact Customer Service at 517-346-8244 or customerservice@ceicmh.org.

Prescription for Good Mental Health

By Anonymous

1. Do talk to a lot of friends.
2. Talk to people and friends and do things at the correct time.
3. Go for a lot of walks.
4. Keep busy
5. Connect with family and relatives
6. Have fun!
7. Think about others, but also don't forget to think about yourself too.
8. Be organized in everything you do.
9. Cheer other people up!



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 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.



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 and Facebook page at www.facebook.com/CEICMH.