

Fitting All The Pieces



Central Michigan District Health Department
Promoting Healthy Families, Healthy Communities

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We have a new look to our newsletter. We hope you like it and if you have any suggestions or comments feel free to send them to lyoungs@cmdhd.org.

We want to better serve you in anyway we can. If you would like to talk about our services or just simply want to send an email, feel free to do so. If you like something, or you would like to make suggestions for changes, please feel free to call me directly or send me an email. All information is kept confidential.

Please help us to make your visits, meetings, support groups and other stops at our offices better for you. We are here to help and serve you.

Lorrie Youngs, Supervisor
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Mt Pleasant, MI 48858
989-773-5921 extension 8462
lyoungs@cmdhd.org



Clinic Days

- March 6
- April 10
- April 17

Support Group

- March 12
- April 9
- May 14
- June 11

Other Dates

- March 8
Daylight Savings Time
- March 17
St Patrick's Day
- March 20
Spring Begins

Clinic Address:
815 N Clare Ave
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Catrina Weber
Case Manager
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Heat and Utilities Assistance

The State Emergency Relief (SER) Program provides help to individuals facing hardships or for emergencies that endanger their health and safety. SER helps low-income households meet emergency needs such as:

- Heat & Utilities
- Home Repairs
- Relocation Assistance
- Home Ownership Services
- Burial

The SER program is designed to help low-income households who are normally able to meet their needs but once in awhile may need help when unexpected emergencies arise.

You can apply for the SER Program by going to the Michigan Bridges website or by calling the Department of Human Services:

<https://www.mibridges.michigan.gov/access/>

You may also want to go the Department of human services website to see other programs that you may be eligible for:

http://www.michigan.gov/dhs/0,4562,7-124-5453_5531_62128---,00.html

TrueNorth Community Services can also assist with paying a co-pay of the SER Program or the emPower Program can assist with a payment to avoid shut-off notices or a portion of your utility bills. You do not have to have SER to qualify for TrueNorth assistance. You may go on-line to www.truenorthservices.org and click on the application link or call 231-924-0641 extension 155. Leave a message and a staff member will call you back within 24 hours.

TrueNorth's website has many other programs that might be helpful to you and your family.

All low-income households may apply for the Home Heating Credit. The Michigan Department of Treasury determines eligibility and issues payment. You do not need to file a tax return to apply. Applications are available at public libraries, post offices and other places tax forms are available. The application period is January to September 30.

Please feel free to contact Catrina for assistance as needed.



Assistance with Tax Forms

Tax time is upon us and there is a tax assistance program available to help. The Volunteer Income Tax Assistance (VITA) program offers free tax help to people who generally make \$53,000 or less, persons with disabilities, the elderly and limited English speaking taxpayers who need assistance in preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals.

In addition to VITA, the Tax Counseling for the Elderly (TCE) program offers free tax help for all taxpayers, particularly those who are 60 years of age and older, specializing in questions about pensions and retirement-related issues unique to seniors. The IRS-certified volunteers who provide tax counseling are often retired individuals associated with non-profit organizations that receive grants from the IRS.

Here are a few sites close to our clinic. They require you to schedule an appointment and dates may vary. There are many more sites available. To find another site go to:

<http://irs.treasury.gov/freetaxprep/>

MID MICHIGAN COMMUNITY ACTION ADMIN OFFICE - FARWELL
1574 EAST WASHINGTON ROAD
FARWELL, MI 48622
989-386-3805

UNITED WAY OF CLARE COUNTY
106 W SEVENTH ST
CLARE, MI 48617
989-386-6015

MID MICHIGAN COMMUNITY ACTION GLADWIN OUTREACH OFFICE
1302 CHATTERTON STREET
GLADWIN, MI 48624
989-426-2801

What to Bring:

- For married filing joint, both spouses must be present
- All Forms W-2 and 1099
- Information for other income
- Information for all deductions/credits
- A copy of last year's tax return
- Proof of account for direct deposit of refund
- Social Security cards or Individual Taxpayer Identification notices/cards for you, your spouse, and/or dependents
- Proof of identification for yourself and/or your spouse
- Total paid to day care provider and their tax ID number
- Birth dates for you, spouse and/or dependents on the return
- Proof of foreign status if applying for ITIN
- Forms 1095-A, B or C (Affordable Health Care Statements)
- For prior year or returns, copies of income transcripts



Michigan's Drug Assistance Program Update

The Michigan Drug Assistance Program (MIDAP) will begin renewing your MIDAP every six months. The first renewal will be on your birthday month and then every 6 months after. You may have already received information from MIDAP or it will be coming to you in the mail.

If you have any questions, please don't hesitate to call your case manager or you can call MIDAP directly at 888-826-6565.

If you do not have MIDAP and would like more information you can call the number above or go to: http://www.michigan.gov/mdch/0,1607,7-132-2940_2955_2982-44913--,00.html



Dr. Peter Gulick Honored

Dr. Gulick was honored by the Lansing City Council on November 24, 2014 for his fight against HIV for the past 33 years. To honor Dr. Gulick they named December 1st Dr. Peter G. Gulick Appreciation Day.

When Dr. Gulick started medicine he intended to care for cancer patients. Lucky for us, life took him on a different path, and he began treating HIV patients.

He now sees more HIV patients than any other doctor in Michigan. He started seeing HIV patients in the Lansing area in the beginning. Central Michigan District Health Department was able to encourage Dr. Gulick to help us serve the rural population at our clinic in Harrison. Since that time he has taken on an additional clinic in Saginaw.

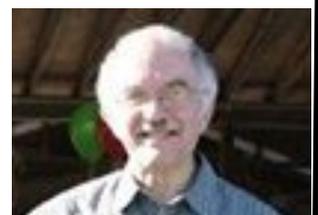
When Dr. Gulick is not seeing patients he teaches future medical professionals at Michigan State University about HIV. He also lectures current medical professionals about the disease. He shares his knowledge and experience with drug companies, while also participating in research to better understand this virus.

So the next time you see Dr. Gulick, join us in saying, a very much deserved "thank you".

Sources: City Pulse, Pride Source

<http://www.lansingcitypulse.com/lansing/article-10855-the-way-of-the-hiv-warrior.html>

<http://www.pridesource.com/guidearticle.html?article=69160>



Be prepared for emergencies

In today's world, we all want to be prepared in case an emergency happens. Do 1 Thing is a 12-month program that makes it easy for you to prepare yourself and your family for emergencies.

Each month, the program focuses on one area. By the end of one calendar year, if you have done what the program has outlined for you, your family will have an emergency plan. You can choose to complete one thing, or everything on the list each month --- it's up to you!

If you have internet access, you can download the monthly fact sheet and other helpful materials. You can also connect to Do 1 Thing through social media. If you don't have internet access, please let Catrina know and we can mail a monthly packet of information to you.

January: Make A Plan

(www.do1thing.com/things/jan)

1. Plan what to do if you have to evacuate.
2. Take steps now to prevent damage to your home in a disaster.

In February, the focus is on making sure you have enough water stored to last you and the members of your household for 3 days. As we all know, having enough water, and a supply of safe water, is essential to living.

February: Water

(<http://do1thing.com/things/feb>)

1. Purchase and store a 72-hour (3 day) supply of commercially bottled water.
2. Bottle a 72-hour supply of water at home.

This month (March), the focus is on choosing a room in your house or apartment to seek shelter in a storm and/or to create a shelter "go bag" in case you need to evacuate your home.

Remember, you have the option to complete one or all of the things found on the list below.

March: Sheltering

(<http://do1thing.com/things/mar>)

1. Identify the best storm shelter in your home and practice getting to the shelter with your family.
2. Learn how to safely shelter in place.
3. Make a Go Bag for emergency sheltering.

Source: *do1thing.com*

Support Group

Support Groups are held monthly on the second Thursday of each month from 3 PM to 4:30 PM. The support group is open to all of our clients and their support person. We encourage you to call 989-539-6731 extension 8221 to let us know a few days prior to the date so we can be prepared for the number in your party. Support group topics vary and suggestions are always welcome. If you have not attended a support group, come and give it a try. It is a relaxed and pressure free get together. We cover a variety of topics to health, diet, life in general, emergency preparedness and smoking. We sometimes just have a fun outing, such as bowling or a movie. We also hold educational dinners three times a year. Medical professionals present on a specific topic that are interesting to the group.

We hope to see you at our next meeting:

Where: Cheers Neighborhood Grill (1700 W. High St. Mt. Pleasant)

Topic: St. Patrick's Day Food & Friends

& Introduction to new Tobacco Reduction Program

When: March 12, 2015

Time: 3pm - 4:30pm



Tobacco Reduction Program

Central Michigan District Health Department received a grant from the Michigan Department of Community Health to offer anyone with HIV help reduce or quit using tobacco. Help is here for you! Some of our tobacco reduction services include counseling, education, and ongoing support. Quitting can be difficult. We have resources to help you be successful with your goal.

Andrea Hall, our new counselor/ health educator on staff, will be helping with this program. She has worked in the field of public health, counseling and HIV for over 10 Years. Andrea will be presenting at some of our support groups. Please allow her to help you reach your goal of quitting tobacco and being healthier. She will be at our clinic in Harrison and also available by phone at 989-773-5921 extension 8440.



Let's Quit Together

Lose the Tobacco Without Gaining the Weight

Weight gain is one of the biggest factors that can keep smokers from being able to quit. It can seem like there's no way of avoiding it and that can be a big factor when deciding if you are ready to quit. However, it is completely possible to quit AND maintain your weight. Here are a few tips to keep the weight off once you start your tobacco-free journey.



Keep healthy snacks around the house

- Choose lean meats (chicken, turkey and fish)
- Swap soda for carbonated, flavored water
- Pick fruits in a variety of colors
- Keep raw vegetables on hand like celery, carrots or red pepper and have plenty of frozen or canned vegetables stored

Make time for physical activity

- Take the stairs instead of the elevator
- Walk or ride a bike instead of driving to places not that far away
- Walk your dog
- Shovel your porch or driveway
- Walk in spot when watching TV
- Just move!



Eat slowly and mindfully

- Turn off your TV and phone
- Completely chew before swallowing
- Try not to eat "while on the run"
- Stop eating before becoming full or stuffed, eat only until satisfied

Lose the Tobacco Without Gaining the Weight Continued:

Keep your hands and mouth busy

- Do crossword puzzles or Sudoku
- Play an instrument
- Brush or floss teeth
- Sew or knit
- Play solitaire
- Suck on a low calorie sucker
- Color or paint
- Use flavored toothpicks
- Snack on low calorie vegetables or sunflower seeds



Manage your stress in healthy ways

- Meditate or do yoga
- Exercise
- Do breathing exercises
- Read
- Talk to a friend or counselor



Get plenty of sleep

- Try to get 7-8 hours
- Take naps if your body needs to



Grab a friend

- Find someone who has successfully quit and use them as a mentor
- Partner up so you don't have to deal with cravings on your own

Are you Ready to Quit?

To find out if you are ready to quit tobacco, take a short quiz.

Do you want to quit? ___ Yes ___ No

Are you ready to make some changes in your daily life? ___ Yes ___ No

Are you ready to deal with some tough moments after stopping? ___ Yes ___ No

If you answered yes to all 3 questions, you can quit! Quitting will probably be hard, but it's one of the best things you can do for yourself.

Michigan Dental Program Renewal

The Michigan Dental Program (MDP) is a program for those who have no dental coverage and qualify for the program. For those that already have the MDP program you need to reapply for coverage prior to March 31, 2015. Renewal dates will be based upon the first letter of your last name beginning in January 2016. For more information you can go to the Michigan Dental Program web site:

http://www.michigan.gov/mdch/0,4612,7-132-2940_2955_2982_46000_46001-45691--,00.html

A – G expires 3/31/16

H – N expires 6/30/16

O – T expires 9/30/16

U – Z expires 12/31/16



Client Corner– A Place Just for You.

We would love to hear from you. This is your opportunity to write anything that you would like to share. It can be helpful to share stories. You may want to ask questions, to get feedback from others that maybe going through similar things. This space will be for you to tell a joke, write a poem, make a puzzle, give tips on something that is helpful, share frustrations or something exciting. You choose whether you want confidentiality in your corner. We will be offering a small prize for the first three months of Client Corner entries. You can bring your entry into clinic or send by email or regular mail.

Send to:

lyoungs@cmdhd.org

or

CMDHD

Lorrie Youngs

2012 E Preston St.

Mt. Pleasant, MI 48858



FUN PAGES

CUPCAKE'S WORD SCRAMBLE

Villa Fun
& Alley



Uh, oh! Cupcake was helping Villa Finale's staff move things around the house but she had an accident - the things she was carrying fell to the floor so hard that they became all scrambled! Help her unscramble the words before the staff finds out ... she needs your help!

- RORPMEE = _____
- VEAS = _____
- OKSOB = _____
- AICHRS = _____
- SKLCOC = _____
- AINGTNIP = _____
- EHMETSL = _____
- ILVSRE = _____

BOOKS

HELMETS

CHAIRS

VASE

PAINTING

SILVER

CLOCKS

EMPEROR



Solution: 1. Hair on right is missing. 2. Snow on mountain is missing. 3. Pack pocket detail is missing. 4. Top of nut is missing. 5. Stripe on pocket is missing. 6. Tree knothole is colored in. 7. Toe on boot is colored in. 8. Flowers have moved. 9. Bush detail above boot has moved. 10. Stick is longer. 11. Stump knothole is flipped. 12. Pack flap is longer.

You can find the words in the grid by looking Diagonal, Forward, Backward, Up, and Down. Circle them with a pencil or use a marker to highlight the letters. But most of all HAVE FUN!!!

A T T R A I N I N G M S D U C
 C G N I G G O J C A M P H K O
 T Z Z A G O I D R A C O T W F
 I J M Y G N T T L J D R G B F
 V T U O G N I K R O W T N L B
 I T B L X A R H G P E S E E A
 T R T K L W T L C S Q X R E S
 Y I F A Q G U K I T I Y T P K
 R A R T E Q N C R B E A S E E
 E T R P F B R I I O R R L U T
 S H Y D U E T L C D W C T L B
 T A L G X L I R Y N S M P S A
 I L I E I T S H A U A T A H L
 N O C Q Y I W E M E R D G E L
 G N S C I P M Y L O H C D V T

ACTIVITY	HYDRATE	SPORTS
BASKETBALL	JOGGING	STRENGTH
CARDIO	MARTIAL ARTS	STRETCHING
DANCING	MUSCLE	EAMWORK
EXERCISE	NUTRITION	TRAINING
FLEXIBILITY	OLYMPICS	TRIATHALON
GYM	PULSE	WORKING OUT
HEART BEAT	RESTING	

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March 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6 Mary's Clinic and Dr. Gulick	7
8 Daylight Savings Time - Move Clocks 1 hour ahead 	9	10	11	12 Support Group 3-4:30 PM 	13 	14
15	16	17 St. Patrick's Day 	18	19	20 First Day of Spring 	21
22	23	24	25	26	27	28
29	30	31				