

TBHS RECOVERY TODAY

TBHS Consumer Newsletter

January 2019

Art by Ted Blankenship



Newsletter Submissions:

Do you have a story you would like to share? How about a recipe? A poem? Artwork? *Recovery Today* is looking for articles from **YOU** to publish in the quarterly newsletter. Please see your case manager or therapist for more details. If your article is featured, you could win a \$10 Walmart Gift Card!

I AM A DREAM MOVER

BY: MARY ELIZABETH DAVIS

Physically I am a DREAM MOVER because of the way I view having cerebral palsy.

As Andrea Bocelli plays on the stereo I am carried away, lifted high and dancing in my dreams. Immersed in the music, no ties bind my mind. I am released from the burdens of my limbs; set free to express the grace, passion and beauty of the music.

I am God's creation. My abundant love for God spills over in my movements. As I dance on the world's biggest stage as a ballerina, my movements that are imperfect, out-of-step and jerky to onlookers are perfection in my mind.

God, it is You who Is Most Gracious, Most Merciful! God, You alone know best in all things! Thank You for blessing me with amazing dreams and the strength to make them a reality.

God, You brought me out of darkness and into the light. Letting that light shine is my goal.

Mentally and/or Emotionally I am a DREAM MOVER because of the way I analyze my Bipolar Disorder.



Artwork Created By: Mary Elizabeth Davis 2/16/2007

The above artwork describes how I view my Bipolar Disorder.

The blue is the depression that overtakes me without logical reason. The yellow circle represents God in my life. The blue that is covering the yellow circle is negativity and depression that saps goodness from my life and causes suicidal thinking. This all might seem very bad. However, if you look closely, there are bright yellow vibes coming from the circle which represents God's goodness coming from me. All the other bright colors represent my talents and goodness which come from me when I am mentally and emotionally healthy. I want to be healthy so that is why it is so important for me to take my medications daily and nightly. It is also important for me to check in with my supports as well as stay physically healthy.

In Peace,

Mary Elizabeth Davis J December 12, 2018

The Sly Fox

By Judy E. Hind
2015

The sly fox waits in darkness.

He yearns to seek, destroy all who are in his path.

He cleverly claims there is no hope, no joy and life's not worth living.

The ugly head of depression roars loud.

The fox keeps you trapped. He remains impatient until he get what he wants.

He's won the victory, as he sees you fall, fall deeper down into the claws of despair.

Wait...Stop, Stop...don't you see a small glimmer of light?

Is there really a possibility there is help for someone like me?

"No", says the fox. "It cannot be. I won't let it happen."

There is a ladder, reaching high into the sky.

Could it be there's a ray of hope, a sliver of joy, as it peaks through the clouds of depression and despair?

My foot slips, I go backwards as the fox laughs. The Depression traps me once again. I cannot see the light.

Yet, I push forward.

I see the prize, the light at the end of the tunnel.

I can beat the ugly, old fox!

The fox has not won...the depression lessens and I see hope.

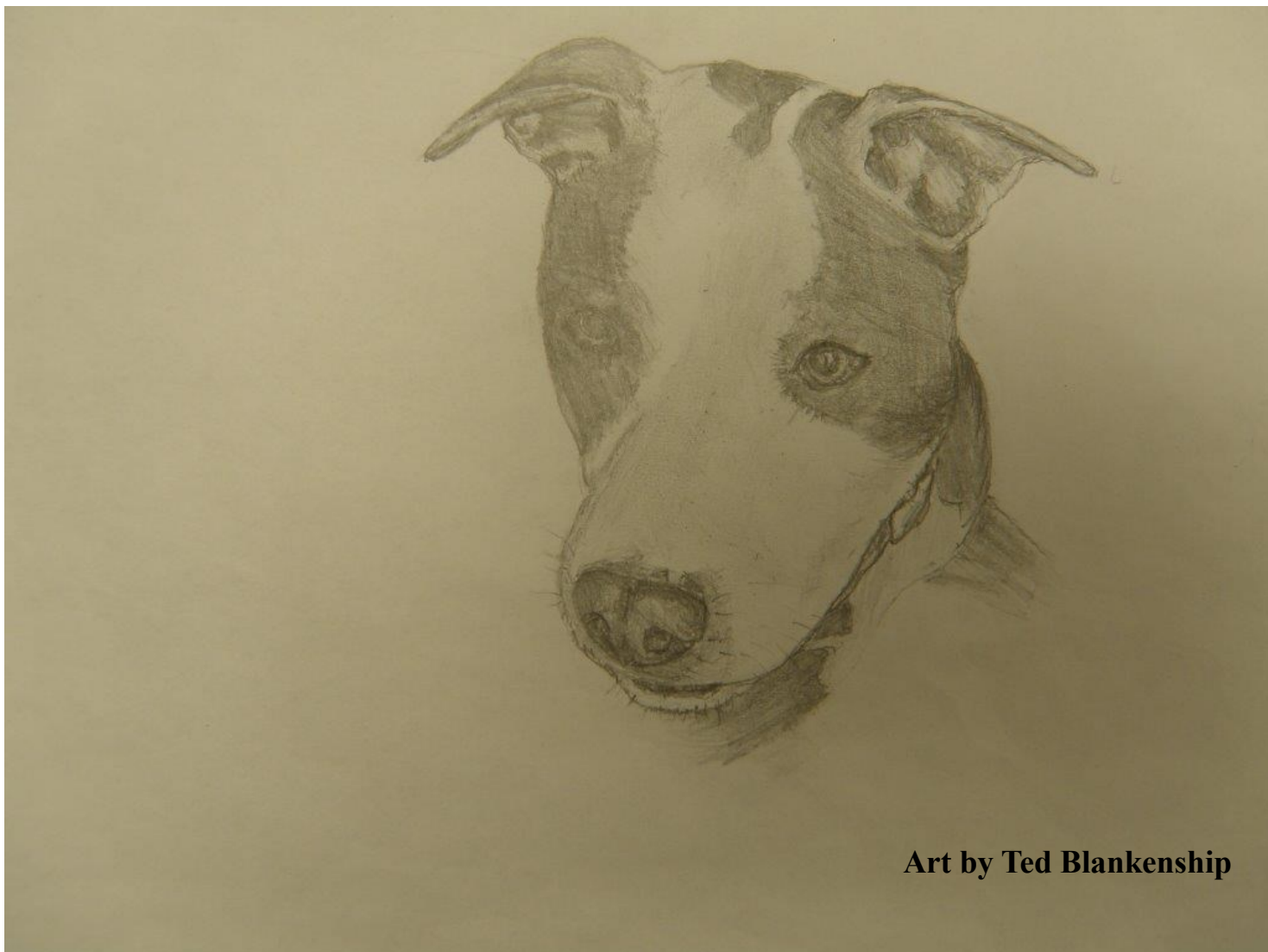
I can beat the ugly, old fox!

New life begins as my joy returns.

Good bye, fox...You are destroyed!!

**He always trots along behind you
He's loyal and well trained
He can sit up and roll over
He never has complained.
He always comes a running
Every time his name you call.
What else were you expecting
He's your husband after all.**

-Ted Blankenship



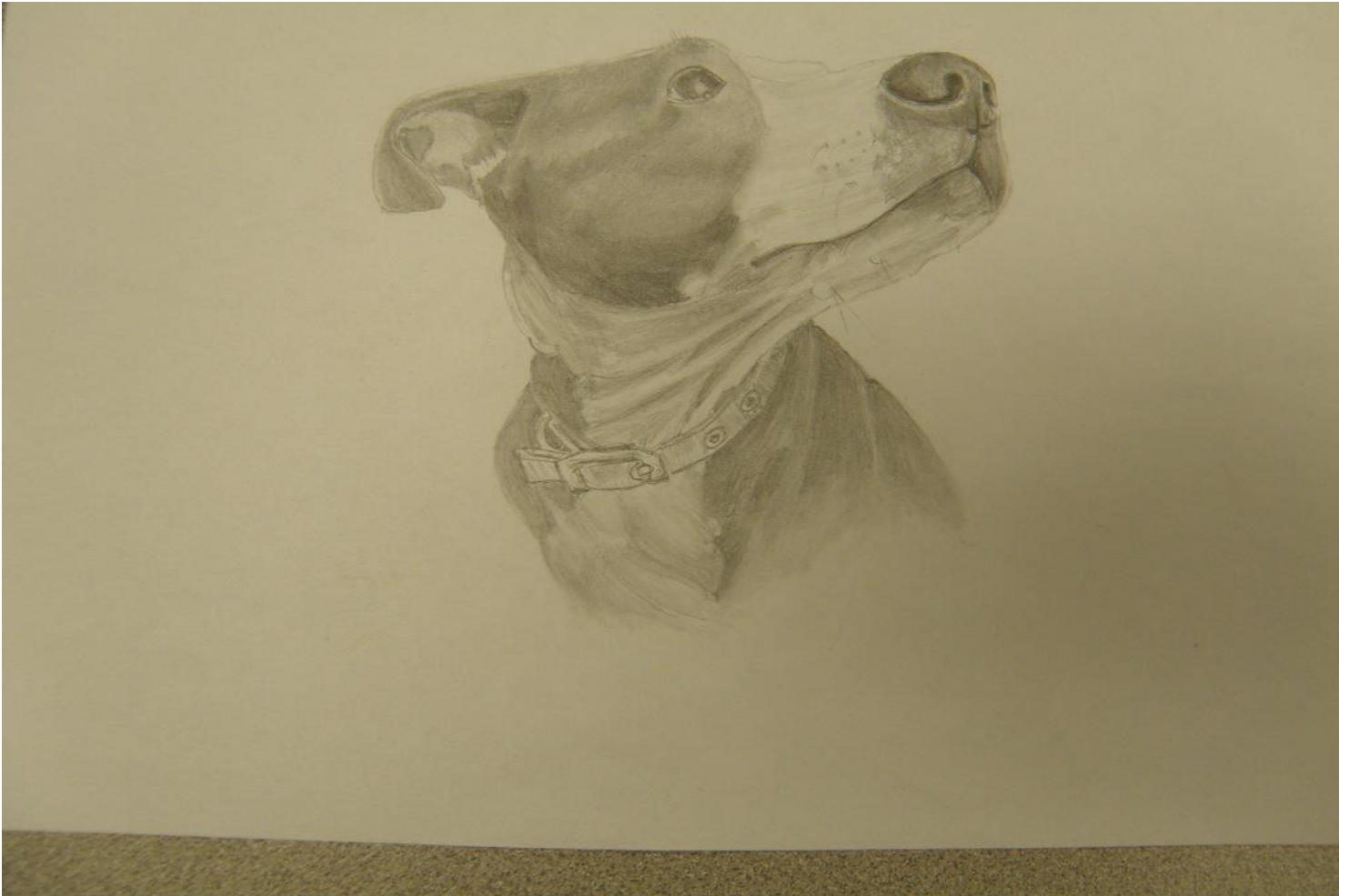
Upcoming Events

Mental Health First Aid Course	2/4/2019 8:30-5:00	Burnside
Peers for Peers Meeting	3/7/2019 11:00-1:00	Burnside
Walk A Mile In My Shoes Rally	5/9/2019 TBA	State Capitol

For events and resources please visit www.tbhsonline.com



Photo by
Ted Blankenship



I went crazy to find sanity
I lied to myself and everyone else to see the truth.
I walked through hell to understand Heaven.
I experienced death to feel life.
Addiction could have been my demise,
a horrific and lonely end.
Instead it brought me to a beautiful new beginning.
The madness tore open my soul,
and introduced my spirit to life.

- Art and Poem by Ted Blankenship

COMING SOON!



Walk a Mile in My Shoes

The 15th Annual Walk a Mile Rally will be held on **May 9, 2019!!** Mark your calendars!!

Why Rally...

- To enhance public awareness, because legislators need to know that Mental Health Matters.
- To put an end to the stigma related to mental illness & developmental disabilities, because Michigan does not have parity (equality) between mental health & physical health care coverage.
- To promote mental health and wellness, because we can make a difference!

Spoonfuls of Plenty Free Community Meal



Spoonfuls of Plenty Free Community Meal



Are You a Veteran?



If you are a veteran, you may qualify for benefits such as:

- Health
- Disability
- Pension
- Education
- Dependent benefits
- Emergency relief
- Transportation

For more information:

Tuscola County Veteran Affairs
1309 Cleaver Rd., Suite B
Caro, MI 48723

989-673-8148

Ana M. Farris afarris@tchd.us

Animals

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

ALLIGATOR HORSE PENGUIN

BEAR IGUANA RABBIT

CAT JAGUAR SEAL

DOG KANGAROO TIGER

ELEPHANT LEOPARD WOLF

FOX MOUSE ZEBRA

GOAT



PEER WELLNESS COACH CORNER

CDC advises patients and their families to be Antibiotics Aware

The Centers for Disease Control and Prevention (CDC) is advising patients and their families to use antibiotics only when necessary to further reduce antibiotic resistance, the spread of superbugs, and protect patients from side effects from antibiotics. During U.S. Antibiotic Awareness Week and throughout the year, CDC promotes *Be Antibiotics Aware*, an educational effort to raise awareness about the importance of safe antibiotic use.

The *Be Antibiotics Aware* initiative educates the public about when antibiotics are needed, when they are not, how to take antibiotics appropriately, and potential side effects of antibiotics.

CDC encourages patients and families to:

Get the facts about antibiotics. Antibiotics do not work on viruses, such as those that cause colds, flu, bronchitis, or runny noses, even if the mucus is thick, yellow, or green. When antibiotics aren't needed, they won't help you, and the side effects could still hurt you.

Ask your doctor, nurse, or pharmacist about the best way to feel better.

While your body fights off a virus, pain relievers, fever reducers, saline nasal spray or drops, warm compresses, liquids, and rest can help you feel better.

If you need antibiotics, take them exactly as prescribed. Talk with your doctor if you have any questions about your antibiotics.

Talk with your doctor if you develop any side effects, especially severe diarrhea, since that could be a *Clostridioides difficile* (*C. difficile* or *C. diff*) infection, which needs to be treated.

Do your best to stay healthy and keep others healthy by cleaning hands, covering coughs, staying home when sick, and getting recommended vaccines, such as the flu vaccine.

CDC encourages patients and families to use the educational resources and learn more about *Be Antibiotics Aware* by visiting: https://www.cdc.gov/antibiotic-use/?s_cid=NCEZID-AntibioticUse-023(https://www.cdc.gov/antibiotic-use/?s_cid=NCEZID-AntibioticUse-023).

<https://www.cdc.gov/antibiotic-use/week/toolkit.html>

Contact Us

For information, e-copy of the newsletter, or to possibly have your article featured in TBHS Recovery Today contact:

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