

# TBHS RECOVERY TODAY

TBHS Consumer Newsletter

June 2018

## Being Helpful

What does it mean to be helpful? I think the first thing we need to look at is the difference between being helpful and interfering.

Before trying to help someone, ask yourself “*does this person want my help?*” They may need help but if they don’t want it you should leave them alone.

Next question is “*am I qualified to help?*” If you know nothing about what the person needs help with, you may need to mind your own business. If there is anything you can do it is best to follow their lead. Let them maintain control over the situation.

If you know more than they do, don’t try to dominate. Be a guide instead of a director. Don’t push and shove your ideas on them. Remember you are helping and a helper does not force their agenda on others.

Always be kind and considerate. Listen to the persons ideas and give them a chance even if they might sound foolish. Sometimes you have to allow the person you are helping to make their own mistakes. Be calm and patient and things will go a lot easier.

After you have finished don’t get a big head and take all the credit. Be humble and allow the other person to take the stage. If you are a true helper then you are doing this for others and not yourself.

Article by Anthony (Inspired by My Guru)

## 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!

***TBHS Peer Wellness Coach/Peer Support Specialist, Diana Pastor, was asked to present at The State Peer Conference.***



The 2018 Michigan Peer Conference was held May 22-24 in Lansing. This year's theme was "Connections Matter" which showcased the importance of making connections with other peers throughout Michigan and empowering others with shared experiences.

Multiple workshops were held, including CHOICES - Tobacco Recovery, in which TBHS' Peer Wellness Coach/Peer Support Specialist Diana Pastor was chosen to co-present. *Consumers Helping Others Improve their Conditions by Ending Smoking* (CHOICES) received SAMHSA's (Substance Abuse and Mental Health Services Administration) 2016 Recognition of Excellence in Wellness Award. CHOICES is a peer to peer program that increases awareness of the importance of addressing tobacco use. The program provides a supportive message to smokers with mental health conditions to make healthy lifestyle changes.

If interested in finding out more on smoking cessation, please contact Diana through the Wellness Clinic.

***Congratulations Diana for being asked to present and for representing TBHS!***

## Recap of 2018 Walk A Mile

Thousands of consumers, providers, family members, and friends gathered on the Capitol Steps in Lansing on Wednesday, May 2, 2018 as a demonstration of the importance of mental health services in Michigan. This event is always a wonderful opportunity to celebrate recovery, fight stigma, and educate the public and Michigan Legislators regarding the vast need of mental health services in our communities. We hope you can join us next year!



## Prescription Assistance

The **FamilyWize** Prescription Savings Card enables everyone, both insured and uninsured, to have access to more affordable medications. The card is free for all, has no eligibility requirements and is accepted at pharmacies nationwide, including all chains. For more information, visit [www.familywize.org](http://www.familywize.org)

### Upcoming Events

7/22/18 - 7/28/18 Tuscola  
County Fair

9/13/18 - Peers for Peers  
(Consumer Advisory  
Council) 11:00AM at the  
TBHS Training Site at  
129 E. Burnside St. in Caro

## Consumer Advisory Council Feedback

**The Consumer Advisory Council works in partnership with TBHS to be a voice for the consumer to the staff and the Board of Directors at TBHS. The council assists in the development and advancement of valuable and helpful services for persons in the community with varied behavioral health needs that are on a path toward inclusion, recovery and personal growth. The council, to the extent possible, is an active and representative group of persons who receive public mental health services, including their families, friends, and advocates. The council meets quarterly and would like to encourage as many people as possible to participate. If there are any barriers or challenges (such as time, location, transportation, etc.) that prevent you from participating or if you have suggestions for the advisory council, please fill out a suggestion card at TBHS and put it in the suggestion box. Thanks!**

## Beware of Medicare Scams

There have been some reports from other agencies stating that consumers are receiving letters in the mail describing projected Medicare changes due to budget cuts. At the bottom of the letter, individuals are being asked to provide personal information so they can receive information on how these changes will affect them. If the letter is returned, they will begin receiving numerous phone calls about other plan options. If you are not sure about any documents you are receiving in the mail regarding your Medicare benefits, you can contact your case manager, therapist, or benefits specialist at TBHS. You can also call 1-800-MEDICARE if anything appears suspicious to you regarding your Medicare benefits.



## How Do I Protect Myself from UV Rays?

People who get a lot of exposure to ultraviolet (UV) rays are at greater risk for skin cancer.

Sunlight is the main source of UV rays, but you don't have to avoid the sun completely. And it would be unwise to stay inside if it would keep you from being active, because physical activity is important for good health. But getting too much sun can be harmful. There are some steps you can take to limit your exposure to UV rays.

Some people think about sun protection only when they spend a day at the lake, beach, or pool. But sun exposure adds up day after day, and it happens every time you are in the sun.

Simply staying in the shade is one of the best ways to limit your UV exposure. If you are going to be in the sun, "*Slip! Slop! Slap! and Wrap!*" is a catchphrase that can help you remember some of the key steps you can take to protect yourself from UV rays:

- Slip on a shirt.
- Slop on sunscreen.
- Slap on a hat.
- Wrap on sunglasses to protect the eyes and skin around them.

Taken from <https://www.cancer.org/cancer/skin-cancer/prevention-and-early-detection/uv-protection.html>



## Benefits of Coloring for Adults

1. Your brain experiences relief by entering a meditative state
2. Stress and anxiety levels have the potential to be lowered
3. Negative thoughts are expelled as you take in positivity
4. Focusing on the present helps you achieve mindfulness
5. Unplugging from technology promotes creation over consumption
6. Coloring can be done by anyone, not just artists or creative types
7. It's a hobby that can be taken with you wherever you go

<https://www.colorit.com/blogs/news/85320388-amazing-benefits-of-coloring-for-adults>





# Michigan Towns and Cities



W B N Y J O G N I A Y T P Q C M G I T V B J B X U  
 J N K U A Z C Y O I Y O R A V O D N R H Q S Z C H  
 P Z H G J A H A B T G U R I X K M W I O Q P H U F  
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 L Y E T H A L E D E A G H O U G H T O N O W G J B  
 E X L U A E U O O D J S I S U Y Q O J Z J Y O L N  
 V I X M A R Q U E T T E H R R L Q Z A L X S W O N  
 A I T N A L I S P Y N J X V B B T M S Q E K B J D  
 S S C E V V J G P J I R L J I U A N Y B U P X X Z  
 S P T K A X L P O P E V C C W L A N E Z A I R N J  
 A V A N Z D V P T C F E U X A I L W G N I S N A L  
 R M D A Q E R R I J S Z G K R K A E N B X G C C V  
 C D N R K T G B S W G H Q D M I Q W B X R K D I Y  
 D E H F A R E Z V P N H A O N H H O F C S T V P Y  
 O R V C B O N Q I J G E S G N C Y R U O B C I Z K  
 L I Z L A I S X L K R G Y Y E W D C N P I G E O N  
 G G B K N T Q H L E N Q A I X S N C F W F V N V C  
 F R Q W A L S S E I M J O M N J A T P F F N V K K  
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ADRIAN  
 BRIGHTON  
 CARO  
 DETROIT  
 ESCANABA  
 FRANKENMUTH  
 GRAYLING  
 HOUGHTON  
 IRONWOOD

JACKSON  
 KALAMAZOO  
 LANSING  
 MARQUETTE  
 NASHVILLE  
 OTISVILLE  
 PIGEON  
 QUINCY

REESE  
 SEBEWAING  
 TROY  
 UBLY  
 VASSAR  
 WYOMING  
 YPSILANTI  
 ZEELAND



# What is a Fungal Infection?

A fungal infection is caused by germs called fungi. Fungi are multi-cell (made of many cells), plant-like organisms. Examples include mushrooms, mold, and mildew. But unlike other plants, fungi cannot get their food from soil, water, and air. Instead, they get their nutrition from plants, animals, and people. Fungi typically thrive in warm, moist places, like between the toes, in the groin, and under the breasts, causing a fungal infection. Only about half of fungi are actually harmful. And, you're more prone to get a fungal infection if you have a weakened immune system, or if you take antibiotics.

## Types of Fungal Infections

Warmth and dampness create ideal environments for fungus, which is especially why fungal infections are so common in the summer. Common fungal infections of the skin include: ringworm, athlete's foot, jock itch.

These all fall under the group of diseases known as *tinea*, which refers to fungal infections of the skin. While generally not serious, these infections can cause discomfort. They are typically spread by touching an infected person or pet, or from damp surfaces like shower or locker room floors.

## Ringworm

Despite its name, ringworm has nothing to do with worms. A ringworm diagnosis does not mean that you have worms crawling around under your skin. The name is inspired from the rash that resembles small round, reddish rings or patches on the skin. The patches are often redder around the outside, with normal skin tone in the center, resembling a ring. The fungus that causes ringworm thrive in warm, moist areas, and are most likely to occur from sweating or from minor injuries to your skin, scalp, or nails. Ringworm is most common in children, and it can return multiple times. It is commonly treated with over-the-counter antifungal ointments, shampoos, and creams. Ringworm treatment may also require an oral antifungal medication, depending on the severity of the infection. Ringworm typically clears up within four weeks once treated. However, if you notice signs of swelling or worsening of the red patches, call your doctor.

### Tips to Prevent Ringworm:

**Skin.** Keep your skin and feet clean and dry.

**Scalp.** Shampoo regularly, especially after haircuts.

**Hygiene.** Never share clothing, towels, hairbrushes, combs, headgear, or other personal hygiene items. And after use, be sure to thoroughly clean and dry.

**Feet.** Wear sandals or shoes at gyms, locker rooms, and public pools.

**Pets.** Avoid touching pets with bald spots, a classic symptom of ringworm in animals.

## Athlete's Foot

Athlete's foot is a common fungal infection that affects the spaces between the toes. Sweaty feet, not drying feet well after swimming or bathing, tight shoes and socks that offer no ventilation, and a warm climate all provide the perfect opportunities for the fungus that causes athlete's foot to grow and spread. Walking barefoot in place like public showers, swimming pools, and locker rooms can also contribute the growth of athlete's foot. Treatments for athlete's foot typically include over-the-counter antifungal creams. Prescription medicines might be needed for more serious infections. While these treatments usually clear up the infection within two to four weeks, athlete's foot can come back.

### Tips to Prevent Athlete's Foot:

**Feet.** Wash your feet daily and thoroughly, especially in between your toes.

**Shoes.** Wear shower shoes or flip flops when using a public pool, shower, or locker room. Also, avoid tight footwear.

**Socks.** Wear clean, cotton socks. Change them daily or more frequently if they get damp. Avoid synthetic materials, which take moisture away from your feet. Opt for naturals like cotton or wool.

**Hygiene.** Never share clothes, towels, and shoes.

Remember: certain nail products can damage the nail or cuticle, making the nail more prone to infection.

**Toenails.** Keep your toenails clean and clipped short.

## Jock Itch

Jock itch is a fungal infection that affects the genital area, inner thighs, and buttocks. It causes an itchy, red, sometimes ring-shaped rash. It gets its name since many athletes are prone to the infection from excessive sweating. But anyone — athlete or not — can get jock itch. Although often uncomfortable and bothersome, jock itch usually isn't serious, though it could potentially be more serious for people with weakened immune systems. To treat jock itch, keep your groin area clean. Apply topical antifungal medications, which usually work to treat jock itch within a couple of weeks. For more serious cases, antibiotics may be needed to treat bacterial infections. These can occur, in addition to the fungal infection, from scratching the affected area.

### Tips to Prevent Jock Itch:

**Skin.** Keep your skin around the genitals clean and dry.

**Clothes.** Don't wear clothing that rubs and irritates this area. Choose loose-fitting underwear.

**Laundry.** Wash all athletic clothes and supportive gear and garments frequently.

**Hygiene.** If you're susceptible to jock itch, consider applying antifungal powders after bathing.



# PEER WELLNESS COACH CORNER

## MOSQUITO BITES: EVERYONE IS AT RISK!!

**The most effective way to avoid getting sick from viruses spread by mosquitoes is to prevent mosquito bites.**

Almost everyone in the world has been bitten by a mosquito. Although most kinds of mosquitoes are just nuisance mosquitoes, some kinds of mosquitoes spread viruses that can cause disease. For most viruses spread by mosquitoes, no vaccines or medicines are available. Mosquitoes bite during the day and night, live indoors and outdoors, and search for warm places as temperatures begin to drop. Some will hibernate in enclosed spaces, like garages, sheds, and under (or inside) homes, to survive cold temperatures. Except for the southernmost states in North America, mosquito season starts in the summer and continues into fall.

### Tips to Protect Against Mosquito Bites

**Use insect repellent:** When used as directed, Environmental Protection Agency (EPA)-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women. Use an (EPA)-registered insect repellent with one of the following active ingredients:

**DEET**

**Picaridin**

**IR3535**

**Oil of lemon eucalyptus (OLE)**

**Para-menthane-diol (PMD)**

**2-undecanone**

**Cover up:** Wear long-sleeved shirts and long pants.

**Keep mosquitoes outside:** Use air conditioning or window and door screens. If you are not able to protect yourself from mosquitoes inside your home or hotel, sleep under a mosquito bed net.

[https://www.cdc.gov/chikungunya/pdfs/fs\\_mosquito\\_bite\\_prevention\\_us.pdf](https://www.cdc.gov/chikungunya/pdfs/fs_mosquito_bite_prevention_us.pdf)

### 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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Visit TBHS on the web at [www.tbhsonline.com](http://www.tbhsonline.com)