



Central Michigan District Health Department  
Promoting Healthy Families, Healthy Communities

# Fitting All The Pieces

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### HELLO SPRING!

Spring is finally here along with the first tease of warmer days. Luckily, there will be more of those warmer days coming very soon. Before you know it, we will all be complaining about how HOT it is. Bring on the sun already! We hope you find some useful information in this month's newsletter.



What a great turn out for March's group event! It was wonderful to see so many of you. We encourage you to continue coming to share, learn, have fun and make connections. This month's client corner entry winner is Shawn! You will find his excellent contributions in the "Client Corner ~ Sharing" page.



### Clinic Days

- April 10th
- April 17th
- April 24

### Support Group

- April 9
- May 14
- June 11

### Other Dates

- RSVP for April Group Event : April 9th
- Easter Sunday April 5th

### Clinic Address:

815 N Clare Ave  
Suite B  
Harrison, MI 48625  
989-539-6731

Catrina Weber  
Case Manager  
989-539-6731 x 8221  
cweber@cmdhd.org

# Same Sex Marriage in Michigan

Michigan couples celebrate 1 year wedding anniversaries!



March 24, 2015 — Events celebrating the one-year anniversary of the temporary freedom to marry in Michigan took place on March 22, 2015 remembering the day last year when 322 same-sex couples were married during a ten-hour window when county courts could legally perform marriages. More to come on freedom to marry in Michigan and nationwide after the case is heard April 28, 2015. A decision is expected by June 2015, which could bring the freedom to marry nationwide.

**MICHIGAN**   
*for* **MARRIAGE**



# Heat and Utilities Assistance

## *Consumers Energy CARE Program*

Consumers Energy has extended the deadline to submit your application until March 31, 2015. If you qualify, this program reduces your electric bill by 40% each month. For example, if your electric cost is \$100, the CARE program will reduce it by \$40 and you will only pay \$60 plus any non-energy charges for that month. Once you are approved, you will receive 40% off your bill each month until September 2015.

Space in the CARE program is limited and spots are filling quickly. Consumers Energy cannot guarantee enrollment once the program is full.

You can contact 231-924-0641 x130. For more help you can go to True North's Website at [www.truenorthservices.org](http://www.truenorthservices.org) or visit Consumers Energy's website for more information.

## Utility and energy programs from the government

**Financial assistance from your utility company** may be available. Most utility, gas, and heating companies offer low income customers access to financial assistance, government resources and free weatherization programs that can help individuals pay their bills. Programs can also allow them to save money on their energy bills.

**Telephone assistance programs** allow low income families the ability to save money on their phone bill, whether a land line or cellular, as well as phone installation costs from a federal government program.

**Water bill assistance programs**, while not as common, are offered by one of the nation's largest water companies, American Water. They operate water utility companies across the nation. The company currently provides their customers with two different programs that can provide them grants and other assistance for paying their water bills. They are the Low-Income Payment plan and the H2O - Help to Others.

**Federal government grants** are provided to states and local governments. Those agencies then provide the funds to community action agencies or local social service agencies that process applications from low income families, the disabled and senior citizens. The grants are used to help pay utility bills, including heating, gas, and electric, as part of LIHEAP.

**Free weatherization programs** are also available nationwide. Every state and county provides qualified residents with home improvements and savings on their energy bills as part of these conservation measures. The program can also address any minor health and safety issues that the homeowner may be facing.

**FOR MORE INFORMATION ON ONE OF THESE PROGRAMS SEE THIS WEBSITE:**

<http://www.needhelppayingbills.com>

**Or ask Katrina!**

# FOOD HELP

## FOOD DISTRIBUTION

### Community Compassion Network

Mobile Food Pantry

Mt. Pleasant, MI 48858

989-773-3641

[www.ccnfeeds.org](http://www.ccnfeeds.org)

### Rosebush Emergency Assistance Program

St. Henry's Church

4079 E. Vernon Rd.

Rosebush, MI 48878

989-621-6196

### Helping Hands Outreach

116 W. Brown St.

Beaverton, MI 48612

989-435-9979

### Sacred Heart Mission

220 James Robertson Dr

Gladwin, MI 48624

989-426-4661

### Trinity Christian Life Center

236 E Parks

Harrison, MI 48625

989-539-7479

### Gathering United Methodist Church

426 N 1st St.

Harrison, MI 48625

989-539-1445

### Marion Community Food Pantry

102 1/2 Alley St.

Marion, MI 49665

231-743-6801

### Au Gres Christian Charities

415 S. Court St.

Au Gres, MI 48703

323-876-7925

### Resurrection of the Lord Catholic Church

423 W. Cedar Rd.

Standish, MI 48658

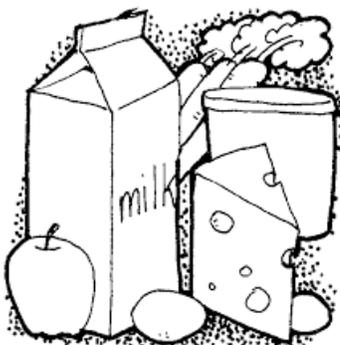
989-846-9565

### Society of St. Vincent De Paul

903 Lake St.

Roscommon, MI 48651

989-275-5204



# Assistance with Tax Forms

## STOP!

Don't **PAY** to have your taxes done!

Don't **PAY** for "rapid refund" loans!

Don't put your refund in someone else's pocket!



## Keep All of Your Money

If you expect a large Earned Income Credit refund, then paying Hundreds of dollars for a quick refund may not seem like a lot of money. However, it is your money. Fortunately, you have other choices:

1) Fill out paper forms yourself. You can get these for free from the post office, libraries and other locations, or call

**1-800 TAXFORM.**

2) Find out where you can go for free tax help by going to

**[www.michiganfreetaxhelp.org](http://www.michiganfreetaxhelp.org)**

or calling **2-1-1**. (If no answer, call **1-800-552-1183**.)

# Filing an Appeal with Social Security Disability Just Got Easier!

## iAppeals now easier and faster

Filing an appeal of your Social Security disability decision is easier and faster than ever! You can now upload documents online to support your appeal. This will help speed up the time it takes to receive a decision from Social Security.



[www.socialsecurity.gov/disability/appeal](http://www.socialsecurity.gov/disability/appeal)



## NEED TO APPEAL YOUR DISABILITY DECISION?



Filing an appeal is easier and faster than ever.

You can provide documents electronically when you file an appeal. This will help speed up the time it takes to receive a decision.



File an appeal online even if you live outside of the United States.

[www.socialsecurity.gov/disability/appeal](http://www.socialsecurity.gov/disability/appeal)

# Emotional Health

Eating well, exercising, and keeping your CD4 count are all important parts to staying healthy. But what about your emotional health? Being healthy means more than just being physically healthy, but also taking care of your emotional well-being.

## Types of Mental Health Problems

**Emotional distress:** this is any type of stressor that causes you to feel down, including the stress of being diagnosed with HIV and dealing with doctors appointments, medicine, and everything else that goes along with that.

**Anxiety:** is a feeling of dread for what might happen. Symptoms of anxiety can include sweating, breathlessness, a racing heartbeat, agitation, nervousness and headache. Some cases of anxiety can be caused by something specific that can either be avoided or by getting advice on how to deal with it. Counseling can also help along with medication if the anxiety is severe.

**Depression:** is more than just feeling down or sad. It usually causes sleep disturbances like needing much more than a typical 8 hours of sleep or not being able to sleep. Changes in appetite are also common. Other signs are fatigue, low mood, irritability and difficulty concentrating. This can last anywhere from weeks, to months, to years. Suicidal thoughts are often linked to depression due to these symptoms. Counseling is important to deal with the root cause of the depression and may be used in combination with medicine to help the brain change the levels of chemicals in the brain to ease depression symptoms.

**Addiction:** anything can be an addiction if it becomes harmful to yourself or others. Tobacco use is an example that is incredibly challenging to quit, however, no addiction is too strong to stop. You have the power to quit any addiction.

**Post-traumatic stress disorder:** is when an event occurs that is outside normal life situations and you are unable to absorb the shock of the situation and have a hard time processing it. Counseling can help people deal with PTSD by dealing with the event and learning to cope in healthier ways.



# Emotional Health Cont.

## *Tips for Staying Emotionally Healthy*

Check with your doctor about the medicine you're taking. Some anti-HIV medicines can cause depression, especially Efavirenz. If your mood has changed due to a certain type of medicine, it might be time to switch.

Make sure you are getting enough sleep. Lack of sleep and feeling drowsy can put a damper on your mood.

Get outside and get in some physical activity. Getting your blood pumping releases the feel good chemical, dopamine, from your brain.

Do something you like to do or find a new hobby. Maybe you could try knitting, writing, playing cards, listening to music, carpentry, or volunteering.

Talk to someone. If you don't want to see a counselor, talk to a friend or family member. Even if you aren't looking for advice, it can feel good just to get something off your chest.

An HIV diagnosis can be a hard thing to deal with physically, but emotionally as well. It's normal to feel angry, upset, afraid, or overwhelmed. But these emotions don't have to take over your life. If you are having difficulties coping with these emotions, don't hesitate to reach out to someone. You don't have to deal with this on your own. HIV doesn't have to take over your body or your mind.

See More at [\\*aidsmap news feeds](#)

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## Client Corner- A Place Just for You

*We would love to hear from you.*

This is your opportunity to share 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 may be 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](mailto:lyoungs@cmdhd.org) or CMDHD  
Lorrie Youngs  
2012 E Preston St.  
Mt. Pleasant, MI 48858



## Client Corner ~ Sharing

We are pleased to announce our first client corner entry winner ~ Congrats Shawn!

Shawn shared some great resources and suggestions which we are pleased to share with you below:

### 1. Clare Assembly of God Church Food Pantry

- Must be resident of Clare County
- Bring ID
- Share name, address, and family size
- Food pantry is held on the 1st Sunday after the 2nd Friday of each month. Please call ahead as it can vary.

**Clare Assembly of God Church**

**3557 E. Colonville Rd**

**Clare, MI 48617**

**(989) 386-3232**

2. Thanks to Shawn! We are excited to implement his idea of sharing with others how HIV has affected your life.

***We would like to hear from you about: "How HIV has affected your life"***

Only write what you are comfortable sharing. If you're creative and prefer to draw or write a poem, please DO! We will put your life story in the newsletter. Please consider sharing and help others grow and learn from your experiences.

3. HIV NIGHTLINE #800-628-9240: **HIV NIGHTLINE**

**OPEN 5 PM TO 5 AM EVERY NIGHT**

**Call 415/ 434-2437 or**

**800/ 628-9240 Nationwide**

The HIV/AIDS Nightline responds to over 10,000 calls annually from all over the United States. People call for many reasons: people just testing HIV positive, people in later stages of AIDS feeling isolated and/or concerned about their medications, caregivers buckling under the stress of caring for a loved one at home, and people concerned about the HIV risks. What makes the Nightline unique are the hours. For people receiving their HIV test results after work at a clinic, to people just having a night of unsafe sexual exposure, the program is often the only resource open for immediate care.





## Positive/Inspirational Quotes

### *Is Your Cup Half Full or Half Empty?*

Having a positive outlook on life is a very important part of finding inspiration. Our brains are wired to find things we're looking for – if you're always negative or waiting for things to go wrong, then your life will reflect that. On the other hand, having a positive outlook on life will bring you joy and provide you with inspiration when you least expect it.

Of course, there are times when it's difficult to feel cheery or positive – life can be difficult. If you're having trouble seeing the cup as half full instead of half empty, reading some positive quotes about life can help you snap out of your funk.

<http://www.keepinspiring.me/positive-inspirational-life-quotes/#ixzz3V3N3Ec9P>

“Life has two rules:

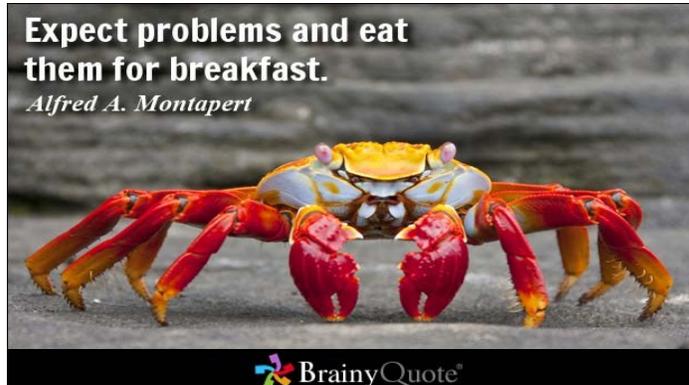
#1 Never quit

#2 Always remember rule # 1.”

– Unknown

“Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.”– Mark Twain

“Don't worry about failures, worry about the chances you miss when you don't even try.”



- Jack Canfield

# Support

**Where: Ponderosa Steakhouse: 1301 E.  
Pickard Rd. Mt. Pleasant, MI 48858**



**When: April 9, 2015**

**Topic: Buying Groceries on a fixed budget**

**Time: 3pm - 4:30pm**

**RSVP: Catrina at (989) 539-6731 ext. 221**



## Tobacco Reduction Program

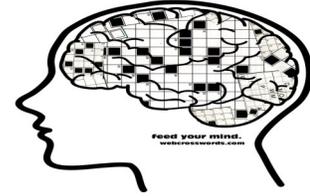
It was wonderful meeting so many of you at clinic's and the last group event in Mt. Pleasant. In the next couple weeks I will be asking everyone to complete a short tobacco use survey either at clinic or by phone/appointment. After completing the survey you will be entered into a drawing for a \$50 gift card! I will be making individual appointments with those who are interested in working on reducing their tobacco use with me. I look forward to meeting you ALL and helping you reach your personal goals.

Andrea Hall, MA, LPC

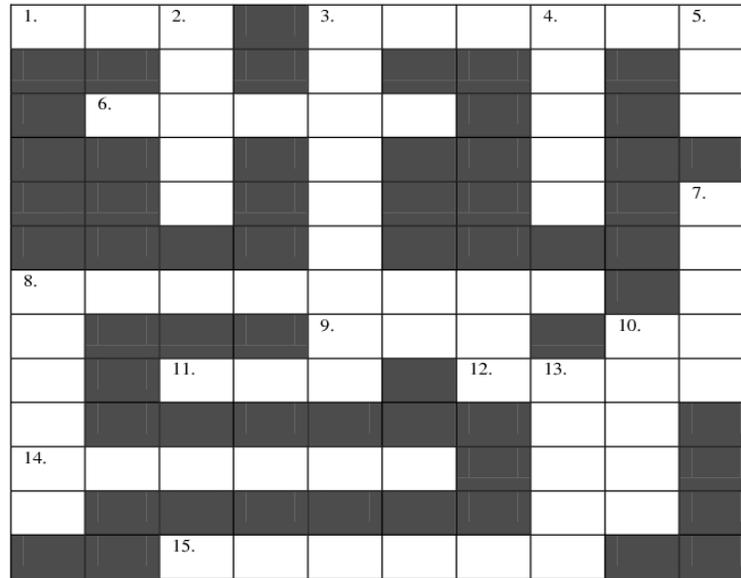
Tobacco Reduction Program

(989) 773-5921 ext. 8440





## Brown and Sticky – Crossword Puzzle



### Across

- The best place to put a lit cigarette.
- This can grow in a smoker's lungs.
- What nicotine, heroin, and cocaine have in common.
- It is sometimes used to kill bugs on crops.
- This makes a smoker's lungs brown, sticky and sick.
- This passes from a pregnant woman's blood to the blood of her unborn baby.
- How some smokers finally quit.
- Smokers' food doesn't taste as \_\_\_\_\_.
- This gas gives you energy, strength, and life.
- Carbon monoxide makes drivers \_\_\_\_\_ to react to emergencies.

### Down

- Because you are getting less oxygen, smoking can make you feel \_\_\_\_\_.
- It won't hurt you if you don't light it.
- These help move germs that cause infections out of your lungs.
- What smokers can't do as well as non smokers.
- How nicotine and carbon monoxide travel through the body.
- Nicotine makes your blood vessels more \_\_\_\_\_.
- What a smoker does to try to get some tar and mucus out of their lungs.
- You can't always tell if there's carbon Monoxide in a room because it has no \_\_\_\_.

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# April 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	
5 Easter Sunday	6	7	8	9 Group Event	10 Clinic	11
12	13	14	15	16	17 Clinic	18
19	20	21	22 Earth Day	23	24 Clinic	25
26	27	28	29	30		

