



A Publication of the Consumer Advisory Board

GATEWAY NEWS

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TAKING RESPONSIBILITY FOR YOUR HEALTH

Contributed By: LaDonna Terrell

A message from someone with a non-medical background

We really did not think all the health information we heard all our lives, concerned us. We figured the eating habits we practiced in our homes and the food prepared by our caregivers as we grew up were good for us. We believed if they were bad for us we would not be allowed to eat them and certainly that the government would not allow unhealthy foods to be sold. We figured that all the junk foods and fast foods we enjoyed as a child and continued to enjoy as an adult could not REALLY harm us.

As we have gotten older we are beginning to realize those foods and/or eating practices are damaging to our health and that unhealthy eating practices can and will lead toward a chronic illness. We are learning every day that we or someone we know has gotten news that they have been diagnosed with a chronic illness or a friend or family member has died due to complications of a chronic illness. What is a chronic illness? It is an illness that has no cure, it is long-lasting and persistent and if not managed can cause complications leading to death. Some Commonly Known Chronic Illnesses: High blood pressure (Hypertension), Diabetes, Heart disease, Kidney disease, High cholesterol, Lung disease.

Some of us may have realized that most of our daily food choices fall into the unhealthy “easy foods” category, such as: fast foods, and junk food. These are the foods that have made us feel good eating them throughout the years. The **simple things** the health reports have been advising us of all these years can really keep us living healthier and longer. Some of these things are: walking, drinking water, eating fresh fruits and vegetables, reducing our portion sizes, reducing the salt and sugar in our diets, and reducing our fried food intake. It is amazing how simple choices can prolong life and greatly aid in managing a chronic illness. I was surprised to learn many people are walking around who do not know they have a chronic illness; it is like a ticking time bomb threatening their lives. Many people find out when it is too late, and their way of living must drastically be changed to be sustained.

A **simple thing** like a physical exam can inform you if you are on the road to a chronic illness. A physical exam allows you the opportunity to take the needed steps on what to avoid or to teach you how to manage a diagnosed illness. Many of us are either too busy caring for others or are in the routine of having others care for us. Time must be taken to

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“PEERS CONTRIBBUTING TO THE COMMUNITY AND THE LIVES OF OTHERS”

Contributed By: Willie Waller



CHARGE

Realizing the positive role that art plays in the healing process, the Recovery Band started the **Center of Healing Arts, Recovery, Growth and Empowerment (CHARGE)**. We provide a positively charged environment where growth can occur naturally. As long as we are kept in clinical environments separate from society, the more dependent on the system we become.

CHARGE is more an environment than a place. It's an atmosphere where folks can be who they are, while honing their God given talents. This increases self-esteem and encourages us to work harder toward recovery.

The desire to feel respected is a basic human emotion. The CHARGE recovery-enhanced environment promotes individuality, encouraging consumers to take charge of their own healing processes through self-awareness, “I am a person not a disease,” and by providing a transparent, genuine, safe atmosphere that encourages people to utilize their natural talents/gifts as recovery tools.

The process of honing one's natural talents also increases self-worth. The CHARGE Program is located in the artistic community called the Russell Street Center & Bazaar. This is a community of 250 professional artists and musicians. Please plan to visit in the very near future. All are welcome!

Excerpts Contributed By: Visions Newsletter

How Peers Can Assist Others with Co-Occurring Disorder

I work with consumers as a Certified Peer Support Specialist at Detroit East Inc., welcoming them into the Co-Occurring Program and Intensive Dual Diagnosis Program. We begin by signing all the documents to register them and enter that information into their individualized chart.

Upon request I am allowed and encouraged to follow up with the consumer concerning their person-centered plan, which is an instrument utilized to assist them with goal-setting and ways to achieve their goals. The main objective and purpose in the services I provide as a Certified Peer Support Specialist is to assist the consumer in their successful re-integration back into society.

It is with great enthusiasm that I work in this capacity. The opportunity to assist peers in their transition to recovery is what motivates my sincere efforts. Although the work as a Peer Support Specialist can be challenging at times it is work that provides immense personal fulfillment.

Contributed By: Willie Waller, C.P.S.S.



FUN & INTERESTING ACTIVITIES IN DETROIT FOR SPRING AND SUMMER

Contributed By: Lisbeth Nordstrom-Lerner, MD

Detroit has an active sports and cultural life, many museums and a wonderful waterfront with The Renaissance Center, Hart Plaza and the new Detroit International River Walk. You can attend many free festivals on Hart Plaza, in Chene Park and around the Detroit Institute of Arts.

Sports

There are great and new sports arenas like the **Comerica Park**, and **Ford Field**. The beloved **Red Wings Ice Hockey Team** plays in **Joe Louis Arena**. Well, the tickets to the different games are expensive. But the new **Comerica Park** is interesting to look at from the outside. One can have a hamburger or a light lunch in the close by eatery, **Elmwood Grill**, with decorations from the 1960's. On large screens one can watch the ice hockey games in the **Hockeytown Café**. It is not expensive. You can at least go in and walk around on the different floors and admire plenty of Red Wings memorabilia on the walls. During the summer one can eat a hamburger on their roof terrace and enjoy the people down on Woodward Avenue.



Theaters

Detroit has some remarkable theaters and movie palaces. It does not cost anything to go in and at least see the entrance of historic **Fox Theater**, which is an impressive sight. Enjoy and view the architecture.

The **Fisher Building** houses the Fisher Theater. But there are also huge halls with cafes and shops and many offices in the towers. It has been called America's biggest art object. Look at the beautiful mosaics on the wall and in the ceiling. Admire the marble floors and take the elevator up to Gateway Community Health on the 20th floor.

The **Detroit Symphony Orchestra, DSO**, has fabulous acoustics. We are lucky to have a world renowned orchestra. The new addition is worth looking at. Just go in through the doors and see the huge hall with beautiful brass walls with the names of the donors and the grand staircase. In the beginning of June the DSO has a whole week with music performances and engagements.

Detroit Opera House is also grand and was renovated a little bit at a time. You could walk on wooden planks to the part that they had received money to renovate. The walls are painted and the mirrors reflect the red velvet curtains. Finally, the **Detroit Music Hall** has dance troupes and cabarets. In the evenings their Jazz Café has marvelous concerts.

Outdoor Activities in Detroit

Belle Isle

From Jefferson a bridge leads to Belle Isle, where you can have family reunions and church cook outs, while the kids play in the play area or enjoy playing ball with the uncles. Belle Isle has an interesting museum.

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FROM THE DESK OF OUR VERY OWN DOCTOR

LET US EXERCISE AND LOSE WEIGHT!

"FAT" is a white or yellowish tissue which stores reserve energy and pads inner organs. Some fat is necessary for us for insulation. It keeps some important vitamins. Everybody needs to have some fat in the diet. But excess fat can lead to diabetes mellitus, heart attack, and stroke.



LDH, the "bad" cholesterol that can be measured in the blood increases with saturated fats like butter and fat meat. Unsaturated fats like nuts, seeds, oats, and unprocessed oils (olive, canola) raise the levels of HDL or "good cholesterol". A good diet and exercise are important for a healthier and more enjoyable life style.

YMCA centers and some community centers have swimming pools and exercise tools. Some FITNESS centers now only cost \$10 a month and you pay as you go along. Take a month to swim and take aqua aerobics. Take Yoga and exercise classes for free, or try the different tools like treadmills and exercise bikes. Then continue on your own by walking in the park on a sidewalk (never alone or in the dark) or in a mall. Take the stairs instead of the elevators. Get a friend to do it with you. You will encourage each other. Write your weight and exercise times in your calendar to make you motivated. Exercise alone without diet does not decrease the weight! Diet with lots of fruits and vegetables and nuts and less fat will do the trick.

Good Luck!

SMOKING!

Smoking accounts for 400,000 deaths each year in the United States, mostly from lung cancer, stroke, and heart disease. 80% of lung cancers are linked to smoking. If you stop smoking now, you will reduce your health risks!

REWARDS:

- 20 minutes after quitting your blood pressure decreases and the body temperature of your hands and feet increase, due to improved circulation.
- At 24 hours you begin to see a decrease in heart attack risk
- At 48 hours your senses of smell and taste will improve.
- After 1 year your risk of heart disease drops by 50%
- After 15 years your risk of heart disease and death returns to the same level as those who never smoked

Electronic Prescriptions Reduce Errors By 700 Percent!



Physicians who use electronic prescriptions are seven times less likely to make errors, compared to those who write prescriptions by hand. Electronic prescriptions are written on computers which contain databases of information on drugs which assist physicians in selecting proper dosages, avoiding drug interactions, and checking drug allergies. The Detroit Medical Center (DMC) now utilizes electronic prescriptions.

*NOTE: Dr. Lerner utilizes various information media for articles, e.g. Ihealth daily dose.

GATEWAY CONSUMERS MOVING ON UP!



I have been residing with my father for several years, always hoping and dreaming of having my own place. Unfortunately, I had to wait until I turned fifty years old to be accepted into Woodbridge Senior Apartments. I was elated when they contacted me on the telephone to inform me that my application for residence had been accepted. Needless to say, I am overjoyed and my family is very proud of my accomplishment.

Contributed By: Sandra Matthews

At first there were people who tried to stop me from living on my own. They thought that I was unable to be independent. I have proven them all wrong! I can go shopping on my own. I can do my own laundry. I can do my own banking. I can travel by bus and possess my own bus card. As well, I do my own cooking and cleaning. I also have my own telephone and can call anyone at anytime.

My sisters are also helping and assisting me with good advice. In short, I feel a lot better about myself and more self-confident and happy. I am grateful!

Contributed By: Lorie Robin Cox

FUN ACTIVITIES IN DETROIT

Lisbeth Nordstrom-Lerner, MD

(Cont'd from Page 3)

There are fantastic displays of flowers and the city keeps its flowers for special occasions there. In the end of summer the Detroit Community Health Department provides immunizations.

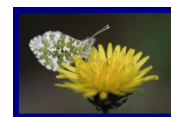
Hart Plaza with its open amphitheater has weekend **cultural festivals** with music and vendors during the summer. Those are safe family events. Do not miss the **world's biggest firework display** with 300,000 pieces lighting up the sky between Detroit and Windsor just before Fourth of July at Hart Plaza. **Downtown Hoedown** is an annual country music fest at Hart Plaza. On Memorial weekend, May 29 – 31, one of the largest electronic festivals of the world, **The Movement**, is hosted at Hart Plaza.

Chene Park

There are many free summer weekend concerts in **Chene Park**, which has an outdoor theater. The summer **Jazz Festival** in Chene Park is always a favorite.

Eastern Market

Don't forget to visit the infamous **Eastern Market** (located at Gratiot and Russell) on Saturday mornings to enjoy the fresh produce and flowers. It is the largest historic public market district in the U.S. with 200 farmers. The annual **Eastern Market Flower Day** in May is attended by 150,000 people.



Detroit International River Walk

Have you discovered the **Detroit International River Walk** that starts at Ren Cen and has a beautiful view of the Detroit Skyline and Windsor? Visitors can stroll along three miles of the Detroit River's U.S waterfront for snacks, a carousel spin, and the Ambassador Bridge. There are live music performances, yoga and artists with their artworks on easels. Take the **People Mover** and get a nice view of the inner city!

“Taking Responsibility for Your Health”

Contributed By: LaDonna Terrell

Cont'd

examine our own health. There are difficulties in making changes in the ways we have lived for a lifetime, but simply doing some or all of the listed suggestions can only add to our lifespan. It is incredible the way we play games with our health and even with our medications, whether they are for our mental health or our physical health. We either take them as prescribed or whenever we have a mind to think about it. We rarely place the importance we should place on them until things are totally out of control. Your health is your responsibility! Your doctor, partner, caregiver or family can assist but the responsibility to ensure your health is yours.

2010 can be a time for a new awakening. We need to take heed by making the needed changes in how we grocery shop and prepare foods by revamping old family recipes into healthy ones that we can put into practice daily.

Once diagnosed with a chronic illness there are specific steps your health team will advise you on how to manage your illness to keep it under control. Fear may come upon you once you receive such a diagnosis, but your need to take control should outweigh any fear. A diagnosis of a chronic illness is not a death sentence. Yet, it is a jarring wake up call.

We all have heard that being overweight is unhealthy, and contributes greatly to chronic illnesses. Smoking, Smoking, Smoking! I was amazed to learn that smoking by itself can kill you faster than any of the listed chronic illnesses. I guess if I was not a smoker I might have paid attention to the warnings earlier before I allowed myself to become addicted, but I enjoyed smoking; therefore, the warnings went unheeded. Yet, my medical team has informed me that the effort which I am now taking to improve my health will have little affect,

if my smoking continues.

It is a wonderful thing to realize that we do not have to depend on machines, have limbs removed or depend on numerous medications to maintain a healthy life. By taking personal responsibility for our own health we know that our health is still within our grasp. The following organizations can be contacted for more information on living a healthier life:

American Diabetes Association www.diabetes.org
1-800-342-2383

National Kidney Foundation www.kidney.org
1-800-622-9010

American Heart Disease www.americanheart.org
1-800-242-8721

American Cancer Society www.cancer.org
1-800-227-2345

American Society of Hypertension www.ash-us.org

We welcome your input.

**For suggestions or
concerns regarding the newsletter or the CAB, please
contact:**

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Disclaimer

*The views and opinions expressed in this newsletter are
those of the individual
writers and not necessarily the opinion of
Gateway Community Health*

***CORRECTION—Winter 2010 Edition**

Article on Ernie Harwell should have included a Detroit Tigers insignia instead of Detroit Lions microphone. Article written by Mr. Mack Betts

WHAT IT MEANS TO BE AN AMERICAN

Contributed By: Sheila Massey

I am going to talk about what it means to be an American. First, it means you have a free choice of what you would like to become in the future. As well, freedom of religion and other inalienable rights are afforded to Americans. Finding your personal niche' and contribution to your country is what distinguishes Americans apart from other nationalities.



All Americans have the choice to do right or wrong. Thus, Americans have decisions to make. It is my hope that each American will choose to help one another. By joining together, communicating successfully with one another, and setting community goals and objectives we will ultimately positively serve and contribute to the American society. In doing so you are serving your God and the community.

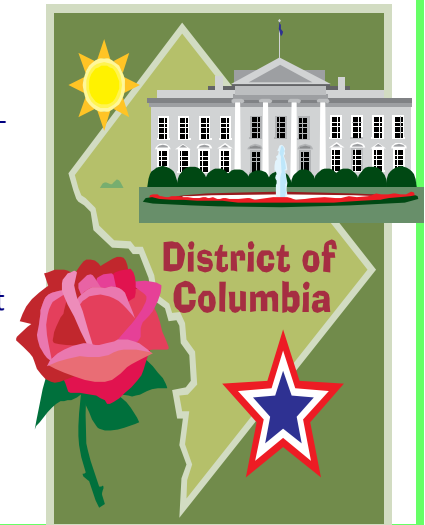
May God Bless All Americans!

AMERICANS HESITANT TO SEEK MENTAL HEALTH CARE

Submitted By: Lisbeth Nordstrom-Lerner, MD

A survey recently released by the American Psychiatric Association has found that American workers are hesitant about seeking mental health care for fear of confidentiality issues and possibly losing status at work. Among the 1,129 people surveyed 76% believed their work status would be damaged by seeking treatment for drug addiction, 73% for alcoholism, and 62% for depression, compared with 55% who thought seeking care for diabetes would affect their work status and 54% for heart disease. In total only about 40% of

participants thought their employers were supportive of employees seeking general and mental health care, but research (and logic) shows that people who receive proper health care are healthier and more productive.



Sharing My Story

When I became a teenager the trauma began. My father sexually abused me when I was younger. I have three children. Protective services came to the house to investigate and decided to take my brothers and sisters out of the house and left me there all alone.

SR

Our Mission

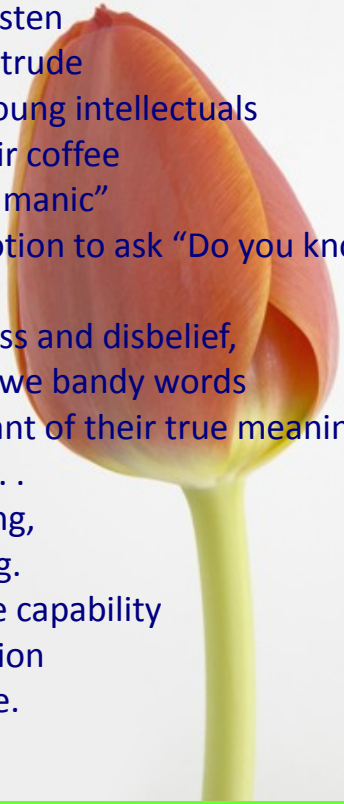
To provide a voice for persons with severe mental illnesses, to decrease stigma, to give information and increase awareness about recovery from these illnesses.

OUR SPRING POETRY PAGE

Contributed By: Mary Ann Bozenski, LMSW, ACSW, CPSS

LISTENING

Warm summer's day;
Gentle breeze carries conversations,
Flavored cappuccino aroma
Fills the air,
Try not to listen
As words intrude
From the young intellectuals
Sipping their coffee
"Hitler was manic"
Stifling a notion to ask "Do you know what is
manic?"
I feel sadness and disbelief,
How easily we bandy words
Not cognizant of their true meaning.
Powerful. . . .
Life affirming,
Ego building.
Yet with the capability
Of destruction
Of a people.

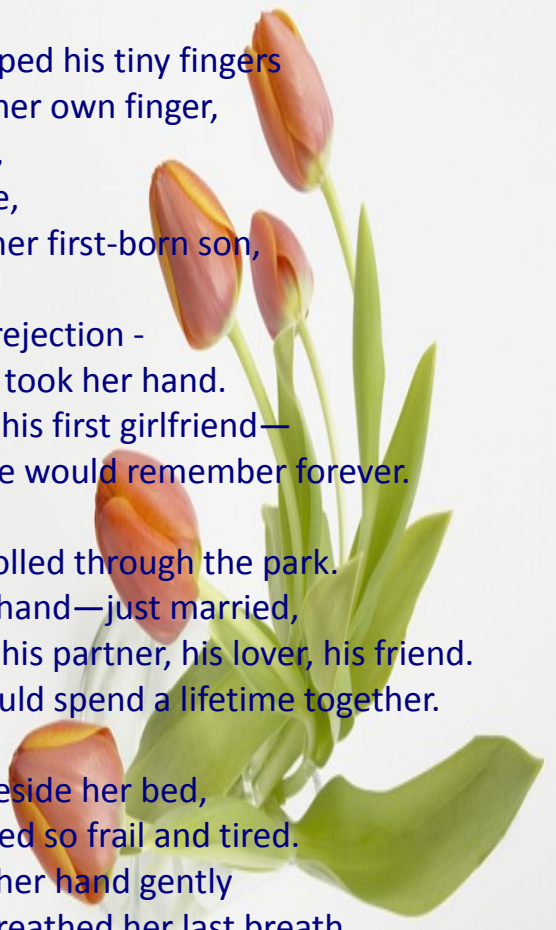


HANDHOLDING

He wrapped his tiny fingers
Around her own finger,
So small,
So fragile,
He was her first-born son,
Fearing rejection -
He shyly took her hand.
She was his first girlfriend—
A time he would remember forever.

They strolled through the park.
Hand in hand—just married,
She was his partner, his lover, his friend.
They would spend a lifetime together.

He sat beside her bed,
She looked so frail and tired.
He held her hand gently
As she breathed her last breath.
Their days together were spent.



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