

# TBHS RECOVERY TODAY

TBHS Consumer Newsletter

July 2019



"Decisions" by Valerie Patterson

*"Nothing Can Dim  
The Light Which  
Shines From Within"*  
- Maya Angelou

## Newsletter Submissions:

Do you have a story you would like to share? How about a recipe? A poem? Artwork? TBHS 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!

## **Kids These Days**

**By Robin Corkins**

Kids these days wouldn't know what a 78 RPM record, a 45 RPM record, or a 33 1/3RPM record is. The first successful LP record was developed by Columbia Records under the direction of Peter Goldmark.

A 78 RPM record is a 10 inch record. They were created in the 1920's. People should be careful with them because they break easy. They can wear out your diamond needle fast. These records have thicker grooves. There is only one song on each side. When you get done playing the first side of the 78 RPM record you have to flip it to play the other side. Some 78's came in an album.

A 45 RPM record is a 7 inch record. They were invented in the 1930's. Like the 78's there is one song on each side. Some grooves on a 45 RPM record are thick, some are thin. The 45 RPM record is not as fragile as the 78 RPM record. Back in the day you could buy them for \$1.99. They are hard to find in record stores these days. They are stored in protective jackets.

A 33 1/3 RPM record is a 12 inch record. The 33 1/3 RPM record was invented in 1949. One side will fit seven songs and the other side will fit six. The 33 1/3 RPM record was called a Long Playing record or LP for short. They are made of vinyl and not easily broken. They are easy to find at record stores. They don't wear out as fast as 78 RPM records. Back in the day they were pricy. You could stack six records at one time. Also, they have protective jackets inside them. You had to keep them in their protective jackets so they wouldn't get scratched.

I now see that records are back for sale at record shops. I'm excited to listen to them!

## Events

7/16/19

Cookout for  
Consumers and  
Staff 11:30 am to  
1:30 pm at PIC

7/23/19

Mental Health First  
Aid Training 8:00am  
to 5:00pm Call  
Susan Holder to  
register (989) 673-  
6191

8/6/19

ACT/CSM  
Consumer Picnic  
11:00 am to 2:00 pm  
at Darbee Park

9/12/19

Peers for Peers  
Meeting at Burnside  
11:00am to 1:00pm

10/16/19, 10/17/19

MSHN Delegated  
Managed Care  
Review

**Myth:** There is no hope for people with mental health problems. Once a friend or family member develops mental health problems, he or she will never recover.

**Fact:** Studies show that people with mental health problems get better and many recover completely.

Recovery refers to the process in which people are able to live, work, learn, and participate fully in their communities. There are more treatments, services, and community support systems than ever before, and they work.

[www.mentalhealth.gov/basics/mental-health-myths-facts](http://www.mentalhealth.gov/basics/mental-health-myths-facts)

To Report Suspected Abuse Or Neglect of a  
Child or Adult Call: (855) 444 - 3911

# STATES

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

ALASKA	MAINE	PENNSYLVANIA
CALIFORNIA	MICHIGAN	TENNESSEE
FLORIDA	NEVADA	TEXAS
HAWAII	NEW YORK	WASHINGTON
KENTUCKY	OREGON	



## 8 Things You Can Do to Protect Your Dog in the Summer



1. Never, ever leave your dog in the car
2. Make sure your dog has unlimited access to fresh water
3. Make sure your dog has access to shade when outside
4. Take walks during the cooler hours of the day
5. When walking, try to stay off of hot surfaces (like asphalt) because it can burn your dog's paws
6. If you think it's hot outside, it's even hotter for your pet – make sure your pet has a means of cooling off
7. Keep your dog free of external parasites (fleas, ticks) and heartworms – consult your veterinarian about the best product for your pet
8. Consider clipping or shaving dogs with long coats (talk to your veterinarian first to see if it's appropriate for your pet), and apply sunscreen to your dog's skin if she or he has a thin coat

*Taken from the AVMA (American Veterinary Medical Association) website.*



ARE YOU READY TO  
**QUIT**  
**SMOKING?**

## Michigan Tobacco Quitline offering **FREE** nicotine patches, gum or lozenges through **September!**

Is quitting smoking on your to-do list this summer? The Michigan Department of Health and Human Services (MDHHS) can help with

**FREE** nicotine patches, gum or lozenges through Sept. 30.

The offer is part of the Centers for Disease Control and Prevention (CDC) *Tips From Former Smokers®* campaign featuring real people who are living with the effects of smoking-related diseases and secondhand smoke exposure.

*Up to eight weeks of free nicotine patches, gum or lozenges are available to Michigan residents who call the Quitline at 800-QUIT-NOW (800-784-8669). Enrollment is available 24 hours a day, seven days a week.*

Smoking remains the leading cause of preventable death and disease in the United States. It kills about 480,000 Americans each year. For every person who dies from a smoking-related disease, at least 30 more people suffer at least one serious illness from smoking. Nearly 68 percent of smokers say they want to quit.

*Tobacco users interested in quitting are urged to call 800-QUIT-NOW (800-784-8669) or to visit [Cdc.gov/tips](http://Cdc.gov/tips) for free help quitting and to view the personal stories from the campaign.*

*The Michigan Tobacco Quitline is an evidence-based service providing **FREE** telephone and online coaching and text messaging. More than 140,000 Michigan residents have used the Quitline or the online coaching program to help them in their journey towards a tobacco-free life.*

*For more information, call 800-QUIT-NOW or visit*

*[Michigan.gov/tobacco](http://Michigan.gov/tobacco).*



# COOK OUT

**NATIONAL GRILLING MONTH**



**TBHS IS FIRING UP THE GRILL!**

**A LUNCHEON FOR  
CONSUMERS AND STAFF.**

*Please join us on Tuesday, July 16, 2019*

*Between 11:30 am to 1:30 pm*

*Personal Independence Center (PIC)*

**Menu: hotdogs, chips, cookies and beverage**

Outside and inside dining options.



# COOK OUT

## Wellness Corner

### **Dietary fiber: Essential for a Healthy Diet**

Dietary fiber — found mainly in fruits, vegetables, whole grains and legumes — is probably best known for its ability to prevent or relieve constipation. But foods containing fiber can provide other health benefits as well, such as helping to maintain a healthy weight and lowering your risk of diabetes, heart disease and some types of cancer.

### **Benefits of a high-fiber diet**

- ♦ **Helps you live longer.** Studies suggest that increasing your dietary fiber intake — especially cereal fiber — is associated with a reduced risk of dying from cardiovascular disease and all cancers.
- ♦ **Aids in achieving healthy weight.** High-fiber foods tend to be more filling than low-fiber foods, so you're likely to eat less and stay satisfied longer. And high-fiber foods tend to take longer to eat and to be less "energy dense," which means they have fewer calories for the same volume of food.
- ♦ **Helps control blood sugar levels.** In people with diabetes, fiber — particularly soluble fiber — can slow the absorption of sugar and help improve blood sugar levels. A healthy diet that includes insoluble fiber may also reduce the risk of developing type 2 diabetes.
- ♦ **Lowers cholesterol levels.** Soluble fiber found in beans, oats, flaxseed and oat bran may help lower total blood cholesterol levels by lowering low-density lipoprotein, or "bad," cholesterol levels. Studies also have shown that high-fiber foods may have other heart-health benefits, such as reducing blood pressure and inflammation.

**The Tuscola Peer Center has updated their phone number: (989) 286 - 3800 Or (989) 286—3801**

### **Contact Us**

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

**Tuscola Behavioral Health Systems**  
323 N. State Street  
Caro, MI 48723

(989) 673-6191

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