

# COMMUNICATOR

## Developing Residential Options through Participation & Training

On August 11, 2011 a focus group comprised of RICC members from Baraga, Houghton and Ontonagon came together for an evening meeting at the Baraga Lakeside Inn in Baraga. This focus group gathered to discuss housing issues in each community. This is a part of the new DROPT (Developing Residential Options through Participation and Training) grant project coordinated by CCMH Institute staff since March of 2011. The goal of this project is to support people with disabilities and their allies to be active in local continuum of care bodies and to have a voice on housing issues—to prevent homelessness.



The focus group discussion was facilitated by the research team from Wayne State University's Center of Urban Studies, project manager Azmara Afework, and graduate student assistant Alanna Shahly. They discussed personal housing experiences, knowledge about how housing is planned in each community, types of activities and organizations each person is involved in, and what their experience in advocacy have been.

The research team has had a focus group meeting for each of the agencies that were awarded funding for their projects from the Michigan Developmental Disabilities Council. The other two agencies in the state are Disabilities Advocates of Kent County and Community Housing Network.Inc., in Troy.

All in attendance enjoyed a pizza and salad buffet, along with a dessert of cookies and fruits. Also for participating each RICC member received a \$10.00 Family Dollar gift card. Everyone seemed to enjoy the experience of the focus group.

### 2011 Recovery Lecture Set for September 21

The Rice Memorial Clinic Foundation Board and Copper Country Mental Health Services are pleased to announce the date and speaker for the 2011 Recovery Lecture. **Carol Bailey Floyd** will be the speaker on **September 21** at 1 pm at the Magnuson Hotel Franklin Square and 7 pm at the **Institute**. Please contact the Institute at (906) 482-4880 to register.



Ms. Floyd is the Director of Programs for Mental Health Recovery and WRAP (Wellness Recovery Action Plan). Embracing WRAP wholeheartedly as a way of living has enabled Carol to find balance and well-being in ways she never thought possible. Carol is the WRAP Consultant and Trainer for the Ohio Empowerment Coalition. As a DBSA (Depression Bipolar Support Alliance) facilitator, Carol has been involved for many years with their support groups and leadership activities. She is the founder of the Laughing Club of N.E. Ohio. Carol enjoys giving presentations on many subjects – gratitude, journaling, loneliness, fun and creative wellness tools and other WRAP related topics.

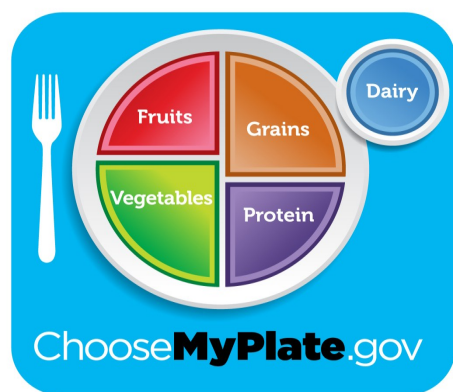
### B.Z. Toons

by Brian Zaikowski



What really happened to the Old Man Of The Mountain.

## Copper Country Mental Health Services—September, 2011



Recently, the USDA has replaced the Food Pyramid with **My Plate** as a simple way to help teach people how to make healthier food choices. **My Plate** urges people to fill half their plate with fruits and vegetables. Here are 10 tips from the USDA:

1. **Balance Calories**—Find out how many calories you need for a day as a first step in managing your weight. Being physically active also helps you balance calories.
2. **Enjoy your food but eat less.** Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.
3. **Avoid oversized portions.** Use a smaller plate, bowl and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.
4. **Foods to eat more often.** Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber.
5. **Make half your plate fruits and vegetables.** Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.
6. **Switch to fat-free or low-fat (1%) milk.** They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.
7. **Make half your grains whole grains.** To eat more whole grains, substitute a whole-grain product—such as eating whole-wheat bread or brown rice instead of their white equivalent.
8. **Foods to eat less often.** Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs.
9. **Compare sodium in foods.** Use the Nutrition Facts label to choose lower sodium versions of foods. Select canned foods labeled “low sodium” or “no salt added”.
10. **Drink water instead of sugary drinks.** Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

### Outsight Salad—From MyPlate.gov

**Ingredients:** Yield: 4 servings *Serving Size: 1 cup Calories 100, Total Fat 2.5 g, Saturated Fat 0 g, Sodium 30 mg, Protein 2 g*

2 cups salad greens of your choice  
1 cup chopped vegetables of your choice  
1 cup pineapple chunks, drained, or fresh orange segments  
2 tablespoons raisins or dried cranberries  
2 tablespoons chopped nuts, any kind  
¼ cup yogurt, nonfat, plain or fruit-flavored  
1 tablespoon orange juice  
1½ teaspoons white vinegar

**Preparation:**

1. Put mixed salad greens on a large platter or in a salad bowl.
2. In another large bowl, mix chopped vegetables and fruit.
3. For dressing: In a small bowl, mix yogurt, orange juice and white vinegar.
4. Add dressing to veggie/fruit mixture and stir.
5. Spoon this mixture over salad greens.
6. Top with raisins and nuts.

