



# Self Determination Delivered

October 2024 - December 2024



## Things to Do

### SOCIAL “U” Halloween Dance Party!

**When:** Wednesday, Oct 8 - 5:30 PM to 7:30 PM

**Where:** Millet Learning Center - enter at door #59

**Cost:** \$2.00 per person

RSVP by Oct 6 to Angela. Call or text (989) 284-9014.

Remember your dancing shoes and costume!



### Scarecrow Fest

**When:** Saturday, Oct 19 - Sunday, Oct 20 - 11 AM to 8 PM

**Where:** Frankenmuth River Place Shops, 925 S. Main St.

**Cost :** Free Admission, some activities have a small fee.

Pumpkin bowling, painting, pumpkin catapulting, dog performances, and a dog costume contest.



### Halloween at the Market!

**When:** Friday, Oct 25 - 5 PM to 7 PM

**Where:** SVRC Marketplace, 203 S. Washington, Saginaw

**Cost:** Free - Come dressed up in costume.

Vendors will be passing out goodies & more.

### Holidays in the Heart of the City

**When:** Friday, November 22 - 5:30 PM to 8:30 PM

Includes free Christmas Concerts, Horse-Drawn wagon rides, open houses at Children’s Zoo, Anderson Enrichment Center, Japanese Tea House, and so much more.



### Pride Christmas Parade

**When:** Saturday, November 23 - 11 AM

**Where:** Parade will begin at corner of Washington and Johnson and go south on S. Washington to Ezra Rust Ave, Saginaw

### Dow Gardens Christmas Walk

**When:** December 5, 6, 7, 12, 13, 14 - 5 PM to 8 PM

**Where:** Dow Gardens, 1809 Eastman Ave. Midland, MI 48640

Take a stroll through the gardens enjoying evenings of candle-light and music.

**Cost:** Free



## CREAM CHEESE APPLE DIP



Total Time: 10 minutes

Servings: 6



### Ingredients:

- 8 oz cream cheese, softened
- 1/4 cup brown sugar
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract

### Instructions:

1. In a medium bowl, beat the cream cheese until smooth.
2. Add in brown sugar, cinnamon, and vanilla extract, and mix until well combined.
3. Transfer the dip to a serving bowl.

Enjoy with sliced apples, vanilla wafers, and/or graham crackers.



SAGINAW COUNTY  
COMMUNITY MENTAL  
HEALTH AUTHORITY



24-HOUR CRISIS HOTLINE

(989) 792-9732 or (800) 233-0022



## Time Change

**Remember to set your clocks back 1 hour when you go to bed on November 3rd.**

**At 2 AM we will "Fall Back" a hour**



## Contact Us:

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## Electronic Visit Verification (EVV)

Stuart Wilson has been working with the state on moving everyone over to the new electronic system. Stuart Wilson's office is in the process of reaching out to all employees for their email address to add them to the portal. For the time being, you will still be able to use the paper timesheets and progress notes. Please be patient since this will take some time to get everyone transitioned over.



## HELP Line (810) 238-8053

The **Health Eligibility Law Project** or "HELP" line provides help for low income persons with questions or problems regarding public benefits. Services are FREE.

**HELP** can work to solve problems such as:

How do I apply? Will I qualify? What documents do I need? How do I fill out an application? Why was my application denied? Why was my medical coverage cut off? And so much more!

Don't risk a gap in your Medicaid coverage, get ready to renew now.

Center for Civil Justice  
436 S. Saginaw St. Suite 400  
Flint, MI 48502

## HEALTHY FALL HABITS

As summer comes to an end and school starts up, many students encounter issues with both their physical and mental health. Follow these tips to avoid falling ill with colds or the flu and to improve your mental health.

### WASH UP



After coughing or sneezing, before eating, whenever hands are thought to need it.

### HYDRATE



- Drink water  
- Decrease caffeine intake  
- Limit alcohol consumption

### FRIENDSHIP



Seeking social support through friendships is proven to reduce anxiety and depression.

### COVER IT



Cover your nose and mouth if coughing or sneezing. If using a tissue, throw it away immediately after use and wash hands.

### EXERCISE



- Releases endorphins and serotonin  
- Increases self esteem  
- Enhances social connections

### DISINFECT



Using household disinfectant on kitchen and bathroom surfaces is proven to reduce risk of cold and flu.

### VACCINATE



Center for Disease control recommends the flu vaccination to prevent illness.

### SLEEP



- National Sleep Foundation recommends 7-2 hours hours of sleep for young adults  
- Good sleep reduces risk of sickness and improves mental health

## Social "U" Tentative Dates

November 12th - 5:30 PM - 7 PM

December 10th - 5:30 PM - 7:30 PM

January 7th - 5:30 PM - 7 PM

February 4th - 5:30 PM - 7:30 PM



\*Dates are subjective to change

Contact [socialu2021@yahoo.com](mailto:socialu2021@yahoo.com) with any questions.