

# The Petoskey Club Established 1904 May 2021



May is

# MENTAL HEALTH AWARENESS MONTH



National Mental Health Awareness Month in May focuses on bringing tools, resources, and education to the general public. Each year Mental Health America, National Alliance on Mental Illness, and other mental health organizations across the country organize events, webinars, and more to improve mental health access across the country.

Mental health is a hot topic. This is good news. It means the stigma for mental health issues is slowly going away. Mental health issues are finally getting the attention they deserve. Healthcare workers and individuals feel they can discuss mental health more openly. However, that doesn't mean there isn't still work to do, however.

As a whole, we often misunderstand mental health because it is hard to define. Additionally, mental health includes several areas. These areas involve one's social, emotional, and psy-

chological well-being. Mental health affects thoughts, feelings, and actions. When one has positive mental health, they are better equipped to handle stress, be more productive, and realize their full potential.

While we focus on our physical wellbeing, the food we eat, exercise, and getting regular check-ups for vision and dental care, we often forget to take stock of our emotional and spiritual needs. Everyday demands take their toll.

HOW TO OBSERVE #MentalHealthAwarenessMonth:

Share the message. Taking care of our mental health is as normal as healthy eating, exercising, or even saving for the future. Share your story to help others understand that achieving mental health is a daily process.

-Source-National day calendar

**1 in 5**  
Adults have a diagnosable mental illness

**50%** of cases of mental health issues begin by age 14

**75%** begin by age 24

**You are Not ALONE**

#MENTALHEALTHAWARENESS

### Why the language we use to describe mental health matters

Describing someone who is organized as "OCD" - being clean, tidy and particular is not the same as living with clinical Obsessive Compulsive Disorder.

Talking about being "bipolar" when we experience everyday natural mood swings, is not the same as living with Bipolar Disorder.

Saying "I'm depressed" or "that's depressing" if we feel a bit sad, is not the same as living with Depression.

Using very problematic words like "psycho" to describe a person we dislike or "schizophrenic" to describe a person's reaction or personality, stigmatizes people living with Schizophrenia.

Describing someone who is thin as "anorexic" misunderstands that Anorexia Nervosa is a mental health condition that is much more complex than just controlling weight.

### Famous People With A Mental Illness

- Robin Williams
  - Ernest Hemingway
  - Abraham Lincoln
  - Walt Disney
  - Nancy Reagan
  - David Bowie
  - Alfred Hitchcock
- "You will notice I have not listed what their diagnoses was is. We need to rethink the stigma of mental illness.
- You are not what you are diagnosed with, you are more than that."
- Dawn E.

Northern Michigan Reginal Entity (NMRE) invites you!

### "Personal Responsibility & Self Advocacy"

May 21st, 2021 1:00-3:00pm

Join us as we learn ways to advocate for ourselves, explore what personal responsibility looks like, and discuss the challenges of mental recovery in the midst of a pandemic. We will be playing recovery bingo throughout the afternoon, with prizes for the winners. Come to Club and participate with us!

To register for the virtual meeting, please go to

<https://www.eventbrite.com/e/virtual-day-of-recovery-education-tickets148773368149>

### May Current Events

- May Day Saturday Bonfire 1<sup>st</sup>
- Cinco de Mayo 5<sup>th</sup>
- National Nurses' Day 6<sup>th</sup>
- Mother's Day Sunday May 9<sup>th</sup>
- Armed Forces Day 16<sup>th</sup>
- Memorial Day Picnic 31<sup>st</sup>



## Garden News

Our Garden is just about ready. Just waiting on Mother Nature to be nice to us so we can get our plants in the garden. We all are so happy that we soon will have our garden again. All those yummy fresh vegetables. Go Ron T. and other Gardeners as well!!



# May's Pet of The Month Gilbert

Meet Gilbert. Gilbert owns our morning driver Mark. Gilbert has five fur siblings. Gilbert thinks he is the boss. He loves to take over the bed in the morning after everyone gets up or he follows Mark around to see what he can get into.



It's Spring Cleaning Time At the Club



It's that time of the year Folks!

Our Club could use a little cleaning. Sign up for a day or two and come and clean a bit if you can. We could really use the help inside and out.

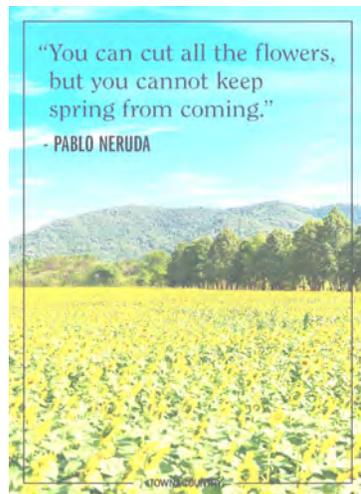
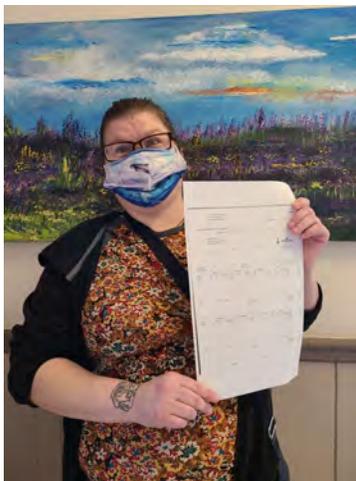


The Petoskey Club  
Established 1994

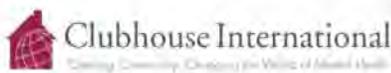
555 West Mitchell St.  
Petoskey, MI 49770  
231-347-1286



Robin celebrating her first pay check as a health aid



Mike helping plant seeds for this years garden.



April 20, 2021  
Petoskey Club  
555 West Mitchell  
Petoskey, Michigan 49770

Dear Petoskey Club,  
On behalf Clubhouse International, we want to send you best wishes on your 27th anniversary!  
Petoskey Club has been a beacon of hope and recovery for many people who have experienced a mental illness.  
We are so proud of all the good work that you have done over the years and the lives you have impacted with your dedication, passion and commitment to each and every member of your Clubhouse as well as the international Clubhouse community.  
Petoskey Club has truly helped to change the world!

Congratulations on this special anniversary. Thank you for being such a strong Clubhouse for so many members.  
Kind regards,

  
 Joel D. Corcoran  
 Executive Director

  
 Jack Yatsko  
 Chief Operating Officer

  
 Robby Vorspan  
 Senior Program Officer

  
 Lee Kellogg  
 Program Officer

  
 Anita Brix-Lambæk  
 European Program Officer



Petoskey Club celebrated their 27th Birthday and received a letter from Clubhouse International wishing us a happy birthday!



Follow Petoskey Club on Instagram



## Yoga Meets Sound

Petoskey Club did a workshop combining yoga and sound, leaving members wanting to do more. Marlee, a certified yoga instructor and Kayla, Petoskey Club's very own staff and certified sound therapist, facilitated a relaxing evening with calming tones.

"Slept great, very relaxing, gave me a sense of clarity and optimism" – Andy M

