RIBBON-CUTTING AT EDGEWATER PRIMARY CARE:

Community partners, politicians and local citizens gathered on November 29 for a ribbon-cutting ceremony and tours at Edgewater Primary Care, located at 3535 Broadway in Gary. A second Edgewater Primary Care site is located at 1212 Broad Street in Griffith.

“The focus is to treat the whole patient and make it more convenient for patients to get the care they need,” said Dr. Danita Johnson Hughes. Edgewater’s goal is to consider all mental health and physical health conditions at the same time.

Both facilities offer primary care services such as health promotion, disease prevention, health maintenance, counseling, patient education, diagnosis and treatment of acute chronic illnesses. In addition to the customary primary care professionals, both facilities will be staffed with behavioral health professionals.

Edgewater Systems is a nonprofit community mental health center serving Northwest Indiana’s most vulnerable people and families. Edgewater remains committed to providing comprehensive healthcare and family support services including family and youth counseling, addiction and dependency treatment, crisis stabilization and management, adult residential services, and primary care services.

This past year, Edgewater helped hundreds of adults, youths, and families improve their quality of life. Your financial support allows us to continue offering vital services and promoting balanced health in our communities.

Please make your contribution payable to Ambassadors for Edgewater. You can mail your contribution to the address below. We will send you in return an acknowledgment letter you can use for tax purposes.

GIVE TO EDGEWATER:

Support Our Programs for Men, Women and Children

Edgewater Systems is a nonprofit community mental health center serving Northwest Indiana’s most vulnerable people and families. Edgewater remains committed to providing comprehensive healthcare and family support services including family and youth counseling, addiction and dependency treatment, crisis stabilization and management, adult residential services, and primary care services.

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In 2017, we’ll be here to help you be “normal”, however we serve. Your life goal is your life goals.” And I am inspired by the mission to “contribute in a positive way to the community.” Our resources are low and problems seem insurmountable. But through Edgewater, I learned how to develop coping skills and attended support groups within the building. With the help of Edgewater and South Shore Commons, we were able to get NA groups, which cater to people with substance abuse issues.

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The groups made me realize that I wanted to help other people through community outreach and volunteering. I joined the Tenant Council in January, 2016. I help organize potlucks, holiday dinners, back-to-school parties and holiday giveaways for the children.

Through God’s grace, I was able to qualify for Section 8 housing in the building and I moved into my new unit in July. Now I am looking into other housing with more space to raise my grandson.

– Steven H.

STAY CURRENT & CONNECTED:

Keep informed about the latest news and topics concerning the healthcare that matters most to you.

• Follow us on Facebook (Edgewater Systems)
• Visit our website: www.edgewatersystems.org
• Sign up for our e-mail updates. Write to jaltjohn@edgewatersystems.org to join.

HOW TO BEAT THE HOLIDAY BLUES:

Holiday blues affect more people than you realize. The holidays tend to call up old memories, both good and bad. You naturally think of family members and friends who may no longer be part of your life. Sometimes the holidays trigger sadness or even despair, which we try to overcome or avoid altogether, often through unhealthy habits. But there are things you can do to beat the holiday blues in a healthier way. Remember, it’s the little things that make all the difference and help beat the holiday blues.

• Reach out – Don’t go it alone. Meet up with a friend, go to support group or call someone to talk. Not only will you help yourself, you may be helping someone else as well.
• Count your blessings – Being grateful for what you have or are able to do is another good way to feel better during the holidays. If you can get around or breathe easy or see the blue sky, you’ve got things to be grateful for.
• Be of service – Help someone who may need a friendly smile or a few minutes of your time to listen. Volunteering to help others is a great way to beat back the blues. Give what you can to those in need, you can make someone’s load a bit easier.
• Think happier thoughts – Focusing on what you’re doing can throw you into the holiday blues pit. Instead, focus on happier memories and what’s happening right now. Depending on how you ask it, the present moment is usually not such a bad place to be.

MARK YOUR CALENDAR:

EDGEBET’S ANNUAL MENTAL HEALTH AWARENESS LUNCHEON May 17, 2017
AvaniMour, Merrillville, IN

HEALTH AWARENESS DATES

February, 2017
26–National Eating Disorders Awareness Week

March, 2017
2–National Nutrition Month

Self-Harm Awareness Month

5•Kick Butts Day

(Harm Reduction)

(Awareness)

April, 2017
Alcohol Awareness Month

April 6–Child Abuse Prevention Month

10–National Youth Violence Prevention Week

30–National Child Abuse Prevention Month

July, 2016
National Alcohol Screening Day

May, 2017
National Mental Health Awareness Month

4-20 National Women’s Health Week

June, 2016
18–National Men’s Health Week

27–National PTSD Awareness Day

July, 2016
National Minority Mental Health Month

MEET OUR OFFICERS & BOARD MEMBERS

(FT 2017 June 1, 2016-June 30, 2017)

OFFICERS

CHAIRPERSON: Shirley P. Thomas, Retired Educator

VICE: Dr. Darrell Johnson-Shirley, Superintendent, Lake High Schools

TREASURER: Brad Vogler, VP, Retail Banking Group Manager, Peoples Bank

SECRETARY: Attorney Jerre Enell, IUN Adjunct Professor, RN

NEW BOARD MEMBERS

Attorney Jonathan R. Anderson, Anderson Partners LLC, Anderson Development, LLC

Regina Biddings-Muro, Vice Chancellor, Educational Support Services

Board Secretary, Regional Sales Representative, Konica Minolta

Larry Brown, Owner, South Shore Dance Academy

Bernard Carter, Lake County Prosecutor, Lake County Prosecutors Office

Tracy Williams, Owner, Hitton & Williams Funeral Homes

TO LEARN MORE:

www.edgewatersystems.org

CommonWeal Awards

NATIONAL PTSD AWARENESS DAY

Musician John Mayer

National Women’s Health Week

American Diabetes Association Alert Day

May 17, 2017

28

(Campaign for Tobacco-Free Kids)

Kick Butts Day

15

National Women’s Health Week

American National Nutrition Month

March, 2017

8

Awareness Week

April, 2017

2-7

February, 2017

Awareness Week

3-7

November

6

National Lung Health Awareness Month

World COPD Day

November

14

14

National Women’s Health Week

11-15

National Men’s Health Week

27–National PTSD Awareness Day

July, 2016

National Minority Mental Health Month

CONSUMER EXPERIENCE:

“...with maintaining abstinence for many years prior to coming to Turning Point. I have been able to maintain abstinence for over three years with the support of medically assisted treatment and therapy. I worked hard during treatment and I’m now working towards becoming a Peer Support Specialist so I can help others.” – L.C.

“...I was recently pregnant at your Rapid Access Center. I would like to thank all of the staff for helping me with my opioid addiction. While there, I was able to stop using heroin and they started me on subsistence. I have been clean for six weeks now and I am personally grateful for what they did for me.” – Nick T.

5 TIPS FOR A HAPPY AND HEALTHY NEW YEAR:

Looking for a New Year’s Resolution that will really pay off? Taking better care of yourself physically and mentally can make 2017 a healthier and happier year. Here are five things you can do right now to help you get on a better path.

1. Get a check-up to find out how you’re doing right now. Be sure to tell your health care provider about any problems you may be experiencing or any concerns you may have.

2. Take any medications you’ve been prescribed. Follow your doctor’s instructions and take your meds regularly. Let your health care provider know if you’re experiencing problems with your medications or are having trouble getting your prescriptions filled.

3. Ask for help if you’re drinking too much, abusing drugs or smoking. Drinking, smoking or using drugs may bring some relief in the short term, but there are devastating long-term consequences.

4. Eat the healthiest foods you can every single day. Give your body the fuel it needs to be healthy, such as vegetables, fruits, nuts, beans and whole grains. Avoid fried food, which can raise your cholesterol. Wash your salad intake to prevent high blood pressure and heart disease. And go easy on sugar, which can cause diabetes.

5. Make sure you’re getting the exercise you need. Even a short walk every day can result in better overall health and a more positive outlook on life.