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# Everyday Heroes



SAGINAW COUNTY  
COMMUNITY MENTAL  
HEALTH AUTHORITY

50<sup>TH</sup> ANNIVERSARY



# Welcome

We live in a difficult time. It's a time when news about crime makes us feel unsafe, when uncertainty about the economy makes us feel insecure, when the polarization of our political system makes us feel cynical.

It's the kind of time when we, as humans, want so badly for someone to make us feel safer, more secure, more optimistic about our future. We look for people who help us recognize the strength, the courage, the greatness of human nature. We look for heroes.

Times like this remind us that we can find them ... if we look in the right places. You might not find those heroes in the news reports, or in business, or in politics. But in the person across the street, down the block, behind you in line. Or in the person in the mirror.

Because heroes are all around us, and we are here tonight to celebrate some of them.

Some of them were dealt enormous challenges by life — but have found the strength, the courage and the endurance to overcome them. Some have dedicated themselves to helping others overcome those challenges, while being powerful advocates for the rights and the dignity of each of us. Some have gone beyond what was required or expected ... to do what was extraordinary to help others.

They are not celebrities, or giants of the business world, or leaders on the global political stage. They are people we know, people we work with, people who live right here in Saginaw County.

Benjamin Disraeli said, "To believe in the heroic makes heroes." We prove tonight that heroes are out there, if you just look in the right place for them. And believe in them.

Tonight we celebrate our 2016 Everyday Heroes. Thank you for joining us as we salute them. And thank you for believing in heroes.

**Sandra M. Lindsey**  
CEO, Saginaw County Community Mental Health Authority

# Everyday Heroes Program

**6:30 p.m. Welcome, Sandra Lindsey, SCCMHA CEO**

**6:45 p.m. Introduction of Dignitaries**

**6:50 p.m. Introduction of Julie Battle, Emcee**

**6:55 p.m. Invocation, Morgan Notestine**

**7:00 p.m. Dinner**

**7:30 p.m. Everyday Hero Recognition**

Quintin Blackwell

Lelon Chism

Tina Colpean

Matthew Goodrich

Javier Guevara

Alex Krease

Joel Redlawsk

Marie Revard

Earl Sharp

Miley Stuller

Christine Wright

Richard Zimmer

**8:00 p.m. Agnes Rambo Quality of Life Award**

Sandra Court Home

(Home Manager: Lakeshia Hart)

**Bernice Barlow Community**

**Partnership Award**

Saginaw Pathways to Better Health –  
Care Coordination Agency Supervisors:

Dawn Bellinger, St. Mary's of Michigan/  
Center of HOPE

Dora Harris, Health Delivery, Inc.

Jane Sills, Covenant HealthCare  
Visiting Nurse Special Services

Theresa Bedour, Covenant HealthCare  
Visiting Nurse Special Services

**Improving Practices Champion Award**

Erin Nostrandt

**Rapson Living the American  
Dream Award**

Rochelle Patterson, Bright Vision SIP

**Eileen & Lou Vescio Leadership,  
Advocacy and Family Support Award**

Health Delivery, Inc.

**Special Hero Recognition**

Carl Gwizdala

Andrew Keller

Lori Malone

**8:40 p.m. In Memoriam**

Martin Aumann

Lori Denter

Robert Thrash

**8:45 p.m. Dancing & Entertainment, TCT**



## Everyday Hero



***Quintin Blackwell***

Quintin Blackwell has a lot to say and a lot to be proud of. He's a shining example of how much an individual can achieve when he believes in his potential. In other words, he's the embodiment of an Everyday Hero.

In 2010, Quintin began working with SCCMHA due to the negative direction his life was taking. He had been placed in foster care at Beacon Harbor, and was struggling with defiant behavior, aggression and disrespect of authority. With the help of his support coordinator Melissa Taylor, teacher Marcus Durand, and the supportive staff at Beacon Harbor, Quintin began a behavior treatment plan (BTP) and started special education classes. He worked hard on paying attention in the classroom, respecting authority and having a strong sense of self.

Quintin's hard work paid off. He made significant progress with his BTP, which he completed in 2014. He was able to return to his schooling at the Transitions Center and graduated in 2015. After graduation he took a job at SVRC Industries, and because of his can-do attitude and stellar

work ethic, Quintin earned a promotion to the SVRC hotel crew as a housekeeper.

"I have a terrific job," Quintin says.

Quintin's goal has always been to live independently, and he set that as his goal of person-centered planning every year. The Beacon Harbor staff supported his goal by teaching him skills that would allow him to someday live on his own. Again, Quintin's hard work and determination paid off. In March 2016, he moved into a semi-independent apartment.

Quintin enjoys that he has accomplished so much. "It feels great," he says. "I made it into a home and I'm good at my job." In his spare time, Quintin likes to play video games, especially sports-related games. "Basketball is my favorite," he says. He hopes one day to own his own car and get a job at a plant somewhere.

"I'm proud of what I've done," Quintin says. "I'm excited about what I will be in the future." And we are all proud of this Everyday Hero, too.



## Everyday Hero

Lelon Chism knows that as long as you have a dream and determination, you can do amazing things.

"When I was young, it was my dream to play basketball," this Everyday Hero says. "It made me believe and try hard. It helped me stay out of trouble."

When Lelon began working with the SCCMHA Supported Employment Department, he saw an opportunity to turn his love of basketball into a gift – by becoming a coach for kids in the community.

"I hope that by helping kids who have that same dream, they'll also stay out of trouble," he says.

Lelon began working towards his goal, but his journey wasn't without obstacles. He was told that because of his educational status, he wouldn't be able to pass the courses he needed to become certified. Then Lelon looked for places to hold his very own training camp, but he wasn't able to find a permanent facility to house it.

But Lelon never gave up. He reached out to his staff and the Supported Employment Department, and with their help, Lelon

came up with the next best solution: finding employment with an existing agency. And soon, the Saginaw YMCA hired Lelon to run a basketball camp.

Today, Lelon coaches elementary, junior high and high school children to become great community athletes. "I teach the basic fundamentals of basketball," Lelon says. "Although I teach kids of all levels, my goal is to always try and get the ones who haven't had much training."

Thanks to his coaching and belief in them, every athlete Lelon has trained has become successful in making their school's team and being a valued player.

Lelon has one final piece of advice for everyone. "Never give up on your dreams and always believe in yourself. Believe in the people behind us, who are trying to help us. Trust in God, He will help us. Give it a chance and make it work. You can do it."

Truly motivational words from a truly motivational Everyday Hero.



***Lelon Chism***

# Everyday Hero



***Tina Colpean***

"The way to get started is to quit talking and start doing." That's one of the many motivational phrases Tina Colpean has posted on her Facebook page. It's also a quote that embodies the attitude and spirit that make her one of our Everyday Heroes.

A year ago, Tina came to SCCMHA looking for services to help the well-being of her family. Even in the midst of crisis and despair, she impressed the staff with her understanding of the challenges facing her and her determination to make things better for her children.

Tina began attending parenting classes including Caring for Children who have Experienced Trauma Resource Parent training. As she started to see positive results for herself and her family, Tina began advocating for additional support services her family needed in order to be successful.

As her family started to heal, Tina started to heal as well, which allowed her to grow. She grew as a member in our Empowered to Reach and Teach Families team, eventually being elected chair of the committee. She grew by completing the training series for

Resource Parent Trainer, and is now a consistent parent co-trainer for that curriculum. And she grew by interviewing for and receiving a position as a Peer Support Specialist for Saginaw Psychological Services.

"I truly believe in this job," says Tina. "I feel that if someone had been there to do something for my mom, maybe things would have been different in our household when I was growing up. My goal is to be that person for the families I help."

These days, Tina enjoys playing Yahtzee, going on vacations with her family and just spending time with her children. She's actively working towards an associate's degree in criminal justice, and is excited to see where the road will take her.

Tina, you are amazing – not just because of how you've helped your family, but for everything you do to empower and support the families and individuals you come in contact with. For them, as well as for us, you truly are an Everyday Hero.

## Everyday Hero

"I hope my story can inspire people," Matthew Goodrich says. On behalf of everyone who knows him, we can honestly say he's more than just inspirational – he is an Everyday Hero.

Several years ago, Matthew had been released from prison and was in a dark place. But he was ready and willing to make positive changes to his life. He began services with SCCMHA in 2010, which included individual therapy, case management and psychiatry services. Through his treatment, he was able to gain the insight needed to understand and manage his co-occurring disorder.

Matthew completed the Thinking for Change group in 2012, finished Men's Trauma in July of 2014, participated in the Suicide Survivors Group and began Dialectical Behavior Therapy (DBT). In order to take charge of his life, Matthew championed himself and requested to be put on the medication he needed to prevent relapses.

Today, Matthew is proud to say he is abstinent and stable. He's living independently, and has reached the maintenance stage of recovery. Perhaps best of all, he's

gained relationships with his daughter and granddaughter, and also is able to assist his mother, who Matthew says has been and continues to be his main support.

Recently, Matthew has had some health challenges. But he chooses not to dwell in the past and instead focuses on outcomes. He watches his diet, visits a local gym regularly and has quit smoking (he's been smoke-free since Easter Sunday). "I have a greater respect for life now," he says.

Matthew also spends his time in creative pursuits. One of his favorite hobbies is ordering high-quality pictures off the Internet and building custom frames for them. His beautiful framing work can be found in some of our very own SCCMHA offices! He also keeps busy by working outside and painting houses.

Matthew, you show all of us that everyone has the ability to overcome difficult life circumstances with flying colors. Your wisdom, courage and success are worthy of recognition, and that is why we name you an Everyday Hero.



***Matthew Goodrich***



## Everyday Hero



***Javier Guevara***

Javier Guevara lives life to the fullest. He's a happy, friendly individual whose determination to improve himself and live a life that makes him happy is why he is an Everyday Hero.

When he was four, Javier sustained a head injury that would forever alter the course of his life. In order to get the help he needed, Javier was sent to Rainbow Rehabilitation Center, a long-term residential center for kids with closed-head injuries. Because of his head injury, Javier had to deal with partial left-side hemiparesis and seizures for many years. He also had significant behavioral problems, which at times included violent outbursts.

Thanks to the help and support he received, and because of his desire to make himself better, Javier improved and was able to return home in 1997. When he turned 18, Javier moved into an adult foster care home and finally to JubeJu Supported Independent housing, where he lives today.

All this would be enough to make Javier an Everyday Hero. But, never content to settle, Javier still

wanted more out of life. He continued special education classes and graduated in June 2008. Since graduation, he has remained fully employed at his job at SVRC Industries.

Javier has also taken steps to be in control of his health issues. He has been seizure-free for over 16 years on his current medication regime, and he now has very few problems with outbursts and aggression.

Every day Javier continues to live a purposeful life. He enjoys taking vacations, particularly going on cruises and traveling to Florida with his roommates and friends. He also enjoys being involved in his community, and takes an active part in activities around Saginaw. He loves his family very much and sees them on a regular basis.

Javier, thank you for your optimism, your positive outlook and showing all of us how to live life to the fullest – in short, thank you for being an Everyday Hero!



## Everyday Hero

Alex Krease has shown us all the amazing strides an individual can achieve when he embraces his full potential. After all, that's what an Everyday Hero does.

In July 2014, Alex began receiving services from SVRC Industries. When he started at SVRC, Alex was incredibly shy and introverted. His previous Rehabilitation Services Specialist says that most of his communication to others was done through nodding his head.

But, over time, Alex began to emerge from his shell. He slowly began to make friends as he participated in group activities and volunteered in the community. He started participating in conversations with others, slowly at first, and then more and more easily. And finally Alex stopped waiting for others to approach him and began initiating conversations.

Today, Alex is an active, happy, contributing and dedicated helper. He's progressed from working on piece-rated tasks to working on the production floor in a minimum-wage-level job with more responsibilities. He's made a lot of new friends at work, and he enjoys interacting with them as well as other volunteers and case-

workers. His current Rehabilitation Service Specialist says she always looks forward to Alex initiating a conversation with her.

Besides being a valued contributor at work, Alex volunteers on a weekly basis at Meals on Wheels, and he's looking forward to volunteering in different areas when opportunities become available in the future.

On a personal level, Alex has taken an active role in recognizing the areas he needed to improve, and he has put in the effort to ensure he met the goals he set for himself. His mother, Gayle, notes that he's become more positive, happy and outgoing at home. He helps with chores around the house, and loves taking care of his beloved cats. In his spare time, Alex enjoys playing video games, particularly team-based ones like Call of Duty, listening to music and going on walks.

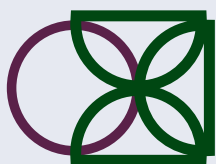
Alex, you show your family, friends and community just what can be done when a person is determined to meet his goals. For believing, achieving and for many other reasons, you are definitely an Everyday Hero.



**Alex Krease**



**Everyday Hero**



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## Everyday Hero

Here's what Tim Howard of Training & Treatment Innovations (TTI) has to say about Joel Redlawsk: "If you give Joel something to do, you can be assured he will get the job done." That's this Everyday Hero in a nutshell.

Joel has been a certified peer support specialist for TTI since 2013, and has quickly become an integral and essential part of his team. He's incredibly popular with co-workers and consumers alike because of his warm personality and knack for connecting with the individuals TTI serves.

Joel is "positively outspoken," and uses his natural extroversion to bring a smile to the face of everyone he meets. He's a natural leader and mentor and currently co-facilitates a group on co-occurring disorders. He openly shares his own recovery story as inspiration and encouragement.

"One of my favorite parts of my job is when people receive hope, joy, relief and empowerment in our meetings," says Joel. "I love seeing quality of life return to people in recovery as they continue their journey."

"Enthusiasm" is a word that comes up quite a bit when talking about Joel. He enthusiastically advocates for the consumers he

serves, and goes out of his way to find resources and ways to help them. He'll even personally take consumers to food banks or appointments, just so they're able to get the help they need. He champions for consumers' wellness and does everything he can to get them out and about, whether that's taking them on walks, accompanying them to social functions or helping them search for and attend network programs.

Another word that's used to describe Joel is "collaborative." He wants to make sure everyone from consumers to the staff has the tools they need to be successful. He is always happy to share his knowledge with his peers in the SCCMHA system, and actively seeks out case managers to see what he can do to help them do their jobs better.

Joel was the one who spearheaded the idea of bringing Whole Health Action Management (WHAM) groups to TTI, which is a program that helps encourage increased wellness and self-management of health and behavioral health. Joel recently finished co-facilitating the first WHAM group, and he is looking to start another WHAM group soon.



***Joel Redlawsk***

Here are some words from Joel that describe his philosophy on life.

"There is enough light in all of us to illuminate the dark," he says.

That light is reflected in Joel's can-do attitude, personable character and infectious optimism. So, here are the words we think best describe Joel: "An Everyday Hero."

## Everyday Hero



**Marie Revard**

Marie Revard has a great sense of humor, cares deeply about her friends and family and loves to help others. She is also an amazing, self-determined woman, which is why we recognize her as an Everyday Hero.

Marie has been receiving services through SCCMHA most of her life. She attended the Millet Learning Center when she was younger, and afterwards took special education classes. She graduated and received a certificate of education at the age of 26. Over the years, she has been an active and enthusiastic member of the community, volunteering at the Humane Society and the Red Cross, participating in vocational services, attending peer-oriented drop-in programs and competing in the Special Olympics.

About six years ago Marie made the decision to participate in Self Determination through SCCMHA. This initiative gave her the tools she needed to live a true self-determined lifestyle. Now, Marie makes her own choices about who provides services to her and how those services are delivered. Marie is her own best advocate, and has no problem expressing her needs, likes, wants, and

desires. She manages her own personal matters with minimal assistance from supports, and she exercises her right to vote in every election.

Marie is fiercely independent and proud of the fact that she now lives on her own. She loves her cat, Ann, very much and takes excellent care of her. Marie continues to stay active in her community, and participates in a bowling league and Bible study. She has a thriving social life filled with life-long friendships. She enjoys visiting her best friend of 21 years at adult foster care once a month and she attends skill building at Guardian Angels three times a week.

"I like to go out to eat, go shopping and sing." Marie says. "I go to the library near my house and read books. I read any book I can get my hands on!"

Marie has many great strengths and qualities that have helped her achieve such personal success. She continues to make good choices for herself, and always shows strength and perseverance. She has accomplished many good things in life and will continue to do so, which only makes sense ... because she is, after all, an Everyday Hero.



## Everyday Hero

Earl Sharp shows all of us that no matter how old or young you are, you can make your goals come true through self-determination and belief in your potential. This 86-year-old Everyday Hero is a retiree from attending Community Ties South, and has officially been living a self-determined lifestyle since 2012. (But we believe he's been living the principles of self-determination much longer than that.)

The progress Earl has made in his everyday life is a direct result of his desire to shape his life the way he wants. His dream has always been to participate in the community in a meaningful way. Because he has been his own advocate and surrounded himself with staff who believe in and support him, Earl has been able to achieve his goal of being active in his community.

Living a self-determined lifestyle allows Earl to continue to make meaningful decisions about how he lives his life. Today, Earl shares a home and staff with three other gentlemen, and thanks to their support he's able to live safely and comfortably.

Earl, thank you for your determination and your commitment to being the very best person you can be. Because of your hard work and for everything you do to live a self-determined life today and every day, you are an Everyday Hero.



***Earl Sharp***

# Everyday Hero



**Miley Stuller**

As the Director of the Friends for Recovery Drop-In Center, Miley Stuller does it all, from scheduling staff to making presentations to paying the bills to hiring new employees and many, many other tasks. As an Everyday Hero, she offers love, acceptance and support to everyone who walks through the doors.

"I believe my experience with recovering from my challenges has allowed me to successfully help others," Miley says. "I'm able to give back to consumers what was given back to me."

Miley started as a Peer Support Specialist with Training & Treatment Innovations (TTI) in 2011. In her role there, she helped their case management program assist customers who don't have Medicaid or social security benefits connect with service and get approved for benefits. In 2013, Miley was hired as the Director of the Friends for Recovery (Drop-In) Center. Friends for Recovery Center was brand new, and Miley had to start the consumer-run program, including getting the new building ready, support the new consumer board of directors, their peer staff and market the new services to Saginaw.

"I love being able to serve consumers and give them the unconditional support they deserve," Miley says. "For a lot

of people, it's not just about getting services. They just want to be loved and accepted for who they are. And I'm so glad I and everyone I work with is able to give that to them."

Miley's compassion for those she serves is evidenced by the love everyone feels for her. Here are a few comments from participants who have had the pleasure of working with Miley: *She goes out of her way to help people and is an excellent listener. She does an excellent job at knowing the people and helping with their problems. She is kind-hearted, humble and a beautiful person.*

Miley's energy and enthusiasm extends into her personal life, too. She enjoys camping, reading and learning about anything that interests her. She actively researches what's going on in the health and medical field, and is in the process of trying to learn different languages. "It's important to never stop learning," Miley says.

For Miley, there's no delineation between the staff of Friends for Recovery and the participants they serve because, as she says "we're all here to help and support each other's recovery." Her compassion, her dedication and her incredible drive are just a few of the many reasons we consider her an Everyday Hero.

## Everyday Hero

When you look up the phrase “self-improvement” in the dictionary, don’t be surprised if you see Christine Wright’s picture there. Even when she has already accomplished so much and it seems like there’s little left for her to improve, this Everyday Hero always finds new and exciting opportunities to better herself.

“I’ve come a long way thanks to the help I’ve received from SCCMHA,” Christine says.

Christine has dealt with many changes over the years, and has done so with grace, self-confidence, and maturity. She has learned how to deal with grief and loss, and has actively continued to pursue her dreams. In 2014, she graduated from Assertive Community Treatment (ACT) to case management with Training & Treatment Innovations (TTI). No matter what changes she faces, Christine continues to develop and discover healthy coping skills.

Last year, Christine joined Bayside Lodge Clubhouse and earned a six-month temporary employment job at Goodwill, where she was able to apply her positive attitude and hard work ethic in a successful manner. In December of 2015,

she moved from an adult foster care home into a Semi-Independent Placement (SIP) home.

And, boy, is she thriving. “I love independent living,” Christine says. “My goal is to continue living independently.” Christine takes time every day to clean and cook, and she enjoys learning and sharing new, healthy recipes.

Focusing on wellness is very important for Christine. She’s been smoke-free for over two years, and she’s worked hard at avoiding junk food, successfully losing almost 50 pounds along the way. And she’s proud to say that she’s been hospital-free for over two years now.

In her spare time, Christine enjoys shopping, taking walks and doing word searches. She likes spending time with her roommate, going out to eat and attending programs with the people she works with. She gets along with everyone, whether it’s her roommate, her mother, her friends at Bayside or anyone at TTI.

Christine, thank you for being a wonderful role model and always finding the positive in everything. You are an Everyday Hero inside and out.



***Christine Wright***

# Everyday Hero



***Richard Zimmer***

Richard Zimmer has been able to rise above the disbelievers, become his own advocate and achieve his dreams. For this Everyday Hero, the future is bright indeed.

After suffering a traumatic brain injury due to a severe car accident, Rick's life was turned upside down. He found himself dealing with extreme anger and had a hard time controlling himself. In 2004, he was placed in the Lighthouse Neurological Rehabilitation Center in Caro – the only center in Michigan that would accept him.

Rick knew Lighthouse was not where he wanted to be. He wanted to move out of the facility and into a less restrictive environment. So in 2012 he contacted Recipient Rights, where he was put in contact with Melynda Schaefer, recipient rights advisor. He would often call her to chat and reflect on how much he regretted his past decisions. Sometimes he would reminisce about what his life had been like before the accident.

Throughout 2013, Rick worked on making significant changes to his behavior. He began focusing

more on the future. His whole outlook on life began to change, which then translated into real, personal change. Rick began advocating to his therapist and psychologist, letting them know his desire to leave Lighthouse.

He was met with resistance at first due to his history. Still, Rick persevered and did not let anyone's doubts sway him. By the end of 2013, Rick achieved his goal and moved into the Frances Home in Lapeer, where he still lives today.

At the new home, Rick is thriving. He's happy to say he has not had any significant anger issues in a very long time – years, in fact! He is employed through Team Work in Lapeer, where he sweeps, mops, and performs other various cleaning duties. He continues to impress the staff in his home with his self-control and willingness to help.

Rick reminds us that everyone has the ability to achieve their dreams. And he inspires other individuals to believe in themselves, even when others may not believe in them. That's the mark of an Everyday Hero.



# Agnes Rambo Quality of Life Award

## ***Sandra Court Home, Beacon Harbor***

When an SCCMHA network provider goes above and beyond to improve the quality of life for persons with disabilities living in a residential setting, we honor them with the Agnes Rambo Quality of Life Award. This year, this honor goes to the incredible staff at Beacon Harbor's Sandra Court Home.

Home Manager Lakeshia Hart and her caring staff are more than just service providers. Their love and concern show in everything they do for the consumers living in their home.

Over half the staff currently working at Sandra Court have been there for at least two years. Several have been working there for nearly 10 years, and one staff member has been there for just over 12 years. That career longevity – particularly in a field where staff turnover rate is usually very high – is exceptional, and speaks to the compassion and affection this staff feels towards their residents.

That continuity is part of the reason the staff and consumers of Sandra Court have been able to form real, lasting relationships. Because the consumers who live at Sandra Court do not have a lot of natural supports or family, the staff has

taken over that role. At SCCMHA, we always like to treat consumers "like family," and at Sandra Court, that's not just a saying – it's absolutely true.

Lakeshia and the staff work incredibly hard to engage consumers in activities on a regular basis, both inside the home and out in the community. From taking walks, to playing board games, to having one-on-one conversations, to going into the community for shopping trips and movie dates, the staff always finds opportunities that are fun and fulfilling.

Because of their warmth and affection for consumers, the staff of Sandra Court has created a cozy, homey residence that is a comfortable, inviting and engaging place for the residents through difficult and fun times alike. They truly display the care, compassion, dedication and commitment that embodies the high standards of excellence that SCCMHA embodies.

For everything they do to improve the lives of consumers each and every day, we are honored to present the staff at Sandra Court Home the Agnes Rambo Quality of Life Award.



***James Peebles,  
Chelise Bond,  
Bryant Craighead  
of Beacon Harbor***

# Bernice Barlow Community Partnership Award



***Dawn Bellinger***



***Dora Harris***



***Jane Sills***



***Theresa Badour***

## ***Saginaw Pathways to Better Health Care Coordination Agency Supervisor Team***

The Bernice Barlow Community Partnership award is given to an individual or organization whose commitment to the power of partnerships has improved services to Saginaw County citizens. This year, we are proud to recognize the Care Coordination Agency Supervisor Team of the Saginaw Pathways to Better Health (SPBH) Program: Dawn Bellinger, Dora Harris, Jane Sills and Theresa Badour.

In 2012, the Centers for Medicare and Medicaid Services awarded the Michigan Public Health Institute a three-year, \$14-million innovation grant to implement Michigan Pathways to Better Health in three high-need Michigan counties. This program is designed to link consumers with medical services and social service supports in their community. A staff of Community Health Workers are trained and deployed to assist qualified individuals, helping them identify “pathways” to reach and manage their health goals.

Our Saginaw Pathways to Better Health model would not be a

success without the tireless work of our Care Coordination Agency Supervisor team: Dawn Bellinger of St. Mary's of Michigan/Center of HOPE, Dora Harris of Health Delivery, Inc., and Jane Sills and Theresa Badour of Covenant HealthCare/Visiting Nurse Special Services. These dedicated professionals are responsible for the recruitment, hiring, training, deployment and supervision of our area's Community Health Workers.

Thanks to the leadership of these committed, caring professionals, Saginaw Pathways to Better Health has helped over 2,200 consumers in our area realize their potential and get the resources they need to live healthy, fulfilled lives. Their work is an example of how we can achieve great things by working together. Because of their commitment to partnership and their dedication to improving the lives of our consumers, we are pleased to present Dawn Bellinger, Dora Harris, Jane Sills and Theresa Badour with the Bernice Barlow Community Partnership Award.

# Improving Practices Champion Award

The Improving Practices Champion Award is given to an SCCMHA staff member or provider who advances the implementation of evidence-based mental health practices in our community. Erin Nostrandt, Director of Westlund Guidance Center, certainly embodies this philosophy.

Those who have had the good fortune to work with Erin know that one of her many strengths is her administrative and clinical leadership ability. That strength was certainly used this past year as she engaged an array of community partners to implement the organization of the new Mid-Michigan Children's Trauma Assessment Center.

Recognizing that our community had a high prevalence of childhood trauma, Erin envisioned a place where consumers could come to receive appropriate assessment, treatment and support. And so she began her mission. She led conversations with community services, discovered current gaps in skills and knowledge and used that information to develop plans for the Center. The idea was then presented to senior leaders at the Department of Health and Human Services (DHHS) and SCCMHA, where it received overwhelming support.

The Center became fully operational in March 2016. It provides trauma assessments to children up to 16 years of age. Students in the occupational therapy, social work, and nursing programs at Saginaw Valley State University will participate in an internship program to provide professional support – a partnership also spearheaded by Erin.

As if that wasn't enough, Erin also leads a district-wide System of Care school-based mental health initiative. Through this new effort, Erin has coordinated the placement of SCCMHA staff into each elementary and middle school in the city of Saginaw, providing services to children who need it, as well as support and guidance to school staff.

She does all this and still finds time to provide direct evidence-based clinical services to children, adolescents, adults and families on a day-to-day basis!

Thanks to Erin's tireless efforts and advocacy, help is available to the families in our community who need it most. Co-workers and community leaders praise her as a dedicated therapist who always does what is best for consumers.



***Erin Nostrandt,  
MSW, LMSW  
Vice President,  
Behavioral Health,  
Westlund Guidance Clinic,  
SVRC Industries Inc.***

Because of her determination, her passion for helping others, her leadership and the strides she has made to advance evidence-based mental health practices in our community, we are thrilled to name Erin Nostrandt as this year's Improving Practices Champion Award winner.

# Rapson Living the American Dream Award



## ***Rochelle Patterson, Bright Vision Services***

The Rapson Living the American Dream Award is given to an individual who has shown commitment to the vision of freedom, choice, and independence, and has helped turn dreams into realities for persons with disabilities in the Saginaw community. For those who know Rochelle Patterson of Bright Vision Semi-Independence Placement (SIP), it's easy to see why she is the recipient of this year's award.

Positive. Genuine. Compassionate. Involved. These are words that have been used to describe Rochelle, and describe her well. Rochelle enthusiastically throws herself into her job, engaging with consumers and doing everything in her power to make sure they receive the care they need. From cleaning to cooking, meal preparation to grocery shopping, getting to medical appointments to sitting and having a friendly chat ... if a consumer needs help of any kind, they know they can always rely on Rochelle.

Here's one small example of Rochelle's compassion and care. One of the consumers in her home had not had her dentures replaced in over 30 years. With Rochelle's help and advocacy, she received a new pair that Rochelle encourages her to wear for a certain amount

of time each day in order to get used to them. At the same time, Rochelle noticed this consumer's hearing trouble, and was able to get a new set of hearing aids at no cost. While things like this are "all in a day's work" for Rochelle, they're life changing for the consumers she serves.

Besides being a devoted advocate, Rochelle makes sure consumers are involved in social and community events on a regular basis. She organizes house potlucks once a month, and helps host barbecues in the backyard during the spring and summer months. Rochelle also organizes monthly community activities to get consumers out and participating in the Saginaw community.

There's a quote that goes, "To make a difference in someone's life, you don't have to be brilliant, rich, or perfect. You just have to care enough and be there." Everyone whose lives have been touched by Rochelle would certainly agree that she's done just that. For her positive influence, her compassion, her devotion to consumers and her willingness to go above and beyond what is expected, we're pleased to present the Rapson Living the American Dream Award to Rochelle Patterson.



# Eileen & Lou Vescio Leadership, Advocacy and Family Support Award

## ***Health Delivery, Inc.***

The Eileen & Lou Vescio Leadership, Advocacy, and Family Support Award is reserved for an individual or organization who has shown commitment to leadership, advocacy and family support, which in turn has improved services to Saginaw County citizens. This year, we present this award to our valued partner, Health Delivery, Inc. (HDI).

Since 2012, HDI has helped SCCMHA serve the whole health of consumers thanks to their clinic at 500 Hancock. This focus on integrated care allows consumers to get accessible, quality health-care in the same place they're receiving mental health services.

What makes this team so special is their deep understanding of the chronic health conditions that individuals with mental illnesses are more likely to face, such as high blood pressure, asthma, diabetes, heart disease and stroke. They understand and embrace the philosophy that physical healthcare must occur in tandem with the treatment of behavioral health concerns in order to truly focus on a person's wellness.

Anyone who's had the pleasure of working with the HDI team knows the thoughtful, professional commitment they show to each of the several hundred consumers they see every year at the Hancock clinic. Consumers say they feel incredibly comfortable with them, and they love being able to meet with their health care provider and their case manager, pick up a prescription at the pharmacy and attend a group meeting – all in the same visit.

Having HDI on-site has been helpful for our administration as well. SCCMHA and HDI staff regularly get together to review behavioral and physical health concerns of individual consumers. This communication allows each of our agencies to ensure we're taking care of every aspect of a person's wellness.

We are very grateful to the continued leadership and commitment HDI has shown consumers. We are deeply appreciative of the individual service the HDI staff at 500 Hancock demonstrates each week. We are incredibly thankful for this partnership that allows us to improve health outcomes for individuals with mental illness.



***Trashan Donald,  
Kayla George,  
Gail McGee***

The famous anthropologist Margaret Meade once said: "Never doubt that a small group of thoughtful, committed people can change the world." That's something we see every day thanks to the staff of Health Delivery, Inc. For their work in changing the world one individual at a time, we are pleased to present them with the Eileen & Lou Vescio Leadership, Advocacy and Family Support Award.

## Special Hero



**Carl Gwizdala**

Who ya gonna call? When it's maintenance issues or custodial requests at 500 Hancock, it's Carl Gwizdala. His skills with the toolbox and dedication to keeping all things building-related running smoothly are just the tip of the iceberg as to why we consider him a Special Hero.

"The most enjoyable part of my job is having the ability to interact with the public and consumers," Carl says. "I like having the chance to incorporate their lives into mine. I feel elated when I can help them in any way by lending a helping hand or even just by saying hello."

Carl and his department are dedicated to making the SCCMHA building a clean and comfortable environment for our staff, consumers and visitors. If you need new batteries for your clock, or you need someone to unlock the shred box because somebody accidentally put an important document there? Just call Carl, and he'll be there to help in any way he can.

"Working at SCCMHA is kind of second nature to me," says Carl. His beloved brother, Tom, struggled with mental disabilities throughout his life and actually received services at SCCMHA. Carl did everything he could to help his brother through everyday life, and says that growing up with him was a delight.

"It felt natural to me to work in an establishment that catered to individuals who had these needs," Carl says.

Carl's sense of service and belief that everyone is important is reflected in how he interacts with everyone he meets. He is kind, patient and shows respect to and for everyone. "Through my actions, I want to help consumers realize that people care about them, and that we're here to help and assist them in bettering their lives," says Carl.

In his personal life, Carl is devoted to his son, Carl Jr. (Joey) and enjoys spending quality time with him. They enjoy fishing, bowling and walking together. Carl always encourages his son to focus on the positive aspects of life, and not to let anything deter him.

Carl lives his life with the belief that God loves not just those who help themselves, but those who also lend a helping hand. He believes we're all God's children, and it's our duty to be benefactors to those around us who are less fortunate.

"Always let your little light shine and help those around you," Carl says. That's a philosophy this Special Hero lives day in and day out.

## Special Hero

It takes a special kind of person to tackle the big topics that affect the Saginaw community – someone who isn't afraid to roll up his sleeves and speak up for causes that can make a positive change. Andrew Keller, reporter for WNEM TV-5, is just that kind of Special Hero.

Over the past few months, Andrew has worked closely on a special project with a group of youth and representatives from SCCMHA, local schools and law enforcement. Together they developed and produced a training DVD focused on developing ongoing, positive communication between youth and law enforcement officials.

The DVD, "Everybody's Somebody's Baby," is based on the theme that everyone is important to their family, friends and the community. It features honest discussions between youth and members of law enforcement about respect, and lays out strategies for positive interactions. The finished product will be available online and on disc, and will be used throughout Saginaw County to help create positive outcomes and an atmosphere of mutual respect.

Andrew displayed an amazing level of passion and dedication throughout the development of the DVD. He not only worked closely with the group to develop the theme and plan out strategies – he also worked with WNEM TV-5 staff to film and edit several segments. His dedication to the development and production of this project went far above and beyond his scheduled work responsibilities.

"As we filmed the community segment and worked closely with parents, youth and community leaders, Andrew's enthusiasm for the project was obvious," said SCCMHA Crisis Intervention Services Supervisor Nancy Johnson. "WNEM, with Andrew in the lead role, embraced this project and supported our vision to use common issues such as trust and respect to build relationships in Saginaw County's diverse community."

Because of Andrew's enthusiasm and willingness to collaborate, youth and law enforcement now have a valuable resource that will help improve how they understand and interact with each other, and will create better outcomes for everyone who calls



**Andrew Keller**

Saginaw home. Without Andrew's skills and desire for sharing this message, the project wouldn't have made it off the ground.

Andrew is already known as a friendly, familiar face on WNEM TV-5. Now, he can be known for an additional role: as a Special Hero to SCCMHA, the youth and families we serve and the Saginaw community.



[www.youtube.com/watch?v=Kg5urmP9i2o&feature=youtu.be](http://www.youtube.com/watch?v=Kg5urmP9i2o&feature=youtu.be)

## Special Hero



**Lori Malone**

Every Thursday, a Special Hero appears at St. Mary's of Michigan Guardian Angel Respite and Adult Day Services. Her name is Lori Malone, and although she doesn't wear a cape or leap over buildings in a single bound, she definitely has amazing superpowers.

One of those superpowers is her ability to bring smiles to the faces of consumers as soon as she walks through the door. The participants at Guardian Angel absolutely love Lori, and she loves them right back.

"The consumers are the most genuine, warmest people in the world," says Lori. "I think they could teach everyone a lesson on how to be happy in life and enjoy everyday things. I just love being able to spend time with them."

Another superpower is her ability to selflessly and cheerfully offer assistance. Lori does everything she can to assist the staff of Guardian Angel with whatever they need. Besides donating her time, Lori plans and brings in all the supplies for the Guardian Angel participants. Whether it's a fun craft or teaching a baking activity, Lori comes up with creative ways for everyone to be involved and have a good time.

Lori also has the power to make every participant feel special and important. She makes sure every individual gets a chance to be included and has an opportunity for learning and social interaction. Every activity is designed so each and every participant is able to help. And of course, she always makes sure to bring in extra goodies and favorite snacks to enjoy!

It's no surprise that all the participants and staff of Guardian Angel consider Lori to be part of the family. "Lori is truly one-of-a-kind," says Mackenzie Martin, Adult Day Care Services Coordinator. "We are all a better bunch of people for having known her."

Although to the world she's known as Lori Malone, former schoolteacher and devoted volunteer, the participants and staff of Guardian Angel – and all of us at SCCMHA – know who she really is: a very Special Hero. (But don't worry, Lori. Your secret identity is safe with us.)



## IN MEMORIAM Special Hero

### **Martin (Marty) Aumann**

Marty Aumann was an inspirational case manager with the SCCMHA network for over 19 years. He was known as the Training & Treatment Innovations (TTI) weatherman, had a strong sense of humor and was a man of many stories. His co-workers saw him as a father figure and someone who gave 100% to helping and supporting persons with serious mental illness.

Marty was always the optimist. He was positive, helpful and calmed others down when they were worried or anxious. During tough times, Marty would always say, "Don't worry, things pop up. It will be okay; it always is." And he was usually right.

Marty was taken from us in August 2015 due to cancer. He was 49 – far too young. Marty's hope and optimism was how he inspired his consumers to believe in their dreams and desires and work towards their recovery. He encouraged everyone to look toward the future, learn from the past and make a plan on how to accomplish their goals for tomorrow. He is missed by his beloved family, consumers and the staff at TTI and SCCMHA.

### **Lori Jean Denter**

Lori Jean Denter began working as a Child and Family Therapist for SCCMHA in 1998. Over her many years of service, she was a supervisor for the Family Services Unit 2 and later the Mobile Urgent Treatment Team. She was involved with the Department of Health and Human Services, CAN Council, Drug Court, Innerlink, 10th Circuit Court Family Division and many other organizations.

Lori always encouraged and inspired her staff to do everything they could for consumers. She firmly believed and impressed upon her staff that all

consumers had great potential, and that given the chance they had the power to change their lives. Her door was always open to staff and consumers, no matter what the issue.

Lori loved her family very much, and often told stories about her niece Halee, nephew Joey, mom Jan and sister Deanna. She is sadly missed by staff, and even more by her family. Although she passed away July 8, 2015, her legacy will continue to live for many years to come.

### **Robert (Bob) Thrash**

Bob Thrash started his professional journey helping others at Morehouse College after earning his MSW at Clark Atlanta University. Bob served in the Army with the Medical Service Corp, first as 2<sup>nd</sup> Lieutenant and then Captain as a clinical social worker.

In his civilian life, Bob contributed his talents to several agencies. Bob worked at Bay Area Guidance Center, Insight International, Saginaw County Community Mental Health Authority (SCCMHA), Tuscola County Community Mental Health, Saginaw Valley State University, DOT Caring Centers and finally SCCMHA as a supervisor for Community Support Services (CSS).

Everyone at SCCMHA knew Bob's grandsons Daniel and Aaron were the apples of his eye. Bob was very proud of both his daughters, Kimberley and Brandi, and kept CSS apprised of their various activities, especially Kimberley's travels all over the country. Community Support Services loved Bob very much because, as they said, "It's difficult to find a patient, tolerant, Godly man full of wisdom who is also your boss." He is very much missed by his staff, co-workers and family.



**Martin (Marty) Aumann**



**Lori Jean Denter**



**Robert (Bob) Thrash**

# Congratulations!

**Saginaw County Community Mental Health Authority  
Everyday Heroes Recognition Banquet**



**We appreciate your mission and the benefit that SCCMHA provides our community. All of us at Choice Office Products congratulate the extraordinary individuals who are being recognized and serve as an inspiration and as a reminder of an empowering truth: Every one of us can make a difference in bettering our world.**

# Consumer/Consumer Advocate Involvement in SCCMHA Committees

## **Consumer Leadership Group**

Dawana Agnew  
Alisha Barnes  
Michelle Blaine  
Tracey Burke  
Vincent Calligaro  
Mary Lou Davis  
Glorious Feagin  
Emma Gaddis  
Marsha Gannon  
Tocarra Gentry  
Tery'a Hall  
Marcia Holden  
Marquis Horn  
Rachel Hosford  
Sandra Hudson  
Tommy Jackson  
Brian James  
Christine Kaufman  
Claude Linton  
Willie Lytle  
Chrystal Marshall  
Gregory Marshall  
Lesia McAfee  
Troy Metcalf  
Winfred Mitchell  
Anna Monk  
Sarah Moore  
Debora Nagel  
David Osmun  
Thelma Paschall  
Yagnesh Patel  
Matthew Rembish  
Diana Roberson  
Jesse Saldana  
Susan Samson  
Tonja Sanders  
Lisa Sawyer  
Charles Schroeder  
Joseph Sian  
Tanara Simpson  
Jennifer Skillman  
Vernon Spivey  
Theresa Sproull  
Arnisha Sprowl  
Larry Taylor  
Joyce Terry  
Paschall Thelma

Cecilia Thomas  
Tad Urban  
Susan Warner  
Sherri White  
Rebecca Williams

## **Continuing Education**

Michael McGovern

## **Friends for Recovery Center**

Michael Cierzniewski  
Irene Gray  
Jeff Herzberg  
Ellen Lake  
Jose Loperena  
Debora Nagel  
Maryann Saldana  
Lisa Sawyer  
Michael Schuster  
Andre Strode  
John Vance

## **Learning Links**

Gregory Marshall  
Winfred Mitchell

## **MSHN Consumer Advisory Council**

Vanquesha Hughes  
David McFarland  
Joyce Tithof

## **Quality Improvement**

Willie Lytle  
Gregory Marshall

## **Quality of Life**

Larry Taylor  
Cecilia Thomas

## **Recipient Rights Committee**

Debra Nagel

## **Saginaw MAX System of Care**

Heather Akers  
Alaziah Arnett  
Sally Arriaga  
Latavia Baker  
Lorisa Bellinger  
Yolanda Brenner  
Dee Brown

Erin Brown  
Thomas Brown  
Tina Brown  
Mark Bryant  
Rhonda Bryant  
Tina Colpean  
Sierra Cortez  
Romellus Cuevas  
Adam Dockham  
Richelle Donald  
Wanda Dunlap  
Karen Essex  
Christian Evans  
Latrisha Evans  
Sophia Griffin  
Lakeisha Harris  
Maryona Haynes  
Tisa Henderson  
Charlotte Hilliard  
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Steven Holmes  
Teresa Holmes  
Carla Hughes  
Shamell Jackson  
Michael Jiles  
Martha Jordan  
Tracy Kapitzke  
Andrea Lamer  
Kassidi Lewis  
Olivia Lopez  
Kieli McCoy  
LaWanda McDaniel  
DaMichael McGill  
Tarus McNeal  
Gaven Mersha  
Teresa Metes  
Algeria Morris-Sowah  
Tad Mueller  
Victoria Nachtman  
Clarence Nelson  
Liltasha Nelson  
Keisha Powell  
Mark Sanchez  
Amy Sargent  
Greg Schmidt  
Tina Schmidt  
Diana Schmiegall  
Legerald Scott

Maudena Scott  
Joan Sims  
Diane Smith  
Tracy Smith  
Eloisa Soto  
Danielle Tafel  
Rachel Taylor  
Adriana Teague  
Shmarira Torrence  
Tre-Shawn Visnaw  
Andrea Wagner  
Carisma Webb  
Nastaccia Welch  
Mary Williams  
Antone Williamson  
Hunter Yates  
Vivian Youngblade

## **Self Determination**

Denise Johnston  
Yagnesh Patel  
Cecilia Thomas



## SCCMHA At A Glance

### SCCMHA Vision Statement

*A belief in potential*

*A right to dream*

*An opportunity to achieve*

### SCCMHA Mission Statement

*As the public manager of supports and services for citizens with mental illness,  
developmental disabilities and chemical dependency and their families,  
SCCMHA actively strives to develop a system of care and a community that values and  
embraces the potential and contributions of all individuals with disabilities.*

### SCCMHA Board of Directors

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Chuck Stack  
Leola Wilson  
Evelyn Wolfgram  
Robert Woods, Jr.





## Special Thanks To

**Julie Battle, Emcee**

Director of Client Relations and Senior Copywriter, AMPM, Inc.

**Thank you to SCCMHA staff and network providers for supporting consumers and helping them become Everyday Heroes!**

**SCCMHA would like to extend a very special thank you for the proclamations prepared by the Michigan Legislature for each of our award winners.**

*Senator Ken Horn*

*Representative Vanessa Guerra*

*Representative Tim Kelly*

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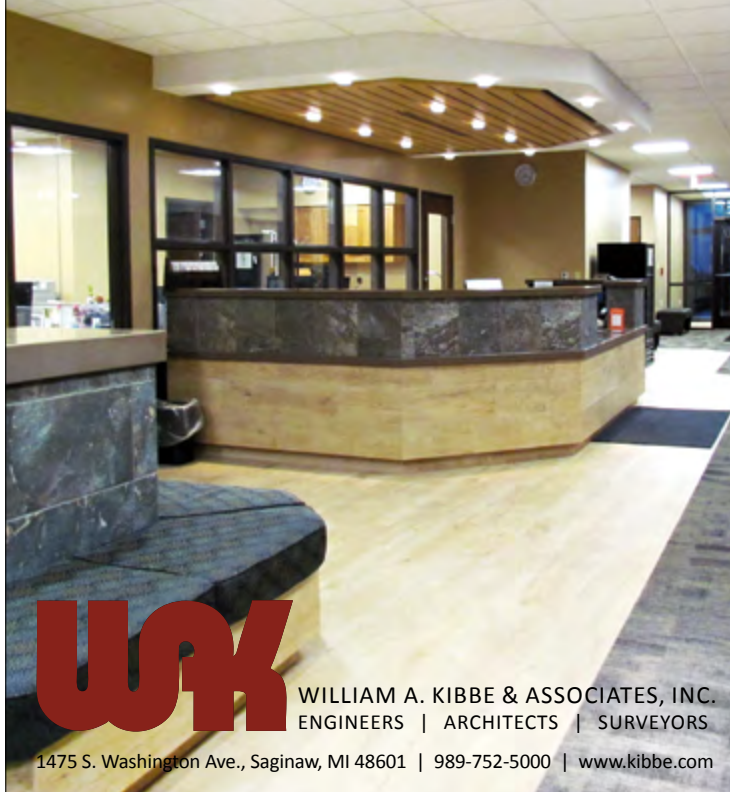
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