



## Self Determination Delivered

October 2023 - December 2023



### Things to Do

#### **SOCIAL “U” Halloween Dance Party!**

When: Wednesday, Oct 4 - 5:30 PM to 7:30 PM

Where: Millet Learning Center - enter at door #59

Cost: \$2.00 per person

RSVP by Oct 2 to Angela. Call or text (989) 284-9014.

Remember your dancing shoes and costume!



#### **Halloween at the Market!**

When: Friday, Oct 27 - 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, face painting & more.

#### **Mental Health Youth Support Group**

When: November 18 - 3 PM to 5 PM

Where: 6215 Dixie Highway, Saginaw

For ages 13 to 18

Call (989) 778-7899 for more information.



#### **Holidays in the Heart of the City**

When: Friday, November 17 - from 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 18 at 11 AM

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

#### **Santa's Holiday Hike**

When: Friday, December 1 - from 5:30 PM to 6:30 PM

Where: Imerman Memorial Park, 3495 Midland Rd, Saginaw

Hike an illuminated trail with holiday inflatables to guide your way. Then enjoy a campfire, music, hot cocoa & Santa. Free.

### PUMPKIN FLUFF DIP



Total Time: 10 minutes

Servings: 12

Calories: 118 kcal



#### **Ingredients:**

- ☐ 15 oz pumpkin puree (canned)
- ☐ 3.4 oz instant vanilla pudding
- ☐ 4 oz whipped cream cheese (optional)
- ☐ A pinch of pumpkin spice, cinnamon, nutmeg, ginger or allspice
- ☐ 8 oz Cool Whip

#### **Instructions:**

Mix together pumpkin, vanilla pudding mix (just the powder), whipped cream cheese (optional) & your spice of choice.

Fold in Cool Whip.

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



SAGINAW COUNTY  
COMMUNITY MENTAL  
HEALTH AUTHORITY



24-HOUR CRISIS HOTLINE

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



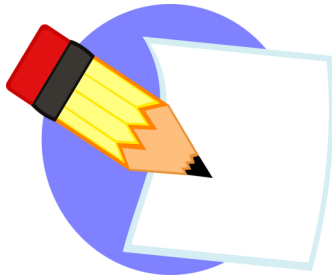
**Remember to set  
your clocks back 1  
hour before you go  
to bed on  
November 4th.**

**At 2 AM we will  
“Fall Back”**

## Timesheet & Progress Note Change

**ATTENTION!** Effective October 1st, we have combined the timesheet and progress note into one document.

Staff will now only have 1 sheet to fill out and sign. Please reach out to your SD Coordinator if you have any questions.



### Contact Us:

**Amanda Louchart** (989) 797-3481  
Email: [Amanda.Louchart@sccmha.org](mailto:Amanda.Louchart@sccmha.org)

**Kalen Steger** (989) 272-0239  
Email: [Kalen.Steger@sccmha.org](mailto:Kalen.Steger@sccmha.org)

**Nakeisha Bledson** (989) 272-7002  
Email: [Nakeisha.Bledson@sccmha.org](mailto:Nakeisha.Bledson@sccmha.org)

**Vaia Economou-Clifford** (989) 498-2279  
Email: [Vaia.Economou-Clifford@sccmha.org](mailto:Vaia.Economou-Clifford@sccmha.org)



## 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  
[jflint@ccj-mi.org](mailto:jflint@ccj-mi.org)



## Flu Shots Available at Genoa Pharmacy

**Free: Even without Insurance**

**Easy: Walk Ins are Welcome**

**Convenient: Get your flu shot while at our Hancock Building**

