



SELF DETERMINATION DELIVERED



January - March 2024

Outdoor Winter Activities

Zehnder's Snowfest 2024 - Come out to Frankenmuth to see larger-than-life snow sculptures and beautifully detailed ice carvings. January 24th-28th. Cost: FREE

Skate & Sledding - 8th Annual Outhouse Race
February 17, 2024, Noon - 4 PM at Hoyt Park. Race starts at 1 PM.

Midland City Forest Ice Rink - Free ice skating 8 AM - 10 PM. Cross country skiing, hiking trails, sledding and tobogganing also available at City Forest. Call the Rainout Line at 989-399-0506 to check conditions.

Indoor Winter Activities

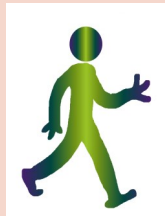
Saginaw Art Museum: Open Studio - Every second Saturday of the month! (January 13, February 10, March 9, April 13, 2024) Drop-in between 1 PM & 4 PM to create your own masterpiece. We have plenty of materials for you to use and if you need help getting in touch with your creative side, there will be staff and volunteers available. Cost: FREE

Castle Museum: Growing Saginaw County - Learn about Saginaw County's impact on the region's farms and agricultural industry. Cost: FREE

Center Courts: Track Hours - Stay moving while it's cold outside! Cost: FREE
Monday - Friday 6 AM - 9 PM
Saturday 8 AM - 5 PM
Sunday 12 PM - 5 PM

Delta College: Pool

There are 3 pools to enjoy including a lazy river, lap pool, hot tub, and a slide!
Call for availability 989-686-9026
Cost: \$6 per day



Sheet Pan Fajitas

Prep: 10 minutes

Cook: 20 minutes

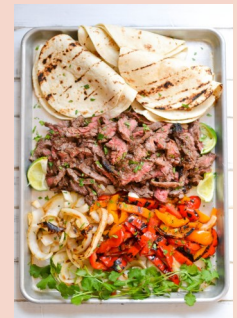
Makes: 6 servings

Ingredients:

3 large skinless chicken breasts (about 2 pounds, cut into thin strips)
Salt and pepper, to season the chicken
3 bell peppers: red, yellow & green, cut into thin strips
1 tablespoon minced garlic
1 red onion, cut into thin strips
1 tablespoon chili powder
2 teaspoons cumin
1 teaspoon paprika
1 teaspoon oregano
1/4 teaspoon cayenne pepper, optional for extra spiciness
3 tablespoons olive oil
Tortillas and toppings: sour cream, salsa, etc.

Directions:

1. Preheat oven to 425 degrees F.
2. Place the chicken (seasoned with salt and pepper) and all the chopped peppers, garlic, and onion slices on a large baking sheet.
3. In a small bowl, combine the chili powder, cumin, paprika, oregano, and cayenne pepper. Sprinkle this over the veggies and chicken on the pan.
4. Drizzle with olive oil. Mix all of the ingredients around right on the pan, then spread the ingredients out into a single layer.
5. Bake for 20 minutes or until the chicken is completely cooked at 165 degrees.
6. Serve with tortillas and optional toppings such as cheese, sour cream, tomatoes, lettuce, etc.



Social "U" - Come celebrate the New Year!

Wednesday, January 10, 2024 at the Millet Learning Center

5:30 PM—7 PM (Entrance/Parking at Door #59)

\$2.00 per person ~ RSVP by 1/8/24 ~ Call or text 989-284-9014

Email: socialu2021@yahoo.com



SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY



24-HOUR CRISIS HOTLINE

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



Timesheets For Pay Period:	Timesheets Due By NOON On: (grace period ends 4:30 PM)	Checks Issued On:
December 17—December 23	December 26	January 4
December 24—December 30	January 2	January 11
December 31—January 6	January 8	January 18
January 7—January 13	January 16	January 25
January 14—January 20	January 22	February 1
January 21—January 27	January 29	February 8
January 28—February 3	February 5	February 15
February 4—February 10	February 12	February 22
February 11—February 17	February 20	February 29
February 18—February 24	February 26	March 7
February 25—March 2	March 4	March 14

STAY HEALTHY THIS WINTER :

WASH YOUR HANDS OFTEN

DON'T TOUCH YOUR MOUTH, NOSE & EYES

COVER YOUR COUGHS & SNEEZES

STAY AWAY FROM PEOPLE WHO ARE SICK

GET YOUR FLU SHOT!

LLC DDS SafetyNet

CONTACT US:

Self Determination Coordinators

Amanda Louchart
 Amanda.Louchart@sccmha.org
 (989) 797-3481

Kalen Steger
 Kalen.Steger@sccmha.org
 (989) 272-0239

Nakeisha Bledson
 Nakeisha.Bledson@sccmha.org
 (989) 272-7002

Vaia Economou-Clifford
 Vaia.Economou-Clifford@sccmha.org
 (989) 498-2279

Winter Boredom Busters:

1. Color - Grab a coloring book , print off coloring pages, or draw your own pictures. www.supercoloring.com
2. Exercise or meditate - Lots of free videos on YouTube to help you clear your mind and get moving.
3. Start a gratitude journal - Write down 3 things you're thankful for every day.
4. Go to your local library - Check out a new book to read or a cookbook to try some new recipes.
5. Pamper yourself - Give yourself a relaxing foot massage or a steam facial with a large bowl of hot water and a towel to put over your head.



SCCMHA Website Update:

Have you ever accidentally lost or misplaced your Self Determination newsletter before you were done with it? Good news, now there is another way to view all of the SCCMHA newsletters. There is a new section on the SCCMHA website under Agency Information titled "Newsletters." The Quarterly SD Newsletter can be found there. You'll never have to worry about missing out again. But don't worry, we will still mail it out quarterly!



Inspirational Quote

"We all have ups and downs, but the outcome is what makes you who you are."

Submitted by: GP, SD Participant