



SELF DETERMINATION DELIVERED



January - March 2026

Outdoor Winter Activities

Zehnder's Snowfest 2026 - Come out to Frankenmuth to see larger-than-life snow sculptures and beautifully detailed ice carvings. January 28th-30th. Cost: FREE

11h Annual Outhouse Race - February 14 2026, at Hoyt Park, time TBD follow along on Facebook at Saginaw Outhouse Race

Midland City Forest - Open 8AM-10PM Daily. Ice skating, Cross country skiing, hiking trails, sledding and tobogganing also available. 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. Drop-in between 1 PM & 4 PM to create your own masterpiece. We have plenty of materials for you to use with staff and volunteers available. Cost: FREE

Castle Museum: Free Admission to Saginaw County Residents.

Center Courts: Track Hours - Stay moving while it's cold outside! Cost: FREE
Monday - Friday 6 AM - 9 PM, Saturday 8 AM - 4 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: \$7 per day



YMCA:

Membership includes state-of-the-art fitness equipment, two pools, basketball gym, walking track, etc. Membership can be income based for more information contact the YMCA at saginawymca.org or call 989-753-7721 for more information.

Cheeseburger soup

Time: 20 minutes

Makes: 8 servings

Ingredients:

1 lb. Ground beef
2 teaspoons dried oregano, divided
2 teaspoons dried thyme, divided
6 tablespoons butter
1 cup yellow onion, diced
1 cup sliced carrots
1 cup sliced celery
5 cloves garlic, minced
4 tablespoons flour
8 cups chicken, beef, or vegetable broth
8 oz uncooked elbow macaroni
1 cup heavy cream
8 oz sharp shredded cheese
Salt and pepper to taste



Directions:

1. Heat a large pot over medium heat, adding 1 pound ground beef, 1 of each oregano, and dried thyme, along with a couple pinches of salt and pepper. Brown ground beef until cooked. Remove from pan, drain, and set aside.
2. Heat 6 tablespoons of butter in the same pot over medium heat.
3. Add 1 cup diced onions, sliced carrots, and sliced celery. Cook over medium heat, stirring occasionally for 10 minutes.
4. Add in 5 cloves of minced garlic, and the remaining teaspoons of oregano and thyme and cook for 1 minutes
5. Add 4 tablespoons of flour and stir to coat the veggies. Cook for one more minute, stirring frequently.
6. Stir in 8 cups of chicken broth and 8 ounces of uncooked macaroni. Turn heat to medium-high and bring to a simmer.
7. Once begins to simmer, turn heat to low and simmer for 5-7 minutes until pasta is al dente. Stir occasionally to prevent noodles from sticking to the bottom of the pan.
8. Remove soup from heat. Stir in 1 cup of heavy cream and 8 oz. of shredded cheese
9. Add burger back in soup and heat over medium heat, until beef is heated through. Add salt and pepper to taste.



SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY



24-HOUR CRISIS HOTLINE
(989) 792-9732 or (800) 233-0022



STUART T. WILSON CPA, PC

CERTIFIED PUBLIC ACCOUNTANT
FISCAL INTERMEDIARY

Timesheets For Pay Period:

**Timesheets Due By NOON On:
(grace period ends 4:30 PM)**

Checks Issued On:

December 28—January 3	January 5	January 15
January 4—January 10	January 12	January 22
December 31—January 6	January 8	January 18
January 11—January 17	January 19	January 29
January 18—January 24	January 26	February 5
January 25—January 31	February 2	February 12
February 1—February 7	February 9	February 19
February 15—February 21	February 23	March 5
February 22—February 28	March 2	March 12
March 1—March 7	March 9	March 19
March 8—March 14	March 16	March 26
March 15—March 21	March 23	April 2

**Tips to Stay Healthy
in Winter**

Get Enough
Sleep



Boost Your
Immunity



Maintain a
Balanced Diet



Exercise to
Stay Fit



Practice
Mindfulness



Don't Forget to
Stay Hydrated



CONTACT US:

Self Determination Coordinators

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**Certified Peer
Support
Specialist
Warmline**

Call 888-PEER-753 (888-733-7753)
10 a.m. - 2 a.m., 7 days a week



988
**SUICIDE
& CRISIS
LIFELINE**

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or visit Lifeline Chat to connect with a trained crisis counselor. Learn more: **988 SUICIDE HELP LINE**

**HELP
WANTED!**

If you, or know someone who is looking for extra work, the SD Department has openings. Current openings include working with higher needs individuals. To learn more contact one of the SD Coordinators at the phone numbers listed above.



Self Determination

January 1, 2026

Re: Time Sheet/Progress Notes and Self-Determination Delivered Newsletter

Dear Employer,

Stuart Wilson's office has been working to get everyone signed up with the EVVIE system. Once you have switched over it is extremely important to make sure that your staff are logging in and out at the physical work location each day. Accurate timekeeping is essential to ensure that everyone is getting paid correctly and without delays. Overnights and trainings will still need to be completed by paper copy and submitted in person or emailed to payroll@stuartwilsonfi.com. Employers and/or staff may obtain additional copies of the "Self-Directed Time Sheet & Progress Notes" form from our SCCMHA Customer Service Desk located at 500 Hancock in Saginaw. Additional forms are also enclosed.

We hope you enjoy the enclosed Self-Determination Delivered Newsletter! We are always open to suggestions on items you would like to see added to our quarterly newsletter.

Please feel free to contact us with any recommendations, questions, or concerns.

Regards,

The Self-Determination Department

Amanda Louchart (989) 797-3481

Kalen Steger (989) 272-0239

Nakeisha Bledson (989) 272-7002

Vaia Economou-Clifford (989) 498-2279

Enclosures: Time Sheet/Progress Notes, Absorb Training, and Self-Determination Delivered Newsletter