



VOICES



DO THE FIVE to stop COVID-19

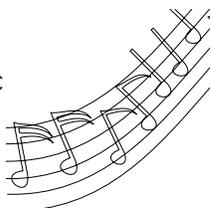
1. **HANDS** wash them often
2. **ELBOW** cough into it
3. **FACE** don't touch it
4. **SPACE** keep safe distance
5. **HOME** stay if you can

Need Help?

Do you have any questions or need help accessing any part of this newsletter? Contact Customer Service at 517-346-8244 or customerservice@ceicmh.org.

Virtual Concert

Join the East Lansing Public Library at 7PM on December 16th for a virtual Music in the Stacks concert by Yvonne Lam, an award winning violinist and assistant professor of violin at MSU Visit the ELPL Facebook page by [clicking here](#).



Get Your Flu Shot!

The Centers for Disease Control (CDC) [describes](#) that, "Getting a flu vaccine is more important than ever during 2020-2021 to protect yourself, your family and your community from flu. A flu vaccine this season can also help reduce the burden on our healthcare systems responding to the COVID-19 pandemic and save medical resources for care of COVID-19 patients." To learn more about the flu vaccine in Michigan this year, visit Michigan.gov/flu.

How to get the flu vaccine:

- Connect with your primary care physician
- Find a local vaccine location here: [click here](#)
- [Barry-Eaton District Health Department](#) is now offering FREE adult flu vaccine clinics one day a week in each office for several weeks. These are targeted at those who don't have insurance or don't have another way to receive the vaccine. Appointments are available [here](#).

Wonderland of Lights at Potter Park Zoo

If you or your family is looking for an outdoor activity this holiday season, the Potter Park Zoo is featuring light displays on Thursday-Sunday nights from 5PM-8PM through December 27th. There will be a sensory-friendly version of this event on December 8th at the same time as a part of their FALCONERS program. To learn more about the FALCONERS night, [click here](#).



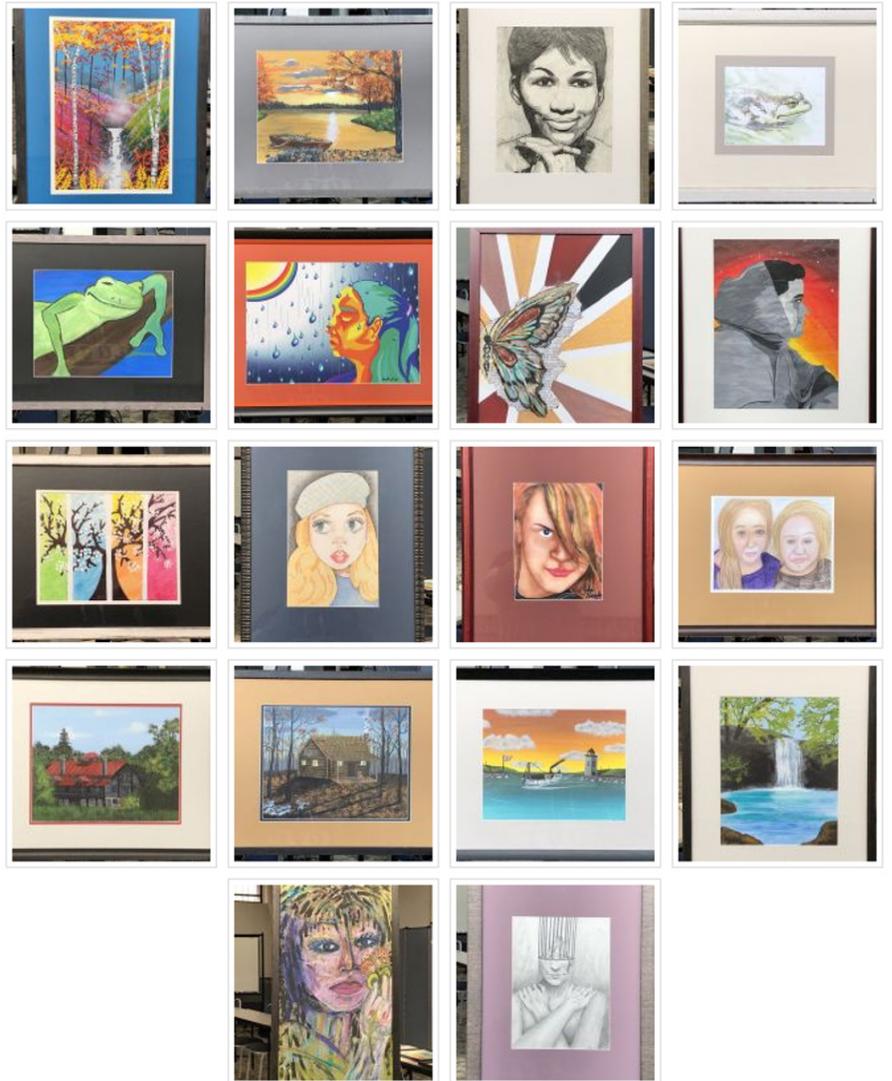
Masks are required at all times. If you do not bring your mask with you, you will be asked to purchase one at admissions. Guests will also be required to observe 6 feet of physical distance between households-signs and paw prints have been placed throughout the zoo as guides. Please also note that the zoo will be allowing a limited number of families to enter every 15 minutes to help keep social distancing in place.

CMHAM Traveling Art Show

You may be familiar with the CMHA-CEI art contest, but did you know that the Statewide Public Relations Workgroup representatives hold consumer art contests in their area during the Winter and Spring of every odd year?

Winners of those contests are selected, and the Community Mental Health Association of Michigan (CMHAM) purchases those winning pieces to tour the State at local Community Mental Health agencies, services providers and Art Galleries for a two year period. At the end of that two year period, any art that was not purchased during its tour is put up for auction at the Fall Conference in Traverse City.

This year, the art show is still taking place, but like many events this year, has moved virtual. To view the art pieces displayed here to the right, or to view details about the piece or how to purchase it, visit the CMHAM website by [clicking here](#).



Questions About COVID-19?



Call the COVID-19 Hotline at 888-535-6136,
7 days a week from 8 a.m. to 5 p.m.



Email COVID19@michigan.gov 24/7. Emails
will be answered 7 days a week, 8 a.m. to 5 p.m.



**Subscribe to e-newsletter updates
at Michigan.gov/Coronavirus.**



The most up-to-date and accurate information about COVID-19 can be found through local health departments and the CDC. Visit the websites of the following agencies by clicking the buttons below:

Ingham County
Health Department

Mid-Michigan District
Health Department

Barry-Eaton
Health Department

Michigan Department of
Health and Human Services

Centers for Disease
Control and Prevention

For news and information from CMHA-CEI, visit our website at www.ceicmh.org and Facebook page at www.facebook.com/CEICMH.