

AUGUST 11, 2020

VOICES



Census Update

If you haven't yet, make sure that you participate in the 2020 Census, and soon! The Census Bureau has released guidance that they will be ending self-response and non-response follow up on September 30th, a month earlier than all previous communications.

Please help us in our effort to bring every dollar we can to support program for the most vulnerable! If you have questions or need help completing the Census, contact Customer Service at 517-346-8244 or customerservice@ceicmh.org

Here is where we currently stand:

- Michigan is Ranked #4 across the Nation in Self-Responses to the 2020 Census
- Clinton and Eaton, Counties are tied at #7 in Self-Responses across the state of Michigan and Ingham County is ranked #22 in self-responses to the Census

You Count! Be Counted!

CENSUS 2020

2020CENSUS.GOV
844-330-2020

Mid-Michigan is depending on you!



Virtually Visit the Detroit Zoo

Check out the Detroit Zoo's educational video lessons, virtual camps (Virtual Ventures) and animal live cameras by following this link: [click here](#).

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.



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

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

Writer Spotlight

Find out how one consumer is taking care of themselves and coping during this time of new routines and physical distancing in the story below. Do you have a similar story, poem, joke, or something else that you think could be shared in a future issue of this newsletter? Contact Customer Service at 517-346-8244 or customerservice@ceicmh.org.

How I Survived COVID-19 and All Its Challenges

By Linda M.

I know during these times that we had a lot of adjustments to make. They weren't easy, going from doing "all we wanted" to isolated and shut in. I thought I did real well, the first six weeks. After that, things started getting to me. I tried to stay positive, and did pretty well.

This is the week of June 1st. Our car broke down, and is in the shop. It is costing a lot to fix it. But with God's grace, I have people helping me. My son has been with me, and has helped me so much, and has been a lot of company. He has taken me for rides, we have met a few friends at McDonalds in Charlotte [while] social distancing by staying in our cars and talking back and forth.

I have had phone conversations with my therapist, psychiatrist, and my doctors. I have been trying to journal. It is going pretty good, all in all, I'm glad some of the restrictions are being lifted. I miss my CMH groups, my friends in Charlotte, and here where I live now. Having personal contact is so important, for your mental and physical health. I'm so glad things are getting better, and look forward to my future activities.



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

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