

NORTHPOINTE NEWS



October - December 2015

Northpointe Aktion Club

The Iron Mountain-Kingsford Aktion Club, which is a division of the Kiwanis Club for adults with disabilities, has published a book "Kindness is Cool", which explains that a positive attitude prevents bullying.

The cost of the book is \$10.00 and all proceeds of the books will go towards the purchasing of Buddy Benches. Buddy Benches promote bully prevention and kindness. When a young child sits down on the Buddy Bench, other children are encouraged to join them and start up a positive conversation. Each bench has a sign which provides a guide to positive dialogue to engage the person who is sitting on the bench. A goal of the Aktion Club is put a Buddy Bench at all of the area schools.

The Aktion Club is taking orders for the "Kindness is Cool" book. If you are interested in looking at the book and perhaps purchasing a copy of the book; the book and order form is available at each of the 3 main Northpointe offices.

If you have questions regarding this book, please contact: Laurie Caruso, Community Housing Supervisor, at 906-779-0508



THANK YOU
FOR SUPPORTING
OUR Iron Mountain -
Kingsford KIWANIS
AKTION CLUB!

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RRRBOOKS.com





to Northpointe!

Caira House began at Northpointe on July 13th and is a community supports aide at Boyington. Caira interests are reading and playing games.

Karin Andrus began her employment at Northpointe on August 24th. Karen will be working as a care manager in the Iron River office. She is a LBSW and has substance abuse counseling experience. Karen has 7 grandchildren and enjoys geo caching, hiking, fishing, yoga, and meditation.

Natalie Skrumbellos is working at The Lighthouse. She began her employment there on July 6 and is a community supports aide. Natalie enjoys being outdoors, loves animals, and is current going to NWTC for nursing.

Emily Oberthaler is a community supports aide at the Pines Home. She is also currently studying at Bay College to be a medical office specialist. Emily enjoys spending time with friends, going to the beach, playing softball, and going to camp.

Dakota Gunderson works in Iron River as a community supports aide. He began his employment with Northpointe on August 26th. Dakota enjoys long boarding, goat farming, four wheeling, and hiking.





October

Lisa Osterberg - 5

Theresa Harvey - 6

Val Menghini - 11

Kristin Moser - 11

Jeremy Clark - 12

Bonnie Christensen - 13

Jane Lindow - 15

Ken Klahn - 18

Kathy Hart - 19

Pearl Mohler - 20

Stephan Jutte - 20

Beth Hellman - 22

Courtney Johnson - 24

Donna Klahn - 26

Dean Pietrantonio - 27

Della Brown - 29



Deborah Cieslinski - 3

Bryan Sheffer - 5

Kerry Thom - 6

Jessica Starnes - 6

Terri Wendt - 8

Fran Mackay - 8

Halie Scott - 9

Brenda Ross - 11

Susan Lampinen - 12

Stacy Sustarich - 13

Jen Kenny - 14

Jon Anderson - 17

Katie LaPine - 20

Angela Pickens - 21

Chelsea Monfils - 21

Jennifer McCarty - 24

Roberta Wright - 24

Lisa Reimer - 27

Sandy Giguere - 29

Kristen Verba - 30

Kristen Kinsella - 30

December

Karen Thompson - 2

Stephanie Nelson - 2

Angela Coan - 3

Mercedes Lopez - 4

Todd Drake - 7

Luanne Roth - 8

Michelle Guldswoog - 14

Amy Bal - 14

Mary Lasee - 18

Cierra Sullivan - 19

Lisa Barinotti - 21

Cindy Adrian - 22

Tricia Larson - 22

Allison Van - 24

Amie Tefft - 28

Scott Barinotti - 29

Kaina Tavonatti - 31

The 9th annual **RECOVERY** Conference was held in Marquette on May 19, 2015.

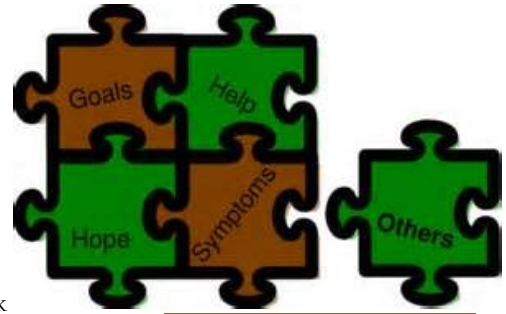
Below are participants who attended the conference.



Left to right front row: Jay Petroski-PSS, Amanda House-PSS, Dawn Roche-PSP, and Heidi Evans; back row: Wayne Pasternack, Jane Giuliani, Bev Stachowicz-CSA, Jim Cooper-CSM, and Tina Russell



Left to right: Nancy Pasternack and Joan Luhtanen



Left to right: Deb Burgess and Amanda House. Amanda gave a presentation of dietary needs at the conference.



**The Forever Friendship Drop In Center opened July 6th,
at the former Elks club building located at 1001 Cedar Avenue**

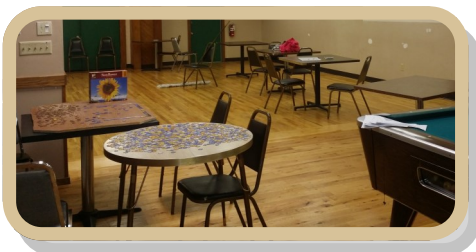
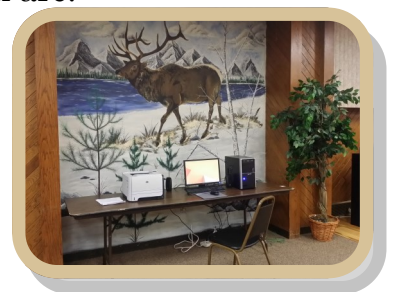


The Center provides a safe, comfortable social setting to be away from the public stigma of mental illness. The Center addresses the social and emotional needs of people with mental health disabilities and co-occurring disorders. The Center also helps provide information on local community services.

Other services offered are Narcotics Anonymous, Peer Support Services, and N.A.M.I., future peer support services of WHAM and WRAP groups. Current hours of operation are:

- * Monday: 1 p.m. to 8 p.m.
- * Thursday: 2 p.m. to 9:30 p.m.
- * Friday: 2 p.m. to 9:30 p.m.
- * Saturday: 2 p.m. to 8 p.m.
- * Sunday: 1 p.m. to 8 p.m.

If there are any questions contact 1-906-828-2161 or 1-906-282-5599 to talk with Patrick Flynn, Forever Friendship Drop In Director.



Getting to Know You

This Quarter Featuring:
Jim Cooper
Iron River Community
Supports Manager



Where is your hometown?

My hometown is Long Lake, Wisconsin

Where did you graduate from? i.e., high school, college, etc.

I went to Florence High School and attended Gogebic Community College. With all of the training over the years I think I have the equivalent of a Masters Degree!

How long have you worked at Northpointe?

Well, my adventure started November 14 1981 at the age of 16 when I was hired at River House and Beverly Stachowicz was my mentor, I believe she had been working at River House for five years already. River House was a contract home which the CMH took over in 1991, so 23 years + 10.

What positions have you held at Northpointe?

I started as a Community Supports Aide then became the Home Manager of River House. When I became the Home Manager of River House the home was contracted out so I went downstate and became a certified trainer and did all of the training for staff. I was then hired as the Home Manager of Boyington Place and for the past seven years I have been the Community Supports Manager in Iron County.

What do you attribute your longevity at Northpointe to?

The individuals we provide services to. It is very rewarding to see them grow and become more and more independent. But I also have to say it is my coworkers that make work enjoyable from the new staff, Care Managers, RNs, the consultant's (all but one and she knows who she is) staff throughout Northpointe and some of my coworkers have worked together longer than the average American couple has been married.

What do you like to do in your free time?

I enjoy doing anything on the water or do with the water, reading, working around the yard but I really love to travel.

What type of music station is your car radio turned to?

I listen to country, rock, bluegrass, almost anything but jazz.

Tell everyone one thing they would be surprised to know about you!

I could be just a little bit of a thrill seeker. From bungee cord jumping in the Smoky Mountains, whale watching in Maine, gondola rides, rides in small planes, helicopter rides, I love roller-coasters (Cedar Pointe has some of the best), even at the Grand Canyon I crawled over the safety fence to stand on the biggest rock overlooking the Canyon. On my bucket list is to go sky diving and ride in a hot air balloon or sky dive from a hot air balloon or bungee cord jumping from a hot air balloon – which I would do. One more interesting thing I have a watch bird, Napoleon, an Amazon parrot that talks and growls! Whenever one of the 29 neighborhood kids come in yard or something odd is going on outside he will growl sending the dog to look out one of the many windows. This the third dog Napoleon has trained! I also enjoy Halloween as it is always fun.



8 Healthy Ways to Start the Day



Wake Up Earlier

When you have a stressful morning, chances are that you're going to be feeling stressed for many hours to come. But it doesn't have to be that way! By simply waking up 20-30 minutes earlier than necessary, you can enjoy a leisurely morning without the usual hustle and bustle. Although that snooze button may be tempting, starting the day on a calm note thanks to that extra time, is more than worth it! Plus, every time you hit "snooze," those interrupted spurts of sleep will only leave you feeling more tired.

Eat Breakfast

You've been sleeping for seven to eight hours or more, so your body needs fuel to wake up your metabolism and help you power through your morning. Eating breakfast prevents you from overeating throughout the day, and people who eat an a.m. meal are less likely to be overweight than people who skip it. Ideally, your breakfast should include a combination of protein, whole grains, and healthy fats. Whole-grain toast topped with peanut butter and banana, Greek yogurt with cereal and fruit, or a breakfast scramble with a whole-grain English muffin on the side are all excellent a.m. options.

Veg Out

Once you've gotten in the habit of eating breakfast, take it one step further and try to sneak in a serving of veggies with your morning meal. Add some mushrooms and tomatoes into your omelet, or try blending a little spinach in with your smoothie (you won't even be able to taste it!). Getting some veggies in first thing is a great way to get you on track to meeting your 5-a-day quota.

Take a Multivitamin

Although you should strive to get all the nutrients you can from your food, taking a multivitamin will help you fill in the gaps in case you fall short on any given nutrient during the day. Think of it as your nutritional insurance policy! Make sure to take your vitamin with your breakfast to avoid an upset stomach.

Drink Water

You're going to need something to wash down your multi-vitamin with--so gulp a big glass of water! Not only are your fuel stores depleted when you wake up, but you're also probably mildly dehydrated. Drinking water first thing in the morning will help boost your metabolism, flush out toxins, and get your systems up and running. If you make this habit as regular as brushing your teeth, you may just start to notice higher a.m. energy levels.

Sneak in Exercise

Working out in the morning is one of the best things you can do to get yourself on track for the day. Not only will you not have to worry about exercising later on in the evening, but you'll also feel proud that you did something good for your body while most people were still asleep! Starting your morning with this habit will also cause you to make healthier decisions all day long; those doughnuts at the office might not seem so worth it after you just jogged for an hour!

Stretch it Out

If a full-blown workout isn't going to happen for you in the early hours, try a simple stretching routine, instead. You'll still get your blood and endorphins flowing, while centering your mind. Think of stretching as a cup of coffee without the jittery side effects!

Jot Your Thoughts

If your a.m. routine leaves you feeling scatterbrained by the time the sun is up, you may benefit from taking a few minutes to write down your morning thoughts. Journaling has been shown to boost self-esteem, and is a powerful way for you to work through any issues you might be experiencing. Write about anything that pops into your head and then leave it there on the paper. You can even write a to-do list to organize yourself before the craziness of the day happens. Sometimes, just getting it all out there is enough to allow you to fully move onto the next task with a clear head.

10 Bizarre Things Your Body Does While You Sleep. . . .

We tend to think of sleep as restful, inactive and quiet. But while you're zoning out, your body is tuned in, doing everything from piecing together dreams to slowing down your kidneys--and much more that you might not expect!



Paralyzes You

REM, which stands for "rapid eye movement" is the deepest phase of sleep. When you vividly recall a dream, it likely occurred during a REM cycle. In REM stages, muscles in our arms and legs are temporarily paralyzed while we sleep. This paralysis is normal, and it's not the same as sleep paralysis, which occurs for a few seconds or minutes after you awaken (or, rarely, just before you fall asleep). In this disorder, the normal paralysis that happens during sleep holds on for a few scary moments after you wake up. If you experience this, check with your physician; it could be a symptom of narcolepsy.

Jerks You Awake

It may feel like you're falling or it may feel like you've been jolted awake, but hypnic jerks (sometimes called hypnagogic jerks) are a natural and common part of falling asleep. This phenomenon causes your limbs to jerk, perhaps because your body is preparing for the changes that take place during sleep, or perhaps because your body misinterprets the signs of impending sleep as falling--and thus jerks you in a misguided effort to stay upright. Scientists don't agree on what exactly causes hypnic jerks, but they're typically harmless.

Moves Your Eyes

As you sleep, you experience five phases of sleep, with REM as the last and most active phase. Once you complete a REM cycle, you'll start the first phase anew. Seventy to 90 minutes after you fall asleep, you should be in REM sleep, and you'll spend about 20 percent of your time sleeping in this stage. During REM sleep, your eyes dart quickly back and forth, but we typically have no memory of this (other than memories of dreams that often happen in this phase).

Produces Human Growth Hormone

Human growth hormone, or hGH, helps muscles, bone and other tissues regenerate. The helpful hormone is released during sleep, especially its deepest stages, and is thought to be prompted by low blood glucose levels present during sleep, among other factors. So, there is some science behind the concept of beauty sleep!

Narrows Your Throat

As you sleep, your breathing changes and your throat naturally narrows a bit as your muscles relax. If you've experienced a partner who snores noisily, you know what it sounds like when the throat becomes a bit too narrow. (Of course, snoring can have many causes, including a stuffy nose or tonsil issues.) Worse, the airway can close completely, causing sleep apnea.

Grinds Your Teeth

Bruxism (teeth clenching or grinding) happens to many people during sleep. It may be exacerbated by stress or a misaligned jaw, but research hasn't pinpointed the reason that some people grind only rarely (or never), while others end up with cracked or worn teeth and sore jaw muscles.

Slows Down Your Kidneys

Kidneys normally function to filter toxins out of the bloodstream and to produce urine. As you sleep, the filtering action of these organs slows, so that less urine is produced. (That's the reason your urine is usually so dark the first time you use the bathroom in the morning.)

Makes Up Stories

If you've awoken after a vivid dream, you know the vague unease of wondering if it was real--or why your mind produced that crazy mishmash of a story to begin with. Despite much research into dreaming and many hypotheses about why we dream and what dreams mean, the nuts and bolts of this everyday happening are still a mystery. Scientists have not yet figured out why we dream as we do, or found a proven process that would explain the content of our dreams.

Creates an Explosion

It's rare, but some people who experience exploding head syndrome hear a loud crash or bang, almost like a gunshot, just as they're drifting off to sleep. It's usually painless, but frightening, and tends to occur in adults over 50.

Turns You into a Chatterbox

It's more common in children than adults and in men than women, but talking in your sleep happens to about 5 percent of us. Dubbed "somniloquy," sleep talking is technically a sleep disorder, but may not bother you at all. In fact, you may not even realize you're doing it. Like dreaming, somniloquy has yet to be explained, and can occur in any stage of sleep. When you're sleeping lightly, your words will be easier to hear, and vice versa. Talking in your sleep can be sparked by episodes of stress, depression and illness, or occur alongside other sleep issues, such as sleep apnea.