

September 2016

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Words to Live By

“To Blessed to be Stressed”
John H., Member at
Communicare Communications

Meet a Team Member

Caren Wilkinson



Ponbdswhey76ussition:
Operations Manager Years with the company: 4.5 years
Education: Bachelors of Art in Education- Oakland University
Favorite Food: Macaroni and Cheese
Favorite Movie: Shawshank Redemption
Bucket List Goal: To visit all 50 States. “So far I’ve been to 17.”

Introducing Communicare Communications Studio

On May 15th, 2016, the Communicare Communications Studio opened its doors to members. Under the leadership of Tom Bobcean, Operations Supervisor, located at Utica cabins. The site was transformed into a clubhouse where members can learn and develop media arts skills. Members in Day Program participate in work skills activities such as blogging, website development, social media, photography, video creation and newsletters!

The Communicare Communications Studio was created for members by members. Working side by side with Tom, two of our members helped to develop the clubhouse. The men shopped for supplies at Home Depot and planned the décor. It's not all work at Communicare Communications Studio! Members enjoy the warm lodge setting where they challenge each other to a game of pool or bag toss and plan BBQ's. They also utilize the fully equipped commercial kitchen to prepare lunches and try out new recipes.

Located within walking distance to downtown Utica there is plenty of fun to be had. We had the pleasure of walking to Jimmy John's Stadium on the 4th of July for a baseball game and BBQ on the lawn. Members can often be found enjoying the trails to Heritage Park, enjoying the downtown eateries, or visiting the local library. The Clinical Team has fully embraced the new space by providing meaningful community based therapies in our expanded surroundings.



The Utica Lodge



Tom Bobcean and Members



Communicare Conversation

Communicare on Canvas



Our downtown Rochester Art Studio and Day Program, Communicare on Canvas, has been just as busy. To prepare for fall, members and staff have also been making fall scented candles and teaching themselves new techniques for making soap. We are always adding new items to our Art Gallery! Come and see what members are learning and exploring through all mediums of art.

In our art studio we have been focused on projects for the annual Brain Injury Association of Michigan conference to show the variety of deficits affecting people with TBI, members are painting an expression piece of the #1 challenge due to their accidents. The paintings are powerful.

Day Program Locations

Multi-Disciplinary Outpatient
Therapy Facility
40800 Woodward Avenue
Bloomfield Hills, MI 48304

Communicare on Canvas Art
Studio
426 W. University Drive
Rochester, MI 48307

Communicare Communications
Studio at Utica Lodge
44612 Davis
Utica, MI 48317

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Communicare Michigan LLC

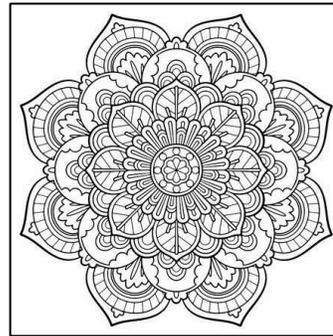
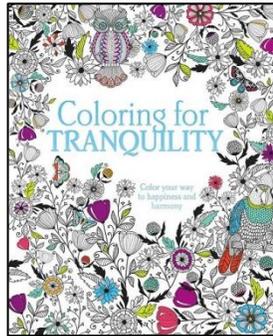
Communicare in the Community

Yearly, we engage in a service project. Last fall, our Day Program sites and Multi-Disciplinary outpatient clinic held a toiletries drive, where we donated to a shelter for women. This fall we are thinking of an outdoor cleanup, serving lunch at a shelter or participating in food drive. If you have any suggestions please let Jessica Finch, Community Relations Manager, know.

Clinician's Column

While most of us associate coloring as an activity solely for children, the benefits for adults are just as great! Coloring books are now being created specifically for adults as a de-stressing technique. Not only does it promote overall wellness, but it fuels brain areas related to motor skills, the senses, and creativity!

The secret behind these hidden gems is the idea that when we are worried, coloring can distract us from our negative thoughts and redirects our focus onto something else. We have the freedom to choose the colors we use depending on our emotions, and express our frustrations in a healthy way! This assists in relaxation, stress management and reduction of depression and anxiety.



The best part is that you can find these books virtually anywhere at an affordable price, with free printable pages available online. Let the coloring begin!

-Alex Gadzinski,
Mental Health Therapist and Clinical Supervisor