

TEDDY BEAR By- Cheri Torbico

If this darn pen will write
 I will write a poem tonight
 Share the story of my fight
 Yes I have Cancer alright
 I was Cancer free
 For 10 years you see
 Now a new type of Cancer
 Has come to visit me
 He wants to stay-But it's not ok
 Wreaking havoc with my brain
 The Depression and the pain
 Off he goes in the wind
 Never to see him again
 On my plate- No more heartache
 Plate- I don't have a plate
 So my friends say "I have way too
 much on my plate"
 I threw it out the window
 It got too heavy to hold
 So I lighten my load
 Vanishing all the problems of my
 world- Yes I am free
 No plate for me
 To put my troubles on
 Nothing to weigh me down
 Watching them disappear
 I am free to begin again
 With what a platter
 Oh does it really matter
 I broke the platter
 My friends gave to me
 Through the cracks I see
 Gods light shining on me
 Warming my soul
 Love reaching for me
 Someone there- Someone who cares
 Who will always be there
 With a hand to hold
 And a heart of gold
 A thousand pieces fill the air
 Rainbows everywhere
 Washing over me
 Yes I am free of Cancer
 I believe in Recovery
 So look for the light- In your fight
 With all the love to share
 Be that teddy bear
 Not a grizzly bear
 There's so much to share
 So many who care
 Yes I am throwing him out
 And while I blinked
 My pen ran out of ink

NEWSLETTER



WANT TO LEARN MORE ABOUT YOUR RIGHTS at LIVINGSTON CMH?

The Livingston County CMH
 Consumer Advisory Panel
 is hosting a learning session
 with our local Rights Officers

Wednesday November 15th
4:00 to 6:00 pm
 at Genesis House
 1137 East Grand River Ave.
 Howell

light snacks will be served
 Call Amy Johnson 517-546-4126 to RSVP



Find us on Facebook at
 Livingston County
 Community Mental Health Authority

**Update- Since writing
 this poem, Cheri is now
 Cancer free!**



HELP GET THE WORD OUT

A vending machine for free naloxone is in the lobby at our main building 2280 Grand River Ave.

Naloxone is a life saving medication that temporarily reverses the dangerous side effects of an opioid overdose.

Lobby hours:

Monday, Wednesday,
Thursday & Friday 8am-5pm
Tuesday 8am-7pm



SELF CARE FOR FALL

Self-care can help you manage stress, lower risk of illness & increase your energy. Here are some fun things you can do this fall for self care.

- Cuddle up with a blanket
- Enjoy a warm drink
- Take a walk outside
- Watch a fall movie
- Visit a park
- Wear cozy clothes
- Enjoy the smells of fall
- Listen to a fall music playlist

