

CSM Update

May 2009

MEETINGS THIS MONTH

Alzheimer's Support Group

When: Monday, May 18, 2009
Where: Catholic Services of Macomb
15945 Canal
Clinton Township 48038
Time: 1:00-3:00 PM

On-site respite services available at A Friend's House-Clinton Township for a small fee. Pre-registration required.

For additional information or to pre-register for on-site respite, call **586.412.8494**.

Caregiver's Support Group

When: Wednesday, May 27, 2009
Topic: Virtual Dementia Tour
Where: Arden Courts
11095 Fourteen Mile Rd.
Sterling Heights, MI 48312
Time: 1:00-3:00 PM

On-site respite services will be available at no cost. Pre-registration is required. To pre-register for on-site respite, call **586.795.0998**.

For additional information about the caregivers support group, call A Friend's House-Warren at **586.759.8700**.

VIRTUAL DEMENTIA TOUR

We all experience memory lapses from time to time. But what is it like to have Alzheimer's Disease or other dementia? Find out, by experiencing a Virtual Dementia Tour through A Friend's House Adult Day Services this month.

The center's monthly caregivers support group will be held at Arden Courts on Wednesday, May 27th, from 1:00 to 3:00 PM. Arden Courts is located at 11095 Fourteen Mile, in Sterling Heights.

For additional information, call Adrianna Chamberlain at A Friend's House in Clinton Township at **586.412.8494**.

NATIONAL MENTAL HEALTH MONTH

May is National Mental Health Month. The theme this year is *Live Your Life Well*.

According to a poll conducted by Gallup Healthways, 58% of Americans reported "struggling" in their lives at the end of 2008.

If you are struggling to cope with circumstances in your life, know that you do not need to face those challenges alone. Let the experienced staff at Catholic Services of Macomb (CSM) assist you in coping with the changes and challenges of life.

CSM has provided counseling and support services to individuals and families of all ages since 1957, and is accredited by the Joint Commission on Accreditation of Healthcare Organizations.

For additional information, call **586.416.2300**.

TEEN SELF ESTEEM MONTH

May is an exciting time for teens. Final exams. Prom. Graduations. Parties. Looking for summer jobs. Vacations. Getting ready for college. These life-changing events and transitions can be stressful for the most sensible of teens, and completely overwhelming for those who don't always feel so good about themselves. May is Teen Self Esteem Month, a time to pay particular attention to and support the teens in our lives as they make their way through to young adulthood.

MAKE A DIFFERENCE: DONATE NOW

Local contributions enable Catholic Services of Macomb to offer many of our services at no cost, or based on each individual's or family's ability to pay. Help us serve those struggling to cope with the changes and challenges of life. Make a donation on-line through our web site, or call **586.416.2300** for additional information.

OFFICES CLOSED

Catholic Services of Macomb will be closed for Memorial Day on Monday, May 25th. Have a safe and enjoyable long weekend.