

# CSM Update

October 2009

## MEETINGS THIS MONTH

### Women's Options

When: Fridays  
Where: Catholic Services of Macomb  
15945 Canal  
Clinton Township MI 48038  
Time: 12:00-1:30 PM

Must pre-register. Call Susan Husken at  
**586.416.2300.**

### Alzheimer's Support Group

When: Monday, October 19, 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, October 28, 2009  
Where: A Friend's House-Warren  
26238 Ryan  
Warren, MI 48091  
Time: 1:00-3:00 PM

On-site respite services are available for a small fee. Pre-registration is required.

For additional information or to pre-register for on-site respite, call A Friend's House-Warren at **586.759.8700.**

## NEW NAME, NEW LOCATION, SAME TRADITION OF QUALITY SERVICE

Christian Family Services is now Catholic Services of Lapeer.

Effective October 5<sup>th</sup>, the agency will move to 700 S. Main, Suite 211, Lapeer, MI 48446. The phone number is **810.664.4557.**

## ABOUT DEPRESSION

October is National Depression Education and Awareness Month. You or someone you love could be experiencing more than just "the blues" if any of the following symptoms have been experienced for more than two weeks:

- Feelings of sadness or irritability
- Inability to concentrate, remember things or make decisions
- Loss of interest or pleasure in activities
- Changes in weight or appetite
- Changes in sleep patterns (can't sleep or can't seem to get enough sleep)
- Feeling guilty, hopeless or worthless
- Complaints of chronic aches and pains for which no medical causes can be found

Depression can also magnify the symptoms of other illnesses. According to the National Institute of Mental Health, depression is not like the flu, which goes away eventually whether you treat it or not. Rather, depression is like diabetes or high blood pressure - a chronic, recurring illness that requires treatment, and which can be deadly, if left untreated. Seek help when you need it. Call Catholic Services of Macomb or Lapeer, at **586.416.2300.**

## SOCKS AND UNDIES, PLEASE!

RSVP of Macomb is again collecting new socks and underwear for children and adults of all ages and sizes, as part of National Make a Difference Day.

The needs are greater than ever this year. Pick up a pack of socks or undies the next time you go shopping. Nothing fancy. Just basic items. Ask neighbors and friends to donate. Turn it into a class, school, youth group, church or local club project.

Donations will be accepted through the end of October, and can be dropped off at agency locations in Clinton Township or Warren. You can make a difference in someone's life! For additional information, call **586.756.1435.**