How was your winter? Well, spring is on its way with warmer weather, the return of the birds, green grass and leaves on the trees. The kids will be outside playing and so can we. Yes, that's right so can we. We can start with a daily walk around the block and taking in the sights. Taking note of the squirrels, birds and flowers; pushing through the ground and blossoming along the way, as we take in the sun.

Then as spring starts over, think about how you are starting over with a fresh outlook on your life and recovery. What new things am I going to try or do this spring to make it a better summer for me? Maybe I’ll reach out to someone new and make a new friend. I know that can be scary, but you have to start somewhere. Pick someone who has been kind to you in the past. They might be hoping for you to be their friend and scared to say the first word past “Hi”. Or join an art class or knitting group. They are offered through the library and schools. Then there are some classes offered at HealthWest (CMH) like Line Dancing, Wellness Recovery Action Planning (WRAP), Wellness and Empowerment in Life and Living Workshop (WELL), Stepping Stones, and many other classes that you can be part of to make it a great spring and great summer for you. All enrich your life and open you to new things. If you are a computer buff, which I’m not really, try to walk away from the computer for an hour and go outside every day. It will make a difference.

Now for the real challenge for spring, try to eat one new fruit or vegetable every week. If you’re a diehard, “I can't try anything new”, you’re missing out on some good stuff out there! Try being open-minded and just taste it, feel it in your hand and on your tongue. You might be surprised what you find that is really good out there.

Well enough from me, I hope you use some of my suggestions and keep reading Our Voice. Feel free to let us know how you feel about Our Voice. And feel free to send in anything you write that others might like to read, be it stories, poems, art, or even puzzles - we love puzzles. - Lori Wells, OUR VOICE Editor

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P.S. Would you like to contribute to our newsletter? We are always looking for new people to help out! Whether it is artwork, poems, articles or recipes, we would love to hear from you! You can email customer.services@healthwest.net or call 720-3201 if you are interested in getting involved.
Late Rent Payments

Trouble With Late Rent From A Payee?

It has come to our attention that there are some of you out there who have a payee and are finding you have late fees when your rent is paid late. This is happening more often than not and you may want to know why and what you can do about it.

We did some checking and this is what we found out for you: your payee does not get your check until the 1st or 3rd of the month. It then it takes one to two days for them to process your check. Which makes it 3rd or 5th of the month, plus one day to write out your rent check then mail it to your landlord. Often they cannot get direct deposit because they are a legal payee and have to have everything in or on paper. So if you get paid on the 1st it might be there by the 5th but more likely because of the weekend in there it will arrive on the 8th. And if you get paid on the 3rd It might be there by the 8th but more likely because of the weekend in there it will arrive on the 11th. If there are any legal holidays you can add a day. This all sounds so wrong and not fair to those of you stuck paying the extra late fees.

Now what you can do about it is this: You can ask your apartment management to change your due date to a later date, like the 10th or 15th. Because it is a “vender payment”, it is guaranteed to be paid. Or you let money build in your account to the point that at the end of the month your rent is in your account and you do not have to wait for the first check of the month to come in to have the money to pay your rent. That way you are ahead of the game and no more late payments. To help you do this check into joining finance discussion groups. Ask your worker if there are any up-coming groups that you can sign up for.

We hope we have been of some help to those of you out there with this problem if not we are sorry and our hearts go out to you. We hope that at least you now understand why the payments are late. If you have any other problems and want us to look into them let us know. Call Lori Wells the editor at 231-728-6125 or email: customerservices@healthwest.net and let us know what it is and how we can help.
The “Make A Little Change” Picnic is in need of help raising funds again this year. We try to “Make A Little Change” in how people look at and treat people who have a disability, and how we look at ourselves. All are asked to come to the picnic with their family. The Picnic is August 4th, 2015 at Marsh Field, on the corner of Laketon Ave. and Peck St. from 11:00 till 3:00pm. To help get the money needed, we are doing a pop can drive.

You can either bring your cans to the entryway of HealthWest (formerly CMH—on Apple Ave. and Wood) and place in the box there, or mail in your Meijer or Walmart bottle slips to CAC/co: Disability Network West Michigan, 27 East Clay Ave., Muskegon, MI, 49442.

Thank You for your help!
The Better Together wellness program gives HealthWest staff and individuals receiving services the chance to work together towards health and wellness goals. Better Together is about making healthy choices and positive changes for total health. Together we encourage each other and can improve the health of our community.

Our goal is to create a culture of wellness at HealthWest. The “Better Together” program is one of the ways staff and individuals receiving services can benefit from knowledge, tools, and support on the path to wellness.

Individuals receiving services at HealthWest and staff members can join throughout the program year. Just fill out an application and begin today.

Opportunities for April, May and June Include:
- Yoga— Every Tuesday at noon
- Hoop Happy Hoop Healthy—Thursdays 5:30-6:15 through April 30th at the Folkert Community HUB 640 Seminole Road, across from the Norton Shores Library
- Line Dancing—Thursday April 2
- Zumba—Thursdays April 16 though May 14
- Tai Chi—Every Monday at 5:00
- Cooking Matters Class— 8 weeks beginning May 26th
- Beginning in April —Walking Club & Exercise in the fitness room at HealthWest
- Various Classes at Access Health (www.access-health.org or (231)766-7100 )

Look for our flyers at HealthWest for more information or contact Heather Norwood at (231) 724-6616 or email heather.norwood@healthwest.net. Facebook: search Better Together West Michigan.

The HealthWest Board

Have you ever wondered who makes all the final decisions on things or gives the okay for things to go forward? Who decides what bills get paid? Who is there to stand up for you in a Recipient Rights dispute? Well, the answer to all of this and much more, is the HealthWest Board. It is made up of members from different jobs in the county; from the Muskegon County Commissioners, to a fellow person who comes for services at HealthWest.

Each person on the board has a talent to give to the board that will help you out, be it Tom who keeps the books and explains how the money is being spent. Or members who have been on the board for a long, long time who know about rules or regulations that some of the new members don’t know about. All together, there are twelve members on the board, so there are twelve people looking at everything that is done at HealthWest with you and the community’s best interest at heart.

The Board meets three times a month on Fridays at 8:00am and you are welcome to sit in as a visitor and see the Board in Action. I will suggest that you attend a full Board meeting that is the last Board meeting of the month. That way you can meet all the members and hear everything that has been going on all month at that meeting. I hope you find this to be informative and helpful.

Written by: Lori Wells
WHAT'S ON TV?

WORD'S TO FIND

BOXING
CARTOONS
COMEDY
CONCERT
DEBATE
DOCUMENTARY
Drama
FOOTBALL
GAMESHOW
INFORMERCIAL
INTERVIEW
LATE SHOW
MOVIE
NEWS
PLAY
RERUN
SITCOM
SOAP
TELETHON
WEATHER
WRESTLING