THE LRE COMMUNITY NEWSLETTER

Winter/Spring 2026

Contact us: customerservice@lsre.org

In this issue...

Community Advisory Panel

The Lakeshore Regional Entity's **Community Advisory Panel** (CAP) is a group of people who are passionate about the behavioral health system in West Michigan and have partnered with Lakeshore Regional Entity to improve and enhance the quality of these services.

Please take some time to read the wonderful stories inside our spring newsletter highlighting some of the events, activities and resources available in our West Michigan Community!

We love to share encouraging stories and inspiring artwork from all over West Michigan! If you would like to have your artwork, stories, or poetry featured in a future issue, please send it to **LRE Customer Services: 5000 Hakes Drive, Norton Shores MI, 49441**. You can also email written pieces and pictures to marih@lsre.org.

LAKESHORE REGIONAL ENTITY

Events and Announcements

Spring is Almost Here!

Upcoming Events

March 12:
Writers Anonymous
3:00-4:00, Ottawa CMH Board Room

May 4th & 5th:
2026 Self-Determination Conference
8:00 Monday -4:00 Tuesday
Great Wolf Lodge, Traverse City

May 18th & 19th:
NAMI Michigan Annual Conference
3200 Boardwalk Dr. Ann Arbor

September 23rd:
Walk-A-Mile Rally
Lansing State Capital Building

Mondays from 9:30-10:30:
Spirit Club- Virtual Exercise for Different Abilities

Tuesdays from 10:00-11:30 am
Autistic Adult Peer Support Group

Spirit Club- Virtual Exercise Class

Spirit Club is a FREE 1-hour exercise program offered through the Disability Network of SW Michigan. Classes are specifically designed to present a range of options to suit everyone! All are welcome!

To sign up, please go to https://autismallianceofmichigan.org/event/spirit-club-virtual-exercise-2/2026-03-09/

Autistic Adult Peer Support

This group provides an opportunity for adults with Autism to enjoy authentic social interactions and build genuine friendships in a safe and non-judgmental space. Open to all Autistic adults! Please visit https://autismallianceofmichigan.org/event/autistic-adult-peer-support-tuesday-2/2026-03-17/ for more information.

Access Community Walk

May 1-June 30th, 2026
This walk is an annual opportunity for people to support neighbors facing crisis. Through shared storytelling, fundraising, and collective action, the faith community can help strengthen local systems and build more stable futures across West Michigan. For more information, please go to https://accessofwestmichigan.org/walk/

Clinical Corner

Finding Peace in Uncertain Times

We live in a world that often feels divided, unpredictable, and overwhelming. Whether it's global events, community tensions, or personal challenges, the weight of uncertainty can take a toll on our mental well-being. In these moments, it's more important than ever to prioritize self-care and emotional resilience.

1. Acknowledge What You Feel

It's okay to feel anxious, frustrated, or even numb. These are natural responses to stress and change. Naming your emotions is the first step toward managing them. Journaling, talking with a trusted friend, or seeking professional support can help you process what you're experiencing. It's important to feel even the uncomfortable emotions.

2. Limit Your Exposure to Negativity

While staying informed is important, constant exposure to distressing news or divisive conversations can heighten anxiety. Set boundaries around media consumption and social media use. Choose sources that inform without overwhelming, and take regular breaks to reconnect with the present moment. Unplug and unwind.

3. Focus on what you can control

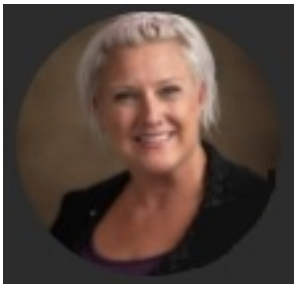
In uncertain times, it's easy to feel powerless. Redirect your energy toward actions that bring stability—establishing routines, setting small goals, or helping others. Even simple acts of kindness can foster a sense of purpose and connection. Small acts make a big impact on our well-being as well as those we aim them toward.

4. Practice Mindfulness and Grounding
Mindfulness techniques like deep breathing, meditation, or spending time in nature can calm the nervous system and bring clarity. Grounding yourself in the present helps reduce rumination and worry about the future. Literally putting your bare feet in grass or taking inventory of your surroundings can make a huge difference.

Finding Peace in Uncertain Times Continued.....

4. Seek Community and Support
You're not alone. Reach out to others, whether through support groups, faith communities, or workplace wellness programs. Shared experiences can foster empathy and remind us that we're all navigating this together. Finding those with a similar mind-set can provide comfort.

5. Be Gentle With Yourself
Resilience doesn't mean being unaffected—it means adapting with compassion. Give yourself permission to rest, to feel, and to heal. Mental health is not a destination but a journey, and every step you take toward self-care matters. While resilience is important, it is also OK to wish resilience wasn't necessary.



Welcome to Clinical Corner. My name is Sandi Stasko and I am the Clinical Manager at LRE. I've been in this role for just over a year and worked in a CMH for more than 10 years prior to joining the LRE team. I am passionate about helping individuals become their best selves and have gained significant insights into the behind-the-scenes work involved in a public mental health system. I'll be dropping in a few paragraphs about all things Mental Health for each Newsletter.

Sandi Stasko MS LPC

Clinical Manager, LRE

"Winter reminds us that rest is not weakness-
it's the soil preparing for spring."

Mental Health
Word Search

Find the words hidden in the puzzle

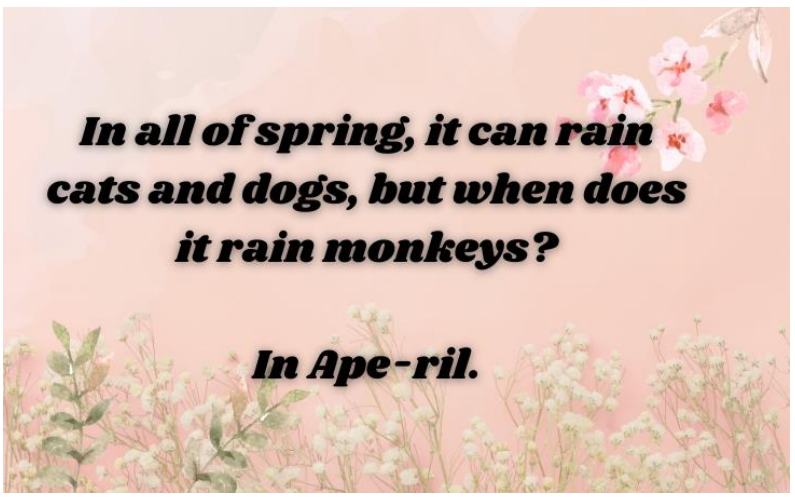
S	Q	S	B	S	S	I	H	X	T	D	D	J	X	L
T	N	G	M	I	X	E	C	G	E	K	V	F	N	X
R	F	B	C	R	P	S	L	P	B	I	Z	O	N	X
E	O	O	U	V	U	O	R	F	Y	U	I	M	Q	D
S	T	B	S	P	H	E	L	T	E	T	B	Z	J	O
S	L	G	P	U	S	Q	E	A	A	S	P	I	N	O
D	G	O	J	S	M	I	N	V	R	B	T	P	V	M
S	R	K	I	O	X	M	I	W	C	K	H	E	R	H
T	U	O	T	N	C	T	B	A	L	A	N	C	E	U
U	N	C	A	U	O	S	N	O	I	T	O	M	E	M
E	B	W	O	M	P	Y	P	A	R	E	H	T	H	J
B	G	F	C	F	I	I	U	B	M	G	D	N	B	Y
D	S	W	V	D	N	W	E	L	L	B	E	I	N	G
D	N	T	K	O	G	D	F	D	Z	Z	L	T	A	G
R	E	S	I	L	I	E	N	C	E	H	I	P	W	W

ANXIETY
BALANCE
BIPOLAR
COPING
DEPRESSION
EMOTIONS
FOCUS
MOOD
MOTIVATION
RESILIENCE
SELFESTEEM
STRESS
SUPPORT
THERAPY
WELLBEING

What did the flower say to its friend?

Don't bee mad.

Jokes Quotes Factory.com



What do girl flowers say to encourage each other?

You grow, girl!

Jokes Quotes Factory.com

The LRE Board of Directors

The Lakeshore Regional Entity Board of Directors **meeting is on the 4th Wednesday of each month**. Unless otherwise noted, prior to each Board meeting a Work session is scheduled for 11am. The Board meetings are held in person at the GVSU-Muskegon Innovation Hub, 200 Viridian Dr., Muskegon, MI 49440.

Upcoming Board Meetings

March 25, 2026
April 22, 2026
May 27, 2026

For more information on the LRE Board meetings please visit www.lsre.org

The LRE Website

For more information on your Consumer rights, please visit www.lsre.org. Once there you will be able to:

- File an Appeal
- File a Grievance
- Learn More about the CAP

For more information or to talk to our Customer Services specialist, please call 800.897.3301