



THE LRE COMMUNITY NEWSLETTER

Fall 2026

Contact us:
customerservice@lsre.org

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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.



Events and Announcements



Upcoming Events

Walk-A-Mile Rally

September 23rd:

Lansing State Capital

Adult Recovery Meetings

Mondays and Wed. at 2pm

Healthwest MHC: 376 E. Apple
Ave, Muskegon MI.

Building Connections

1-2pm every 1st and 3rd Tuesday

Healthwest MHC: 376 E. Apple
Ave, Muskegon MI

Sound Bathing

Mondays, 3:30-4:10 pm

Healthwest MHC: 376 E. Apple
Ave, Muskegon MI

Walk of Hope

Sept. 8th, 5-7pm

Waterfront Park: 391 S. William
St, Ludington

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://](https://autismallianceofmichigan.org/event/spirit-club-virtual-exercise-2/2026-03-09/)

autismallianceofmichigan.org/event/spirit-club-virtual-exercise-2/2026-03-09/

Recovery Fest 2026

September 9th, 3:00 pm - 6:00 pm

Salvation Army: 104 Clover Street, Holland MI
49423

For 21 years, this incredible festival has brought together individuals in recovery, their families, and the broader community to celebrate strength, resilience, and hope. Expect a day filled with live music, inspiring speakers, food, fun activities, and valuable resources – all in support of fostering a strong, connected recovery community.

Coping, Not Smoking

Support to help you quit smoking and live a healthier life

Are you ready to quit? Join us and develop the tools that can help you overcome nicotine addiction. Individuals in the program can also earn incentives!

Thursdays 3pm-4pm, beginning Sept. 10th.

Contact Stacie Petersen:

Stacie.petersen@healthwest.net

ART OF RECOVERY

SEPTEMBER 25th
ALLEGAN RIVERFRONT PARK
1 RIVERFRONT PLAZA, ALLEGAN MI 49010
11:00AM-4:00PM

CELEBRATING MENTAL HEALTH AND SUBSTANCE USE RECOVERY

HEAR OUR STORIES
 LISTEN TO GUEST SPEAKERS SHARE STORIES OF RESILIENCE
1:00PM-2:00PM

COMMUNITY RESOURCES

VISIT COMMUNITY RESOURCE TABLES TO LEARN ABOUT RESOURCES
 AVAILABLE IN SUPPORT OF RECOVERY IN AND AROUND ALLEGAN COUNTY

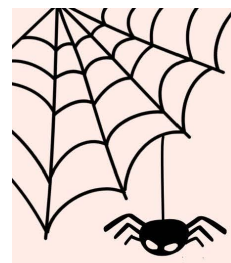
ART AND MUSIC FAIR

ENJOY LIVE MUSIC WHILE VIEWING THE AMAZING CREATIONS OF LOCAL
 ARTISTS

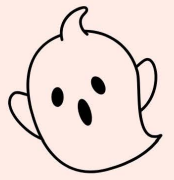
****FREE TACOS****

ENJOY FREE TACOS FROM SOBER EATS
 THE SW MI FOOD TRUCK THAT BRINGS AWARENESS TO
 RECOVERY

THIS IS AN ALL AGES EVENT



PLEASE JOIN ALLEGAN
 DHHS AND THE
 ALLEGAN COUNTY
 MEDICAL CARE
 COMMUNITY FOR THE



COMMUNITY TRUNK OR TREAT

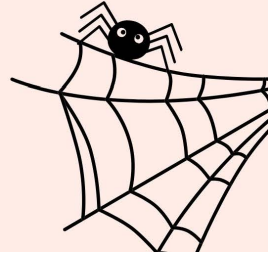
OVER 30
 TRUNKS!

OCTOBER 27
4:30-6:00PM

3255 122nd Ave
 Allegan MI



Please contact Minae
 Kroeze with any
 questions:
 KroezeM@michigan.gov



2026 Wayland Balloonfest Schedule

**Window
 World**
 AMERICA'S EXTERIOR REMODELER™

Friday, September 11th:

7am: Morning Launch (Weather Permitting)
 4pm: Gates Open: Food Trucks, Vendors,
 Kids Activities
 4:30: National Anthem/Silent Flag Salute
 5pm-7pm: Balloon Animals
 5pm-6:30pm: **BAND--Vertical Smile**
 6:30PM: Balloon Flight (Weather Permitting)
 7pm-9:00pm: **BAND--Kanin Wren**
 8:00pm: Balloon Glow



Network 180
 Kent County Community Mental Health Authority

Saturday September 12th:

7am: Morning Launch (Weather Permitting)
 7:30: 5K registration opens
 8:30am: Up, Up & Away PJ 5K
 11am: Gates Open: Food Trucks, Vendors,
 Kids Activities
 11-4pm: Cornhole Tournament
 2:00pm: Inflatable Race
 2:30pm: Magic Show
 2:30pm-4:00pm: **BAND: School of Rock**
 4pm: Pilot Meet and Greet
 4pm-7pm: Balloon Animals
 5:30: Magic Show
 4:30-6: **BAND: Sheer Pandamonium**
 6:00pm: Speaker: Dustin Ver Beek
 6:30PM: Balloon Flight(Weather Permitting)
 6:30pm: BIG BIKE GIVEAWAY!!!!
 6:30-8pm: **BAND--Vanhornen**
 8:30pm: Balloon Glow
 8:30pm: **BAND--Infinity & Beyond Journey**
 Cover

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Sunday, September 13th:

7am: Morning Launch (Weather
 Permitting)
 11am: Gates Open
 11am: Youth Vendor Market
11am: Car Show
 11am-1pm: Peace Church
 1pm: Memorial Walk
 4pm: Festival grounds close

highpoint
 COMMUNITY BANK

Allegan County VETERAN STAND DOWN

Thursday, October 22
10 AM - 1 PM

First Baptist Church
 1290 32nd St (M-40), Allegan MI 49010

Join Us For This Free Veterans Resource Event!

****Doors Open at 10 AM for VA Registration.****

Veterans should bring a DD214,
 VAID, or Military ID.

If you need assistance obtaining
 your DD214 or have questions,
 please contact Allegan County
 Veteran Services at 269-673-3333.

- Breakfast
- Lunch
- Military Surplus Items
- Support Services
 - Allegan County Veteran & Senior Services
 - County Veteran Benefits
 - Free Health Screenings
 - Veterans Justice Outreach
 - HUD-VASH
 - Employment Assistance
 - Housing Resources
 - Veteran Nonprofit Services
 - Mental Health Services

Interested vendors, please
 register by October 9 by
 scanning the QR code.



U.S. Department
 of Veterans Affairs



Veteran
 Services



The Power of One Small Word: Replacing "But" with "And"

Clinical

Have you ever noticed how often we use the word but?

- "I'm grateful for my family, but I'm stressed."
- "I got the job, but I'm nervous."

The word but may seem small, yet it can cancel out what came before it and suggest that only one thing can be true at a time.

Dialectical Behavior Therapy (DBT), an evidence-based approach to emotional well-being, offers another way: replace but with and.

Living in the "And"

When we use the word and, we make room for multiple truths to exist at the same time. Consider these examples:

- "I'm grateful for my family, and I'm stressed."
- "I got the job, and I'm nervous."

Life then becomes less about choosing one reality over another and more about accepting its complexity. This is dialectical thinking: recognizing that two seemingly opposite things can both be true.

Radical Acceptance Isn't Giving Up

One core DBT skill is Radical Acceptance: acknowledging reality as it is rather than fighting against it. It does not mean liking or approving of a situation, nor does it mean giving up on change. Instead, it means saying:

- "I don't like this situation, and it is happening."
- "This is difficult, and I can get through it."
- "I wish things were different, and I can take the next best step."

When we stop spending energy arguing with reality, more energy becomes available for healing, problem-solving, and moving forward.

Both Joy and Pain Can Exist Together

We may believe that happiness must wait until every problem is solved, but life rarely works that way. You can:

- Feel sadness about a loss and enjoy time with friends.
- Be anxious about the future and feel hopeful.

Emotional wellness is not about eliminating difficult feelings. It is about learning to hold space for the full range of human experiences.

Moving Away from Either/Or Thinking

When life is challenging, our minds may slip into "either/or" thinking:

- Either I'm successful or I'm a failure.
- Either I'm happy or I'm miserable.

DBT encourages a more balanced perspective:

- I have experienced setbacks and I am growing.
- I made a mistake and I can learn from it.

This balanced approach can reduce suffering and help us meet challenges with greater flexibility and self-compassion.

A Simple Practice

This week, notice how often you use but. When you do, pause and ask:

"What would happen if I replaced 'but' with 'and'?" You may discover that both your strengths and your struggles deserve space.

Wellness Tip

Try completing these sentences:

- I am doing my best and I am still learning.
- I have challenges and I have strengths.

Sometimes one small word can change the way we see ourselves, our challenges, and our possibilities.

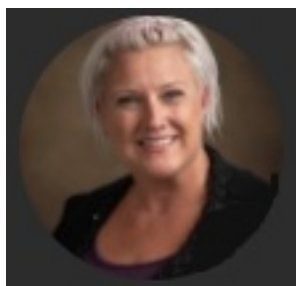
Sidebar: What Is a Dialectic?

A dialectic is the idea that two seemingly opposite things can both be true at the same time. For example:

Instead of: "I should be happy because things are going well."

Try: "Things are going well and I'm having a hard time."

Living in the "and" can build resilience, self-acceptance, and emotional balance. Life is rarely all good or all bad; most often, it is both.



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

Walking With Warriors: Upcoming Veteran & Community Events



This fall brings several opportunities for veterans, military families, service providers, and community partners to connect throughout Michigan. From mental health and crisis intervention resources to veteran-focused community events, the arts, and Veterans Day recognition, there are many ways to participate, connect, and support those who have served.

September 17 – VA Mental Health Summit | Muskegon

Time: 8:00 AM

Location: Muskegon County Marquette Campus, Muskegon, MI

The VA Mental Health Summit brings together veterans, community partners, and service providers to focus on mental health resources, awareness, and support. The summit provides an opportunity to strengthen collaboration between the VA and community organizations while helping veterans and those who serve them learn more about available resources.

September 17–October 3 – ArtPrize | Grand Rapids

Location: Calder Plaza, Grand Rapids, MI

This year's ArtPrize provides a special opportunity to support a West Michigan veteran artist. This piece is a large-scale sun atcher will be displayed at Calder Plaza in downtown Grand Rapids.

The piece represents positivity and healing through light, transforming sunlight through crystals and glass into rainbows. Inspired in part by the artist's experience using art as an outlet during the transition from military and federal service, the installation also reflects the important role creativity can play in healing, connection, and finding purpose.

The installation has also been submitted for consideration as the world's largest suncatcher, making its ArtPrize debut an exciting milestone.

September 24 – Kent County Veterans Stand Down

Time: 9:30 AM–1:30 PM

Location: Millennium Park 1415 Maynard Ave SW, Walker MI 49534

The Kent County Veterans Stand Down will connect local veterans with organizations and services designed to address a variety of needs. Stand Downs offer veterans an opportunity to access multiple resources in one setting while meeting representatives who can help them navigate benefits, programs, and community support.

Veterans continued...

October 22 – Allegan County Veterans Stand Down | Allegan

Time: 10:00 AM–1:00 PM

Location: First Baptist Church, 1290 32nd Street (M-40), Allegan, MI 49010

Veterans in Allegan County will have another opportunity to connect directly with local and regional resources during the Allegan County Stand Down. Bringing organizations together in one location makes it easier for veterans to learn about available programs, ask questions, and build connections with organizations that can provide continued support.

October 29 – Walking with Warriors Annual Summit | Ann Arbor

Time: 8:00 AM–5:00 PM

Location: Washtenaw Community College, 4800 E. Huron River Dr., Ann Arbor, MI 48105

The Walking with Warriors Annual Summit provides an opportunity to strengthen connections among veterans, advocates, community partners, and professionals working to improve veteran well-being. The summit creates space for education, collaboration, and conversations about how communities can better understand and support those who have served.

November 11 – Veterans Day Parade | Grand Rapids (TBD times)

Location: Grand Rapids, MI

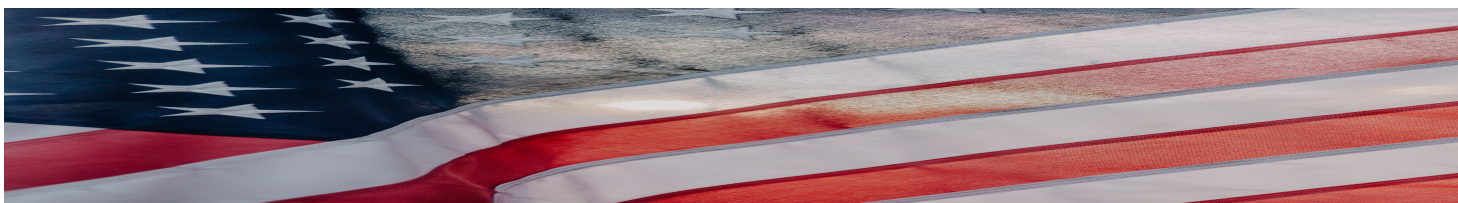
The fall season concludes with the Veterans Day Parade in Grand Rapids, bringing the community together to recognize and honor the service and sacrifices of veterans from every generation.

LRE Veteran Navigator

The Lakeshore Regional Entity (LRE) takes pride in its specialized programming dedicated to helping area Veterans find stable housing, access to physical and mental health services, and locating military paperwork to achieve benefits.

The LRE dedicates a “veteran navigator” to facilitating requests; understanding each request is unique and deserving of personalized attention. Our Veteran Navigator, Autumn Hartpence, comes to us from the Air Force, and shares a passion for helping the community’s veterans by partnering with a network of community-based service providers.

For questions or inquiries, please contact Autumn at 231-260-0721.





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

Sept	23,	2026
Oct	28,	2026
Nov	18,	2026

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

The LRE Website

For more information on your Consumer rights, please visit www.ltre.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

