988 Coming Soon: New Number to Call for People Facing Mental Health Crisis from the MHA, Mental Health America, Outreach Toolkit

Everyone deserves access to the support they need, when they need it – and that includes mental health support. That’s why this year, starting on July 16, 2022, anyone facing a mental health crisis can call 988 and get connected to the National Suicide Prevention Lifeline (also called the Lifeline).

The line will be staffed with trained crisis counselors who know what callers are going through and know what local resources might make a difference. The phone line is staffed 24/7, and is free and confidential.

When someone is facing a mental health concern or living with a mental health condition, it’s really common to feel like no one understands what you’re going through. It may be difficult to imagine that someone who picks up the phone could totally understand what you’re feeling, and even harder to imagine that recovery is possible.

The current way of doing things isn’t working. Calling 911, the de facto response in our country, is not serving people in a mental health crisis well. A police response can inflict additional trauma on someone in crisis, or worse, attempt to criminalize the person.

Unlike 911, counselors will be at the other end of the Lifeline when you dial 988. They are trained to understand exactly how you’re feeling and to pair you with resources that are specifically tailored to helping you meet the moment you’re in.

Having concerns about your mental health is a common experience. It’s time to make this kind of support just as common. This is why 988 is an easy, three-digit phone number to remember. This resource was created for everyone, including you: if you’re ever feeling like you need help with a mental health or substance use crisis, but not sure if you should call, starting in July, you can just dial 988. It is a direct connection to compassionate, accessible support.

For more information about a group or to RSVP for any activity, please call Becky Rinaldi at 216.509.8685 or email at rinaldi@jfsa-cleveland.org

Continued on page 2

Special May Activities
Lake County Captains Baseball Game
We are at the ballpark Tuesday, May 10th for an 11am first pitch. ($10 ticket)

Outdoor Lunch and Dinner
Tuesday, May 17th and 31st.
We’ll grab meals at Jersey Mikes and travel to the Pepper Pike Park to eat. ($10-15)

ZOOM Show & Tell Hour with Greg
Come and join Greg on Wednesday, May 18th at 6pm as he shows you his most treasured items from around the house. There’s sure to be lots of discussion in this group. Don’t miss out!

Day Trip
Join your PLAN peers as we resume “day trips.” On May 27th, we will venture to Wakemen, OH to have lunch and visit a local garden. ($20 for lunch)

An RSVP is required for all in-person PLAN activities (NO EARLIER THAN 7 DAYS BEFORE THE ACTIVITY)
988 Coming Soon, cont.

It’s never too early – or too late – to seek help. In the U.S., the average amount of time between the onset of symptoms of a mental health condition or challenge and a diagnosis is 11 years. It’s never too early to get support: if you’re facing a mental health crisis for the first time, reaching out can help.

Mental health challenges and crises are widespread. This is why resources and support for people facing mental health and substance use crises must be just as widespread. Starting July 16, 2022, it will become even easier for people living with these challenges to get the help they need.

If you or someone you know needs to be connected to someone who will understand what you’re going through and how to help, they can soon call 988 to be directly connected with a trained crisis counselor at the National Suicide Prevention Lifeline.

Note: 988 will not be available to everyone until July 16, 2022. In the meantime, if you or someone you know is in crisis, please continue to contact the National Suicide Prevention Lifeline at 1-800-273-8255 or the Crisis Text Line by texting MHA to 741741.

Monthly Mental Health Tip
by Shira Josefovitz

Coloring helps me relax. Coloring lets my mind go into the drawing and focus on that, rather than what went on during the day.

There are things that I don’t want to focus on when I am coloring. I am just being in the present moment. Looking at what I am creating on the page. Wondering where it could take me if I was actually in the drawing.

Doing something like coloring to take care of yourself, is like adding in a way to relieve that stress that comes generally during your waking hours.

What is your go-to stress reliever?

Mental Health Awareness Month Fast Facts
from nami.org

• 1 in 5 U.S. adults experience mental illness each year, and less than half of them receive treatment.
• 1 in 20 U.S. adults experience a serious mental illness each year, and less than two-thirds of them receive treatment.
• 55% of U.S. counties do not have a single practicing psychiatrist.
• Three quarters of Americans (75%) say they are not content with the state of mental health treatment in this country. That is particularly true if they are diagnosed with a mental health condition (84%).
• 60% of Americans are concerned about the stigma around mental illness.
• Less than half (49%) of Americans consider themselves familiar with the U.S. mental health care system.

Your physical health impacts your mental health! 
Lessen your chance of severe illness from Covid-19 with a vaccine and booster!

“Success is not final, failure is not fatal: it is the courage to continue that counts.” - Winston Churchill
**May Thinking Games**

Here are some word, number, and thinking games for you. Keep your mind sharp!

If you have access to a computer you can also create your own word searches at www.thewordsearch.com.

---

**Israel Independence Day**

Here are some word, number, and thinking games for you. Keep your mind sharp!

If you have access to a computer you can also create your own word searches at www.thewordsearch.com.

---

**Creative Art & Writing**

**Poetry by PLAN members**

**Remember Me to Flesh**

By Michael Klein

I stare at a pale part of the canvas which absorbs my thoughts,
A graphite smeared, vanishing grey forest of wounds,
An elegant figure’s back retreating, bowing out with dim tremulous aplomb towards the occult, carnal rendezvous.

Robust figures are tapering taller in the sun or cherubically recumbent on slithery stones in an interrupted pattern of stairs.

They hail me in their cascade sprayed grotto,
An evanescent image of the mirage of health,
Elastically rebounding sensual set of players without head, unhерdable; my crazed, kinetic redoubtable breed.

They dare to revel there, archons of the afterimage of a world that never was.

**Green Me**

Mel Young

I’m trying out green
To be my favorite hue
It symbolizes living things
And politics, too

It represents equality
And peace and calm
And whispers to us
Not to harm

I changed my favorite
From blue to green
Because different shades
All band as one

---

**The History of Memorial Day**

by Shira Josefovitz

The history of Memorial Day dates back to the American Civil War. It started as an event to honor soldiers who had died during the war. It is said to be inspired by the way people in the Southern states honored the dead. The original national celebration of Decoration Day took place on May 30th, 1868.

There are over twenty-four cities and towns across the United States that claim to be the birthplace of Memorial Day. Waterloo (New York) was officially declared the birthplace of Memorial Day by President Lyndon Johnson in May, 1966.

In the late 19th century, the holiday (previously known as Decoration Day) became known as Memorial Day and was expanded to include the deceased veterans of all the wars fought by American forces. Originally, the holiday was celebrated on May 30, regardless of the day of the week that it fell on. In 1968, the Uniform Holidays Bill was passed and as a result the day changed to the last Monday in May.

---

**A Joke from My Stable**

Written by M. Klein

There was a six-month-old colt at the county fair but nobody there could understand him, perhaps because he was a little horse.

---

**Sudoku**

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the six 3x2 grids contain one instance of each of the numbers 1 through 6.

```
5 6 
6 5 1
2 4 6 2
3 6 5 4 2
```

---

**mother's Day**

```
N U I S G U H E C I V D A F
W G M F K I S S E S L P O R
I S O A A S S E N F S R E S
E R T T E N U R T I N G A Y
S W E E E F E F O G P T E A
R O R T D G U I I A S E D
E L G F S E R V T P I W S N
T F K R I I I I C N G E T U
H T T N L N E I V A E E F S
G C I O G N S H E R T I I
U I I U T S O N S S N I G G
A S V H N W I F E K S G N N
D S I F E D I N G W S G G
```

---

What do you think of our May newsletter refresh? Want to have something published in the PLAN newsletter? Text pictures to Becky at 216-509-8685 or email at rrinaldi@jfsa-cleveland.org.
## Holistic Recovery Schedule

**MAY 2022**

### Plan of JFS

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Journeys</td>
<td>2 6:15pm Zumba, JFSA Parking Lot. $3</td>
<td>3 ZOOM: 3pm Al’s Music Hour  ZOOM: 5:30pm Newsletter Group</td>
<td>4 10:45am-12:45pm Film Making Workshop, Orange Rec Center*  ZOOM: 3:30pm Art Appreciation</td>
<td>5 ZOOM: 3pm Sports Talk  ZOOM: 3:30pm Musical Moods  6pm Israel Independence Day Celebration, Beachwood</td>
<td>6 3pm Writing Group, Beachwood Park Pavilion  NEW DAY AND TIME!</td>
<td>7</td>
</tr>
<tr>
<td>8 Journeys</td>
<td>9 6:15pm Zumba, JFSA Parking Lot. $3</td>
<td>10 11am Lake County Captains Game, Wickliffe, $10  ZOOM: 3pm Al’s Music</td>
<td>11 10:45am-12:45pm Film Making Workshop, Orange Rec Center*  ZOOM: 3:30pm Art Appreciation</td>
<td>12 ZOOM: 3pm Sports Talk  ZOOM: 3:30pm Musical Moods</td>
<td>13 1pm Trivia Hour, Beachwood Park Pavilion  NEW DAY AND TIME!</td>
<td>14</td>
</tr>
<tr>
<td>15 Journeys</td>
<td>16 6:15pm Zumba, JFSA Parking Lot. $3</td>
<td>17 11am Outdoor Picnic Lunch, Pepper Pike Park, $10-15  ZOOM: 3pm Al’s Music</td>
<td>18 3:30pm, Art Appreciation, Beachwood Park Pavilion  ZOOM: 6pm Show &amp; Tell Hour with Greg</td>
<td>19 11am MOCA Cleveland, University Circle  ZOOM: 3pm Sports Talk  ZOOM: 3:30pm Musical Moods</td>
<td>20 1pm Outdoor Hike, Shaker Lakes Nature Center</td>
<td>21</td>
</tr>
<tr>
<td>22 Journeys</td>
<td>23 6:15pm Zumba, JFSA Parking Lot. $3</td>
<td>24 1pm Bowling, Wickliffe Lanes ($9)  ZOOM: 3pm Al’s Music Hour</td>
<td>25 3:30pm, Art Appreciation, Beachwood Park Pavilion</td>
<td>26 ZOOM: 3pm Sports Talk  ZOOM: 3:30pm Musical Moods</td>
<td>27 9:30 am Day Trip, Outdoor Lunch at Wakeman Elevator Restaurant and visit to Shoepfle Garden, Wakeman, OH, $20</td>
<td>28</td>
</tr>
<tr>
<td>29 Journeys</td>
<td>30 Memorial Day, Office Closed</td>
<td>31 ZOOM: 3pm Al’s Music Hour  5:30pm Outdoor Picnic Dinner, Pepper Pike Park, $10-125</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### An RSVP is required for all in-person PLAN activities (NO EARLIER THAN 7 DAYS BEFORE THE ACTIVITY) Call Becky at 216-509-8685.

We will continue to provide video and call-in activities. If you have an email address and access to a smartphone, tablet, or computer, visit their website at [https://zoom.us](https://zoom.us) and register for an account. Using the ZOOM app or website will allow you to see staff and other PLAN members. If you do not have access to video technology, you can still participate in the virtual activities by calling from any phone! Contact Becky at 216-509-8685 for help!

*The PLAN Film Making Workshop is made possible in part by state tax dollars allocated by the Ohio Legislature to the Ohio Arts Council (OAC). The OAC is a state agency that funds and supports quality arts experiences to strengthen Ohio communities culturally, educationally, and economically.