

May is Mental Health Awareness Month "4Mind4Body"

Submitted by Tami Duke, North Shore Mental Health Group

This year marks the 70th year celebrating Mental Health Month! Its purpose remains to raise awareness and educate the public about mental illnesses, and strategies for attaining mental health and wellness. It also aims to draw attention to suicide, which can be precipitated by some mental illnesses. Additionally, Mental Health Awareness Month strives to reduce the stigma (negative attitudes and misconceptions) that surrounds mental illnesses.

In recent times, attitudes towards mental health issues appear to be changing. Negative attitudes and stigma associated with mental health have reduced and there has been growing acceptance towards mental health issues and support for people with them. For 2019, Mental Health America's last year's theme of "4Mind4Body" has been expanded to explore the topics of animal companionship (including pets and support animals), spirituality, humor, work-life balance, and recreation and social connections as ways to boost mental health and general wellness (<https://www.mentalhealthamerica.net/>).

Nationally and locally, we are seeing more campaigns, (Makeitok.org, Letstalk.org), and organizations forming to address the fact that about 1 in 5 adults in the U.S. experiences a mental illness in a given year (2017, National Institute of Mental Health). Periodically, local health departments and nonprofit hospitals are required to conduct a Community Health Needs Assessment (CHNA). The process includes examining health status indicators and gathering com-

munity feedback to identify priority health issues. For the 2016-2019 period, mental health was identified as one of the highest priorities in both Duluth, MN, and Superior, WI. Out of this need, Northland Healthy Minds (Northlandhealthyminds.org) was formed.

Did you know that Silver Bay has a North Shore Mental Health Group (NSMHG) that has been meeting monthly for over a year? This group was formed by community members, with the mission in mind to "build a community where it is safe to talk about mental well being, and to live well with and encourage treatment of mental illness, brain injuries and disorders."

Last fall they arranged for the National Alliance of Mental Health (NAMI) to present at the MN Vets home on "Depression and Aging" and then later that day for community members, "Creating Caring Communities." About 50 people attended and learned how to support people with mental health disorders. NSMHG also helped support the high school presentation on teen depression and suicide, "Do It for Daniel."

Ongoing opportunities include a twice-monthly, peer-led support group, GLAD (Group Living with Anxiety and Depres-

sion), which meets the second and fourth Monday of the month at the United Protestant Church at 6:30 p.m.. This is a confidential support group for those struggling with mental health issues, either themselves and/or those affected by loved ones with mental health disorders. Other community supports include, Yoga At the Park (Wednesday a.m. June - September).

Currently, the group is working on plans for the fall and now have a certified trainer in Youth Mental Health First Aid. If you have any questions about the NSMHG, would like to get involved, or offer the Youth Mental Health First Aid training to your staff or community group, you can contact the NSMHG at nsmentalhealth@gmail.com.

Remember, most mental illnesses can be treated effectively with medication, therapy, diet, exercise and support. Recovery is possible!

Local Mental Health Care Resources

- Birch Tree Center Crisis Line**
24-hour crisis phone line for support, information and problem solving
Call: 218-623-1800
- Txt4life/Crisis Text Line**
Text-based help with relationship issues, general mental health and suicidal thoughts
Text "MN" to 741741 and a counselor will text back
- Northland Children's Mental Health Collaborative**
Youth mental health resources for children and families
northlandchildrensmentalhealth.org
- NAMI (National Alliance on Mental Illness) Duluth Area**
Resources, support groups and advocacy
namidulutharea.com
- Let's Talk, Region 3 Mental Health Initiative**
24-hour mental health resources
letstalkmn.com

CLASSIFIED ADS

AA MEETINGS: MON, 7:30 PM, Clair Nelson Center in Finland. **TUES, 7:30 PM**, St. Mary's Catholic Church basement, Silver Bay. 218-226-3914

STOP BY VICKI'S LICENSE BUREAU for your Snowmobile, ATV, Boat & Vehicle Registrations, Title Transfers, Hunting & Fishing Licenses & Ski Passes. **Mon. - Fri. 8:30-12:15/1:30-4:30 • (218) 226-3076**

Fish Out of Water is celebrating Cinco de Mayo (Sunday, May 5) with a one day sale. Everything in the store is **20% off** including new spring items fresh out of the box. All sale clothing is marked down to \$10. **ONE DAY ONLY!!!** Beverages and nibbles provided. Stop in & bring your friends. Open 10-4.

HELP WANTED

Are you passionate about helping others succeed? Do you consider yourself a role model? (CHOICE, unlimited (non-profit agency) is looking for a part time Employment Specialist/Job Coach to work in the Silver Bay area. Duties of this position include mentoring an Individual and helping them participate in employment as well as community activities (exercising, volunteering, & classes.) Starting wage is \$11.25 per hour. Schedule is Wednesday 9am-3pm. Benefits are available. A valid driver's license and reliable vehicle are required-mileage is reimbursed. (Apply online at www.choiceunlimited.org or in person at our office located at 1829 E. Superior Street Duluth, MN 55812. (Our entrance is in the back of the building off the parking lot.) EOE

Part-Time Housekeeping Position at a small Motel in Grand Marais. Competitive wages. Contact us for an application. dey.danielle@gmail.com 218-387-2975.

Employment Opportunity... Knife River home in need of **HANDYMAN**. Prefer age 30+ -- Must be dependable!! Will pay \$12-\$15/hr. or additional for some projects. (218) 834-5707

The Bay Area Historical Society has 2 positions open for **Interpreter/Clerk** at the Beaver Bay museum/information center. Job requires good customer skills, cash register use, knowledge of area, light housekeeping duties. If interested, please send request to: Bay Area Historical Society, P.O. Box 33, Silver Bay, MN 55614

Taking Applications for **part time, seasonal, experienced servers**. Please stop in for an application between Fri. and Sun. **Lemon Wolf Cafe**, Beaver Bay.

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Adventure Park

Rich recently took a trip to Connecticut to train at another Outdoor Ventures facility. An avid outdoors enthusiast who fishes, hunts, rides 4-wheelers and horseback, Rich says this is still a new experience.

"I'm a climber now, and on the ropes course I have a blast!," Rich said.

The park is still recruiting for summer help, with part-time and full-time positions open. Rich says that the main position she is looking for is that of park monitor, a position she likens to lifeguard on the ground.

"It's like a lifeguard, only in the trees. Everyone is going to be self-sufficient, but you might have to lend a hand as they move

through the course, it's seasonal but a great way to be making good money and be outside and enjoy the summer," said Rich.

If you'd like to ask questions or talk more to Rich about job openings, she will be present at the Outdoor Expo being held at the Green Door in Beaver Bay on Saturday, May 4th, from 11:00 am to 4:00 pm. The adventure park will be open to the public for its first day on Saturday, May 25th.

Century 21 Atwood & Gilderman



Chris Mattila, REALTOR 218-220-0334 • cmattila@mchsi.com
Deven VanHouse, REALTOR 218-220-0890 • deven.vanhouse@century21.com
Ashley Peterson, REALTOR, 218-220-8969 • ashley.petersonc21@gmail.com

Silver Bay & Surrounding Area

•**16 Arthur Cir., SB**, MLS#6080722: 2 BR, 1 BA w/det'd 1 car Gar., deck, shed, back to woods w/glimpse of Lk. Sup. Rear deck, fenced back yard, shed, workshop att'd to Gar., newer furnace & shingles, some new flooring, drywall & paint. **\$42,500**

•**30 Arthur Circle, SB**, MLS 6081531: Move in ready 3 BR home w/det'd extra long 1 car garage, add'l land, storage shed & back to woods. Recent improvements incl: flooring, paint, windows, shingles, remod. BA, updated Kit., & shed. Seasonal lakeview glimpse too! **\$95,000**

•**54 Banks Blvd, SB**, MLS6076423: 3 BR, 1 BA, det'd 1 car Gar. w/distant view of Lk Sup. **REDUCED \$49,000**

•**XX Burk Dr., SB** MLS6031120: Wooded lot w/view of Lk Sup., city water/sewer nearby. **\$18,500**

•**45 Horn Blvd, SB** MLS6076737: 2 BR, 2 BA house full bsmnt, deck, & det'd 2 car Gar. Features: vinyl siding, newer windows, shingles, & private yard w/glimpse of Lk Sup. New curb, gutter, sidewalk & street in '17. **REDUCED \$97,500**

•**7 Kent Lane, SB**, MLS6078837: Views of Lk Sup. from the LR, DR, BR, FR, laundry & balcony. 3 BR, 3 BA home w/hdwd fl., 2 wood FP's, newer shingles, walkout bsmnt, & 2 car Gar. **\$239,000**

•**XX Marks Drive, SB**: 5 - Large residential building sites w/city water, sewer, curb & gutter, back to woods **\$45,000 each** or **\$205,000 for all 5**.

•**36 Shopping Center Rd, SB**, MLS6080465: 6,300sqft. Lg. commercial bldg w/many possibilities, retail area, SB Shopping Center. Former Wells Fargo Bank which had three other tenants. **\$210,000**

•**6082 Hwy 1, SB**: Custom built 3 BR, 2 BA, basement house, Lg. 2 car garage & shed on 1.44 Ac site w/good view of surrounding hills & valley. **\$147,500**

•**5150 Silver Hill Dr, Finland**: 3BR home w/updates incl: remod. BA, insulation, newer windows & heating system, updated Kit, new paint & doors, & gas FP. 26'x40' garage & 22'x22' garage. 16'x20' deck. ATV & snowmobile trail access close by. **REDUCED \$150,000**

•**61XX Little Marais Road** MLS#6076208: Lot B, Silver Bay, MN: 10 acre lot w/views of Lake Superior near Little Marais. reduced to **\$69,900**

•**XXX Hwy 61 & Onion River Rd.** MLS6005052: 18Acr. comm. resort bldg site between Tofte & Lutsen on Onion River Rd. Views of Lk Sup. High ground w/pwr at rd. Close to Sup. Hiking trl & rec. activities. **\$173,500**

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Suicide Is NOT the Answer!!!
Don't hesitate to call:
1.800.273.8255
go to
www.save.org
or TEXT: "LIFE" to 61222
Help is free & confidential