

# CMMHC WELLNESS BULLETIN

**August 2019**

## **August 31 - International Overdose Awareness Day**

International Overdose Awareness Day is a global event held on 31 August each year and aims to raise awareness of overdose and reduce the stigma of a drug-related death. It also acknowledges the grief felt by families and friends remembering those who have died or had a permanent injury as a result of drug overdose.

International Overdose Awareness Day spreads the message that the tragedy of overdose death is preventable.

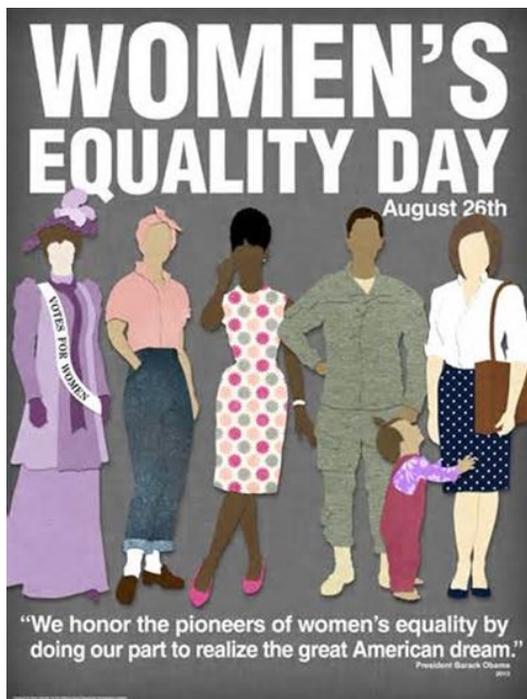
Thousands of people die each year from drug overdose. They come from all walks of life.

Do you recognize the signs and symptoms of overdose? What is the impact of drug use and overdose on family, friends and those experiencing it?

More information can be found at [www.overdoseday.com](http://www.overdoseday.com)

With the opioid crisis that exists, it is important for us as an agency to be aware of the issues and what we can do to support our clients, friends, and families.

As mentioned in a previous TIC Tip, a resource provided by the Substance Abuse and Mental Health Services Administration (SAMHSA) allows you to search for facilities available to provide substance use treatment by zip code. It can be accessed here: <https://findtreatment.samhsa.gov/>



## **August 26<sup>th</sup> - Women's Equality Day**

Women's Equality Day, observed annually on August 26, commemorates the 1920 ratification of the 19th Amendment to the U.S. Constitution, granting women the right to vote. Specifically, the amendment states: "The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any state on account of sex."

The quiz below, from the Ashbrook Center at Ashland University, Ashland, Ohio, provides an opportunity for you to test your knowledge of the women's suffrage movement and the 19th Amendment.

# Women's Equality Day Quiz

**1. Which was the first state to grant women's suffrage?**

- A. New York
- B. Wyoming
- C. Wisconsin
- D. California

**2. Before becoming involved in the women's movement, many female suffragists previously were:**

- A. Presbyterians
- B. Abolitionists
- C. Democrats
- D. Shakers

**3. Which state did not grant women the right to vote before the 19th Amendment was ratified?**

- A. Oregon
- B. Arizona
- C. Illinois
- D. Ohio

**4. Which country was the first to give women the same voting rights as men?**

- A. New Zealand
- B. France
- C. Norway
- D. Sweden

**5. In 1848, suffragists gathered at the Seneca Falls Convention in New York and produced this document, modeled after the Declaration of Independence:**

- A. Declaration of Grievances
- B. Declaration of Abuses & Usurpations
- C. Declaration of Equality
- D. Declaration of Sentiments

**6. Which prominent reformer did not believe women should have the right to vote?**

- A. Frederick Douglass
- B. Catharine Beecher
- C. Jane Addams
- D. Margaret Sanger

**7. By a one-vote margin, Tennessee became the 36th and final state to ratify the 19th Amendment. Twenty-four-year-old Harry Burn, an anti-suffrage legislator, changed his vote at the last minute after he received a note from:**

- A. His girlfriend
- B. A war veteran
- C. His mother
- D. His sister

**8. This woman founded the National Woman's Party and organized "Silent Sentinels," round-the-clock protests outside the White House, calling for President Woodrow Wilson to support women's suffrage:**

- A. Elizabeth Cady Stanton
- B. Carrie Chapman Catt
- C. Susan B. Anthony
- D. Alice Paul

**9. After the 19th Amendment was ratified, some suffragists focused on this effort that wouldn't pass Congress until 1972:**

- A. Title IX
- B. Equal Rights Amendment
- C. Birth control for all women
- D. Equal Pay Act

**10. After the Civil War, the suffrage movement split due to disagreements concerning the:**

- A. Temperance Movement
- B. Property rights
- C. 15th Amendment (granting black men the right to vote)
- D. Role of women in the church

ANSWERS: 1-B, 2-B, 3-D, 4-A, 5-D, 6-B, 7-C, 8-D, 9-B, 10-C

# Homemade No-Cook Cookie Balls

RECIPE COURTESY OF KERI GLASSMAN

Yield: 4 servings

- Level: Easy
- Total: 35 min
- Prep: 5 min
- Inactive: 30 min

## Ingredients:

- 1 1/2 cup almond butter
- 2 3 tablespoons honey
- 3 1 teaspoon vanilla extract
- 4 1/3 cup rolled oats
- 5 1/4 cup mini dark chocolate chips
- 6 1/4 cup ground flaxseed



## Directions:

1. Mix together the almond butter, honey and vanilla in a medium bowl. Add in the oats, chocolate chips and flaxseed and mix well.
2. Roll the mixture into 1-inch balls and place on wax or parchment paper. Stick in the refrigerator for 30 minutes.

*Save the Date!*

WEDNESDAY

▶ SEPTEMBER 25, 2019 ◀

4:30 – 6:30 p.m.

*Celebrate 60 years with us and  
check out our beautiful new location!*

411 3rd Street N, Waite Park

**60**  
years  
1959-2019

**cmmhc**  
Central Minnesota Mental Health Center  
*Together, Creating a Healthier Life*

[cmmhc.org](http://cmmhc.org)

## SUICIDE PREVENTION AWARENESS

SHOE DRIVE FUNDRAISER  
STARTING AUGUST 15TH

Join us in raising money for suicide prevention

Donate new or gently used shoes  
at CMMHC locations

**60**  
years  
1959-2019

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# UPCOMING EVENTS★

- 8/17/2019 8a - 12p Expo for Seniors
- 8/17/2019 9a - 12p Save 5k
- 8/26/2019 6a - 6p Mental Health Awareness at the State Fair
- 8/28/2019 5p - 9p Summertime by George
- 9/14/2019 9a - 2p Thumbs Up 5k
- 9/21/2019 11a - 4p Pride in the Park
- 9/25/2019 4:30p - 6:30p Celebration of 60 Years

## **CMMHC's Wellness Committee Mission Statement:**

It is the mission of the CMMHC Wellness Committee to promote the health and wellness of staff through education and initiatives that:

- Encourage habits of Wellness
- Increase awareness of factors and resources contributing to well-being
- Inspire and empower individuals to take responsibility for their own health.
- Support a sense of community

*Brought to you by your*

### Central Minnesota Mental Health Center Wellness Committee

- Kayla Levtzow
- Marie Fisher
- Steven Loos
- Maggie Dilks
- Brie Frantesl
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- Danielle Eller-Hollerud