



Vol. 1, No. 3, August - October 2018

Meridian's Client Newsletter

Advance Directives and You!

What is an Advance Directive?

Every competent adult has the right to make decisions concerning his or her own health, including the right to choose or refuse medical treatment. When a person becomes unable to make decisions due to a mental or physical changes, advance directives are a way for their wishes to be expressed and carried out.

Living wills and **health care surrogate designations** are 2 types of advance directives. A living will is a written or oral statement of the kind of medical care you want or do not want if you become unable to make your own decisions. It is called a living will because it takes effect while you are still living. A healthcare surrogate designation is a document naming another person as your representative to make medical decisions for you if you are unable to make them yourself. You can include instructions about any treatment you want or do not want, similar to a living will.

An advance directive, whether it is a written document or an oral statement, needs to be witnessed by two individuals, one of whom cannot be a spouse or blood relative. While an attorney is not required, you may wish to consult an attorney or your health care provider to be sure that you have completed your advance directive in a way that your wishes will be understood. Make sure that your health care provider, attorney, and the significant persons in your life know that you have an advance directive and where it is located. You also may want to give them a copy. Set up a file where you can keep a copy of your advance directive (and other important paperwork). Keep a card or note in your purse or wallet that states that you have an advance directive and where it is located.

Please visit <http://www.floridahealthfinder.gov/reports-guides/advance-directives.aspx> for more information, including forms.

Crisis Resource Guide

When looking for help, who should I reach out to?

In this edition, we wanted to provide a few resources in the community that are readily available if and when you have a family member, friend, loved one, and/or community member that is in need.

If you are ever in need, please do not hesitate to reach out to these community contacts.

It Takes A Village!



Crisis Contact Resources



Meridian Crisis Line: (352) 374-5600, option 1

Alachua County Crisis Center: 352-264-6789

211: Text your zip code to 898-211

National Suicide Hotline: 1-800-784-2433

NAMI Help Line: 1-800-950-NAMI (6264)

Crisis Text Line: 741-741



Health & Nutrition

Creative Lunch Boxes

Creating a school lunch for your child should be fun. The lunch box should be colorful and inviting.

Preparing the lunch box the night before with the help of your child can be an adventure or you may choose to do it alone. If you choose to do it alone, add a little surprise in it each day.

Suggestions for a Creative Lunch Box:

1.) Make it colorful:

Green – grapes or string beans

Red – strawberries or tomatoes

Yellow – pineapple or corn

Orange – oranges or carrots



2.) Make it appetizing by selecting food your child enjoys

3.) Include a drink that fits inside the box

4.) Design a snack – a soft cookie cut in the shape of a heart

5.) Sticky note with a personal message to your child or a sticker

Activity Corner

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In The Community

August:

Mindfulness & Creativity with UF HealthStreet

August 10th (12PM – 2PM)

UF HealthStreet

NAMI Family Support Meeting

August 13th (7PM – 8PM)

United Church of Gainesville

September:

National Recovery Month

Steps ToWellness

Luncheon

September 6th(11AM-1PM)

Sweetwater Branch Inn

World Suicide

Prevention Day

September 10th (All day)

October:

Mental Health Month

World Mental Health Day

October 10th (All day)

NAMI Walk

October 13th (8AM)

Depot Park Gainesville

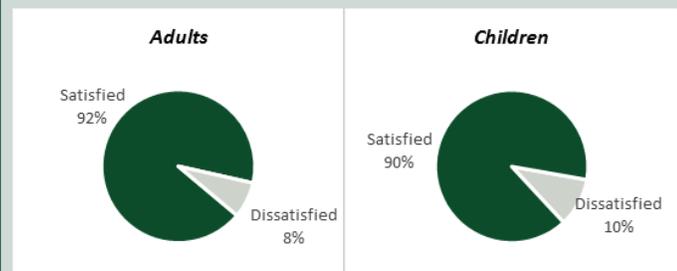
UF HealthStreet's 3rd Annual Night of Dance

October 13th (4PM - 7PM)

Bo Diddley Community Plaza

How Are We Doing?

Overall Client Satisfaction April 1, 2018 through June 30, 2018 Your feedback is important to us!



***We hope you enjoyed this edition of our newsletter. We welcome feedback and/or suggestions for additional topics to make sure we continue to provide you with useful information centered around your needs. Please contact us with any questions, comments, ideas, or concerns at feedback@MBHCL.org or (352) 374-5600 extension 8183.

Thank you and we'll see you next issue!