

# The Inclusion

*Corktown and HELP Community Reader*

## Black Lives Matter

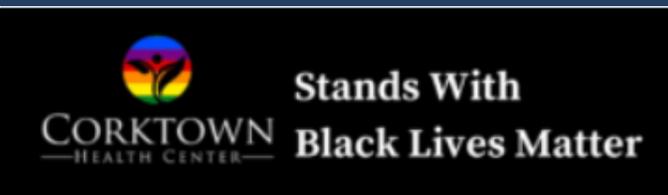
Stafford Sykes

Black Lives Matter is a movement where Black people seek equality and civil liberties for all humanity. Everyone should have equal opportunity to reach their life's fullest potential without fear of discrimination. Individuals should be able to pursue their ambitions without the fear of being marginalized, or treated less than equal. Black Lives Matter is a network that builds power to bring equal justice, healing, and freedom to Black people across our nation and around the globe.

For more information:

<https://blacklivesmatter.com/>

<https://m4bl.org/>



*Did you know Corktown Health Center now has Telehealth Visits after 5 PM Tuesdays and Thursdays by Appointment*

## Mental Wellness

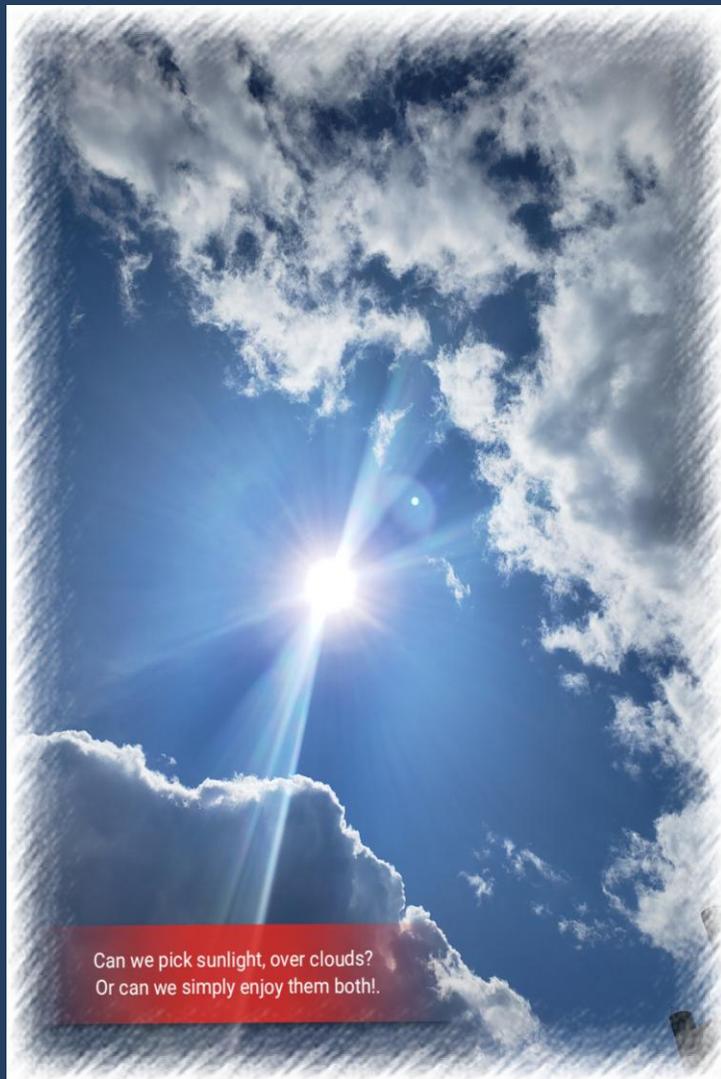
James Helberg

Summer is near and some easing of Michigan's health quarantine! That means some outdoor recreation! Lounging in the yard soaking up the sunlight! Get your summer reading list ready. Take a look at some feel good inspiration books such as actress Teri Garr's memoir "Speed bumps" Ms. Garr who played Phoebe's Mom on the comedy series "Friends" was diagnosed with Multiple Sclerosis in the 1990s and the book is a chronicle of her journey with illness but her story can be applied to any illness either physical or mental! Another book that deals directly with mental illness is "A Brilliant Madness" by Patty Duke.

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### Submission by Alexas Wells

#### Mental Wellness (continued from page 1)

Ms. Duke explains a manic episode that occurred in her life and a doctor then looks at the incident and explains why it happened inside the brain. It's good to know the how and why if we suffer any mental illness. It's good to know about brain function that is explained in a way that is easy to understand!

### Spiritually Speaking

Vicki Couch

#### "Affirmation"

"My peace in me is the peace that reaches others thru me." Summer, summer, summertime is here. While experiencing this pandemic it is apparent we can't partake in our usual summer activities like picnicking in the park or enjoying outdoor jazz concerts, having our annual family reunions and family vacations. We cannot let this stop us from having joy in our lives. We can obtain daily happiness by striving to obtain peace of mind. The peace that's within us that keeps us calm in the midst of the storm. How can we obtain peace during this COVID -19 madness? We can try meditating, yoga, bicycling or reading under our favorite shady tree. We can care for our elderly neighbor's yard. Perhaps walk someone's pet. We can bask in the glow of knowing we're still here to enjoy another sunrise. Stay safe, stay mindful and stay healthy!!!!

