

Brandon Ahlgren, MD, Joins Munson Healthcare Rheumatology

Munson Healthcare is pleased to welcome Brandon Ahlgren, MD, to the Rheumatology team.

Dr. Ahlgren comes from a family of physicians. He is the oldest of five siblings, two of whom are also doctors. He became interested in joint and bone pathology from his father, an orthopedic spine surgeon. This interest led him to pursue a specialty in rheumatology.

Dr. Ahlgren attended medical school at Wayne State University School of Medicine, where he also completed a fellowship in Rheumatology. He completed residency at Loyola University Medical Center. Dr. Ahlgren is board certified by the American Board of Internal Medicine.

“My favorite part of practicing medicine is meeting new people, taking the time to listen to them and form a relationship, and working hard to give them the care they deserve,” he says.

Dr. Ahlgren and his wife Elizabeth share three cats and a ball python. Outside of work, he enjoys exercising, boating, playing video games, and watching motorsports.

Munson Healthcare Rheumatology is located at 3537 West Front St., Suite A in Traverse City.

Learn more at [munsonhealthcare.org/FindADoctor](http://munsonhealthcare.org/FindADoctor).



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# = MENTAL HEALTH CORNER =

## *Staying Sane in Today's World*

Many of us have been there at one time or another. We've been watching the news, reading articles and doom scrolling on social media, and we find ourselves overwhelmed. There is a term for this: Permacrisis -- A state of individual, societal or global instability and overlapping stressors.

Permacrises come in many forms. Everyone reading this lived through the pandemic. Those were some crazy times! There are also constant wars, climate/weather crises and economic uncertainty. Then, of course, depending on who you listen to, this president is worse than the last president and so on. This endless barrage of negativity can leave us feeling powerless, anxious or even paralyzed.

When we are exposed to constant stressors, our delicate nervous systems can get worn down. This, in turn, fuels anxiety, depression and burnout. We are not designed to live in a constant state of "fight, flight or freeze." Too much time in this state can affect our sleep patterns, can make us prone to irritability and physical health issues.

There is also the isolation that comes from what we now call "doom scrolling". This happens

when we interact with social media that has what we call an "endless stream" where you can simply continue to scroll for hours uninterrupted.

It's normal to feel overwhelmed by the constant barrage of negativity coming through our devices. I would even suggest that some of it is designed to produce this exact response in us. It may not be right, but it is our world today.

### **Coping and Grounding Strategies:**

1. **Limit Your Exposure:** Set boundaries with news and social media
2. **Create Stability and Predictability:** Anchor yourself and your life with daily routines and small, manageable goals.
3. **Community Matters:** Talk with supportive people. This helps create and maintain shared resilience and reduces isolation.
4. **Seek Support:** There is no doubt that getting a good therapist can help you to process fears, grief and any uncertainty that creeps into your life.

There are a lot of things in this world that are out of our control, but we can choose to act on the things that are in our circle of influence. Making safe choices in how we consume media, practicing grounding habits and seeking support when we need it all allow us to find hope and balance — even in an age that seems like it is always in a permacrisis.

**-Adam DeVaney, LCSW, CEC**

*Adam DeVaney is a clinical social worker and therapist with over a decade of experience working with clients with a diversity of challenges from addiction and anxiety to overcoming trauma and helping people to learn what it takes to live their best lives. Along with his wife, Mandi, he founded Life's Work Clinic in Kalkaska, Michigan, and Life's Work Coaching with a local and global footprint. Adam has dedicated his life to serving others and walking with them on their healing journeys.*

LIFE'S WORK CLINIC

# The Talents of Recovery Up North Returns to Kalkaska

*Event Celebrates National Recovery Month with Art, Talent, and Community*

KALKASKA, MI — The 2nd Annual Talents of Recovery Up North will take place on Saturday, September 6, 2025, from 11:00 a.m. to 5:00 p.m. at Railroad Square Pavilion in Kalkaska. This free, public event celebrates National Recovery Month by highlighting the talents, creativity, and entrepreneurial spirit of individuals in recovery across Northern and Upper Michigan.

Hosted in a supportive and inclusive environment, the event invites people in recovery to share their stories through art, performance, and small business. Community members are encouraged to attend, engage, and show their support.

"This event is about more than just talent," said Suzanne Prentice, event organizer and Coalition Coordinator. "It's about building hope and celebrating the resilience and strength of the recovery community. We want to highlight the many ways people in recovery contribute to our communities and give hope to individuals and families currently navigating substance use disorders."

Vendor registration remains open, and all booth spaces are free. Opportunities are available for artists, performers, food vendors, small business owners, and recovery-support organizations. Pavilion space is limited. Weighted canopies are welcome.

### **Event Details:**

**Date:** Saturday, September 6, 2025

**Time:** 11:00 a.m. – 5:00 p.m.

**Location:** Railroad Square Pavilion, Kalkaska, MI

**Vendor Registration:** <https://forms.gle/RgBDiximZmTsT1Lz9>

The Talents of Recovery Up North is sponsored by the Live Well Kalkaska Substance Free Coalition and the Kalkaska Sheriff's Office.

For more information, contact Suzanne Prentice at [talentsupnorth@gmail.com](mailto:talentsupnorth@gmail.com) or 231-714-7332.



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