

HEALTH

Elizabeth Moore, MD, Joins Munson Healthcare Frankfort Medical Group

Munson Healthcare is pleased to welcome Elizabeth Moore, MD, to the family medicine team at Frankfort Medical Group.

Prior to becoming a physician, Dr. Moore worked in Anchorage, Alaska as a geophysicist interpreting seismic data. A passion for caring for people inspired her to move back to Michigan and pursue a career in medicine. Dr. Moore attended medical school at Wayne State University School of Medicine and completed residency at Corewell Health East Beaumont – Troy. She is board certified by the American Board of Family Medicine.

Dr. Moore has a special interest in full spectrum care for all ages, as well as menopause care.

“I am so passionate about working with patients to assess their medical issues and work toward their health goals. I enjoy

finding workable solutions and seeing patients realize they are succeeding in their goals,” she says.

Outside of work, Dr. Moore enjoys spending time with her husband and twin daughters. They enjoy being outside, turning over rocks, climbing trees, and going on small adventures. In her free time, she enjoys crocheting, jogging, swimming, woodworking, snowboarding, sewing, and spending time on the water.

Frankfort Medical Group is located at 224 Park Avenue in Frankfort. To make an appointment with Dr. Moore, call 231-352-2990.

Learn more at munsonhealthcare.org/FindADoctor.



BUSINESS DIRECTORY

Holly Hinds, NP, Joins Munson Healthcare Kidney & Hypertension Specialists

Munson Healthcare is pleased to welcome Holly Hinds, NP, to the Kidney & Hypertension Specialists clinical team.

Munson Healthcare is pleased to welcome Holly Hinds, NP, to the Kidney & Hypertension Specialists clinical team.

Holly became interested in nephrology after accompanying her grandfather to the Munson Dialysis Center and experiencing the care and compassion from staff.

She completed her graduate education at Walden University and is a board-certified Adult-Gerontology Acute Care Nurse Practitioner.

“I love to develop a relationship of trust and mutual respect with my patients. This allows us to work together as a team to improve and maintain their health,” she says.

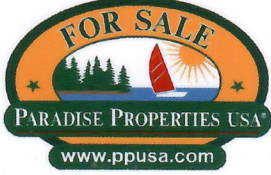
Outside of work, Holly enjoys the outdoors, traveling, and is an active hiker. She recently solo-summitted Mount Katahdin, the tallest mountain in Maine, and has hiked all over the United States with her son.

Munson Healthcare Kidney & Hypertension Specialists is located at 3537 West Front Street, Suite A, in Traverse City.

Learn more at munsonhealthcare.org/FindADoctor.



BUSINESS DIRECTORY



Cell - (231)-633-2323
Fax - (800)-531-6503
Toll Free - (800)-977-3386
Email- GaryScheitler@Gmail.com

www.ppusa.com





Gary R. Scheitler
Owner, Principal Associate Broker
CRS, RSPS, IARP, Realtor®



When protecting your Auto, Home, Life, Commercial and more, the **EXPERIENCE MATTERS.**

Call **Christina Feike** today!
(231) 258-FARM (3276)
430 S Cedar Street, PO BOX 70, Kalkaska
FarmBureauInsurance.com





Cell - (231)-409-1924
Fax - (800)-531-6503
Toll Free - (800)-977-3386
Email- Laurie@TorchLake.com
www.PPUSA.com

Laurie Olson
Realtor/Consultant



Licensed Assistant to Gary Scheitler



Tall Pines Computer Training

Helping grown-ups to get along with their computers

For tech help, call:
231-322-2787

*This space
could be your ad*

GREEN ENERGY HOME SOLUTIONS, LLC
Solving Energy For Our Kids' Future

KEN OEDER
President Lic & Ins
8924 Helena Rd
P.O. Box 145
Alden, MI 49612

kgogreen@hotmail.com
231-676-7444

- Home Improvements -
- Siding - Decks -
- Garages -

= MENTAL HEALTH CORNER =

Resiliency Part 3: Persistence

This is the 3rd part in my series on Resiliency. This time, we are looking at the role of Persistence in our lives. In its relationship with Resiliency, Persistence is like an emotional and spiritual armor. Napoleon Hill was quoted as saying, "Persistence is to the character of man what carbon is to steel." When we apply this our lives and our mental health, we can begin to realize that if Resilience is forged, not inherited, then Persistence is the fire in which this is forged.

Persistence is defined as continuing to act on your intention, your purpose, until you achieve it, no matter how hard it is or how many times you fail or meet defeat. In truth, we always quit mentally before we actually quit physically. We tell ourselves that it is too hard, too much trouble, that it's never going to actually happen. All these take the form of self-talk in our mind well before we actually throw in the towel on our dream or our goal. This is where our motivation fails us, but when we have the discipline to exercise Persistence, we end up with a steadiness that sees us through our self-doubt.

There are several practical habits that help build Persistence in our lives:

1. Daily Definiteness: Do something each day towards your purpose however small.
2. Posture of Persistence: Speak and move with conviction, even in uncertainty. Here, it is helpful to remember that we can do all things through our Savior who strengthens us.
3. Selective Attention: Guard your mind from fear, gossip, negativity and distraction.
4. Resilience Routine: After setbacks, immediately ask: "What is the opportunity here to learn?"

This last point is based on Napoleon Hill's "Law of Compensation" that states that every adversity contains the seeds of equal benefits. Everybody fails. God knows, I have. The difference between Resilient people who practice Persistence and those who struggle is their ability to learn from their failures and their mistakes. It's not easy, and it takes a whopping dose of humility, but this practice always wins in the long-run.

We all remember the story of the Tortoise and the Hare. The Hare had motivation, and it failed him. The Tortoise had Persistence. Life is not a sprint but a marathon.

-Adam DeVaney, LCSW, CECF

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



Community Foundation Awards Over \$300,000 in Grants to 14 Organizations

Grant awards range from \$5,200 - \$40,000

TRAVERSE CITY – The Grand Traverse Regional Community Foundation has awarded \$334,700 in Community Funds grants to 14 organizations across Antrim, Benzie, Grand Traverse, Kalkaska, and Leelanau Counties and the Grand Traverse Band of Ottawa and Chippewa Indians.

Community Funds grants offer flexible support for local organizations working in the areas of greatest need. The Community Foundation awarded grants this cycle to: Goodwill Industries of Northern Michigan, Child & Family Services of Northwestern Michigan, Northwest Michigan Supportive Housing, Father Fred Foundation, ROCK of Kingsley Youth Center, Traverse Bay Children's Advocacy Center, Frankfort Community Land Trust, Grass River Natural Area, Michael's Place, Habitat for Humanity Grand Traverse Region, Women's Resource Center for the Grand Traverse Area, Microcenter Child Care Network, Acme Christian Thrift Store and Food Pantry, and Grand Traverse Industries.

"Community Funds reflect our commitment to supporting organizations and causes that strengthen our region," said Steve Wade, Vice President of Community Impact for the Community Foundation. "By filling gaps that other funds cannot, Community Funds help ensure the region's most pressing challenges are met with timely, inclusive solutions."

This year's Community Funds grant awards are strategically aligned with areas where support is most needed across the region:



54% of grants support housing-related efforts and solutions.

31% of grants benefit youth and mental health and well-being.

Four grants support an organization that is either diversely-led or directly engages and supports underfunded communities.

Six grants support organizations facing challenges due to federal funding cuts, impacting their ability to serve the community or resulting in increased demand for their services.

"We received an astounding 111 Community Funds grant requests," said Mercedes Bowyer, Donor Engagement Director for the Community Foundation. "This shows that our region needs

these flexible funding resources and that we can do more together by continuing to grow these important funds."

To learn more about the Community Foundation's recent grant awards, please visit the Foundation's website: www.gtrcf.org/grants/grant-awards. The Foundation welcomes both one-time and monthly gifts of any size to its Community Funds at: www.gtrcf.org/give.

The Grand Traverse Regional Community Foundation stewards community assets for lasting impact by investing in the people and places of Antrim, Benzie, Grand Traverse, Kalkaska, and Leelanau Counties as well as the Grand Traverse Band of Ottawa and Chippewa Indians, a federally recognized tribe. Established in 1992, the Community Foundation works to support healthy, resilient, thriving communities for all across the region by serving donor partners, awarding meaningful grants and scholarships, and participating in collaborative leadership efforts on important community issues. For more information, please visit GTRCF.org.

