

Munson Healthcare Makes \$225,000 Donation Towards GT Bay YMCA
“Growing for Good” Campaign

Traverse City, Mich. — July 7, 2026 — Munson Healthcare recently joined staff at the YMCA West in Traverse City to celebrate a \$225,000 pledge in support of the YMCA's Growing for Good capital campaign—a major commitment to expanding access to health, wellness and community programming across the region.

The campaign aims to meet growing demand by expanding the YMCA West facility with new and enhanced spaces for fitness, youth programs and community connection. Planned improvements include a new gymnasium, indoor walking track, expanded fitness areas and additional space for families and after-school programming.

“Strong communities are built through partnerships that create opportunities and meet the evolving needs of the people we serve. The YMCA's Growing for Good campaign will help ensure that individuals and families across our region have access to resources and programs that prevent disease and enrich their lives for years to come, and we are proud to support an organization that has made such a meaningful difference in our communities,” said Megan Brown, Chief Communications Officer, Munson Healthcare.

During the visit, Munson team members experienced firsthand the energy and sense of belonging that define the YMCA—from group fitness and youth programming to everyday interactions that foster connection across generations.

“This support helps move our vision forward, creating more space and opportunity for people of all ages to thrive,” said Andy Page, Grand Traverse Bay YMCA President & CEO.

The Growing for Good campaign represents a shared commitment to strengthening the region by expanding access to programs and spaces that support youth, families, and older adults while fostering connection, well-being, and a sense of belonging for all.

As a non-profit organization, Munson Healthcare is committed to providing community benefit dollars in the communities we serve toward initiatives that support physical and mental health access. Munson Healthcare has other partnerships with the Grand Traverse Bay YMCA, including having Mary Free Bed at Munson physical therapy staff on site for services.



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= MENTAL HEALTH CORNER =

Acting Before Feeling

How many times have we been told—or told ourselves—that if we just felt better, we could act better? These days, we're told by sources such as the media and well-meaning counselors that the key to a better life is learning to manage our emotions. If we can just change how we feel, then we'll do better, make better decisions, and become healthier people.

The irony is that the fastest way to feel better isn't found by focusing on our emotions. More often than not, it's found through action.

Our culture encourages emotional relief. We chase dopamine, seek instant gratification, and want discomfort to disappear as quickly as possible. While there's nothing wrong with wanting to feel better, we often make the mistake of believing that our emotions must change before our behavior can.

In reality, the opposite is true.

Meaningful action often comes before meaningful emotional change.

Think about exercise. How many mornings have you woken up tired, sore, or unmotivated and

thought, "I just don't feel like working out today"? If we wait until motivation arrives, we may never leave the house. Yet once we take a walk, stretch, lift a few weights, or finish a workout, something remarkable happens. We feel better because we acted first. Motivation didn't create the action; the action created the motivation.

Belonging works the same way. We don't usually wake up feeling connected. We become connected by showing up, joining a group, calling a friend, volunteering, or simply starting a conversation. The feeling of belonging often follows the decision to participate.

Our feelings matter. They provide us with valuable information about our inner and outer worlds, but they aren't always the best place to begin. More often than we realize, our emotions follow our actions rather than precede them.

That's why we feel better when we go for a walk when we'd rather stay on the couch. It's why we call a friend when we'd rather isolate ourselves from others, and it's why we choose forgiveness before we feel ready.

Waiting to feel better can leave us feeling stuck, and this is the exact opposite of what we intended. Small, intentional actions can create the emotional momentum we've been waiting for.

The path to feeling better often begins by doing something worthwhile before you feel like doing it. This is another way we win at life.

-Adam DeVaney, LCSW, CECF

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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

Hear My "No"

"No" is a small word with a big impact. It can stop so many things in life. How many times a day do we say "no" to someone? How many times do kids hear or say the word "no"? Do we actually hear what is being said, or do we just ignore it?

There are two types of listening. Listening to respond and listening to be heard. Then there is the idea of do we actually listen to what our kids have to say, or do we listen to just respond? I truly think it is a mixture.

When kids tell adults "no" it can of course be an instant reaction by the adults of rebellion by the child. But then there is the answer of "no" that kids say because they truly don't want to do something or don't understand what is happening.

There are times when we as adults need to sit down and listen to what children are saying. They may have a very valid reason why they are saying "no" to you. We need to listen to the why of a child saying "no". Not just automatically responding in frustration or anger simply because a child dared to tell you "no".

If you don't listen to the reason for the why of a child's "no", you might

very easily miss something important, or your child may not come to you as easily the next time. Many kids hear the word "no" all day long and they just want a yes for something.

When a child hears the word "no" they feel like they have no control in a situation. To help your child feel like they have some control in their lives you can do simple things like giving them a choice of what snacks they have, or what shirt they wear to school.

This gives a child the chance to learn to make choices in life. They may seem like simple choices, but it is still a choice. This gives your child the chance to choose for themselves what they want in some small way. As they get older, they can learn to make bigger choices. Learning to make good choices is a very important part of growing up.

Alison Neihardt, LPC, NCC

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Alison Neihardt is a local child therapist at her private practice Helping Kids Counseling Services, LLC located in Kalkaska, MI. Reached at 231-590-4812 or email hkupnorth@gmail.com

Alden Library Presents:



Blues Musician,
Nick Veine

Sunday, August 30th, 2pm

Outdoors at Alden Depot

FREE EVENT. Bring a chair.

In the event of rain, this event will be held at Helena Township Community Center, location of the library.

Sponsored by: Alden District Library
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