

Daniel Ladd, PA-C, Joins Munson Healthcare Rheumatology

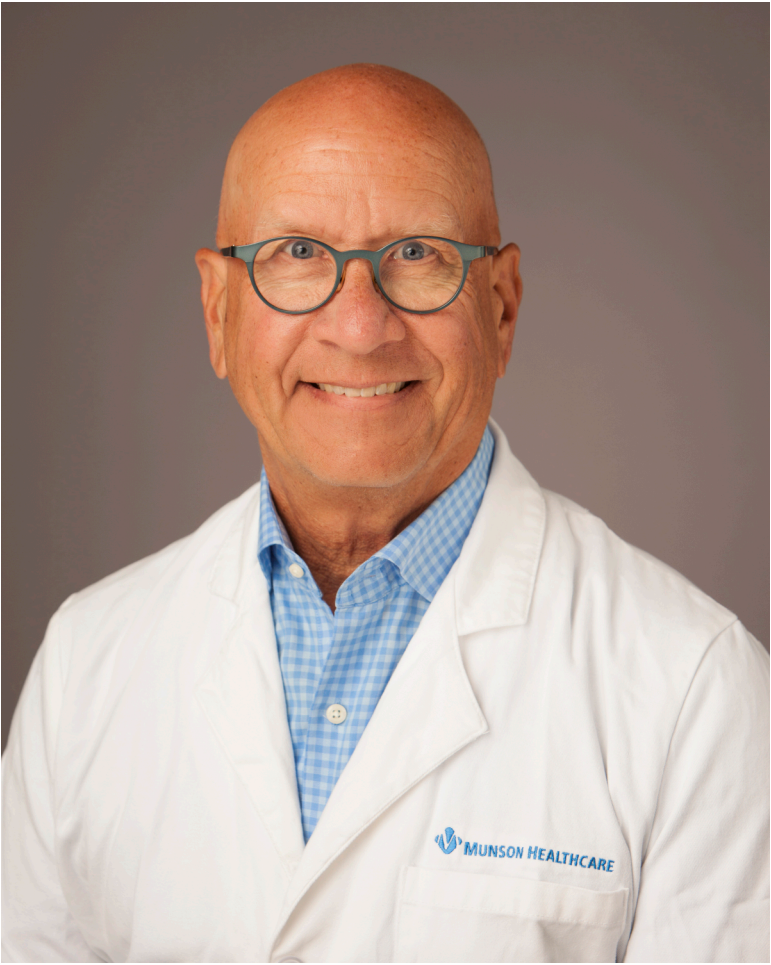
Munson Healthcare is pleased to welcome Daniel F. Ladd, PA-C, DFAAPA, to the clinical team at Munson Healthcare Rheumatology.

Dan appreciates the privilege of participating in patients’ lives and providing guidance, effective treatment, and a plan helping to improve their quality of life. He chose to pursue rheumatology because of the need for specialized care in the community.

“I am a friendly, kind, and compassionate provider who feels listening to patients’ concerns is paramount to the development of a strong and effective provider/patient relationship,” he says.

Dan earned his graduate education from Mercy College of Detroit and is board certified by the National Commission on Certification of Physician Associates.

To make an appointment with Dan, please call 231-935-2525. Munson Healthcare Rheumatology is located at 3537 West Front Street, Suite A, in Traverse City.



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= MENTAL HEALTH CORNER =

Is it Depression and Anxiety or Something Else?

In my work as a therapist, people will often call me looking for help with anxiety and depression. When we dig a bit deeper, they will sometimes tell me that they went to their doctor about this, and they were put on anti-anxiety and anti-depression drugs. This is, after all, the standard of care. The new client will sometimes tell me that they do feel less depressed and less anxious, but now they just sit around on the couch, unable to move with nothing but their thoughts to keep them company...and often they don't make for great company!

When I hear this, my experience has taught me to look a little deeper. Immobility is not the outcome that we should be looking for from any psychiatric drug therapy. What we want is better functioning not less. Could the two drugs be just medicating symptoms and not the actual cause? Well, of course, this is a possibility, so what we need is to get to the root of the issue.

In many of these clients, after some further assessment, it's discovered that they have undiagnosed or untreated ADHD or ADD. How does this present in a person's life?

Common Signs of Undiagnosed Adult ADHD

- Chronic procrastination or disorganization
- Difficulty sustaining attention (even on things you enjoy)
- Frequently feeling mentally "scattered" or overwhelmed
- Poor time management
- Restlessness or emotional impulsivity

At its core, people with ADHD or ADD have a problem starting, doing or finishing things, and it is easy to see how this could lead to frustration, anxiety and even depression. Treating the symptoms does not get to the core reasons that a client feels these ways, but luckily there are other strategies available.

If you or someone you love has been diagnosed with ADHD or ADD, here are some suggestions:

Daily Functioning Tips

- **Use external structure:** calendars, visual timers, and alarms
- **Break tasks into micro-steps:** tackle "start the laundry" instead of "clean the house"

- **Body-doubling:** Work alongside a friend or coworker (even virtually) to increase focus
- **Seek professional assessment** if symptoms impact your relationships, job, or well-being
- **Drug Therapies:** These are a last resort, but many patients see great results from stimulant medications.

ADHD isn't a character flaw—it's simply a different way of processing the world. With the right tools, support, and self-compassion, adult ADHD or ADD can become something you manage, not something that defines you.

-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.

Additional Obituaries on pages 4, & 5

Frederic Martin Martinson

August 17, 1969 ~ June 30, 2025

Frederic M. Martinson, 55, of South Boardman, passed away on Friday, June 30, 2025. He was born on August 17, 1969, in Traverse City, Michigan, to the late Harold and Dorothy (Warren) Martinson.



both of South Boardman; niece Sarah (Robert) Captain of Traverse City with great-nieces Skyler (Alex) Madden of Hinesville, GA, Haiden Barfield of Traverse City; and Niece Ashley (Jacob) Cummer of South Boardman with great-nieces Lexi and Laci and great-nephew Sawyer Cummer.

Fred graduated from Forest Area High School in 1987. During his school years, he was active in sports, played in the band, and participated in the Boy Scouts. After graduation, he enlisted in the United States Air Force. Though his military career was brief, it made him an avid patriot. Following his service, he entered the construction industry where he spent his working career. Fred served as a volunteer with the Kalkaska Fire Department where he received several certificates. In 1993, he married Pam Smith (Helsel). Although their marriage did not last, they had renewed their friendship in recent years. Together, they had one son, Alex, who enjoyed playing soccer during his school years.

He will be lovingly remembered by his son Alex Martinson of Traverse City; sisters Teresa (Ray) Captain and Angie Martinson,

The family extends their heartfelt gratitude to the staff at the Kalkaska Dialysis Center for their compassionate care. In lieu of flowers, Fred requested that memorial contributions be made to the American Legion Post #463, PO Box 1, South Boardman, MI 49680.

A memorial service will take place at Kalkaska Funeral Home on Friday, July 11, 2025, at 12:00 pm with a visitation from 10:00 am until the time of service. A committal service will follow at Boardman Township Cemetery followed by a luncheon at the American Legion Post #463 in South Boardman.

Arrangements have been entrusted to Kalkaska Funeral Home and Cremation Services.

Lynda M. Callesen

January 3, 1960 ~ June 30, 2025

Lynda Marie Callesen, 65, of Mancelona, passed away on Monday, June 30, 2025. A funeral service will be held on Sunday, July 13, 2025, at 1:00 pm at Kalkaska Funeral Home, with

visitation beginning at 11:00 am until the time of service. Arrangements have been entrusted to Kalkaska Funeral Home and Cremation Services.

Job Winslow Chapter NSDAR



Upcoming events of the Job Winslow Chapter NSDAR

July 19, 2025 - 111th Chapter Anniversary.
North Flight Aero Med.

August 16, 2025 - constitution Week Pep Talk -
Beth Pack & Tina Fields

September 20, 2025 - America 250!
Themed program.

October 18, 2025 - Pumpkin decorating
(pumpkins go to veterans homes)

If you have questions about the meetings or about the
DAR, please contact Patricia Braun Media Chair at
pbraun503@yahoo.com

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