



ROSE HILL  
CENTER

# Lifelong WELL-BEING NEWSLETTER

Winter

Previously "Update Newsletter"

Cultivate Lifelong Well-Being • [www.RoseHillCenter.org](http://www.RoseHillCenter.org)

## The Brain and the Belly How Your Diet Impacts Mental Health

Looking for steps to improve your mental health? Start with the food you eat!

Our brain and gut are in constant communication, and what we eat impacts our physical health just as much as our mental health. In fact, our brain communicates with our gut more than any other system in our body.

Nutritional deficiencies from undereating, an unbalanced diet, or consumption of over processed food are all linked to increased feelings of depression, anxiety, cognitive impairment, irritability, and a wide array of other mental health concerns.

Since our brain uses roughly 20% of our calorie intake, what you eat directly affects how you feel.

Some of the ways our diet has an immediate impact on our brain health include:

- **Processed foods and sugar:** can cause mood swings, inflammation, energy crashes, and worsen symptoms of anxiety and depression.
- **Protein:** crucial to neurotransmitter production, which regulate thoughts and emotions.
- **Hydration:** The brain is 75% water. Dehydration leads to brain fog, exhaustion, headaches, sleep issues, and increased feelings of stress, anger, and depression.
- **Caffeine:** Too much, especially late in the day, disrupts sleep, which is crucial to mental health.

A balanced diet also increases serotonin production, 95% of which is stored in the gut. Also known as the "feel-good" neurotransmitter, serotonin has a huge impact on our mental health and promotes feelings of well-being, happiness, relaxation, and regulates mood, sleep, appetite, and memory.



In addition to other interventions, meeting our nutritional needs can be a great step towards managing our mental health symptoms and reducing our vulnerabilities.

At Rose Hill Center, we recognize the impact nutrition has on our mental health. That is why a licensed dietitian is an active member of our clinical programming team. This on-site expert will work with residents to manage symptoms, medication side effects, and promote holistic well-being across campus through our "Healthy Mind, Healthy Body" program. This program focuses on helping residents understand how their bellies and

what they put in them connects to their brain.

While our diet may not be the answer to all our mental health needs, working with a licensed dietitian and other trained providers, can be a great additional resource in our mental health toolkit.

Note: This information is for educational purposes only and does not replace professional medical advice. Always consult a licensed healthcare provider before making any changes to your health regimen. 🌱

-Tabatha Maxwell, MPH, CFRE  
Community Engagement Manager,  
Rose Hill Center



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Rose Hill Center is a comprehensive and effective residential treatment and rehabilitation program for adults with serious mental illnesses. Rose Hill provides medication support, education, and training to help people from all over the country achieve their highest level of independence.

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#### Editorial

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Phone..... 248-531-2413  
Website... www.rosehillcenter.org  
Email..... development@rosehillcenter.org



## Exciting Changes at Rose Hill Center

by: Charles J. Evans  
Chairman

At Rose Hill Center, we are always striving to improve, ensuring our programs remain strong and accessible to those who need them most. A key part of that effort is strong leadership, which is why I'm excited to welcome four outstanding individuals to our Board of Directors:

- James Biehl
- Stephen Dailey
- Spencer Roed
- Donald Stebbins

Each of them brings valuable expertise, fresh perspectives, and a deep commitment to mental health care. Their leadership will be instrumental as we move forward with our new strategic plan.

This plan is designed to secure Rose Hill's future by focusing on two key priorities:

**Diversifying and Maximizing Revenue Streams** – We are expanding our funding sources through a mix of pub-

lic funding, private donations, and partnerships with commercial payors. By strengthening financial management practices, improving fundraising efforts, and enhancing transparency, we aim to ensure long-term sustainability.

**Developing and Enhancing Clinical Programming** – To serve more individuals in the future, we are investing in program growth, refining treatment approaches, and expanding access to care. By optimizing resources and implementing innovative strategies, we will continue to provide high-quality, resident-centered treatment.

With the dedication of our board, staff, and supporters, I am confident that Rose Hill Center is on the right path. Thank you for being part of this journey—we have exciting work ahead!

Sincerely,



## Making Rose Hill Center More Accessible Than Ever

Jim Kubicek  
President & CEO of  
Rose Hill Center

We are excited to share two significant changes that are making our services more accessible than ever. These updates will enhance our ability to support individuals on their journey to recovery, ensuring they receive the care they need with greater ease.

**First, we're now an in-network provider with Blue Cross Blue Shield of Michigan!**

This is a huge step in making our life-changing services more affordable. We know that cost can be a major barrier to treatment, and by working with insurance providers, we're making it easier for more people to get the help they need.

**Second, thanks to our partnership with Blue Cross Blue Shield we have been**

**able to launch a Partial Hospitalization Program (PHP) right here on campus.**

This program is designed for individuals who need intensive treatment but don't require 24/7 residential care. It provides structured therapy, skill-building, and medication management while allowing people to stay connected to their daily lives. It's a great option for those who need more support than outpatient care but do not require fulltime residential treatment.

These changes are part of our ongoing commitment to expanding access to quality mental health care. We're excited for what's ahead and grateful for the support that makes it all possible!

Best,



# Your Support in Action – 2024 Recap!



[www.rosehillfoundation.org](http://www.rosehillfoundation.org)



We are incredibly grateful for your generous support over the past year. Your contributions made a significant difference in our mission to ensure that those in need have access to the highest quality mental health care, regardless of their financial situation. By funding essential programs, therapies, and campus improvements, you helped bridge the gap between need and access, giving hope to individuals and families affected by mental illness.

## Here is a look back at YOUR IMPACT in 2024:

1. Financial Assistance: You provided \$1M in financial assistance to help individuals access the treatment and therapeutic work programs at Rose Hill.
2. John Kelly House Expansion Project: Thanks to an incredibly generous gift, we are renovating and expanding the John Kelly House to provide more extended residential services.
3. Raise the Roofs: Donors responded to the call to action and helped us replace the roof on our beloved 100-year-old barn. Through a generous legacy gift (a gift beyond a lifetime), we also replaced the roof at the Helen L. DeRoy Townhouses.
4. Resident Resources: By donating to the Rosemary Kelly Fund, our wonderful donors provided emergency resources to residents in need of clothing, winter boots, toiletries, and more.
5. Sensory Room: With your support, we created a sensory room. This room is equipped with tools and activities that promote relaxation, providing a safe place for residents to decompress.
6. Equine Therapy: With your help, we can now purchase another equine therapy horse.
7. Resident Holiday Gifts: You brought holiday spirit and joy to residents who call Rose Hill home.
8. Recreational Programming: Rose Hill now has a full disc golf course thanks to your support. Let the fun begin!
9. Peer Support Specialist: Thanks to a wonderful grant award, we will have two Peer Support Specialists in 2025. This role is filled by someone with lived experience of mental health challenges. They will provide invaluable support and understanding to our residents.
10. Staff Training: You made it possible for us to continue providing vital therapy technique training to all staff at Rose Hill.
11. Staff Holiday Gifts: Your generosity allowed us to provide holiday gifts to our dedicated staff members, a token of our appreciation for their hard work and commitment throughout the year.



Thank you once again for your unwavering support and commitment to our mission. We are excited to continue this journey of hope and recovery with you in 2025. Together we can make a difference!

A handwritten signature in black ink, appearing to read "J. Thomas MacFarlane".

J. Thomas MacFarlane  
President  
Rose Hill Foundation

A handwritten signature in black ink, appearing to read "Devon Meier".

Devon Meier  
Director of Philanthropy  
Rose Hill Foundation



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## Thank You, for Your Support!



Be a part of someone's mental health journey & support our mission to help residents achieve their goals & reclaim their lives!

**Donate Today!**  
Scan this QR Code



Or visit: [www.RoseHillFoundation.org](http://www.RoseHillFoundation.org)

For more information about Rose Hill Center,  
Call: 248-634-5530  
or visit our website [www.RoseHillCenter.org](http://www.RoseHillCenter.org).



Dear friends and supporters:

At Rose Hill, we cherish opportunities to bring our community together in support of mental health recovery. That's why I am excited to introduce Par & Plate: John Kelly Memorial Golf & Dinner on August 18, 2025—a reimagined event that combines the thrill of golf with an elegant dinner, all for a meaningful cause.

Spend the day on the course, then enjoy a beautifully curated evening meal, as we raise essential funds for the Rose Hill Foundation. Your participation will directly support the programs and facility needs of Rose Hill Center, helping us continue our mission of providing life-changing care.

We are also proud to share the release of a new book that tells the inspiring history of Rose Hill Center—its founding, its mission, and the lives it has transformed. This special book will be available for purchase soon, with opportunities to obtain a signed copy. Stay tuned for details!

Finally, we invite you to our annual Flower Sale on May 10, 2025, right here on campus. This beloved event is the perfect way to kick off Mother's Day weekend while supporting Rose Hill Center, a place founded out of a mother's love for her son.

Thank you for your support. We look forward to seeing you at these special events and celebrating the incredible community that makes Rose Hill Center thrive.

With heartfelt gratitude,

*Dan*  
Founder



# Honor & Memory Gifts

## July 1, 2024 – December 31, 2024

### In Memory of:

Mrs. Marion Alley	• Mr. & Mrs. Frank J. Glasgow
Ms. Janie Anderson	• Mr. & Mrs. Charles Anderson
Mr. John Eccles	• Mrs. Jan Eccles
Mr. Byron Finnegan	• Mr. & Mrs. James Finnegan • Mr. & Mrs. Carlos Navarro • Ms. Donna Ogburn
Mr. Daniel Goodnow	• Mr. Daniel Kelly
Mrs. Norma Grandon	• Mr. Chuck Hammond
Mr. Don Gundle	• Denise Gundle-White & Jim White
Mrs M. Jeannine Gundle	• Denise Gundle-White & Jim White
Mrs. Anne Hammond	• Mr. & Mrs. Charles Evans
Ms. Caroline Hanson	• Dr. & Mrs. Kenneth C Hanson
Mrs. Nancy Hogan	• Mr. & Mrs. James Hogan
Mrs. Rosemary Kelly	• Mr. & Mrs. Donald Giffels • Mr. Daniel Kelly • Dr. & Mrs. Gerald Laker • Mr. & Mrs. Randall Miller
Mr. John Kelly	• Mr. Daniel Kelly • Dr. & Mrs. Gerald Laker • Mr. Matthew Nigro
Mr. Paul Kelly	• Mr. & Mrs. Mike VanDenBerg
Mrs. Shirley Kelly	• Mr. & Mrs. Mike VanDenBerg

Mrs. Marie Kuhnlein-Gilbert	<ul style="list-style-type: none"> <li>• Mr. John Barrett</li> <li>• Ms. Mary Ellen Brennan</li> <li>• Mr. Elliot Broom</li> <li>• Mr. Robert Chapelle</li> <li>• Mr. &amp; Mrs. David Cracchiolo</li> <li>• Mr. &amp; Mrs. Michael Donovan</li> <li>• Ms. Mary Ann Kuhnlein-Doyle</li> <li>• Ms. Kris Dupuis</li> <li>• Mr. &amp; Mrs. Robert Eaton</li> <li>• Ms. Jane Gamble</li> <li>• Mr. Duncan Gray</li> <li>• Ms. Delphine Gretz</li> <li>• Mr. &amp; Mrs. Ed Helgans</li> <li>• Ms. Annine Helgans</li> <li>• Mr. Craig Helgans</li> <li>• Mr. &amp; Mrs. Ned Johnson</li> <li>• Ms. Karen Jones</li> <li>• Ms. Marguerite Judge</li> <li>• Ms. Jacqueline Kilcline</li> <li>• Mr. &amp; Mrs. Tim Kramer</li> <li>• Mr. &amp; Mrs. Donald Kuhnlein</li> <li>• Ms. Beth Kuhnlein</li> <li>• Mr. &amp; Mrs. Ronald Lang</li> <li>• Mr. &amp; Mrs. Michael Liddane</li> <li>• Mr. Bob Lieber</li> <li>• Mr. &amp; Mrs. Frank J. Marino</li> <li>• Markel Corporation</li> <li>• Ms. Christine Miller</li> <li>• Mrs. Audrey Miotke</li> <li>• Ms. Louisa Pellerito</li> <li>• Ms. Lisa Peracchio</li> <li>• Mr. Daniel Rank</li> <li>• Ms. Kelly Read</li> <li>• Mr. &amp; Mrs. Frederick Read</li> <li>• Ms. Ann Marie Simonelli</li> <li>• Ms. Kathryn Simonelli</li> <li>• Ms. Teri Smith</li> <li>• Ms. Francesca Sobeck</li> <li>• Ms. Elizabeth Starrs</li> <li>• Ms. Mary Starrs Armstrong</li> <li>• Ms. Mary Beth Theisen</li> <li>• Mr. &amp; Mrs. Mario Viselli</li> <li>• Mr. &amp; Mrs. David Wedge</li> <li>• Ms. Judith Wilson</li> <li>• Mr. &amp; Mrs. John Wilson</li> <li>• Andrew Shaw Memorial Trust</li> <li>• Mr. John Bagdasarian</li> </ul>
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Mr. James McLernon	• Mr. M. Brennan Farrell
Mr. Glenn Mcveigh	• Mr. Daniel Kelly
Mr. Michael Meskell	• Mr. & Mrs. Kevin Meskell
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Mr. John Seyferth	<ul style="list-style-type: none"> <li>• Mr. Mark Mancinotti</li> <li>• Mr. &amp; Mrs. Patrick Seyferth</li> </ul>
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Mrs. Joan Tomlinson	<ul style="list-style-type: none"> <li>• Mr Donald J Collom</li> <li>• Ms. Rose Marie Frazer</li> <li>• Ms. Susan Johnson</li> </ul>
Mrs. Marianne Walsh	<ul style="list-style-type: none"> <li>• Mr. &amp; Mrs. James Hogan</li> <li>• Mr. &amp; Mrs. Dominic</li> </ul>

### In Honor of:

Mr. Raymond Cracchiolo	Mr. & Mrs. Frank Marino
Mrs. Jane Cracchiolo	Mr. & Mrs. Frank Marino
Ms. Abigail Eaton	Ms. Linda Luke
Mr. Bruce Fiorani	Mr. & Mrs. William Fiorani
Mr. & Mrs. Thomas Hardy	Mr. & Mrs. David E. Robinson
Mr. Joey Jennings	Mr. Henry Nicholson
Ms. Frances Johnson	Marni & Morris Propp II Family Foundation
Mr. Daniel Kelly	Mr. & Mrs. Herbert Black
Mr. & Mrs. J. Michael Moore	Mr. & Mrs. Herbert Black
Mr. & Mrs. Patrick Seyferth	Mr. & Mrs. Steve Pieters
Mr. Richard Walsh	Mr. & Mrs. Herbert Black
Mrs. Peggy Waterman	Mr. & Mrs. Daniel Foss Mr. & Mrs. John Waterman

**THANK YOU FOR  
YOUR SUPPORT!**

*\*All efforts have been made to ensure the accuracy of the donor list. Please contact the Rose Hill Foundation to report any discrepancies or omissions.*



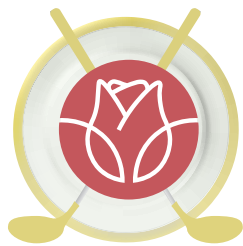
# 2025 Rose Hill events you don't want to miss!

## The 2025 Flower Sale!

Kick off Mother's Day weekend with us on the beautiful campus of Rose Hill Center! Explore a stunning selection of flowers, plants, Rose Hill Roses, and gifts while supporting our therapeutic programs. Food, disc golf, face painting, petting farm, and fun for the entire family!

**When:** Saturday, May 10, 2025, 10am - 3am

**Where:** Rose Hill Center  
5130 Rose Hill Blvd.  
Holly, MI 48442



**Par & Plate**

*John Kelly Memorial  
Golf & Dinner Event*

## Par & Plate; John Kelly Memorial Golf & Dinner Event

Tee off with us for a day of golf followed by an elegant dinner. Not a golfer, no problem. Join us for dinner and celebrate summer while making a difference.

**When:** Monday, August 18, 2025

**Where:** Meadowbrook Country Club, Northville, MI



## NEW! Hope in Motion! 5K Run/Walk/Roll

Join us for our inaugural 5K event! Whether you're running, walking, or cheering from the sidelines, this event celebrates hope and community while raising vital funds for Rose Hill Center.

**When:** Saturday, October 11, 2025

**Where:** Rose Hill Center  
5130 Rose Hill Blvd.  
Holly, MI 48442



**[www.rosehillfoundation.org](http://www.rosehillfoundation.org) to Sponsor Today! Or call: 248.531.2406**