



THE BEACON

Mental Health America of Lancaster County, A United Way Agency

Volume 53, Issue 3

August 2010

Anger Workshop



Do people push your buttons and make life tough for you? Does your anger create problems? Do others tell you that you have an anger problem, even when you think you do not? Would you like to use your anger effectively? Want to know the underlying causes and to resolve those issues? If you answered yes to any of those questions, this workshop is for you .Wednesday, September 22 from 6 – 9 pm in Room B-103 at 630 Janet Avenue Cost \$25 per person. Call 397-7461 to register, or with questions.

Inside this issue:

Anxiety & Depression	2
MHALC Annual Meeting	2
Heritage Circle	3
Suicide & Veterans	3
Annual Pasta Buffet	4

Jammin' Away the Blues-Fun Evening Had By All

MHALC held our first **Jammin' Away the Blues** at Eden Resort Inn & Suites July 30th from 7-10 PM. Entertainment was provided by local Band **Blue Light Special**. Jim Phipps, lead singer and band members created a relaxed, fun atmosphere for listening and dancing. At this event we also awarded the following **Vacation Raffle prizes:** Summer at Ski Round Top –Doug Hopwood, 42” LCD Flat Screen TV— Heather Yatsko, Private Screening at Penn Cinema -Susan Keyser, Four night Caribbean Cruise for two in an ocean view cabin Plus 29,000 frequent flyer miles-Jo Raff



Thank you to Jammin' Away the Blues Sponsors: Philhaven, T.W. Ponessa, and Behavioral Healthcare Corporation. Vacation Raffle was underwritten by generous MHA Members.

Become a member and join us in ...Making Life Better

Our mission is to make life better. We work for mental wellness in many ways such as 1) support services and advocacy, 2) educating decision makers and the public to improve services and reduce stigma, 3) fostering re-

covery through trainings, and 4) increasing access to services through collaboration, advocacy, and education. Our valued members help to make this happen. Please join. A membership envelope is enclosed.. Already a

member? Buy someone a gift membership!!!. Visit our website www.mhalancaster.org click How To HelpTab to make your contribution.

Thank you!!!



Lancaster Regional
Medical Center

Dealing with Anxiety...and Depression...and Anxiety... and Depression... by Danielle Gilmore

Most people think anxiety and depression are opposite mental health challenges. But the truth is that they often occur together in a vicious cycle that is difficult to break. The sadness, loneliness and hopelessness of depression can often make you anxious and afraid. And then in turn, this anxiety and fear can make you exhausted and even more depressed. Unfortunately, there is often no way to determine which condition actually came first. And truth be told, it probably doesn't really matter.

People who deal with anxiety disorders can experience their anxiety in many different forms. Some suffer panic attacks, which are sudden bouts of extreme fear along with a racing heart, breath-

lessness, and even pain. Others have anxiety that causes them to often relive traumatic events from their past, called Post Traumatic Stress Disorder or PTSD. Anxiety can make people terrified of social situations, or give them extreme fears of certain objects or situations, making it seem impossible to get in an elevator, on a plane, or even go for a swim, for example.

There are several types of anxiety disorders, and each has specific symptoms. But they all have these main symptoms in common:

- Extreme fear and dread, in the absence of real danger.
- Emotional distress that interferes with daily life.

- A tendency to avoid situations that bring on anxiety.

The good news is, like depression, anxiety is treatable with therapy, medication or a combination of both. Antidepressants can affect anxiety that is associated with depression. Some antidepressants also treat full-fledged anxiety disorders.

When anxiety and depression become so acute that you cannot function on a daily basis, it may be time for some 24/7 help.

For further care contact one of the following hospitals: Lancaster Regional Medical Center 358-7921, Ephrata Community Hospital 738-6400, Philhaven 273-8871, or Lancaster General Hospital 544-5577

MHALC Annual Meeting-September 27, 2010 Making Life Better....stories from MHA

Please join us on the evening of Monday, September, 27 at Jewish Community Center, Legacy Ballroom, 2120 Oregon Pike, Lancaster, 6:00 PM *Cost per person \$20.00 members & \$23.00 non-members

Includes a meal of chicken, salad, veggies, potatoes and dessert, brief business meeting, award winners. Persons that have or currently participate in our programs will speak about their experience and the impact MHA has made on their lives.

To make your reservation please call 717-397-7461 or mail your payment check /money order made payable to MHALC, 630 Janet Avenue, Lancaster, PA 17601 or visit our website under events tab to purchase your ticket.

Tim Swisher Memorial Fund– In Memory of Robert Shaak

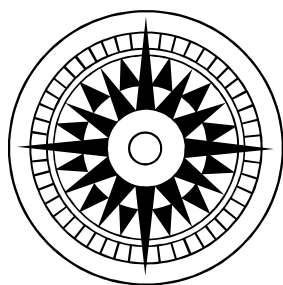
Kathryn Barto * Roger & Erika Berquist * Andrea & Terrance Chamberlain * Phyllis Sgro * Jim & Sandy Hall
Edward & Veronica Dobrowski * Kevin & Lisa McShane * Joy Walker * Mary B. Kreider * Elizabeth Young

Working Together for the Future-MHA Lancaster's Heritage Circle

David Helmus, Resource Developer

About 15 years ago MHA Lancaster began the Heritage Circle to honor those who have accepted the challenge to assure the agency's future through a planned gift such as a bequest or a Gift Annuity. This year we received our largest bequest to date – over \$50,000 - much needed during these times of increasing demand for services.

You are invited to look at the



planned gift options on our website: www.mhalancaster.org

Click on planned giving. There is great satisfaction in donating, knowing that the important work of advocating, educating, and supporting mental wellness, in other words making life better, will continue. Plus

planned gifts usually provide significant tax and estate benefits. I would be happy to talk

with you about how your gift can sustain our work and benefit you.

If you have MHA Lancaster in your will, please tell me by calling 397-7461 or writing to MHA Lancaster, 630 Janet Avenue, Lancaster, PA 17601. We have a small gift in appreciation for your planned gift.

Suicide and our Veterans by Juliana Arnold, Peer Educator

Suicide is now at an alarming rate within our military. Eighteen men and women are dying by their own hand per day according to Veterans Affairs. We have lost more troops and veterans to suicide than we have in the war itself. The VA suicide hotline is receiving 10,000 calls per month. I'm sure the suicide rate is much higher when you consider those who have taken their lives after they have been discharged. Over the weekend I heard on the news that they are about to put out a new PSA about this problem. We honor our troops who have lost their lives in the war by enemy fire, as our war heroes. Wouldn't those

who lost their lives to suicide be our war heroes too?

They are also casualties to war. I wonder if they get a flag and a salute on Memorial Day. My father-in-law was a POW in the Battle of the Bulge; he was a hero. Roy taught me what it was like to be a true Patriot. In his 70's Roy was diagnosed with PTSD. The impact of WWII effected him greatly, but he never regretted serving his country. So many have gone off to war and served, to then suffer from what they had to see and do, and to be plagued by flashbacks. Many have taken their lives in the war, not just because of the war itself

but by the abandonment of loved ones. Our service men and women lose a lot more than we can imagine, homes, jobs, things we have never thought about. It isn't just limbs and lives but families and some, their soul. To all those who have left us by suicide, I salute you, for you are also our heroes.

For more information please visit www.defense.gov

Annual Pasta Buffet & Auction Friday, November 19, 2010– Save The Date!!!!!!

We are excited to announce staff, Board, and volunteers are eagerly looking forward to our largest fundraiser of the calendar year. We invite you to attend an all you can eat pasta buffet which includes: plain, meat and sausage lasagnas, penne and angel hair pastas. salad, bread, drink and dessert. Many of our patrons look forward to the buffet



every year!!! In addition to the amazing dinner served we will have a variety of Silent and Live

Auction items for bid. Tickets can be purchased by calling our office 397-7461, or on our website under events tab.

We are accepting donations of items and themed baskets in our office ***on or before October 18, 2010.***

Mental Health America of Lancaster County is eligible to receive contributions through United Way Donor Choice Program.

MHA Car Wash & Hot Dog / Hamburger Sale was



very successful thanks to you our generous supporters!! Total funds raised \$675.16