



# The Beacon

Mental Health America of Lancaster County, A United Way Agency

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## MHA'S ANNUAL MEETING A SUCCESS



Chris Wise, MHALC Board President

Nearly 100 people helped MHA celebrate their 47th Annual Meeting at the Jewish Community Center on September 27th, 2010. The theme of the evening was "Making Life Better, Stories from MHA". We had seven courageous people tell their stories about how MHA makes life better for them and the people with whom they work. We had three people from our bipolar support groups, a Lancaster Alpha member, a woman that refers clients to our anger management classes and volunteers with our holiday gift project, a teacher that has had the

"Living with the Realities of Mental Illness" presentation in her class for 10 plus years, and

someone that works at LGH's Mental Health Unit where our peer educator Julie does her recovery class. It was a wonderful way for our supporters to hear first hand how MHA makes life better. All of them spoke about how much people benefit from our valuable services, and that was an encouraging pat on the back. The teacher, Pat Collins from Cocalico HS explained that they recently stopped using some speakers who began to charge \$2,000 for



Betty Finney accepts Lifetime Achievement award.

the year, and that is not in their budget. So she is especially grateful that MHA continues to speak without charging the school. The speakers also

expressed how much they appreciate that MHA is here for Lancaster County with many different services. The speakers did a great job and we thank all of them for helping to make it a great night! Deb, Beth, Greg, Shirley, Pat, Joe, and Kay we thank you and commend you for doing a great job!

After the presentations we honored our award winners. Each year MHA asks people in the community to submit nominations for Volunteer, Family Member, Staff Person, Consumer, and Lifetime Achievement. Members of MHA's education committee then review the nominations and pick the winners. This year we awarded Rob and Valerie Stotz as Family Members of the Year for

their dedication to their family and giving back to the community by sitting on different mental health committees. Kenn Allan Slotnick and Tammy Dise received the award for Volunteers of the Year - Kenn for his tireless fund raising efforts for MHA and Tammy for her commitment to Compeer Lancaster. Larry George, Mental Health Staff Person of the Year - a children's mental health case manager supervisor for his outstanding commitment to the mental health field not only through his job as a supervisor but also as a therapist, helping with the anger workshops and volunteering to facilitate the men's depression support group.

This year's Lifetime Achievement award winner was Betty Finney for her 55 years of work as a compassionate therapist, tireless advocate, inspiring and nurturing role model for thousands of students, including 33 years at Millersville University.

We welcomed new Board members Keith Shetter, Phil Hess, Farah Kauffman, Diane Fleishman, Doug Hopwood, John Tardibuono, Sandra Johnson, and Kim Stoltzfus joining Chris Wise President, Amy Slody Vice President, Joe Puskar and Doug Stark, administrative vice presidents, Jonathan Fox Secretary, Amanda Shaw treasurer, Tim Caldwell, Candice Highfield, Kelley Hollow, Gerald Kaufman, Penn Ketchum, Ed Ottinger, Mary Lee Steffy, Jeri Stelson Weaver, Paul West, Tanya West and Ann Woodland.



2010 Award Winners: Kenn Alan Slotnick, Tammy Dise, Larry George, Betty Finney, Rob & Valerie Stotz, and Donna Wise

All in all it was a great and inspiring evening! We really want to thank Mary Lee Steffy for setting a lot of it up, Tim Caldwell for making the great slide show, and the rest of the education committee members Ann Woodland, Gerald Kauffman, Kristina Slick, and Gretchen.

## CYBER BULLYING BY JULIANA ARMOLD

Do you know where your children are right now? Every night around 10 pm as a child I heard this question on ABC channel 27. If we were bullied, running home was what we did, knowing that the bullies couldn't get us then. Parents feel relieved when their children are home, they know they are safe. But are they? We teach them about the dangers of walking alone and suggest they walk in a group. We tell them about stranger danger, if someone pulls up to you for directions or anything, you run.

How do we teach them about internet danger? Many teens as well as pre-teens have hundreds of people on their My Space or Face book accounts. Teens are not only communicating with strangers on line, they also give out their phone numbers so they can text. How do you keep them safe on the internet? There are many ways they can get around the rules you implement. In schools today, everything is done

on the computer, so there are times when the child needs to use the internet for school. They find a way to get around the rules, unless you're standing over them, it is easy to bring up a social networking site, and they are fast enough to minimize the screen if you walk into the room. There are many programs you can buy to help keep track of your children. I was suggested to use Net Nanny and it isn't free. I realized that there were times when my son was online and nothing was tracked.

My oldest son told me there are ways to get around it, so I went on Google typed in How to get around Net Nanny and there were pages of ways to get around parental controls.

It was the pornography and pedophiles we had to worry about, now it is also the cyber bullying. We are losing more and more children to suicide because of cyber bullying. Not only do we have to be concerned about kids doing it, there are par-

ents participating as in the case of Lori Drew who with the help of other teens created a fake MySpace account using the name of a boy. They set Megan Meier to fall for this fictitious boy, and used it to humiliate Megan. Megan took her life on October 17, 2006. Unfortunately this isn't the only

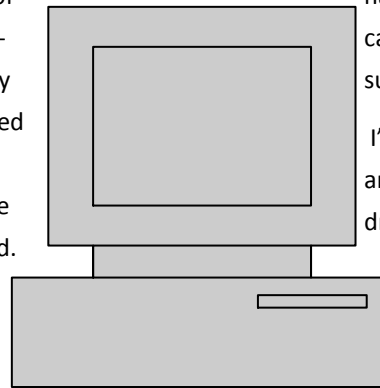
case of suicide as a result of cyber bullying.

I'm not sure what they are teaching our children in school today, but I hope they are addressing the issues on internet danger during your

child's internet travel.

**Cyber bullying** "involves the use of information and communication technologies to support deliberate, repeated, and hostile behavior by an individual or group that is intended to harm others (*Wikipedia*)

***Be vigilant, talk to your children. Open lines of communication always help.***



## REAL-LIFE STORIES: LEEANNE AND JOANNE

"Even if Compeer did not exist any longer, our friendship would continue," says Leeanne



Anspach of her relationship with Joanne Mummert. She adds, "I feel like Joanne is my sister."

Over the past six years, Leeanne and Joanne have enjoyed spending time together, particularly going out to lunch and shopping afterward. They also attend Compeer events together and regularly volunteer to prepare the quarterly newsletter for mailing. Joanne has found her friendship with Leeanne to be very beneficial in her recovery.

"We get along very well. We're wonderful friends. I would recommend it to anyone." Similarly, Leeanne says she would "highly recommend volunteering with Compeer. Working with the staff has been a blessing. The volunteers are treated so well. The opportunities given to people to socialize are wonderful."

## Endowment Fund Challenge by David Helmus, Resource Developer

Each of us has the potential to live our life well. Together we can make it happen.

We have battled stigma and discrimination, provided vital mental health support to consumers, and educated people in Lancaster County about the urgent need for sound mental health and wellness.

Many of us gave to build MHA Endowment Fund last year with Lancaster County Community Foundation and together successfully raised \$10,000 to secure the \$10,000 match. Our challenge this year is to build on our success and to keep the endowment growing, generating more interest income for fiscal growth and stability.

What will you give by December 31, 2010? Please make your checks payable to MHA Lancaster and send to the office at 630 Janet Avenue, Lancaster, PA 17601.

## Annual Pasta Buffet & Auction– November 19, 2010

Please join MHALC for our Annual Pasta Buffet & Auction Friday, November 19, 2010!!! Food service 5:30-7:30 PM– Karl Boltz will begin LIVE auction at 6:45PM. There will be a Silent Auction and a 50/50 drawing!!!

The buffet will include a variety of lasagnas, Penne and Angel



Hair pastas, meat and plain sauces, salad, plain & garlic bread, drinks,

and dessert. We received some of the following comments: “ I wait each year to have THIS lasagna.” “The sauce is always good !”

Some of the themed baskets are:

garden, chocolate, Bath & Body, salon & hair care, cleaning, cookie, children’s crafts, soup, and much more... We also have received gift certi-

ates for Fulton, Rainbow Dinner Theatre, Longwood Gardens,

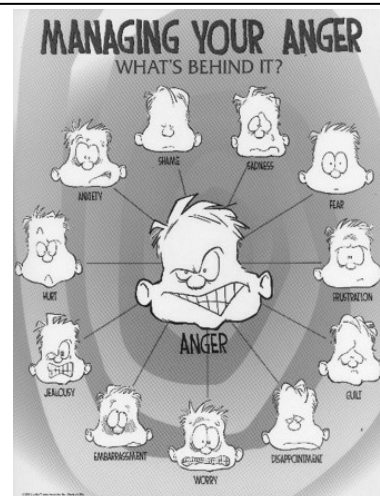
Mutter Museum, and much more... Items that will be available to bid on include a Boyd’s Bear, Punch Bowl Set, several pieces of art, and much more.....

To purchase tickets you can visit our website at [www.mhalancaster.org](http://www.mhalancaster.org) under the Events tab, call 397-7461 to make reservations, or stop by our office located on 630 Janet Avenue.

Thank you for your support!!

## 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, January 12, 2011 from 6:30 – 9:30 PM in Room B-103 at 630 Janet Avenue Cost \$25 per person. Call 397-7461 to register, or with questions.





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## MHA-HOLIDAY GIFT PROJECT

The holiday season is fast approaching. Holidays are a time of gathering with friends and family.

There are persons living in Lancaster County who



do not have the closeness of loved ones, and spend this celebrated time of the year alone. Through Mental Health America of Lancaster County we spread Holiday cheer by

purchasing gifts for persons living with a mental or emotional illness. Gifts are provided to consumers living in Lancaster County as well as persons living at Wernersville State Hospital, and local acute care mental health units. There are two ways you can help! ***Make a financial contribution or purchase a specific gift.*** For more information contact MHA office 397- 7461.

## Holiday Depression and Stress

A few tips from National Mental Health America ([www.nmha.org](http://www.nmha.org)) :

- Keep expectations for the holiday season manageable. Try to set realistic goals for yourself. Pace yourself. Organize your time. Make a list and prioritize the important activities.
- Be realistic about what you can and cannot do. Don't put the entire focus on just one day (i.e., Thanksgiving Day). Remember that it's a season of holiday sentiment, and activities can be spread out to lessen stress and increase enjoyment.
- Remember the holiday season does not banish reasons for feeling sad or lonely; there is room for these feelings to be present, even if the person chooses not to express them.
- Do something for someone else. Try volunteering some of your time to help others.

**Visit the website mentioned above for more information and or tips!**

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