



THE BEACON

Mental Health America of Lancaster County, A United Way Agency

Volume 52, Issue 3

Annual Report

October 2009

Anger Workshop

Please join us for a workshop which will address the causes, beliefs, results, and expressions of anger. The workshop will be held on: Wednesday, October 7, 2009 in meeting room

B-103 from 6:30 until 9:30 PM, located at Community Service Center 630 Janet Avenue, Lancaster



Cost \$25.00 per person For more information or to register—Please call 397-7461

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A Message from MHA Board President, Chris Wise & Executive Director, Mary Steffy

How quickly another year has passed and Mental Health America of Lancaster County (MHALC) continues to serve the community by promoting mental health, preventing mental illness and contributing to the quality of life of persons suffering from mental and emotional problems. In the most recent fiscal year ending June 30, 2009, we served over 30,000 individuals, which is the most ever in one year! How is that possible with 3 full-time and 4 part-time staff? Each person who volunteers time and gives of their financial resources shares the credit for making that possible. Special thanks to members of our organization's Board of Directors who set the tone and direction for our work and help keep us fiscally stable. Join with us in making a difference, add your voice to reducing stigma and learn to Live Your Life Well.

Here are just a few examples of how MHALC has impacted the community in the past year: Compeer has been part of MHALC for more than a year and this year volunteers in friendship matches, including calling and face-to-face matches, donated almost

5,000 hours of their time.

The Holiday Gift Project provided gifts to approximately 400 persons who otherwise may not have had even one gift. Almost 900 persons attended presentations on Recovery and Mental Health, Living Your Life Well, Depression and the Elderly, Feel Good Bingo and The Realities of Living with Mental Illness. Our Peer Educator touched the lives of over 2,000 persons, and 30 women in Lancaster County Prison attended one of the Women's Group sessions. See separate article for service numbers. On June 10-13, we had the opportunity to attend Mental Health America's Centennial Conference and Gala in Washington, DC. Some of the highlights of this year's event included meeting other leaders in mental health, visiting Capitol Hill, attending the Centennial Gala, and hearing inspiring stories of mental health advocacy and recovery. Some of the speakers included Tipper Gore, Rosalynn Carter, Glenn Close, Dr. Sanjay Gupta and George Stephanopoulos. In addition, Senator Pete Domenici and the late Senator Edward Kennedy were honored with the

Paul Wellstone Legacy Award for their outstanding leadership and commitment to mental health. While so much has been accomplished over the first 100 years of the organization, there is still so much to be done. Let's continue to work together to advocate for and support those affected by mental illnesses and educate everyone about the importance of mental health.

For more information about the conference, visit www.mentalhealthamerica.net

On October 26, Mental Health America of Lancaster County's annual meeting will be held. We hope to see you there! In addition, November 20 is our annual Pasta Buffet & Auction. Mark your calendar! Please call MHALC's office at 397-7461 or visit our website at www.mhalancaster.org for other upcoming events.

Wishing you good mental health and wellness!

Please Join Us for MHALC Annual Meeting

Mental Health America of Lancaster County invites you to attend our Annual Meeting.

When: Monday, October 26, 2009 at **Noon**

Where: Lancaster Farm & Home Center, 1383 Arcadia Road, Lancaster, PA 17601

Topic: Maintaining Recovery: Personal Perspectives

Cost: \$15.00 per person

There will be a brief business meeting and election of board members and officers and annual awards. To register please call 397-7461 or remit payment to MHALC, 630 Janet Avenue, Lancaster, PA 17601.



Wedding Reception: Time for Connections and Celebration

It started with a handful of well wishing MHA members. It grew to a reception to celebrate the April wedding of Mary Steffy, our executive director, to Ben Martin. It turned into supplying MHA with much needed and greatly appreciated summer gift income - about \$5,700 net.



About 50 gathered at the beautiful home and grounds of Steve and Karen Alderfer in rural Washington Boro. (Karen is a former board member.) While there, we had 1. plenty of opportunity to talk with the newly weds, 2. eat from a delicious food buffet, including a large assort-

ment of desserts made by current client and family advocate - Gretchen Gaudio, her Mom - Arlene, and Donna Crosby-former MHA staff, and 3. enjoy Karen's tour of the extensive habitat gardens. Thanks to all who made this a memorable event.

Lititz AMBUCS Show Support for MHALC

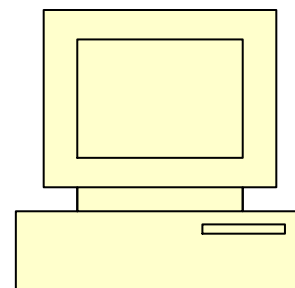


Ryan Middleton, Club President presents a check to Mary Steffy, Executive Director in the amount of \$500.00, on behalf of Lititz Ambucs. We are appreciative of the continued support of the Lancaster Business professionals.

MHALC A Digital Work In Progress!!!

Please note we have a NEW email address!!
mha@mhalancaster.org

Please visit our group on Facebook!!!!



Endowment Building: Creating a Secure Future

By Kate Bergman, The Lancaster County Community Foundation

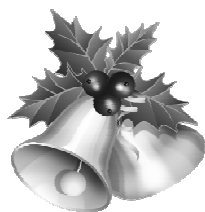
MHA was selected as a recipient of a \$10,000 endowment match through this initiative. Funding sources squeezed and the economic uncertain, endowment building is a vital piece of MHA's future success in meeting our community's mental health needs.

The idea behind endowment is a simple one; a pool of assets is invested and earnings from those investments are paid back to a charitable cause yearly in a fixed amount. Any earnings over the fixed percentage are reinvested to grow the principal. In this way, an endowment fund keeps pace with inflation over time. With reinvestment and the receipt of new donations to the fund, the benefitting organization has a reliable source of income to depend on far into the future.

By establishing an endowment at the Foundation, MHA receives professional investment management, planning assistance, fund listing on the Foundation's website, secure online giving with personalized acknowledgement and no transaction fees, semi-annual fund reports, and 990 reporting.

In rough times, it can be difficult to think long term. But it is the rough times that underscore the need for careful planning. An endowment fund can supply revenue in years in which donations are down, or charitable need increases-giving MHA a reliable stream of flexible resources.

We encourage you to consider an outright gift to MHA's endowment fund or to include MHA in your estate plans. Please contact Mary Steffy or Dave Helmus at 717-397-7461 to learn more about how you can support MHA's endowment building efforts to ensure the community continues to receive crucial mental health services.



Holiday Gift Project is a special project that our

agency has done for a number of years. We receive gift suggestions for individuals living with a mental illness, many of whom have no family. Then comes the magic; because of people like

MHALC Annual Holiday Gift Project

you, we are able to provide the gifts that people want. You can help by donating money towards



the project, or buying a gift for a specific person, and/or enlisting co-workers in a workplace project.



Watch your mail boxes for Annual Holiday Gift Project appeal or call MHALC office 397-7461.

Thank you for making the holidays brighter for persons in need.

"We make a living by what we get but we make a life by what we give."

Quote by: Norman McEvan

It's Pasta Time Again-MHALC Annual Pasta Buffet & Auction by Juliana Arnold

November will be here before we know. The MHA office is already buzzing. It will not be long before our little office will be so full of donations that we can hardly move. Mental Health America had only three full-time employees and me part-time. The first year I was here and they asked me if I would be interested in helping out with the event. Sure I said, of course the Italian in me wouldn't turn down pasta. I was in for a surprise!! As the office became nearly crowded with donations, from food to tickets for a hockey game to quilts; whatever your interest there was something for you to bid on.

My husband and I showed up on the Thursday night to prepare for the dinner for Friday, I expected to be about an hour or so. The kitchen at Annunciation Greek Orthodox Church is a commercial size kitchen. There were many people moving about, stacks of pasta, sauce, meat and all the makings. Gretchen Gaudioso our chief chef was mixing dozens of eggs, cheese and all the makings of her delicious lasagna. Before I knew it I was wearing an apron and browning ground beef on the restaurant size grill. Four commercial size pots were simmering on the stove; the smell of pasta was in the air. This was Gretchen's seventh year doing the dinner. She has things running with the ease of any restaurant in town (Although she

would never admit to it.) Rene Fox our administrative assistant was digging in preparing for the big night. She certainly has more skills than running our office. We had many volunteers working with the staff, along with consumers and students from Millersville University. MHA is fortunate to have many wonderful volunteers, without them we would never be able to accomplish the things we do. Mary Steffy our executive director was busy doing her thing, taking care of all the administrative work. Mary knows how to dot the i's and cross the t's. She takes care of the tickets the auction and everything that entails, so her staff can stay focused on the cooking.

Friday I went to the church, to put all the pots of sauce back on the stove to simmer. People started showing up, with more food, desserts, salads, bread, everything to make the meal complete. The ovens were on, pots of water to boil the pasta were heating up, time was ticking. As all the cooks were working, Mary along with many volunteers was preparing the hall for the auction. Car load after car load of items were coming in, everything was being neatly displayed. Rolls of table covers were being rolled across the tables, center pieces

were neatly arranged. It was soon time for the festive Italian event. Around 5:30 the hall started to fill up. 100s of people came out to support MHA, and of course to enjoy some good pasta.

It was a long couple days, even longer for Gretchen and Rene as they handled all the donations for several months. The event was a success, and from what I am told it was a success every year prior to that. I was amazed at how such a small organization can pull off such a large fund raiser, of course with the help of all our wonderful volunteers. I remember standing and watching all the many people that came out in support of people with mental illness. I wasn't feeling the stigma that night. This will be my fourth year helping with MHA's Pasta Buffet and Auction. I'm looking forward to seeing all our supporters again.

COME OUT AND SUPPORT US NOVEMBER 20th. Annunciation Greek Orthodox Church, 64 Hershey Ave., Lancaster, PA—All You Can Eat Pasta- 5:45-7:30PM, 50/50 Raffle, Live (begins at 6:45PM) & Silent Auctions, Auctioneer Karl Boltz. for tickets or more info call 717-397-7461. See you there.





LANCASTER REGIONAL MEDICAL CENTER'S BEHAVIORAL HEALTH SERVICES ANNOUNCES OPENING OF NEW INPATIENT WING FOR OLDER ADULTS ON OCTOBER 26

On October 26, 2009, Lancaster Regional Medical Center's (LRMC) Behavioral Health Services will open a separate 10 bed wing of their adult inpatient facility, in addition to the existing 29 beds, specifically for older adults ages 65 and better not needing skilled nursing care. Just like the existing facility, this new Older Adult Wing will provide 24/7 inpatient mental health treatment and medication stabilization for individuals with acute psychiatric disorders and cognitive impairment. The special wing will provide older adults needing more specialized care to be separated from the overall milieu as appropriate.

Treatment is a collaborative effort between the patient, the patient's primary supports and the LRMC Interdisciplinary Team: Psychiatrists, RNs, Therapists, and Counselors. Patients receive Group, Family & Individual Therapies, as applicable. LRMC is a preferred provider for most insurances. The average length of stay is about three to five days for most adults and about five to seven days for most older adults 65 and better.

Please call 717-358-7921 to speak with admissions. LRMC offers 24/7 assistance. You can also visit LancasterRegional.com for info on our admission criteria and common FAQs.

In addition, staff at LRMC would be happy to visit your facility, school, church, hospital, community group, etc. to give a presentation on a variety of mental health issues. A list of common topics is included at lancasterregional.com. For more information, please contact Danielle Gilmore, Community Education Manager, at danielle.gilmore@lrmc.hma-corp.com or call 717-358-7803.

Upcoming events: Free Depression Screenings at Lancaster Regional Medical Center

Date: October 8, 2009-Time: 3-6 p.m.

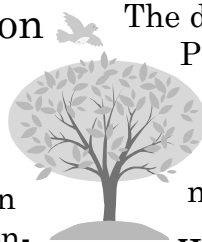
Location: Lancaster Regional Medical Center, in the atrium.

Free parking directly across from the LRMC main entrance on College Avenue. Follow signs inside the main entrance to the atrium. LRMC will be co-sponsoring this free service with Mental Health America of Lancaster County. The community is welcome. Assistance options will immediately be discussed with individuals scoring high.

Loving Someone With Depression

What is it like to live with your or someone else's depression?

They will explore the impact of depression and some ways to combat it. To start a conversation attendees will watch PBS film *Depression: Out of The Shadows*. By watching the film and having a discussion they will uncover the myths about depression and discover some healing truths.



The discussion will be led by Lillian Pacheco, M.Ed.

Where: Unitarian Universalist Church of Lancaster, 538 W Chestnut St, Lancaster 17603 -

When: December 1, 2009, 6:30 to 9:30 PM.

Registration is not required. For more information please call the church at 717.393.1733 or visit their website at www.uuclonline.org.



Limited Time Opportunity!

If you're at least 70 1/2,
you can make

tax-free gifts of up to \$100,000 directly from your IRA. But don't wait too long....this opportunity expires December 31, 2009.

Contact us at 397-7461 or
helmusd@mhalancaster.org

Wanted: A Friend! Compeer® Lancaster

24 year old female in recovery from mental illness seeking a friend for 4 hours a month. Someone who enjoys talking and doing fun things like taking walks in the park and enjoying an afternoon movie. Empathy for the challenges faced by those in recovery is essential. I need you! Do you need me?

If you have 4 hours a month to share with someone who may not have any other friends, please contact Compeer Lancaster. We currently have 38 men and women of all ages waiting for a volunteer to brighten their days. Become our newest volunteer. Please call Diana at Compeer Lancaster at 717-735-0667, x101 for more information.

