



The Beacon

IN THIS ISSUE

Recent MHALC Events: Page 2



Compeer Lancaster's Clippings: Pages 4-5



Chili Cook-Off Returns!
April 20 11:00 – 2:00 p.m.:
Page 6

Walk for D.E.S. Suicide Awareness & Prevention: Page 6



"MHA!" Staff: Page 7



MENTAL HEALTH IN THE NEWS

Study Says People Living Longer But More Sickness; Mental Illness Largest Contributor to Disability. People around the world are living longer but with higher levels of sickness and disability, according to the largest ever study of the global burden of disease. The analysis, published in *The Lancet*, shows high blood pressure, smoking, and drinking alcohol have become the highest risk factors for ill health. Mental illness is the largest contributor to disability, according to the report. Close to a quarter of the world's disability burden is attributed to mental and behavioral disorders combined (22.7 percent). These include major depressive disorder, anxiety, Alzheimer's, schizophrenia, and bipolar disease. Major depressive disorder alone accounts for 8.1 percent of the disability burden and is second only to low back pain. Cardiovascular and

circulatory diseases, by comparison, which account for 2.8 percent of the disability burden. The five-year project, involving almost 500 authors and funded by the Bill and Melinda Gates Foundation, found that heart disease and stroke caused around one in four deaths—almost 13 million worldwide in 2010.

Mental Health America joins Americans in mourning the loss of those killed in the tragic shootings in Newtown, Connecticut. We know that events like this will impact families, the community, and the nation. Many may feel at risk and experience feelings of anxiety and fear. Parents may be groping for how to discuss these and similar events with their children. Mental Health America has developed guidelines to help Americans respond and cope with tragic events, which can be found at www.mentalhealthamerica.net/go/information/get-info/coping-with-disaster.



From Shackles to Well-Being MHA's Continuing Quest

Cast from the discarded shackles of former asylums, the Mental Health Bell serves as a powerful reminder that the invisible chains of misunderstanding and discrimination continue to bind people with mental illnesses and addictions.

Mental Health America leads the fight against those invisible chains and for the health and well-being of our children, youth, families, and communities.

LETTER FROM THE EXECUTIVE DIRECTOR



The year 2012 was a time of transitions as MHALC bid a fond adieu to its Executive Director, Mary Steffy, after thirty-two years of dedicated service. How truly blessed I am to be Mary's successor, building upon the strong foundation she built. As I look back on that first day in July when I officially took the reins, I am amazed at all of the gifts that have followed.

In such a short time, I see a treasure chest filled with many riches revealed in the heart of MHALC, which is composed of selfless individuals who give and give of their time, resources, and expertise, all because they believe in our mission, and most important, those we serve. Our team consists of a dynamic board, an impressive cadre of volunteers, and a deeply caring and committed staff who constantly step up to the plate to do more, much more. Our generous donors give faithfully, often teaching us a lot about fate and faith. They nourish us, sustain us, and fill us with gratitude.

Yes, being at MHALC gives me tremendous hope and opportunity. It's the kind of hope that fuels me to take on the challenges of today in order to accomplish the dreams of tomorrow—dreams that are founded in the unshakeable belief that people living with mental illness can know lives of recovery and the promise of wellness. My journey thus far has been blessed by the presence of many teachers, all of whom are strong of heart and resilient in spirit. Each has a story to tell about his or her own path to wellness, emerging as a survivor and teaching me a lot about the art of healing and happiness.

As I look ahead, I am excited by the opportunities that await us. And this I know for certain: MHALC will continue to forge ahead and blaze trails in new territory as we strengthen and expand services now and into the future. I know this to be true because, when it comes to our impressive history, it is a storyline that works, made possible by the power of many. Here's to our future!

Be well,

Jan Baily

RECENT MHALC EVENTS

PASTA BUFFET AND AUCTION

The Annunciation Greek Orthodox Church was filled with the incredible smells of a wonderful Italian meal carefully prepared by MHALC volunteers this past November. Our guests were eagerly anticipating the first taste of this incredible feast. The generously donated auction items had been carefully placed on tables at the front of the hall. It looked seamless as the buffet lines opened, bidding began, and Kenn and Betty engaged the guests in the purchase of 50/50 tickets. What an exciting atmosphere! We raised more than \$14,000!

MHALC has wonderful volunteers at all levels of our organization who contribute ideas, time, and organizational skills in many capacities. Volunteers assist with pre-planning on committees, bulk mailing, soliciting donations, organizing auction items, data entry, numbering auction items, and meal preparations. These are just a few of the many efforts that take place prior to the wonderful evening.

"When you volunteer it means you give yourself without any regression, without condition, but with full devotion..."

— Faith Tomaquin

We invite you to become a volunteer! We encourage you to call 397-7461 or e-mail mha@mhalancaster.org to find out how you can become further involved.

—Rene Fox

HOLIDAY GIFT GIVING

The holiday season begins in my family's home the minute we catch sight of Santa Claus in the Macy's Thanksgiving Day Parade. The house is filled with the smell of turkey and all the trimmings, followed by an afternoon of decorating the tree and visiting with family as the biggest season of gift giving, parties, and travel begins!

Every year, MHALC gives gifts to adults and children who typically would not otherwise receive a gift. Specific gift suggestions are made by case managers and given to local churches and organizations and individual shoppers. A three-year-old girl requested a baby doll. This caused me to take a few steps back and realize that these requests are for items that we take for granted. A person accepting this tangible gift feels remembered, appreciated, and cared about, which is a greater impact than the actual physical gift. Others receiving gifts have shared:

Lorraine—*"Thank you for the lovely gifts! They made me very happy!"*

Tina—*"Thank you for the cookbooks. They were for baking and I love to bake! I am sure they will come in handy."*

Dawn—*"Thank you for thoughtful gift!"*

This year, more than 300 gifts were distributed in our community. Thank you for making the MHALC Holiday Gift Project very successful!

—Rene Fox



Painting sold at Compeer's Art Auction, 2012

What's Civility Got To Do With It?

Several weeks ago, I ran out the door with little time to spare. I had a 7:30 a.m. meeting and was already “pushing it.” Traffic was worse than normal and within a matter of minutes I was running late. I also needed coffee and had to make a split decision: either stop to get the extra large cup that would get me through the morning, or go without and risk being “cranky.” I chose coffee and pulled into the parking lot of a convenience store. As I turned the corner in search of a parking space, I noticed that a vehicle was beginning to back out. The parking space I had set my sights on was on the left side. With no time to spare, I assumed an aggressive position and did not extend the courtesy of stopping and waiting for someone else who was waiting for a space.

As I stepped out of my car, I looked over with admitted trepidation at the stranger I had just cut off. I found her staring at me. At the exact moment our eyes met, she smiled at me. I returned the smile and was struck by this simple act of civility. To this day that memory has not vanished. In fact, it still feeds me, for it represents a time when two total strangers shared a connection. It was a mood changer—and stress gave way to a warm feeling of happiness.

Let's face it: life is heavy. For months we have heard about the looming fiscal cliff. Our holidays were interrupted by the horrific massacre of 26 precious lives at the hands of a lone shooter in Newtown, CT. We have watched hurricanes destroy communities with reckless cruelty, leaving tremendous devastation in their wake. On the economic front, our faith has been thwarted by the ominous reality that little will get done since the “Right” no longer communicates with the “Left” and the “Left” no longer communicates with the “Right,” an outcome that only brings more instability, with countless people out of work and job prospects remaining dim. Where does such a picture of doom and gloom end?

When this “ole world” is getting me down, I go to my happy place. Admittedly, this is something that takes intentional practice. It is in those moments that I think about the time a stranger extended a random act of kindness. Dwight Currie has said, “We have a choice about how we behave, and that means we have the choice to opt for civility and grace.”

As I move forward in this world, I will do so with intentionality—grabbing on to something that is positive and sustaining. It is found in practicing and extending kindness. It costs nothing but the payoff is huge, for it moves me to places that invite happiness, fulfillment, and perhaps a glimpse of a world that holds the promise of tolerance, respect, compassion, and peace.

— Jan Bailly



Compeer®

LANCASTER

Clippings

Compeer Lancaster, a program of MHALC, matches volunteers with adults in mental health recovery. Our vision is a community where having a friend is valued as a core human need for all people.



FRIEND IN THE SPOTLIGHT



BONNIE CRAMER is our featured friend in the spotlight for this issue. Bonnie lives in Lititz, where she grew up.

My favorite Compeer activity: Bonnie enjoys a variety of activities, such as game night and the hayride.

In her free time: Bonnie enjoys spending time with her two cats, Josie and Susie. "They're very friendly towards me and they're very outgoing. I like the way they play together and wash each other."

What I find most helpful about Compeer: "I enjoy getting out and going places and my friendship with Marty. I like shopping and eating out."

Favorite TV show: "I like to watch *Full House*."

— Marty Mohn

SUMMER FUN

"Thank you," "This was so much fun," and "I like seeing other Compeer people" were some of the remarks made by our compeer friendship matches at the annual Compeer picnic in August. More than 120 people gathered as friendship matches and their guests enjoyed the good food, caricatures, face painting, and games. For some this is one of the few summer gatherings they experience. For others who attended the event, especially those waiting for a Compeer volunteer, it was an opportunity to experience being part of a group that supports and emphasizes mental wellness.

Thanks to our sponsors: Turkey Hill, Giant Foods, Kunzler, Leisure Lanes, Texas Roadhouse, Loxely's, Advisory Council, and friends of Compeer.

— Deb Jones



HOLIDAY HAPPENINGS

The Holiday Party allows both one-to-one and Compeer Calling friendship matches an opportunity to celebrate the holiday season together. This year, 100 people gathered at Neffsville Mennonite Church to enjoy the festivities, including soothing music played by pianist Jordan Groh. What makes this event special is the opportunity for friendship matches, which usually operate independently, to relate to other matches. Being together reminds everyone that they are part of a bigger friendship, the Compeer family.

Thank you to those who contributed gifts for Wernersville Hospital. An entire trunkfull of toiletries (4 huge boxes) was distributed during the week of Christmas. Your generosity impacted many people!

We appreciate the party contributions from The Country Store, Weis Markets, S. Clyde Weaver, Darrenkamp Markets, Giant Foods, Royer's Flowers, Pepperidge Farms, and "friends."

— Deb Jones



REAL LIFE STORIES: MARK & GLENN

Mark Horst and Glenn Martzall have been matched since September 2011. Together, Mark and Glenn participate in a variety of activities and local attractions. They frequently refer to the list of “things to do” given to them at the beginning of their match. They’ve done many things on the list, but a favorite activity is doing anything that has to do with gardening. Glenn’s favorite hobby is silk flower arranging.

One of Glenn’s favorite memories of growing up in Lancaster is all the big snowstorms we used to have. “I’m a snow-nut,” he said. Glenn also loves to read.

Glenn and Mark enjoy all of the Compeer events. Glenn especially likes *Uniquely You*. “I like seeing and hearing from the others.” Mark especially enjoyed the hayride in the fall.

Mark’s favorite thing about being a volunteer is that “we do all kinds of things together and we really enjoy each other’s company. I get a lot out of this friendship too.” Glenn says, “My favorite thing about Mark is he’s a sincere friend. You can tell the friendship is for real.”

— Marty Mohn



Compeer Lancaster's 7th Art Auction

Friday, May 31, 2013
7:00–9:00 p.m.



A preview of the artwork for the auction will be held from 6:00–7:00 p.m. at the studio on the day of the auction and on the Compeer website after May 24.

More than 50 pieces of original and limited-edition art in different mediums, including paintings, photography, and pottery will be available to purchase.

Mulberry Art Studio
21 N. Mulberry St
Lancaster, PA

The art auction is free and open to the public.
Refreshments will be served

COMPEER'S CALENDAR OF EVENTS

MARCH 12, APRIL 9, MAY 14, JUNE 11:
ADVISORY COUNCIL MEETINGS from 3:30–4:30 p.m. in Room B-111 of the Community Services Center.

MARCH 14, MAY 9, JUNE 13: GAME NIGHT at Rossmere Mennonite Church (741 Janet Avenue in Lancaster) from 6:30–8:30 p.m. Matched friendships and waiting friends invited.

MARCH 12 (10:00 – 12:00 NOON) AND MARCH 21 (6:30–8:30 p.m.): BUILDING BRIDGES OF COMMUNICATION for friendship matches.

APRIL 13: ANNUAL FRIENDSHIP LUNCHEON at New Life Assembly of God in Lancaster from 11:00 a.m.–1:00 p.m. for matched Compeer volunteers and friends.

MAY 31: COMPEER LANCASTER'S ANNUAL ART AUCTION at Mulberry Art Studios in Lancaster. Preview at 6:00 p.m., auction at 7:00 p.m.

SAVE THE DATE:

AUGUST 8: COMPEER'S ANNUAL PICNIC AT LONG'S PARK FROM 5:30–7:30 p.m.

NEW VOLUNTEER TRAININGS: Contact the Compeer Office (735-0667, ext. 101) for additional dates and times.

COMPEER LANCASTER

630 JANET AVENUE, LANCASTER, PA 17601
717-735-0667 Fax: 717-735-1354
www.compeerlanaster.org
Email: compeer@compeerlanaster.org

Visit our website for more photos.

COMPEER VOLUNTEER OPPORTUNITIES:

- Be a one-to-one friend. More than 45 friends are waiting for a Compeer volunteer.
- Make a 15-minute phone call to someone waiting to be matched with a Compeer volunteer.
- Solicit food and art for the Compeer art auction on Friday, May 31.



SAVE THE DATE!



Fourth Chili Cook-Off

LOCAL RESTAURANTS COMPETING FOR THE BEST CHILI!

“People’s Choice” Award

Local Celebrity Judges

When: April 20, 11:00 a.m. – 2:00 p.m.

Where: Hempfield United Methodist Church

Why: To raise money for the services of MHALC

Cost: \$10 (adult), \$5 (ages 6–10), under 6 free

Chili Tasting • Face Painting • Delicious Food

See you there!



WHAT IS THE ROLE OF THE PEER EDUCATOR?

“I have an illness, but my illness does not define me!”

The peer educator helps to educate consumers and others on mental illness and recovery. I meet with patients in the local hospitals and share my story of recovering with bipolar disorder. I also teach the importance of medication management, and the purpose and benefits of therapy.

Peer education shows those struggling with mental illness that they can manage their illness while being a productive member of the community. Patients and consumers who are out of the hospital learn how a support system that includes groups can help eliminate repeated hospitalizations.

—Julie Arnold

WALK FOR D.E.S. – 1ST ANNUAL SUCCESS!

On November 17, National Suicide Survivors Day, more than 250 walkers gathered at the Clipper Magazine Stadium to walk 3.2 miles to raise awareness of suicide. To me, the day was bittersweet. Although it was amazing to see so many people there who care about suicide prevention, it was sad to see how many were walking in remembrance of someone they lost to suicide.

Walkers were given T-shirts and different colored beads to signify who they lost to suicide, whether a son or daughter, sibling, friend, significant other, or parent. The beads were meant to create and open dialogue among walkers. They worked wonderfully; I saw strangers talking and crying and embracing each other, comforted by the fact that they were not alone.

At a table honoring those lost to suicide, people wrote to their loved ones on butterfly cutouts. Although I had avoided the table most of the day, eventually I went up to the table by myself.

With tears streaming down my face I read each of the butterflies, all reminders of how many people are greatly affected by one loss. One that struck me was just four words, but they spoke volumes.

I could tell that it was written by a very young boy, and it said, “Daddy, I miss you.” The thought of a little boy growing up without his father is devastating. As the day turned into evening, we gathered at the pavilion park of the stadium. Sebastian, a very talented young musician, sang as we released 40 lanterns into the sky.

Each lantern represented an individual lost to suicide in the previous year in Lancaster County. This was my favorite part of the day; it was a time to think about and honor someone who was lost, to reflect on everything that had happened that day, and to dream about future possibilities.

On June 6, 2011, Mark and Deb (parents) and Danielle Schantzer (sister) lost their son/brother Desmond to suicide without any signs or warnings. In the aftermath the question that will remain unanswered to them is “Why?” So they initiated the Walk For D.E.S., which has produced far-reaching benefits in our community. Plan to attend the 2nd Annual Walk For D.E.S. on November 23, 2013.

—Gretchen Gaudio



We intend to start a Lancaster Suicide Awareness Task Force. If you are interested in learning more, please contact Gretchen at MHALC (397-7461) or gretchen@mhalancaaster.org

WELLNESS COACH @ MHALC

My name is Marty and I'm a new member of the MHA and Compeer staff. I was hired in November as a wellness coach. I've been working on recovery from my own mental health diagnosis for many years and recovery has become something I can finally embrace and claim for myself.

I came to Compeer in 2006. I was very lonely, troubled, and in need of a friend. I was matched with the most wonderful woman, Tillie, who generously gave me her time, love, and friendship. We did so many fun activities together, such as going to concerts and plays, making applesauce, and going strawberry picking. In time, I grew relaxed and got to know and like myself. As I became well, Tillie, encouraged me to become a "friend." In September 2011, I was matched with a delightful young woman named Bonnie and together we have a lot of fun.

As a wellness coach, I will be creating workshops and fun activities focusing on recovery and wellness. I hope to help others build trusting relationships with individuals and groups, assist consumers and individuals in identifying a path to recovery and wellness, facilitate trainings for wellness, and support lasting change. Isn't it wonderful that we *can* overcome mental illness and move from just existing to thriving? I can't wait to meet each and every one of you and join you in your reach for wellness.

— Marty Mohn



This was my journey!

Moving from existing



... to thriving!

Board of Directors

Tim Caldwell
President

Greg Amos

Doug Hopwood
Vice President

Diane Fleishman

Phil Hess

Ann Woodland
Admin. Vice President

Candice Highfield

Penn Ketchum

Pat Doherty
Treasurer

Amy Sechrist

Christina Hausner
Secretary

Frank Seidle

Matt Snively

Keith Shetter
Executive Committee Member

Mary Lee Steffy

John Tardibuono

Gary Yoder
Executive Committee Member

Susanne Umiker-Spurlock

Jeri Stelson Weaver

Joe Puskar
Immediate Past President

Tanya West

Office hours: Monday – Friday, 9 a.m. – 5 p.m. •Closed Holidays
www.mhalancaster.org

Contact Us



MHALC Staff

Back (L-R): Jan, Marty, Julie, and Deb

Front (L-R): Rene, Gretchen, and Bettv

Jan Baily, Executive Director
jbaily@mhalancaster.org

Gretchen Gaudio, Client/Family Advocate
gretchen@mhalancaster.org

Rene Fox, Administrative Assistant
mha@mhalancaster.org

Julie Arnold, Peer Advocate
armoldj@mhalancaster.org

Deb Jones, Project Coordinator/ Compeer Lancaster
djones@mhalancaster.org/djones@compeerlancaster.org

Marty Mohn, Wellness Coach
compeer@compeerlancaster.org

Betty McFadden, Administrative Assistant
bmcfadden@mhalancaster.org

Our Wish List

~~~~

### Volunteers to:

- Transport Alpha participants or Compeer friends to events
- Assist with bulk mailings
- Participate in MHALC committees (advocacy, education, programs, sustainability)

### Operating needs that go the distance:

- Reams of copy paper
- Office supplies
- Sheets of postage stamps

### Gift certificates from:

- Grocery stores
- Walmart/Target

Contact MHALC for further information: 735-0667

## Jammin' Away the Blues

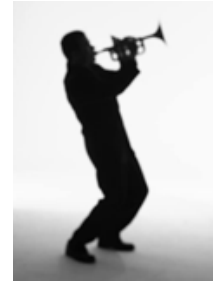
Live Performance by  
**Just Kickin' It**  
(formerly "Soulful Harmony")

*Special guest, Angie Wiley*

Saturday, February 23, 2013

Doors open at 7:00pm, music at 7:30pm

\$25/ticket or 5 tickets for \$100  
No refunds



**Eclectic  
music**

**Classic  
Rock'n'Roll**

*Blues & Jazz*

Elks Lodge 219 N. Duke Street, Lancaster



630 Janet Avenue  
Lancaster, PA 17601

Phone: 717-735-0667

Fax: 717-735-1354

www.mhalancaster.org



A United Way Agency

NON PROFIT  
ORG  
U.S. Postage  
Paid  
Permit No. 1270  
Lancaster, PA

ADDRESS SERVICE REQUESTED