



# Issues and Insights

## Mental Health Association of Wells County

Volume 4

Issue 13

*A Message*

**December 2007**

*from our .....*

Since the 2006 annual membership meeting, your Mental Health Association has remained busy.

To mention a few activities: coordinating the annual MHA Gift Lift for the consumers at Logansport State Hospital, Park Center and local nursing homes; the numerous ongoing education efforts of the Education and Parent to Parent committees; participation in the Senior Expo and provider fairs; maintaining a supply of relevant mental health related literature for distribution; publishing and distributing a tri-annual newsletter; and co-hosting the Alzheimer-dementia program.

The challenges of remaining a volunteer service organization in today's culture are evident in our community. All organizations face competition of limited resources, waning interests in a cause, and simply trying to stay relevant in a fast moving world. The MHA is besieged by these problems as well: but under the leadership of a board that has been ever vigilant to the MHA mission, we are continuing to seek ways for remaining relevant. I am proud of our volunteer leaders for remaining faithful to the mission of our organization: one that is neither popular or in any way glamorous, and generally does not fit in their otherwise busy schedules. But, we have encountered in one way or another problems caused by mental illness, and have chosen to use some of our valuable resources to make a difference. And so, the Mental Health Association of Wells County continues to remain busy.

Thank you!

**Greg Werich, President**

**Mental Health Association of Wells County**

## MENTAL HEALTH ASSOCIATION'S ANNUAL MEMBERSHIP AND RECOGNITION DINNER MEETING

On October 24, 2007 at the Bi-County Services' Multi-purpose Room, the MHAWC held its Annual Membership and Recognition Dinner Meeting.

The Annual Meeting Committee composed of Dianne Schwarzkopf, Mary Martin and Melba Cole, made arrangements for the night's festivities, decorated the multi-purpose room in an "apple theme" and hosted a fellowship time.

Dinner preparation was by Karen Reed-Legacy Catering. The meal was enjoyed by all.

After dinner, Greg Werich introduced Dr. Anthony Flores a practicing Licensed Psychologist and Certified Alcohol & Drug Abuse Counselor, who provides treatment for a range of psychological disorders, such as mood and anxiety disorder, at offices in Decatur and Fort Wayne, IN. He treats young children, adolescents, adults and families with a variety of presenting problems, such as low self-esteem, behavioral problems and relationship issues. He also specializes in substance abuse treatment, anger management and criminal intervention programs. In addition, he conducts forensic, psychological and parenting evaluations.



Dr. Flores

Dr. Flores spoke on the many abuses associated with the use of medications in the treatment of ADHD, anxiety, pain management, effects after prolong use, and re-evaluation. He answered questions on specific drugs and drug usage in schools.

Following our informative guest speaker and a short business meeting, Greg Werich presented the Bell Award. What is the Bell Award? During the early days of mental health treatment, asylums often restrained persons with mental illnesses by iron chains and shackles around their ankles and wrists. With better understanding and treatments, this cruel practice stopped. The Bell Award is awarded to a person or persons in our community who exemplifies commitment to bettering the lives of others, and especially those who cannot speak for themselves for mental illness. The Bell Award was presented this year to **Nancy and Paul Bonham**. We are proud of Nancy and Paul for their dedication and furthering the cause of mental illness. **Congratulations to you both!**

Past years award recipients were Gwen Payne and Rena Soper.



Left to right: Greg Werich, Nancy Bonham, and Paul Bonham

Family members (children) of Nancy and Paul that came to surprise and enjoy the dinner and presentation were: Vivian Blakeslee of Milford, Laurie (Randy) Lockdall of Bloomington and William (Lori) Bonham of Liberty Center.

## Alzheimer/Dementia Program

On November 8, 2007 the Mental Health Association of Wells County (MHAWC) and the Wells County Alzheimer Support group sponsored a Alzheimer/Dementia program. There was a very good turnout for the program and we would like to recognize publicly the organizations and individuals that made the program such a success. Speakers were Derek Paris, PhD from Harvest Counseling in Fort Wayne who spoke on recognizing Alzheimer Disease, Ted Ramsey, LCSW from Psychiatric Care in Fort Wayne spoke on the effects on Alzheimer caregivers, Keith Huffman, Atty. of Dale & Huffman Law Firm spoke on some of the legal aspects and programs available to families and caregivers, Chief Deputy Scott Holliday of the Wells County Sheriff's Department spoke on the use of GPS systems to locate missing disoriented individuals, and Jim & Joyce Phillabaum of the Wells County Alzheimer Support Group.



Dr. Paris



Left to right: Scott Holliday, Keith Huffman, Joy & Jim Phillabaum & Ted Ramsey

Special thanks to go to:

John Whicker and Bi-County services for use of their meeting room.

Liz Richardson of River Terrace Estates for refreshments for the meeting.

River Terrace Estates - Bluffton,  
Meadowdale Nursing Home - Bluffton,  
Ossian Nursing Home - Ossian,

Markle Health Care - Markle,  
Christian Care Retirement Community - Bluffton,  
Heritage Pointe - Warren,  
Swiss Village - Berne,  
Chalet Village Health & Rehabilitation Center -  
Berne, and  
Wells County Council on Aging, and the area  
churches.

Last but not least, a very special thanks to the volunteers of the Mental Health Association of Wells County and the Wells County Alzheimer Support Group without whom the program would not have happened.



## THANKS

*A sincere heartfelt "thank you" for supporting the Mental Health Association of Wells County throughout the year.*

Diane S. Humphrey  
Mr. & Mrs. Ben Habegger  
Anna Lee Ault  
Todd Reimschisel  
Dr. & Mrs. Jim Van Winkle  
Wells County Foundation  
Wells County Commissioners  
Wells County Council  
John Whicker-Bi-County Services  
Pizzazz  
Wells Community Health Services Foundations  
Auxiliary  
Apostolic Christian Church North and East  
Wells County Alzheimer Support Group  
Living Water Church  
Bluffton News Banner

## 2007 Gift Lift

### Logansport State Hospital

During the later part of October and early November, Steve and Sue Baller and the Apostolic Christian Church North assembled 75 Christmas gifts (3 gifts per client) to 25 clients of Logansport State Hospital. These clients are appreciative of their gifts, because it brings joy and the holiday spirit to their lives. Some of these clients are unable to go home for one reason or another or the clients cannot benefit from their County, because they lack a mental health association or other organization to provide for them during the Holidays.

### Park Center

Representatives, Kay Gerber and Sue Kiefer's daughter, Brenda and the Apostolic Christian Church also, provided and assembled Christmas gifts to 115 clients, who otherwise would not have enjoyed this Christmas as well. Joining in this effort were Nancy Bonham, Jean Reef, Kay and Hans Manges from the Mental Health Association of Wells County.

The Mental Health Association would like to thank everyone who volunteered their time and effort to make this year's Gift Lift a wonderful success.

### Wells County Health Fair

The Wells County Health Fair was held November 3, 2007 at the Bluffton Harrison Middle School. Members from the Mental Health Association of Wells County is one of the many exhibitors

supplying health related resource materials to over 500 attendees.

One of many booklets that were well received by the public was Responsibility, Building Respect, Resolve Conflicts, and Self-Respect just to name a few. These booklets were published by the Parent Institute and are free by contacting the Mental Health Association at 223 West Washington Street, Bluffton, IN. Office hours are Monday, Tuesday and Thursday from 10:30 a.m. to 1:00 p.m. or leave a message on our answering machine at (260) 824-1514.



Left to Right: Jean Reef, Kay Manges, Mary Martin, Diane Schwarzkopf



### NEW MEMBERS

A warm "Welcome" to the newest members of the Mental Health Association. They are: **David Helms**, Pastor of Liberty Center United Methodist Church, who along with Ashley Stinson, Counselor of Southern Wells School District are implementing a parenting program called, "All Stressed Out and No Where to Go".

Last but not least, is **Shawna Herring**, Director of Youth for Christ at Southern Wells School District. One of her concern is students who commit "self-cuttings" which is a mental issue and a primary concern in our area.



**MENTAL HEALTH  
ASSOCIATION OF  
WELLS COUNTY**

**223 W. Washington Street**

**Bluffton, Indiana 46714**

**www.mentalhealth@wellscounty.org**

**260.824.1514**



*Merry Christmas*

**FROM**

**MENTAL HEALTH ASSOCIATION OF WELLS CO.**

**SUITCASES NEEDED**

Throughout the year, Mental Health Association of Wells County collects suitcases for the Logansport State Hospital. The clients use them to visit their love ones or friends. Some travel with paper or plastic sacks tucked under their arms packed with their personal belongings. With your kindness and generosity, the clients of Logansport State Hospital will be very proud to show off their new suitcase. Please drop off your used suitcase/s at the Mental Health Assoc. of Wells County's Office at 223 West Washington Street, Bluffton, IN. on Monday, Tuesday, and Thursday between the hours of 10:30 a.m. to 1:00 p.m. or call 260.824.1514.

**Mail Your Membership Contribution TODAY!!!!**

**Mental Health Association of Wells County**

**223 W. Washington, Bluffton, IN 46714**

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Phone** \_\_\_\_\_ **Township** \_\_\_\_\_

New Membership  Renewal Membership

\$250.00  \$100.00  \$50.00

\$25.00  \$10.00  Other  Please call for Volunteer Work

Some of my interests include \_\_\_\_\_

If you desire to be a Member, Board Member, or serve on the Education Comm. Call Greg Werich 260.824.6496 or MHAWC office 260.824.1514