

Issues and Insights

Mental Health Association of Wells County

Volume 5

Issue 14

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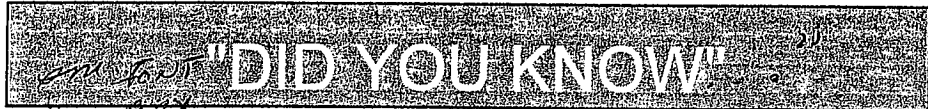


*Spring
is
Here!!!*

Change of Address?

Please be sure to let us know if your address, phone number, or e-mail address changes so that you don't miss your copies of Issues and Insights, the Mental Health Association of Wells County newsletter.

Report changes to:
Mental Health Association of Wells County, 223 West Washington St., Bluffton, IN 46714. Telephone number 260.824.1514



By: Jean Reef

VACATION

March 20, 2008 - was the first official day of SPRING for this year. I'm sure everyone was ready for it and we all knew that warmer days and longer daylight hours were on the way.

What were you planning for the spring and summer months now that those gas prices at the pump have skyrocketed? For some, vacation plans will continue as originally scheduled but for others plans will have to be scaled back or even scrapped.

Let's stop and think about what we can do that doesn't cost too much for gas for the car. First, for those with kids in school, remember the school year won't end until sometime in June due to the inclement weather days that school was canceled. Indiana State law says that students must complete 180 days each year and only state officials can make exceptions. Besides, it may be too chilly or muddy to do too much before June. I hope dad and/or mom haven't had to schedule their vacation days at work already or maybe changes can be made.

What fun thing can we do? Pack a picnic and go to a nearby Indiana State Park might be an idea. There is plenty to do at any park. Some have swimming or fishing and most have trails for hiking. There are playgrounds for the kids and the adults can sit nearby and supervise

the kids, engage in idle talk, read, bird watch or people watch.

Entry fees are reasonable and are good for the whole day. Some of the activities have fees and you need a license to fish.

Staying at home isn't a sin! There's plenty to do - bike riding, going for walks, sitting on the porch, playing games, cooking together. Maybe you could watch TV if all else fails. Think of something! Doing some of these things may help you get reacquainted with your family.

If you are among the "vacation" group, enjoy what you are doing and when you return home tell others about what you did and they couldn't.

Remember safety rules whether you bicycle or walk. Don't trespass, I don't want to see your name in the paper for being arrested. If you use walking paths, have respect for other walkers. If you are on a street or road, watch out for vehicles, they can kill you in an instant.

Thought for today from Dr. Seuss

" Be who you are and say what you feel 'cause people who mind don't matter, and people who matter don't mind."

PRESIDENTIAL MESSAGE

Boy, am I ever ready for Spring! As I compose this article for the Spring MHA of Wells County newsletter, we just suffered through another snow/ice storm. It's March, and I ache for warmer weather. The calendar says it's coming soon. The Robins (as reported a recent News Banner article) have been spotted in the area. Our Magnolia tree is budding. So, where is the warm weather?

Anyway, the MHA of Wells County has just completed a strategic planning process: or perhaps it would be more prudent to say that we just started a strategic planning process. The board, and a few other members, sat around some tables recently and discussed ways for bringing to fruition the ideas we have for the Association. You could say we were in a season of Winter, whereby, we had ideas for educating and serving the community about matters of mental health, but not a lot going on yet. This is partly due to all of us coming out of a busy season (the whirlwind of activities in October, November and December) and just needing a rest. But we also had a convergence of many of many ideas with insufficient resources to do them all: there is only so much an all-volunteer organization can do. So, we just needed to take a step back, evaluate what we wanted to do most, and develop plans for achieving them.

Then came our strategic planning meeting. It was our Spring – many of our wonderful ideas emerged and the most important ones began to take root as plans. The group spent several hours discussing and debating what ideas could best serve the Association and our community with the resources we have available. The excitement and energy of the members was much like the first warm days of Spring. Everyone displayed renewed enthusiasm for our Association's cause and work. We still have much to do in this "season", but the members of the Association are ready to go.

Summer follows – this is when the plants bear fruit, and in my metaphor the Association's ideas happen. Our Summer will consist of the following happenings:

1. Publish a MHA calendar with Board approval (*which was completed at the February board meeting*).
2. Develop and hold quarterly area meetings at churches for public awareness of dementia and Alzheimer's diseases.
3. Promote a community-wide domestic violence presentation featuring Terra Brantley.
4. Develop and update a MHA organization chart for board approval.

Finally, Fall. In the Fall, we glean the fruits of our labor and prepare for Winter. For the MHA, we will evaluate how we did

with our plans: what worked, what didn't, and what could we do better?

I probably exhausted the season metaphor in this writing, but it is a way to contemplate the strategic plans of our Association. I am excited for the members of our group, who continually weather the seasons to serve the Wells County community in a way that many others won't or can't. Spring is here for the MHA, I just wish Mother Nature would speed it up!

Greg Werich,
President

HEALTHY CHOICES

What is Smokeless Tobacco? By: Kay Manges

There are two types of smokeless tobacco. **Snuff** is a fine-grain tobacco that often comes in teabag-like pouches that users "pinch" or "dip" between their lower lip and gum.

Chewing tobacco comes in shredded, twisted, or "bricked" tobacco leaves that users put between their cheek and gum. With snuff and chewing tobacco, you do not smoke it or swallow it. All you do is slosh (chew) it around in your mouth and spit out the brown juices every few seconds. Therefore it must be safer than cigarettes, right? Wrong! Smokeless isn't harmless!

So who chews? As many as 20% of high school boys and 2% of girls use snuff or chewing tobacco, according to the Centers for Disease Control and Prevention. **Of the 12 to 14 million American users one third are under age 21 and develop the habit before age 13.**

Can it Cause Cancer? Yes!

Chewing tobacco and snuff contain 28 carcinogens (cancer-causing agents). In addition to carcinogens, you get cancer-causing arsenic and formaldehyde in smokeless tobacco.

Users may increase their risk for gum diseases or cancers of the lip, tongue, cheeks, gums, and the floor and roof of the mouth.

Source: National Cancer Institute

www.cancer.gov

Positive Parenting:

How to Get More While Yelling Less

PARENTS NIGHT OUT: PIZZA, SNACKS, AND
DRINKS PROVIDED
CHILD CARE PROVIDED UPON REQUEST

PARENTS NIGHT OUT: PIZZA, SNACKS, AND
DRINKS PROVIDED
CHILD CARE PROVIDED UPON REQUEST

- ◇ A Positive Approach to Discipline
- ◇ The Do's and Don'ts of Behavior Plans
- ◇ Putting PIZZAZZ on Positive Behaviors
- ◇ What to do about:
 - Lying
 - Stealing
 - Aggression
 - Defiance
 - Noncompliance

DATE: Monday, April 28, 2008 6:00-8:00 p.m.

LOCATION: Lancaster Central Elementary School
275 E. Jackson St., Bluffton, IN

R.S.V.P. for seating, refreshments, and child care count:
Please call 260-565-3135, ext. 5006 by Wednesday, April
23.

Note: R.S.V.P. preferred but not required

Hosted by your Wells County Elementary School Counselors:
Kathy Thompson, Ashley Stinson,
Ginny Vogel and Deb Kimbel

Sponsored by:
Wells County Foundation and
Mental Health Association of Wells County



HELP THE MHA COMPLETE ITS MISSION AND BECOME A MEMBER ---

Through your membership in the Mental Health Association of Wells County, we will be able to provide quality programs of education, service, and advocacy that make the lives of persons with mental illness better. In addition to your generous tax deductible* contribution, you can become personally involved as a volunteer. A study conducted at the University of Michigan Research Center and published in the March 1998 issue of American Health found that volunteering, more than any other activity, *dramatically increases life expectancy*. Volunteers are always needed and appreciated. Thanks for your help.

MENTAL HEALTH NEEDS YOUR HELP!

Your tax deductible* contribution makes you a member of the Association and the ranks of those interested in improving the care and treatment of the mentally ill.

____ \$10.00

____ \$100.00

____ \$25.00

____ \$500.00

____ \$50.00

____ Other

NEW MEMBER

NAME _____

RENEWAL

ADDRESS _____

CITY _____ ZIP _____ PHONE _____

Please make check payable to Mental Health Association of Wells County

Mail to: Mental Health Association of Wells County, 223 W. Washington Street, Bluffton, IN 46714.

*According to the extent provided by the law.

**MENTAL HEALTH ASSOCIATION IN WELLS COUNTY
VOLUNTEER REQUEST**

NAME _____

PHONE
NUMBER _____

ADDRESS _____

Type of volunteer opportunities you are interested in

"CHRISTMAS AT MAPLEWOOD"

By: Melba Cole

What a delight it was to feel the spirit of Christmas at the Maplewood County Home. As we entered the facility, you are greeted by many red and green Christmas decorations, thanks to Karen Tuttle and her staff.

We enjoyed the medley of Christmas songs presented by the "Pizzazz's Show Choir." We want to thank Kim Durr, Director of Pizzazz-School of Performing Arts for taking the time to showcase her talented students. Those attending were pleased by the sound of these vibrant young singers who stepped through their rendition like professionals. Their performance was a joy to watch. I give "kudos" to all the parents who are devoted to their children's endeavors.

Seeing the residents' smiling faces as Santa Claus gave out presents sponsored by the Living Water Methodist Church and Anna Lee Ault, church representative, was heartwarming.

Treats were enjoyed by all the residents and staff. Thank you, Nancy Bonham, Anna Lee Ault and others for taking the time and effort to bring about this happy occasion yearly.

I'm so glad that we can touch their lives in a small way and to bring joy.



Pizzazz Choir Groups



Left to right - Ann Lee Ault, Melba Cole, Santa Claus, Pete Cole, Nancy Bonham, and Paul Bonham

B-4, I-13, N-22, G-4, O-74

By: Nancy Bonham



Want a FUN evening? Join the women of the Widow - Widow support group! Men are also welcome. The group meets the 2nd Monday of each month at the Corner Depot Restaurant, next to Scotts grocery store. Supper is at 6 p.m., followed by BINGO and visiting. Come join the fun and meet new people!!

For further information contact Jane Carpenter, or the Mental Health Association office 260-824-1514.

ALL STRESSED OUT BUT SOMEPLACE TO GO!

By: Dan Helms

All Stressed Out but Someplace to Go is a support group for families of the area who need a break from the stresses of life. Here you can have a meal, share some time unloading, and just hang out as an alternative to being stressed out! We meet on the 2nd Thursday of each month at the Liberty Center Methodist Church's fellowship hall for their free community supper, arriving anytime it's convenient between 5:30-7:00 pm; with the support group following beginning at 7:0 pm. This is one way to offer mutual support in the journey toward a less stressful and more connected integrated life.

Quotation

Your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens.

John Homer Millet



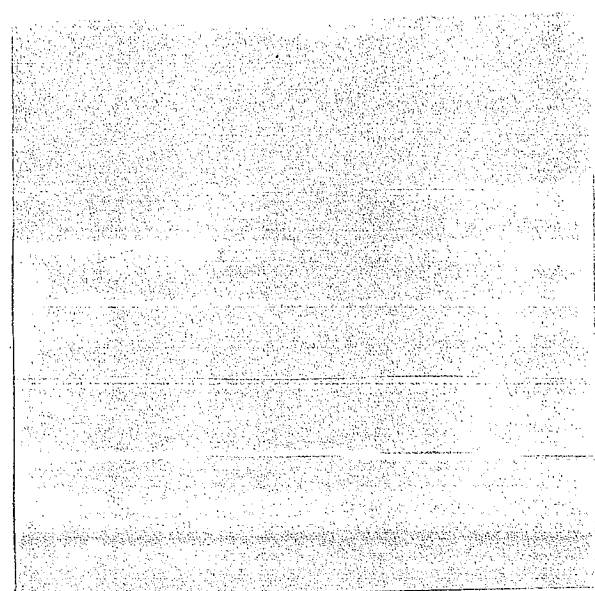
MENTAL HEALTH ASSOCIATION OF WELLS COUNTY

223 W. Washington Street

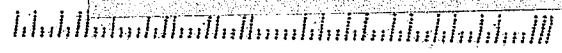
Bluffton, Indiana 46714

www.mentalhealth@wellscounty.org

260.824.1514



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DUES ARE DUE

If you haven't paid your annual dues, it is time to do so now. Your participation as a member of the Mental Health Association of Wells County is vital to achieving our goals and providing mental health education in our community through our programs (see Schedules for meeting dates).

COMING EVENTS

- April 16 -- Monthly Board Meeting
- April 10 -- Education Committee Meeting
- April 28 -- Parents Night Out (See insert)
- MAY IS MENTAL HEALTH MONTH
- May 8 -----Education Committee Meeting
- May 11 --- Mother's Day
- May 21 --- Monthly Board Meeting
- May 26 --- Memorial Day
- June 12 -- Education Committee Meeting
- June 15 ---Father's Day
- June 18 ---Monthly Board Meeting
- July 4 -----Independence Day
- July 10 ----Education Committee Meeting
- July 16 ----Monthly Board Meeting