

A Message

from our

April 2007

As I prepare the message for this edition of the newsletter, I await the coming of Spring. Boy I am ready! I'm tired of cold weather, high heating bills, and short days. Bundling children into heavy coats and then trying to fasten them into their car seats are also chores that warm weather does away with. I know that Spring will have its problems - tornadoes, thunderstorms and rain, sunny days with cold temperatures - but I am ready for the fairer weather that Spring generally brings.

I often like to dwell on what I anticipate is coming: I get excited about potentially positive things (trips to amusement parks, looking at new cars, payday) and I get anxious about potentially negative things (and public speaking, confrontations with others, a call from the doctor about test results). I have learned to try not dwell on things too much because positive things sometimes go sour and negative things sometimes come out all right.

So where am I heading with this article? The Mental Health Association of Wells County has been around for over 50 years. In this time span, many individuals fretted about their own mental-health affliction or the afflictions of loved ones. In that same time span, great advances have been made toward improved services, treatment, and education for mental health. We can be proud to be part of an organization that has led the advances. Today, individuals may still await "better days", but hopefully they will find that "bad days" are not so bad, and the "good days" are closer than they think.

If you are a member of the Mental Health Association of Wells County, you are a leader in a great cause. We are making strides to educate the community about mental illness. We are making strides to improve services to individuals afflicted by mental illness. We are making strides in changing the community's attitude on mental health. We have come along way and we have a long way to go. I am proud of all who have chosen to be part of this Association, and make time to help others in many important ways.

So, like the seasons, I await the time when mental health is not viewed an affliction of some unfortunate few, but a part of everyone's lives: when everyone will be as concerned about their own mental health as they are for their physical health, and that of their neighbors. I'm ready for this!

Greg Werich, President

Mental Health Association of Wells County

Parent to Parent Support Group
Sponsored by Mental Health Association of Wells County
and the Wells County Foundation

Support Group Topics and Dates

April 2, 2007 - 6:30 to 7:30 Dr. Carol Butler: Juvenile Diabetes Awareness

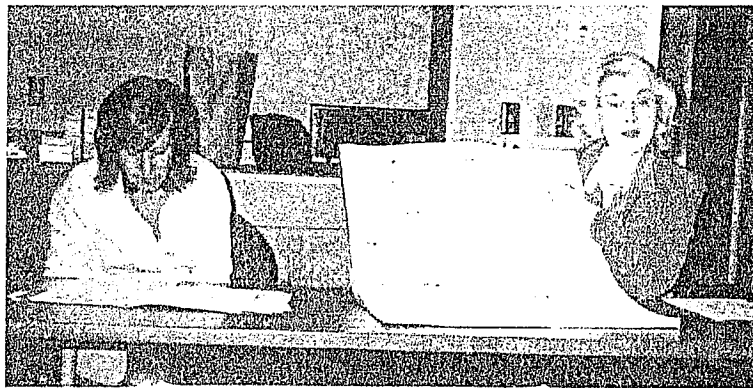
May 7, 2007 - 6:00 to 8:00 Parents Night Out at East of Chicago Pizza in Bluffton (Dinner provided at no cost)

Program: Stress Management, Self-Esteem, Bullying and Learning Styles. Elementary school counselors will be presenting. Call Wells County Mental Health at 1-260-824-1514 for reservations.

Wells County Schools continue to offer community support through a program called Parent To Parent. Parent To Parent is a support group that meets the first Monday of the month from 6:30 to 7:30p.m. at the Wells County Public Library. This group focuses on building positive relationships with your child. This group helps parents manage stress, answer questions and openly discuss positive interventions. Opportunities to interact with other parents are provided and encouraged.

Parent to Parent is a free support group and is also confidential. If you have any questions, please contact Ashley Stinson at 1-728-2121.

Positive Parenting
Building Self-Esteem As A Parent



Shown above are Ashley Stinson and Pat Trant, Southern Wells Counselors

Meetings: 1st Monday of each month
Wells County Public Library
6:30 - 7:30 P.M.

EVERY ONE WELCOME

PARENT ... PARENT SUPPORT GROUP

2006 CHRISTMAS GIFT LIFT

GIFTS TO NURSING HOMES

by Melba Cole

Every year during the Christmas season, gifts to our area nursing homes has been a project the Mental Health Association of Wells County has participated in and recognizes that it has brought joy to the many clients since its inception. Gwen Payne along with her assistant, Bill Hansen has given many hours to this project by contacting each nursing home to ascertain from their activity director what item or items are needed.

Listed below are some of this year's items bought through MHA's geranium sales and public donations.

- Large heavy duty whiteboard
- 2 rocking chairs for the porch
- Large upright radio with a DVD and VCR
- Some Christmas decorations
- 6 ladies wanted their nails done professionally
- Board games
- One home wanted a special party and have ice cream and cake

It should be noted also, that Gwen and Bill addressed more than 357 Christmas cards to the nursing home patients and personally delivered them. Thank you Gwen and Bill for your efforts.

Merry Christmas at Maplewood Home

by Nancy Bonham

A Merry Christmas celebration was held at Maplewood Home on Saturday, December 2, 2006, graciously hosted by Karen Tuttle,

Maplewood Home Superintendent. The Home, beautifully decorated in holiday decor, was the scene where Santa Claus visited, joyfully passing out gifts donated by the Living Water United Methodist Church to the appreciative residents. Refreshments were provided by the Mental Health Association of Wells County, and Kim Durr's Pizzazz entertainment group presented a superb, energetic musical program.

All who attended in the warm, comfortable atmosphere had a nice time. The Living Water United Methodist Church, the Pizzazz group directed by Kim Durr, and the Mental Health Association have been privileged to entertain the residents of Maplewood Home for many years.

"Merry Christmas to all. We'll see you next year!"

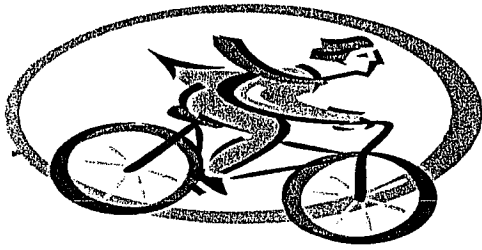
GIFT LIST

by Kay Manges

The Mental Health Association of Wells County has capped another successful year due to the continued support of the community. Results of our efforts are as follows:

Park Center's ninety-five clients received their choice of bedding, clothing, kitchen utensils, or toys from the generosity of the East Apostolic Church and Mental Health membership.

Logansport State Hospital's seventy-five clients requested radios, watches, gloves, candy, pop, clothes, or C.D players. The North Apostolic Church filled their wish list and in addition collected suitcases all year long so that no client has to travel using a plastic bag instead of a suitcase.



WHAT TIME IS IT??

by Jean Reef

Who knows anymore (except the decision-makers in Washington). I know -- IT'S SPRINGTIME!

Let's have fun and be worry-free. Let's really think about what we should do to prepare for all the bike riding, roller-blading, skate-boarding and playing that will be done this spring and summer.

First let's talk about bicycles. They seem to have taken the place of tricycles for even the smallest kids. As parents or guardians, we should be sure the bike isn't too big for the kid. I know most bikes are expensive but safety is more important than cost. Don't get carried away with all the extras many new bikes have now. Be sure you, as well as the rider, know about the gears and, especially, the brakes. Remember when bikes had only one gear and the brakes were a part of the pedals? (They also had a rear fender.)

Be sure to check if the tires are properly inflated, the chain(s) are on the right sprocket and maintained, the seat is the right height.

Always wear a properly fitting HELMET. I'm sure it's not what bike riders want but helmets do save head injuries. Kneepads might be a good idea, too. Wear shoes that tie or slip on but don't ride barefoot or with sandals; it's too easy for your foot to slip and go into the spokes or under the pedals and a major crash occurs. If you have long pants on, be sure to

secure the right leg so it doesn't get caught in the in the chain.

Don't take another person for a ride on our bike -- you are asking for trouble.

If you choose to ride on the road or street, wear light colored or reflective clothing. Review all rules and follow them. Ride single-file at the edge of the road. Bikes go the same direction as motor vehicles. Vehicles go much faster and can kill in a moment!

Adults should ride with younger kids and don't ride on busy streets or at dusk or night. Daytime is the best and, hopefully, the safest.

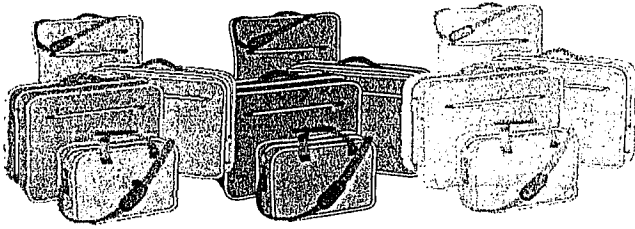
Rollerbladers and skateboarders should follow the rules of bikers. A helmet is definitely an asset. Be sure you check to see if your activity is permitted at the location you want to use. I've seen a lot of signs in parking lots that skateboarders are prohibited. Don't get caught trespassing.

If you use public sidewalks or walkways for your activity, have respect for walkers. Remember that these areas are designed for them and you are a guest.

SAFETY and UNDERSTANDING are the first concerns regardless of what equipment you and your loved ones are using. Take care of all persons involved.

If nothing else, play board games!

Have a good time in spring/summer and concentrate on what you do have and can do. You only live once so be kind and make the most of it!



SUITCASES NEEDED

Throughout the year, Mental Health Association of Wells County collected for the Logansport State Hospital suitcases for its clients. 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. Your thoughtfulness will be much appreciated.

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.

NOTE: IF YOU HAVE AN OPPORTUNITY TO DROP OFF YOUR OLD SUITCASE/S BEFORE APRIL 19th, IT WILL BE TRANSPORTED TO THE LOGANSPORT STATE HOSPITAL THEN.

MEDICARE PART D WORKBOOKS AVAILABLE

Did you celebrate your 65th birthday this year? Are you aware the Medicare Part D workbooks have important information regarding your Medicare prescription drug coverage? With this valuable tool, Medicare beneficiaries can learn about their drug options, so they can enroll in a plan that meets their needs. These workbooks are still available at the Mental Health Association's office located in the Lower Level in the Annex at 223 West Washington Street, Bluffton, IN. Office hours are 10:30 a.m. to 1:00 p.m. or you can reserve your copy by calling 260.824.1514.



2007 SCHEDULES

MHAWC BOARD MEETINGS

TIME: NOON

WHEN: EVERY THIRD (3RD)

WEDNESDAY

WHERE: ANNEX CONFERENCE ROOM
(LOWER LEVEL)

APRIL 18TH (CANCELLED)

MAY 16TH

JUNE 20TH

JULY 18TH

AUGUST 15TH

SEPTEMBER 19TH

OCTOBER 17TH

NOVEMBER 21ST

DECEMBER 19TH

EDUCATION COMM. MEETINGS

TIME: 8:00 A.M.

WHEN: SECOND THURSDAY

OF EACH MONTH

WHERE: ANNEX (LOWER LEVEL)

MENTAL HEALTH OFFICE, STE. 100

APRIL 12TH

MAY 10TH

JUNE 14TH

JULY 12TH

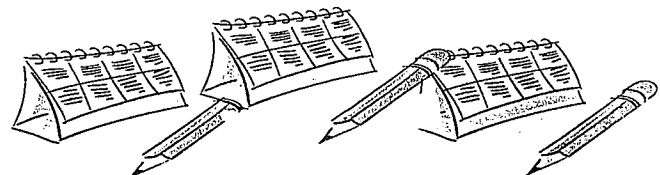
AUGUST 9TH

SEPTEMBER 13TH

OCTOBER 11TH

NOVEMBER 8TH

DECEMBER 13TH



STRESSED AMERICANS

How a person deals with life's challenges can positively or negatively impact their mental health, overall health and well-being. For example, stress is linked to the six leading causes of death: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver and suicide.

PARENTS ARE THE MOST STRESSED OF ALL DEMOGRAPHIC GROUPS. Nearly 40 percent reported feeling stressed from at least three sources – from spouses, family, work, finances or other sources.

Native Americans, 37 percent, and African Americans, 38 percent, report significantly greater stress than non-Hispanic Whites, 30 percent, while Latinos, 34 percent, and Asians, 34 percent, reported no differences.

People living with mental illness are far more likely to feel stress than those without such personal experiences. This increase in stress is primarily connected to their relationships with their significant others and family, 72 percent. Increased stress was also found regarding work, 47 percent, and health 48 percent. They (people with mental illness) are more likely to drink, smoke or do drugs to relieve stress, 42 percent, or take prescribed medications, 37 percent, talk with family, 74 percent, eat, 45 percent – and to a much lesser degree cut or self-harm, 3 percent (fewer than one percent of other demographic groups pointed to self-injury).

More than half of Americans view chronic stress as a personal weakness rather than a health problem. People of color are much more likely than

non-Hispanic Whites to view chronic stress as a weakness of character. When experiencing chronic stress, Americans are most likely to see a family doctor.

The “Mental Health America Attitudinal Survey” was conducted by International Communications Research, and independent research company.

MIND YOUR HEALTH

*You can't always control the amount of **STRESS** in your life----But you can control how you handle it!*

- Eat Right**
- Get regular sleep and exercise**
- Limit alcohol and caffeine**
- Get regular check-ups**
- Stop Smoking**
- “Take five” when needed**
- Do an activity you enjoy**
- Prioritize your workload**
- Take one thing at a time**
- Learn to say “NO”**
- Don't expect perfection**
- Compromise**
- Go easy on criticism**
- Talk your problems out**

ASK FOR HELP IF YOU NEED IT.....

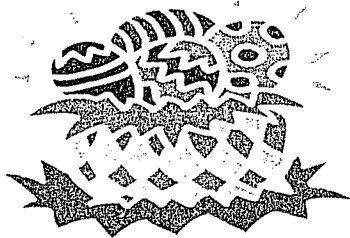
MENTAL HEALTH
ASSOCIATION OF
WELLS COUNTY

223 W. Washington Street

Bluffton, Indiana 46714

www.mentalhealth@wellscounty.org

260.824.1514



HAPPY EASTER

FROM

MENTAL HEALTH ASSOCIATION OF WELLS CO.

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).

Please use the form to the right when remitting your dues.

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