

THE CENTER, A
SAMARITAN CENTER •
SILENT SAMARITAN
NEWSLETTER

Women of Strength



VOLUME 2, ISSUE 1

APRIL 2010

Women in Need

Looking back over the past year, the support of Women of Strength in our community for Women in Need has been awe inspiring. The charter year for this membership program began with a tremendous success. Not only was our goal of 100 memberships exceeded, but because of the success of Silent Samaritans, 2009 was the first year in The CENTER's history that no individual seeking financial assistance was turned away due to lack of funds!

In this issue you will find information about our services, about our supporters, about our providers and of course, about Women in Need. You will see that The CENTER provides services to individuals far and wide in Missouri and Kansas. You will meet one of our counselors who provides service on Saturdays and you will hear the story of a client addicted to pain medication. On the back is our 2010 list of Silent Samaritans who have already renewed or donated memberships. If you don't see your name, send in your annual donation today!

If there is anything you would like to see in a future edition of the Women of Strength newsletter, please contact us and let us know!

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Silent
Samaritan Brunch
hosted by Sandra
Jones and Nancy Lear

Silent Samaritan Brunch

Thank you! It is what the Silent Samaritan brunches are all about. A simple thanks. No funds are solicited. No business is conducted. This is a time for Women of Strength to gather and learn.

In March, Silent Samaritans gathered at a brunch hosted by Sandra Jones and Nancy Lear to meet and talk with one another and to hear a special presentation by clinical psychologist, Kay Partamian, PhD. Kay walked the group through a relaxation session like the ones that would be conducted for people experiencing chronic pain. Kay also presented information on how dealing with pain on a long term basis can take an emotional and mental toll on an individual.

We appreciate Kay, Nancy and Sandra for their support of this program and helping Women in Need.

Look for information about the next Silent Samaritan brunch in your August newsletter. If you would like to volunteer to host a brunch, please call Jennifer Rhoad at 383-3150 or email jrhoad@arcomputers.net.





Silent Samaritan Spotlight

Susan Wagner



A Women of Strength with a lot on her plate. Sue started her selfless journey as a teacher. Now she is the Vice-President of the School Board, on the national board of the Future Problem Solving Program International, Inc., President of her neighborhood association to increase safety and community relationships, Past President of the Cotillion for Achievement, DAR, PEO... the list goes on. And she still teaches once a week. She was working with a group of high school seniors a couple of years ago redecorating the children's room at the YWCA. She says what she saw at the shelter opened her eyes.

So why is she a Silent Samaritan? Sue says, as a teacher she could see that young women needed to improve their self esteem and get their lives together. She believes this is a good program and one that is beneficial and making a difference. She is a Silent Samaritan because she says, "women should support other women."



Services at The CENTER

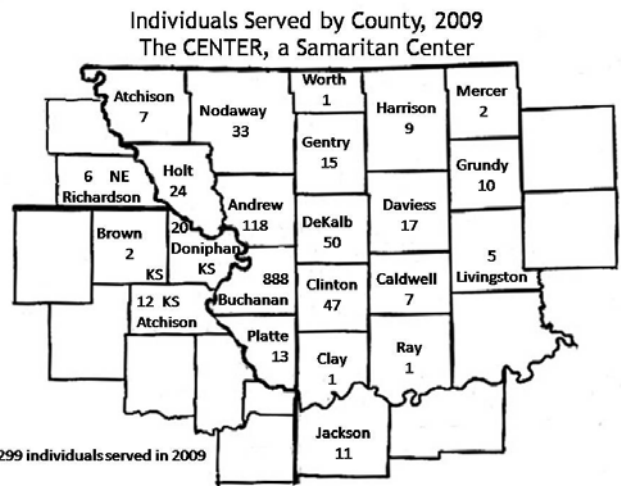
Increasing Access to Care

As the community provider for mental health care we are driven by client need. That means striving to break down the hurdles people face when trying to seek services. Some of these hurdles include: cost of treatment, ability to obtain adequate time off from work or other responsibilities, and a sufficient number of providers for the population. At The CENTER, these hurdles are breaking down as we increase access to care.

Of course you know The CENTER's efforts to combat the cost of treatment. With programs like the Caring Partners Fund and your membership donations to Silent Samaritans we are able to provide financial aid to those with no insurance and who qualify financially.

A majority of people seeking financial aid to receive treatment at The CENTER are working poor. That means that a 9 to 5 schedule for counseling won't work for our clients. Instead of asking our clients to take time off work, The CENTER provides hours for them to see their therapists in the evening and on weekends.

The CENTER is always recruiting new professionals to serve this community. The CENTER has a staff of 10 mental health professionals who all realize the value of helping everyone who needs it, not just those who can afford it. This map illustrates how large of a geographic scope The CENTER services.



WOMEN OF STRENGTH

Inside the Battle

Physical pain leads to a fight with addiction

The following is a story about a Women in Need who received treatment help through your donations. Her identity has been concealed, but her story is a living portrait of how valuable your support of mental health treatment is.



In 2005, she had a painful surgery fusing three vertebrae in her neck. She needed some pain medication. After the pain from the surgery subsided, she tried to get off the pain medication, but could not handle the withdrawal symptoms. She developed an opiate addiction. This Women in Need started a fight against this addiction but she needed help. She spent time in a treatment center but this treatment did not help her long term. With no insurance, her

options were limited, so she was willing to travel over 75 miles to seek treatment at The CENTER. She has now been living a sober lifestyle for a year and a half and says working with her therapist at The CENTER “has completely changed my life.” In fact, her success at The CENTER has lead her to start a support group in her own community to help others like her to reach out and start their own fight against addiction.

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Ways to Volunteer at The CENTER

The Silent Samaritans are a strong group of women. The concept behind this group is one of Silent Strength. There are no obligations to membership. Still, many of you have asked how else you can help serve people in need through The CENTER.

- ♥ Reception for front desk on evenings and weekends
- ♥ Make confirmation calls one hour each day
- ♥ File charts
- ♥ Help with mailings two to three times per year
- ♥ Community liaisons for special events
- ♥ Monitor links to website once per quarter
- ♥ Fundraising
- ♥ Website maintenance
- ♥ Marketing and Business tactics
- ♥ Computer and network maintenance
- ♥ Videographer to design commercial and presentation footage
- ♥ Brochure Development
- ♥ Graphic design
- ♥ Radio service announcements
- ♥ Coordination of staff activities
- ♥ Client education

Counselor Spotlight

Jean West, LCSW

A full-time counselor at Central High School, Jean West started working part-time at The CENTER in 2009. Jean sees children with anxiety and adjustment disorders. Jean also sees adolescents and adults. Jean



specializes in emotional trauma. She also provides family counseling and enjoys working with teenagers. Jean is available for evening and Saturday appointments.

Members of Silent Samaritans | 2010

Karen Akers	Linda Holmes	Judy Richmond
Sally Bayer	Cis Holzhauer	Ann Ringer
Mary Beattie	Mary Jo Hornaday	June Robaska
Deborah Birr	Pam Hurley	Carol Robb
Dolores Blair	Debby Ideker	Phyllis Roberts
Dale Boulware	Nancy Joe	Joyce Rochambeau
Connie Bridgewater	Sandra Jones	Sandy Rosenak
Carol Burns	Linda Judah	Susan Roth
Alison Byrd, <i>in honor of Ashley Hennegin</i>	Sibyl Jura	Jackie Runyan
Susan Carolus	Ruth Kiekhaefer Harnapp, <i>in memory of</i>	Judy Sabbert
Sally Carpenter, <i>in honor of Judy Adams</i>	<i>Bill and Cameron Heins</i>	Margaret Salanski
Vernalee Carter	Norma King	Connie Saxton
Elaine Coder	Linda Kozminski	Jane Schwabe
Marcy Colescott	Nancy Lear	Roxanne Schweizer
Mary Conway	Suzanne Lehr	Sherry Sansone- Scott
Barbara Crumley	Pam Lotz	Suzanne Shearer
Jeanetta Danford, <i>in honor of</i>	Carlene Makawski	Sonja Shinneman
<i>Chris Danford and Sally Danford</i>	Janice Mayer, <i>in memory of Mary Junker</i>	Mary Shuman
Chris Danford, <i>in honor of Jennifer</i>	Jean Mazur, <i>in memory of Peggy Iffert</i>	Deb Smith
<i>Danford, Jessica Danford and Sarah</i>	Peggy McDonald, <i>in memory of my</i>	Barbara Sprong, <i>in honor of Sandra Jones</i>
<i>Danford Henderson</i>	<i>mother, Clara Winston</i>	<i>and Nancy Lear</i>
Michele Davidson	Thea McGaugh	Loah Stallard
Linda DeShon	Carol Meyers	Mary Helen Stuber
Mignon DeShon, <i>in memory of</i>	Mary Jo Middleton, <i>in honor of</i>	Joan Summers
<i>Nancy Gaetz Ryan</i>	<i>Mary Snider Middleton</i>	Janet Taylor
Jo Eyberg	Brenda Moore	Shirley Twombly
Marilyn Fitzgerald	Gwen Moose	Padma Veligati
Stephanie Fitzsimmons	Carol Mullican	Diane Waddell
Salli Freudenthal	Sharon Murphy	Sue Wagner
Karen Graves	Carrie Murphy, <i>in honor of Dr Anna Clark</i>	Beth Wheeler
Glenda Hamilton, <i>in honor of the staff of</i>	Organization of Student Social Workers	Connie Wollenman
<i>the United Way of Greater St. Joseph</i>	Janet Pullen	Karen Woodbury, <i>in honor of Carol Robb</i>
Marci Hazelrigg	Pud Ransdell, <i>in honor of</i>	Ali Wray
Sharaon Hinderks	<i>Karen and Jim Graves</i>	Ruth Young
Helen Hodkins	Karen Read	Kimberly Zeiler
Jeannette Holland	Jennifer Rhoad	



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