

THE CENTER, A  
SAMARITAN CENTER •  
SILENT SAMARITAN  
NEWSLETTER

# Women of Strength



VOLUME 2, ISSUE 2

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## Women in Need

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Kay Partamian, PhD  
speaks on Chronic  
Pain at the last Silent  
Samaritan Brunch  
hosted by Sandra  
Jones and Nancy Lear

At The CENTER, a Samaritan Center, our mission is to treat everyone who comes to us for help with quality mental health treatment. To live this mission we: accept most forms of payment and provide financial assistance through the Caring Partners Fund and through Silent Samaritans; see clients from 3 years of age to senior citizens; provide a wide range of mental health services including medication management, psychological services and professional counseling with LCSWs and a pastoral counselor; and offer hours in the evenings and on weekends to help clients get an appointment that is convenient to their schedule.

Since we have been in the St. Joseph community for over 25 years, we know many of the perceptions or stigmas about mental health. Because we believe that education is the most effective way to curb that stigma, we are making an effort to teach the community about mental health needs. We have started that this fall with some free lectures to the public. You can find a schedule of those lectures on our website at [www.thecenterlistens.org/wp-content/uploads/2009/05/Resource-Lecture-Poster.jpg](http://www.thecenterlistens.org/wp-content/uploads/2009/05/Resource-Lecture-Poster.jpg). One of the things that makes this lecture series so exciting and unique is the variety of topics being presented. Some topics will give you information on diagnosis that are commonly thought of when you think of mental health treatment like depression, anxiety, substance abuse and grief. But two topics are related to significant physical problems for which people seek counseling to help them through; dementia and chronic pain. All of these lectures focus on the diagnosis itself and explain how therapy can help a person suffering from that diagnosis. We look forward to seeing you at these lectures!



## Silent Samaritan Brunch

No, it's not a fundraising event... The Silent Samaritan Brunch is a time for the Women of Strength in the Saint Joseph area to get together, and have fun! Ok, and learn too. Since the beginning of Silent Samaritans, members have gotten together to hear Executive Director Bud Salanski talk about The CENTER's history, Nurse Practitioner Marilyn Fitzgerald talk about Depression and Clinical Coordinator Dr. Kay Partamian talk about Chronic Pain.

In October, Silent Samaritans have another opportunity to gather together to hear Clinical Psychologist Dr. Charla Markt talk about dementia. This brunch will be at the Remington Nature Center on October 23 at 10:30am. If you would like to attend this brunch, please contact Jennifer Rhoad with your RSVP by October 18th by emailing [jrhoad@arcomputers.net](mailto:jrhoad@arcomputers.net) or calling 816-383-3150.





## Services at The CENTER

Dementia by Charla Markt, PsyD

One of the scary issues of growing older is the possible development of dementia. The most common cause is Alzheimer's disease, followed by cerebrovascular incidents. Other causes include: traumatic brain injury, Parkinson's disease, Huntington's disease, and a variety of other physical issues.

Dementia can be defined as the loss of cognitive abilities with a degree of severity which interferes with daily activities and social interactions. The primary symptoms are due to deficits in both short and long term memory, plus an additional problem or problems in reasoning, judgment, language, and sensory perceptions. Also personality changes may be observed along with hallucinations and delusions. There is no definitive progressive order in the development of symptoms except for the memory issues which are primary. Symptoms which appear to be indicative of rapid progression of the disease include: muscle rigidity, stooped posture, and trouble walking.




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The most important risk factor for the development of dementia is aging with most people's symptoms becoming observable after the age of 65. The development of dementia before the age of 65 is considered to be an "early onset dementia" which is frequently due to genetic factors. The second most frequent known risk factor for the development of a dementia is to have know first degree relatives, i.e., parents, siblings, and children, with a diagnosis of dementia. Another risk factor is a depressive disorder. It is not known whether depression is an actual feature of the disease of dementia or a possible precursor which increases the likelihood of the formation of dementia. Personal observations suggest that people who present symptoms of dementia have been frequently living alone without opportunities for daily interpersonal interactions and/or do not have a specific purpose, expectations, and/or job which are monitored by other people on a nearly daily basis. Friends and family calling on the phone or dropping by to see a person on a weekly or even bi-weekly basis does not appear to be adequate. One must consider the aspect of loneliness which can be a causal factor or a symptom of depression.

Individual psychotherapy can be of great benefit to someone with a diagnosis of dementia. When working with people with diagnoses of dementia, I have been surprised at the degree of impact a therapist can have on individuals' self-esteem, overall well-being, and levels of functioning. Therapy has been observed to decrease the symptoms of depression and anxiety, decrease inappropriate behaviors, improve self-esteem, and aid caretakers in the provision for individuals' daily living.





# Inside the Battle

Dementia doesn't just affect the elderly

*The following is a story of a Women in Need. Names and situations have been changed to conceal her identity.*

It was the hardest decision Diane ever had to make. She had to put her mother in a nursing home. Diane had tried helping her mother, who suffers from symptoms of dementia, continue to live independently. But as a single mother trying to make ends meet with a full-time job, Diane just couldn't give her mother the 24-hour attention she needed.

With the struggles of her own life on her shoulders, Diane really doesn't need a brother living in Washington to condemn her because he doesn't know how bad the situation is. She also doesn't need the guilt of involving her children in this struggle. Diane just sat down and cried when her sixteen year-old-son came home from the nursing home and reported, "Grandma asked me to drive her home today."

It isn't only the stress and the guilt that brought Diane to ask for help. It isn't only the isolation from her brother and the tremendous weight of this responsibility. It's also fear. "One day I am going to walk into that room, and my mom isn't going to know who I am" says Diane.

Diane is learning how to communicate her feelings to her family. She is learning how to ask for help when it becomes too much. She is also learning how to forgive herself.

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## Samaritan Resource Center

This community service program is designed to be a mental health resource for individuals who wouldn't normally seek mental health treatment. A majority of people served by this program are friends and loved ones of clients with a diagnosis. The Samaritan Resource Center includes a lending library and a lecture series. This program was funded in 2010 by the United Way HELP Fund and by Show Me Women Who Care. If you would like to learn more about a mental health topic, check out the Samaritan Resource Center

### Upcoming Lecture Dates:

**October 7th, 10:00am-Dementia with Charla Markt, PsyD**

Dick Munkres American Legion Post #287- 501 E Price, Savannah

**October 12th, 7:00pm- How Children Cope with Loss**

**with Bob Randleman, MA- Keatley Center, 1202 S 28th, St. Joe**

**October 12th, 6:30pm- Substance Abuse with Dr. James Jura**

Dick Munkres American Legion Post #287- 501 E Price, Savannah

**October 18th, 7:00pm- Chronic Pain with Dr. Kay Partamian**

Rolling Hills Public Library— Annex, 1904 N Belt Hwy, St. Joe

**October 19th, 7:00pm- Substance Abuse with Dr. James Jura**

Rolling Hills Public Library— Annex, 1904 N Belt Hwy, St. Joe

**October 26th, 6:30pm- Depression and Anti-Depressants**

**with Dr. James Jura- Dick Munkres American Legion Post #287**  
501 E Price, Savannah

## Counselor Spotlight

Charla Markt, PsyD

A St. Joseph native, Dr. Markt found her love of psychology late in life. A 1997 graduate of the Forest Institute of Professional Psychology in Springfield,



Missouri, Dr. Markt has worked at The CENTER for 12 years. Charla brings her faith with her to work and her passion is to help people who have nowhere else to turn.