



**MENTAL
HEALTH &
RECOVERY
SERVICES BOARD**

of Allen, Auglaize and Hardin Counties



The We Care Monthly

www.wecarepeople.org

December 2007

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*“To reach out and
provide vital prevention
and treatment services
to every resident.”*

1541 Allentown Road
Lima, Ohio 45805
(419) 222-5120
fax: (419) 222-0860



*The Board and Staff of Mental Health &
Recovery Services of Allen, Auglaize and Hardin counties wish
you and your families a very happy
holiday season and a healthy and joyous new year!*

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About the Drawing

*This holiday card is based
on a character drawn by
a client of Marimor In-
dustries. The drawing was
completed during Mental
Illness Awareness Week
with Artist-in-Residence
Patty Mitchell, and was
used for the collaborative
quilt project.*

Have you noticed the disconnect between all of the happy and joyful carols you hear and the way you actually look and feel when you are out there “rushing home with your treasures?” Look at the ads – How many door busters can you really tolerate? It sounds more like a SWAT team than Christmas shopping. Don’t you feel a bit angry about it all? Maybe you feel a lot angry?

I am going to help you with a tip on how to deal with your Christmas anger.

A few years ago I got very mad at a coworker and decided that I was not going to talk to this person. I managed to keep it going for about three weeks – all the while thinking “Great, that so-and-so is really suffering now – wondering why I’m not talking to him – wondering why I am talking to everyone else. Aha! Now he’ll be sorry for what he did. I relished the thought that soon he would be ready to grovel – filled with remorse.

I finally decided he had suffered enough. So I went up to the person and said, “Well, I have decided that I am going to start talking to you again.” He looked at me and blinked and then said, *“Oh, I didn’t even know you were mad.”*

AAARGH! A perfectly good mad completely wasted. *“Didn’t even know I was mad!”*

In another instance I had gotten angry with my wife for some terrible thing she had done. So I decided to leave and not tell her where I was going. I drove around for an hour relishing the idea that she was probably worried sick about where I had gone. Had I gotten into a wreck? Maybe I was lying on a roadside bleeding and she couldn’t get to me. It was so sweet!

I finally decided once again that she had suffered enough and drove home – only to find her napping on the couch – she didn’t even know I had gone.

AAARGH! A perfectly good mad completely wasted. Napping!

So here is my tip for today. Listen carefully: this could change your life. If you are mad at someone, you have to remind them as frequently as possible that you are mad. For example, let’s say you decide not to talk to someone, I suggest that at least once daily or even more frequently for maximum impact you remind them that you are not talking to them. *“I just want you to know that I am not talking to you!”* Oh Yeah! I am talking about frequent reminders of your madness!

Of course, there is another approach. And given the season of door BUSTERS and Midnight MADness I hesitate to mention this – *Let it go! LET-IT-GO!*

Here’s what I want you to do – every time you see a wreath today, I want you to think about something you are grateful for. I am declaring today a day free of anger for everyone! *This is a limited time offer.* Just for today, let go of whatever you’re mad about. You can have it back tomorrow if you want. Instead of anger, replace it with gratitude. Think of something right now... You’re alive! It’s Friday! A Friend! It’s Friday! You have a great job or a new job. Family. You’re in love. Whatever!



Remember – It’s Christmas in the heart that puts Christmas in the air!

— Mike Schoenhofer

Recipe of the Month

Here's a great holiday brunch idea!



Sue's Blueberry French Toast

1 loaf French bread
 4 eggs
 1/2 cup milk
 1/4 teaspoon baking powder
 1 teaspoon vanilla
 4 1/2 cups fresh or frozen blueberries (approximately one 20 oz. bag of frozen)
 1/2 cup sugar
 1 teaspoon cinnamon
 1 teaspoon corn starch
 2 tablespoons melted butter
 Powdered sugar



Preheat oven to 425 degrees. Slice bread diagonally making 10-14 slices approximately 3/4" thick. Butter a 13" x 9" baking pan and arrange sliced bread in the pan.

In a bowl: whisk together milk, eggs, baking powder, vanilla. Pour over bread that is layered in pan. Coat all sides of the bread with the egg mixture. Cover and refrigerate over night.

In the morning, mix blueberries, sugar, corn starch, cinnamon. Turn soaked French bread out of pan, put blueberries on bottom of the pan and place soaked French bread back on top of berries. Brush bread slices with melted butter.

Bake at 425 degrees for 25 minutes. Toast should be golden, blueberries should be bubbly. Sprinkle with powdered sugar and serve.

SAVE THE DATES

February 13, 14, and 15, 2008 will be our
 Annual "Garage No Sale".

The giveaway will be part of our February "29 Ways to Care" events. It will be held at St. John's Church, South Main St., Lima.

Items may be dropped off on Wednesday, February 13th, from 2 pm to 6 pm, and the No Sale will run Thursday, February 14th, from 10 am to 7 pm, and Friday, February 15th, from 10 am to 4 pm.

What we need: Donated items – clothing, housewares, toys, small appliances, and VOLUNTEERS to help unload, sort, and arrange donations. To volunteer, email Phil Atkins at phil@wecarepeople.org.

Consumer Credit Offers Holiday Spending Tips

The holidays can be particularly hazardous for money management. Even people with the best of intentions to maintain a budget and scale back excessive giving can be lured into over-spending.

Consumer Credit Counseling Services (CCCS) is a non-profit organization dedicated to helping people who are in financial distress. The agency helps people manage debt, develop budgets, and offers financial education. The program is part of Family Resource Centers.

CCCS offers the following tips for creating a holiday budget. Include realistic cost projections for each area.

Gifts for family, friends, and others: Be sure to include costs for wrapping and shipping.

Food: Baking ingredients, holiday meals, eating out, and any other food expenses.

Decorations: Trees, lights, garland, etc.

Entertainment: Invitations, party clothes,

holiday activities, and music.

Travel: Remember to factor in the rising cost of gasoline, lodging, pet boarding.

Holiday cards: Cost of cards, postage, etc. Include cost of any pictures.

Charity: Church projects or donations.

Miscellaneous: Long distance calls, babysitting, etc.

CCCS recommends budgeting an amount and then recording actual expenses in each of these categories. Many computer software programs have spreadsheet options such as Excel which make tracking expenses much easier.

Money Saving Holiday Tips

- Split the cost of special gifts or large items. Several family members could pitch in for big-ticket items. Don't be afraid to comparison shop or check prices out on the internet.
- Involve your guests when entertaining. Give everyone a "job" to help prepare dinner.

Have a pizza party or a taco bar.

- Organize a progressive dinner. It's fun and many people share the entertaining chores.
- Host a cookie exchange. Anyone who brings cookies can take the same number home. The result? Great variety and less time and expense.
- Make an inexpensive gift look great with an amazing presentation. Use inexpensive colored tissue or cellophane. Lots of curling ribbon adds a festive touch for cheap!
- Grab your sweater. For every degree you turn down your thermostat you save 3% on your heating bill.
- Consider a holiday e-mail instead of your regular cards. Use holiday clip art pictures or a favorite photo as a background.
- Use comics or magazines to wrap gifts, especially for children. Brown kraft paper stamped with holiday pictures can look great.
- Try simplifying by doing homemade gifts. How about something

small but special for the mind, body, and spirit?

- Give a donation to a charity in honor of friend instead of the expensive last minute option.

Click here to visit www.betterbudgeting.com for more ways to save holiday cash. 

Congratulations to Lutheran Social Services on receiving a special commendation from the Ohio Coordinating Center of Excellence in MH/MRDD Dual Diagnosis.

The Center provides technical assistance and program support for groups serving persons who have both a mental illness and mental retardation/developmental disability.

LSS has been a leader in developing the Dual Diagnosis Intervention Team (DDIT), a process that brings multiple systems together to coordinate and increase services to this population.

Our Mission

"To reach out and provide vital prevention and treatment services to every resident."

Our Values

Hope – Every person has a chance for recovery. **Help** – Give each person immediate attention. **Care** – We give of ourselves.