

Mental Health America of Jackson County

Special points of interest:

- New Director
- Board members
- Thank you to Christmas Gift Lift Donors
- Thank you to our Supporters
- Fourth Quarter Activities
- Talking with Kids About Violence

Volume 19

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Happy New Year!!!!!!!!!!!!!!

New Director

Hi, my name is Bob Dembek and I am the new Director of Mental Health of America of Jackson County, MHAJC. I have been a member of MHAJC Board For 20 months.

I grew up in Connecticut . I first came to Indiana in February of 1975 after graduating from Providence College in Providence, RI. I served as a VISTA Volunteer for Administrative Resources, Inc.. in Columbus. I moved to Seymour in December of 1975 and served on a home repair project until August 1976. I then worked for Head Start until December 1977.

I was ready to go home when I met Lucy Sullivan, a Home Economics Teacher at the high school. The relationship grew even though I returned to Connecticut and we were married in October 1978. We lived 30 years in Connecticut.

I received a Masters in Social Work from the University of Connecticut. I worked the next twenty-eight years serving the needs older adults and developmentally disabled .

Lucy taught Family Consumer Science and Culinary Arts in local high schools for 30 years and we both retired in October

2009 and moved to Seymour.

We have two children, the oldest is a teacher living in Washington , D.C. and the youngest lives in New York City. She works in finance and will be moving to Vancouver, British Columbia in February for her job.

We are members of Central Christian Church. I enjoy baseball, high school and college basketball, traveling, camping, hiking and reading.

I look forward to working with the Board and community to serve the needs of the community.

MHAJC Board Members:

Vicki Johnson, President
Doris Kovener, Secretary
Carolyn Bruce, Treasurer
Becky Boas
Libby Roberts

Sandra Turner
Dr. Brenda Smith
Maryjane Lasater
Karen Metz
Bob Dembek Director

If you are interested in becoming a board member and can commit to 1-2 hours a month, let us know. Call the office at 522-3480 and speak with Bob. She will send you information on becoming a board member of MHAJC.

**MENTAL HEALTH
AMERICA OF
JACKSON COUNTY**

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Thank you to Christmas Gift Lift Donors

Bowling Transport , Inc., Walmart, F.O.E. Ladies Auxiliary, F.O.E. # 655, Roberta Speaker, C. Ann Zabel, Gene Knatt, Community Action Building, Ruby Niccum, Sandra Zickler, Jan Heideman, Masonic Lodge #146, Ruth Ann Rebber, , Loyal Devoir, Central Christian Church, Prudential Indiana Realty, Dicksons, Tri Kappa Ladies, Jan Morris, Reddington Christian Church Women's Missionary Group, Seymour American Legion Post #89, Cathy Howie, Darlene Cooley, Ryan Chandler at Indiana Tanning Supply, Delta Kappa Gamma, Jane Thomas, Katie Hunsucker, Brownstown Afternoon Extension Homemakers Kids N Kettles Extension Club, Kathy Mead, Mark & Susan Haskett, Ruth Sweany.

We would like to thank Kremers Urban Pharmaceuticals, Inc. for a generous donation towards our programing. We would also like to thank our supporters of the Mickman Wreath Sale. We will have a report in our next newsletter.

Fourth Quarter Events: Monthly Thumbody classes and topics were: Working Hard and doing the Right Thing, Responsibility-Being Responsible for our Actions and Healthy Lifestyle-Value Good Health Habits. MJHJC had a display in the front window of the Community Agency Building for December. A lot of time was spent on the preparation for the Annual Christmas Social. Over 100 people attended the event. 200 clients were served through the Christmas Gift Lift.. Laura provided an orientation for Bob as the new Director. The Board hosted a luncheon at the Chocolate Spoon to honor Laura Stahl's eight years of service to MHAJC. **Thank You Laura!**

Talking to Kids About Violence

- Develop open communication
- Encourage them to talk it out
- Monitor the media
- Parents and other caring adults can help tone down these violent messages
- Acknowledge your children's fears and reassure them of their safety
- Take a stand
- Control your behavior
- Set limits regarding children's actions towards others
- Hold family meetings
- Convey strict rules about weapons
- Talk about gangs and cliques
- Talk with other parents
- Pay particular attention to boys
- Ask the schools top get involved
- Get additional support and information.

Information from
<http://.talkwithkids.org/violence.html>