

# Mental Health America of Jackson County

## Special points of interest:

- Positive attitude tips
- Welcoming a new board member
- 2nd quarter events
- Additional donors recognized
- National Depression Screening Day in Oct.
- 2012 Board Members
- Membership Drive
- Website

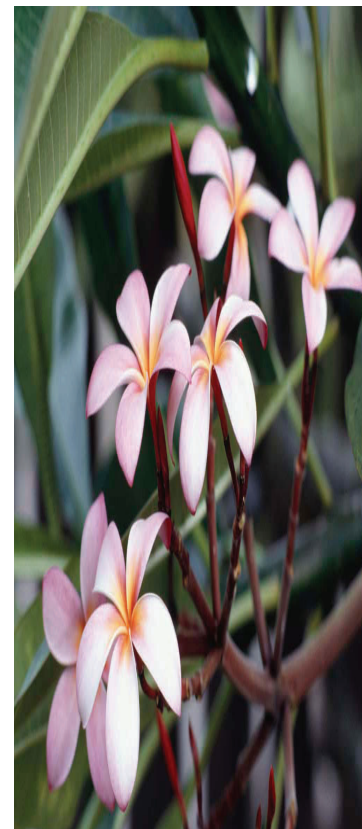
Issue 17

June, 2012

## Create a Positive Attitude

Attitude is often referred to as a state of mind, however, attitude is EVERYTHING!! Your attitude is your own personal filter for everything that happens to you. With a positive attitude you will have the ability to be happier each day and make others around you happier. Here are some great ideas to help with creating a positive attitude.

- Help others— A great way to forget about your own worries is to help someone with theirs. When you take the focus off yourself and give attention to others, your attitude changes dramatically.
- Live for today— Imagine looking back on your days and wishing you'd been happier. Well, now is the time to make these adjustments to BE happier.
- Have something to look forward to. Make it a point to find something to look forward to at the end of the day, week or month. It can be something as simple as 30 minutes relaxing at the end of a long day or 15 minutes of reading your favorite magazine.
- Take a break- If you find yourself stuck in a rut and can't get out of a negative mood, take a break. A simple walk or a drive can refresh you and your attitude.
- Have an inspiring day- The first 10 minutes of the day can make or break an entire day, so read something inspiring before you start your day. Don't watch negative TV shows or listen to a police scanner because these activities will fill your day with negative



thoughts.

## We Welcome a New Board Member

MHAJC, since our last newsletter, has added a new board member, Mary Jane Lasater. Mary Jane is a retired educator and hopes to use her background in education to help those who are mentally challenged. Her hobbies are walking, reading, and doing church work. She loves the time spent with husband, Bill, children

Mindy and David and her wonderful 5 grandchildren: Bailey, Will, Zachary, Anna, and Brady. We welcome her onto the board and know that she will make a great addition to the board of directors. If anyone might be interested in finding out how to become a member of the board for MHAJC, call the office at 522-3480 and

speaking with Laura. We are always looking for volunteers to help us with our mission of educating the public about mental illnesses and assisting those who are affected by a mental illness.

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MENTAL HEALTH  
AMERICA OF  
JACKSON COUNTY

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**Our 2nd quarter events:** Monthly I'm Thumbody classes and the topics were :Positive Peer Support, Conflict Resolution or anger management, and Caring for Others; newspaper articles on: Things You should Know About Stress, Healing Trauma's Invisible Wounds, Depression Takes a Heavy Toll on the Elderly, How Can One Help Someone Receive Treatment for Depression, Mind Your Health, Attitude, Creating a Positive One, and Mental Health Month Focus; Kid's Fest Health Fair, Schneck Medical Health Fair, Day of Caring, Valentine's Social, May is Mental Health Month Display at the public library, and a focus group discussion with teens on Bullying and the problems they experience in our schools.

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Last newsletter we inadvertently omitted a couple of donor names from last year. We apologize for that mistake and are appreciative of Mark & Susan Haskett and Cori Boas for their donations to our cause.

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Be looking for our information on National Depression Screening Day, which will be a free depression screening in our community in October. We are pleased to be able to offer this to the community members who might want to know more about depression .

MHAJC 2012 Board Members: Vicki Johnson, Carolyn Bruce, Doris Kovener, Karen Metz, Becky Boas, Sandra Turner, Bob Dembek, Libby Roberts, MaryJane Lasater, Dr. Brenda Smith

We have been working on our annual membership drive and still have memberships available for you if you are interested. To become an association member ,only \$5, friend membership \$10, patron level , \$20 and patron plus is \$25 and above. Those membership monies are used to support our programs: I'm Thumbody, Social Club, Christmas Gift Lift, Family support Scholarship Fund and the information supplied at the health fairs. If interested, mail a donation to MHAJC, POB 51, Seymour, Indiana 47274. You will be helping us help our clients!

Our Family Support Scholarship Fund helps those who are being diagnosed with a mental disorder and might not have the funds available for co-payments and prescriptions. We have helped many in dire need at a critical time in their lives.

CHECK OUT OUR WEBSITE WHICH HAS OODLES OF INFORMATION ON MENTAL ILLNESSES . YOU CAN SHARE THAT INFORMATION WITH OTHERS THAT MIGHT NEED SOME HELP.

[www.mentalhealthamericajc.net](http://www.mentalhealthamericajc.net)  
We thank our webmaster, Cori Vaughn, for helping us get it up and running.