

*What's Going On*

FEEL BETTER!!  
LIVE WELL!!

We may all be experiencing some tough times right now, but we need to maintain some peace of mind and that might just mean that we need to change our attitudes about things. As we wait for the economy to turn around, is there anyone who might not be feeling a little anxious? This so-scared-I-can't-breathe attitude doesn't have to take over your life. You just need to take the time to focus on the positive things in life and that will help diminish the fear that many people have about their future. Reaching out to friends: church friends, work friends or neighbors can help you overcome the fears you might have. When we engage with other people it helps us find solutions and ideas that we might not have been able to identify on our own. We need to accept the troubles that are part

of life and go on. Life isn't perfect, although Hollywood would like for us to think so. You probably aren't anymore unlucky than anyone else if the economic slowdown is affecting you. Life has its ups and downs. There was a study done in Pennsylvania where the professor asked severely depressed people to go to a website once a day and write down three good things that happened to them. The results showed that within 15 days, 94% of those in the study felt less depressed. So, think about the good things that happen in your life. That will make you feel better and live well!!

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**SPOTLIGHTING A  
MHAJC PROGRAM:**

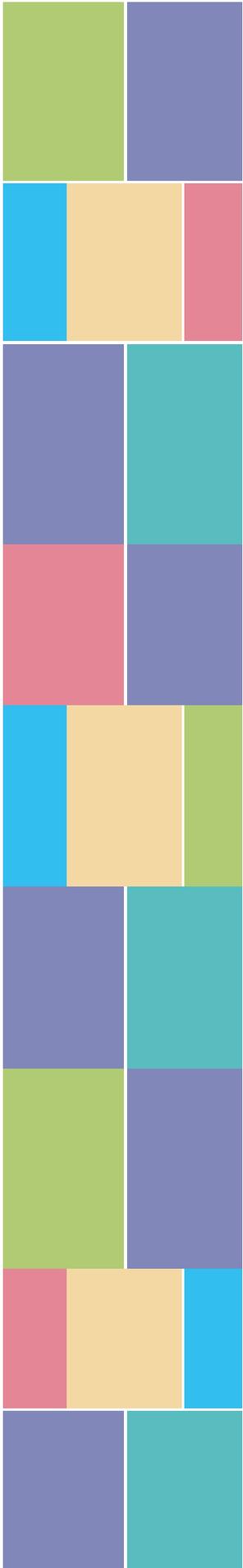
One of MHAJC's biggest programs is our Christmas Gift Lift. Each fall, we begin collecting Christmas wish lists from those in the local group homes as well as those housed in smaller homes. We seek donations

from schools, businesses, clubs, organizations, and individuals, to help us fund the gifts that are purchased or donated for our clients. Last year, more than 1700 gifts were distributed during the holidays to our clients. They are so thankful for everything, as many of them do not have family and would otherwise not have Christmas gifts under the tree. It is such a joy to see their smiling faces and hear their sincere comments about their special gifts. **Thank you, thank you, thank you** to all who help us support this wonderful opportunity to help those who are less fortunate than we are.

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Our 2nd quarter activities included:

- Membership drive in May and June
- Day of Caring
- Bowling and Pizza Party for our Social Club
- Newspaper articles on Depression Signs, Ways to Live Your Life well,



Stress and Stress Management, School Stress for the Elementary Students, School Stress for the College Bound

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**MHAJC is truly grateful for the wonderful support of Jackson County United Way. We could not complete our mission without them!! Thanks UW!!**

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#### **MHAJC Board Members:**

*Vicki Johnson, Pres.  
Carolyn Bruce, Treas.  
Doris Kovener, Sec.  
Becky Boas, Sandra Turner, Melissa Dick, Karen Metz, Dr. Brenda Smith, Tom Waldkoetter, Libby Roberts*

#### **MEET A BOARD MEMBER:**

*Becky Boas joined the Mental Health Board in 2007. She has been a nurse in the ICU for 20 of the 25 years she has worked at Schneck Medical. Born and reared in Seymour, she has been married to her husband, Brad for 34 years. She has 4 adult children and 5 grandchildren. She loves to work and volunteer with the elderly and the mentally challenged. She has been a professional clown, named Bowtie, for the clowning chapter of*

*Giggles and More Chapter of Smiles Unlimited for the last 10 years. She is a member of Immanuel Lutheran Church and has been a member of the church guild for 10 years. We appreciate the work she does to help us accomplish our mission. Thanks, Becky!!*

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#### **Upcoming Events**

- Monthly I'm Thumbody classes began in September. These classes involve building good self-esteem habits and are presented to 4 Head Start classes and 2 ChildCare Network preschool classrooms.
- The October Social is scheduled for Oct. 21st in the Senior Citizen's Building in Seymour from 5-6:30 p.m.
- MHAJC is providing a free depression screening on Oct. 8th on National Depression Screening Day. Call 522-3480 for appointments and details.
- MHAJC will provide information to the public at the Women's Health

Fair on Oct. 31st, sponsored by Schneck Medical.

- A Suicide Support Group is meeting monthly. If you have the need to attend, call 522-3480 for more details.
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MHAJC will be taking orders for Christmas Wreaths. They are beautiful balsam fir live wreaths and would make great gifts (\$18) for that person who has everything!!! Call Laura at 522-3480 to place an order. They will be delivered the week after Thanksgiving. This is one of our big Fundraiser events for the year, so maybe you can help us out!!