

❑ WINTER WHIM CLASS STARTING

January 8th through February 26th, 2009, are the dates of our winter With Hope In Mind (WHIM) class, being taught by Larry & Esther Zimmerman. This class is free and is for family members with adult loved ones living with mental illness. They are two hours in length, every Thursday evening and are chocked full of information on the various mental illnesses, medications and their side effects, communication, self-care, crisis management and advocacy. Please call the office to reserve your spot.

❑ NIGHT AT THE MOVIES...

...was a huge success, as we raised over \$17,000!!!. We had about 30 extra people walk in and ended up serving 165 meals! Everyone seemed to have a good time and the comments were so positive about the whole event, especially the survivors and family members who bravely shared their stories about living with mental illness and how PTH had impacted them. Gloria Bowersox and her committee did a fantastic job on the whole thing and Peter Mallouk, as always, did a great job as MC. Even my husband, Dick Lawrenz, did a top job of selling movie numbers. Just an FYI, Cheri, who won the movie numbers pot from that night, has donated it all back to PTH, so thank you, Cheri. Put November 17, 2009 on your calendar for next year, as we've already got the Ritz Charles booked and look forward to seeing you and your friends.

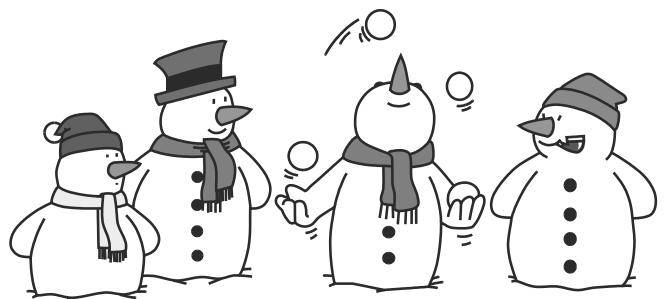
❑ REMEMBER THE GOLF TOURNAMENT???

Our fourth annual Golf Tournament was held on Monday, October 6th, at Prairie Highlands Golf Course in Olathe, KS. It was a cloudy start and eventually, the wind and the rain came and we were forced off of the course. The players were able to get in about seven to nine holes; however, everyone seemed in a good mood as we waited for our food to arrive and for the scores to be tabulated. A few of our survivors spoke, which helped to educate the golfers about PTH and why they were golfing and we received many positive comments about them. We made over \$10,000 in spite of the weather. A big thank you to our golf committee: Maurice Bowersox, Bob Slattery, Ron Shrum, Craig Power, Larry Zimmerman, and Lana Lynn. Also, thank you to our survivors for helping wherever needed, as well as Gloria, Ann, Joyce, and Esther for holding down the fort. And, of course, thank you to everyone who donated items for the raffle drawings, as well as all of you who played.

❑ PTH CHRISTMAS/HOLIDAY PARTY

PTH celebrated their annual Christmas party on Saturday, December 6th, here at Center of Grace. We had quite a turnout and everyone was in a great mood. The food went fast (we had hot dogs, chili, Fritos, and all the trimmings for whatever you wanted to make with those combinations) and everyone had a great time singing "The Twelve Bugs of Christmas." Besides everyone getting a gift, we had a raffle drawing (one for gals and one for guys) and to participate, they had to bring a canned good for the Center of Grace food pantry. Let's just say they're better stocked now.

Happy Holidays



SUPPORT GROUP SCHEDULES

Call Gloria for more information - 913.782.5040

Family Support Groups

(for family members with a mentally ill loved one)

College Church of the Nazarene in Olathe:
- Every Thursday, 7:00pm
Room S115

St. Thomas the Apostle Episcopal Church
- Every Tuesday, 7:00pm

Survivor Support Groups

(for individuals with a mental illness)

College Church of the Nazarene in Olathe:
- Every Thursday, 7:00pm
Room S121

PTH BOARD

Chairman:

Larry Zimmerman

Vice Chairman:

Maurice Bowersox

Treasurer:

Cindy Allen

Secretary:

Ann Palmer

Executive Director:

Sharon Lawrenz

Peg Carlson

Larry Dowd

Jan Graham

Gregg Herbert

Ron Shrum

Bob Slattery

SUPER BOWL PARTY

Our annual Super Bowl Party will be hosted again this year by Ron & Sue Shrum in January. Of course, neither of us knows the date for sure, so keep checking the website for more details as to date, time, and what to bring, as well as directions. Ron & Sue are so faithful to do this every year and we appreciate their generosity in opening their home to all of us.

BLAKE HOUSE

Blake House seems to be in transition these days. We get a new person moved in and then one of our seasoned residents gets their own apartment and moves out, which is great for them. We currently have two openings: one for a woman and one for a man. They must be stable and doing well in their recovery and hooked into Johnson County Mental Health, preferably Community Support Services. If you are interested, please call the PTH office for more information at 913-397-8552.

We now have a Residential Care Provider in place at Blake House and her name is Shelia Holliday. She is there Monday through Friday, from 3:30 to 7:30pm and she has really added comforting support for the residents. She has over 20 years in the mental health field, so we are blessed to have her on board.

Shelley, one of our residents, writes that she enjoys living at Blake House because it helps her work on her skills of communicating and understanding others, as well as organizational help. She feels the home is like a family to her and enjoys the various programs available through Pathway To Hope.

SURVIVING THE HOLIDAYS

Some ways to cope with the stresses you or a loved one may encounter during the holidays is to be aware of the stressors and provide ways to manage the stress.

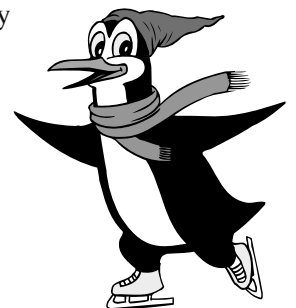
- Keep decorations to minimum or to one room
- Stick to a routine as much as possible
- Take medication as prescribed
- Take breaks from large groups to decompress
- Get plenty of rest, Eat wisely, Exercise, Avoid caffeine, alcohol and other drugs
- Maintain your sense of humor, Enjoy hobbies and games
- Talk to someone about your stress or journal
- Plan ahead, Don't commit to too many activities, It is okay to say no

Pathway To Hope Wish List

20 lb. copy paper
Bottled water
Postage Stamps
1" 3-ring binders – White
1 1/2" 3-ring binders – White
Printer Cartridges
HP21 & 22
HP23 & 45
HP 49A

Blake House Wish List

Toilet Paper
Paper Towels
Trash Bags
Shout for laundry
Laundry soap



BORDERLINE PERSONALITY DISORDER

One of the most talked about diagnoses today is Borderline Personality Disorder (BPD). It seems that more and more adults are being diagnosed with this disorder and yet, so many people do not have a clue as to what it means. So, here's a short lesson on it, just to give you a birds-eye view of BPD.

A survivor with BPD is usually impulsive and instable in mood, as well as in self-image and personal relationships. They often appear to be dramatic, emotional and erratic – today we call them drama queens/kings (their lives are always in chaos). They have definite mood swings which are intense and have inappropriate, intense, or uncontrolled anger. They are impulsive in spending, sex, substance use, shopping, reckless driving, binge eating and they have unstable, intense personal relationships with extreme, black/white views of people/experiences. People with BPD have recurring suicidal threats or self-injurious behavior (cutting), marked, persistent uncertainty about self-image, long-term goals, friendships and values. They have frantic efforts to avoid abandonment, either real or imagined. BPD symptoms often cross over to other symptom complexes, and that makes it difficult to diagnose. The combination of medication and psychotherapy provide the best outcome for BPD. (WHIM 06.05)

HAVE YOU VISITED...

...the new family support group in Overland Park? It meets on Tuesday evenings at 7:00pm at St. Thomas The Apostle Episcopal Church at 123rd and Antioch. Tracie Hume and Debbie & Mike Saferstein are the co-facilitators for this group, so be sure and visit them.

NEW WEBSITE OFFICIAL

Cathe Messick has finished the main phase of our new website and I encourage all of you to take it for a spin. She has done a fabulous job and we have received so many positive comments on the site. We are still working on it and will be adding more pages, especially for the survivors. Our website address is www.pathwaytohope.org.

PLANNED GIVING

Many of you already have made planned giving a part of your estate planning, but have you thought to include Pathway To Hope? I know that several of you have told me that you have included PTH in your estates, but I wanted to alert all of you to consider us in the future.

UNITED WAY

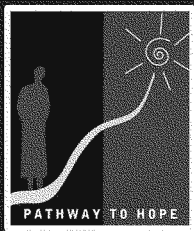
Did you know that you can write Pathway To Hope in as your designated charity for your work's United Way Campaign? Many are not aware that they can do this, so I thought I would make this known so that all of you could participate. Thank you to all of you who already give.

SURVIVOR COUNCIL

Did you know that the survivors have formed their own council? They have organized with Lynelle as chair, and Sean, Deedra, Ron, Brad, Emilee, Jan, Larry, and I, are responsible for authorizing their new brochure, handouts for new group attendees, and for planning and organizing upcoming activities. The council also discusses issues of concern and looks at ways of being proactive for their group. They also work together with the family support group when they do events together. They are a creative and lively group!

SHOP WHILE HELPING PTH

Don't forget to include the SCRIPS program on our website for your holiday shopping. By buying the gift cards through us to large variety of stores, restaurants, and gas stations, we receive a percentage of the purchase price. So go to the website and check out SCRIPS!



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EXECUTIVE DIRECTOR'S CORNER

☐ "OH, YES I CAN!"

It's the tag line for a new rheumatoid arthritis medication, but every time I see or hear it, I think of our family members and our survivors. Every day that they wake up and decide to face another day, they are saying to themselves and the world, "Oh, yes I can!"

Have you ever had a family member or a close loved one with whom you could not reason and you knew was in trouble and needed help desperately, but refused it? How about a family member who is on medication and seeing the professionals, but isn't getting better and is at a standstill and it seems as if no one is listening to you or them? What about a child or teen who acts out and seems to be in trouble all of the time, yet can be sweet at the same time, but you dread the calls from school or taking him/her out in public? It is these family members that are the strongest and yell at the top of their lungs, "Oh, yes I can!"

Do you know someone who actually has a mental illness and takes medication for it and suffers from side effects so badly that they are constantly changing medications and sometimes have to stop taking meds until a new one comes out...or even have to try Electro-Convulsive Therapy (ECT – formerly known as shock therapy)? What about when depression grips a survivor so deeply that they feel that they will never come back to feeling like they have anything to live for or that they even make a difference in this world? Have you ever experienced mania in such a way that you spent impulsively and put yourself in debt beyond what you could ever pay back? Or what about the mania that caused you to go into anger and feelings that you could do whatever you wanted and no one could stop you? Our survivors deal with this and more every day and yet they still reach out to one another and say, "Oh, yes I can!"

PTH's new tag line is "transforming lives of the mentally ill," which I love, for I feel it encapsulates all that we are about. With that tag line, we are saying to families and survivors, "Oh, yes we can!" I trust that you will remember Pathway To Hope in your year-end giving and join us as we fight to give hope to families and individuals walking the road of mental illness. As you help us, we can serve more families and expand our boundaries, while continuing our quality care. Thank you for supporting us and I trust that you will have a Merry Christmas and a wonderful Holiday Season.

Sharon Lawrenz