



Expressions

Maumee Valley Guidance Center

Connie Planson, President & CEO

Volume 1, Issue 2

Reverse Raffle-Silent Auction-Dinner

Maumee Valley Guidance Center is having a Reverse Raffle-Silent Auction-Dinner on Saturday, May 2, 2009. This event will be held at the Eagles Club-#372 in Defiance Ohio. Proceeds will benefit Maumee Valley Guidance Center.



Doors open and the Silent Auction begins at 6:30 PM. Dinner will start at 7:00 PM. (Dinner is by Classic Catering-Kim Brown). Cash beverages will be available.

TICKET INFORMATION

Price per person/ticket-
\$40.00

Reverse Raffle Grand Prize-
\$2,000.00

Call 419-782-8856 for more information or to purchase tickets.

Inside this issue:

<i>Clubhouse Activities</i>	2
<i>Community Donations</i>	2
<i>Client Christmas Party</i>	3
<i>Elderly & Depression</i>	3
<i>Quality...</i>	3

Board of Directors:

Paul Barnaby
Susan Jackson
James Harris
David Westrick
Richard Myers
Lewis Hilbert
Cheryl Kehnast
William Brenner
Denny Shannon

MAY—Mental Health Month

National Mental Health Month began in April 1949 as Mental Health Week. It was established to remind the public about the goals and activities of the nation's mental health programs. In the late 60's to increase public understanding of mental health issues, National Mental Health Association (NMHA) expanded the week into a National Mental Health Month.

During May the NMHA, its 330 affiliates and numerous partners take time to educate the public about mental/emotional health and mental/emotional diseases.



Clubhouse Activities

Maumee Valley Guidance Center Clubhouse group has been very busy over the past few months.

We assisted Grace Community Church with cleaning toys for their toy giveaway at Christmas. We also volunteered at the Henry County Humane Society, walking the dogs and playing with cats. We have been busy going to the PATH Center and making potpourri and other crafts, taking

a trip to the Toledo Museum of Art, watching demonstrations of glass blowing at McKinny's Glass Blowing Studio, going "thrifty shopping", bowling, having monthly birthday parties, and playing BINGO.

In the coming months we will be taking a tour of DeBrand's Chocolate Factory as well as taking advantage of the nice weather and visiting some local parks and doing other outdoor activities.



To laugh often and much; to win the respect of intelligent people and the affection of children...to leave the world a better place...to know even one life has breathed easier because you have lived. This is to have succeeded."

-Ralph Waldo Emerson

Community Donations and Assistance

Maumee Valley Guidance Center has received donations or received assistance from area community members and businesses and we wish to thank them. They are:

Cheryl Kehnast, Defiance Co. Health Department

Various community members and businesses donated items for our Silent Auction and those will be mentioned and thanked in the next newsletter.

Feeling gratitude and not expressing it is like wrapping a present and not giving it.

-William Arthur Ward

Client Christmas Party

On December 12, 2008 Maumee Valley Guidance Center held a Client Christmas Party. The event was a success and a good time was held by all involved.

The Case Management Staff prepared and served a Christmas dinner to approximately 80 clients who attended this event.

Maumee Valley Guidance Center staff purchased and donated gift items. All clients attending received a Christmas gift and everyone was in appreciation of these gifts.

Santa Claus made a special appearance and handed out the gifts to the clients.

For entertainment, all participated in karaoke and dancing was enjoyed by all.

Each year in December, Maumee Valley Guidance Center plans this very special event in order to provide a season of joy and happiness to our clients.



Elderly & Depression: Presentations were met with enthusiasm in Defiance County



Maumee Valley Guidance Center is providing education and training on the topic of *Depression and the Elderly*. A grant through United Way has allowed Defiance County Seniors, nurses, nurses' aids, and caretakers, and others to learn about this important issue facing older Americans. The message has been that Mental illness is not a normal part of aging and that older adults do not have to suffer with depression and anxiety as they age. Signs, symptoms, and where to get help were all part of these Defiance County presentations.

Aging is not 'lost youth' but a new stage of opportunity and strength.

-Betty Friedan

QUALITY... is important for the Outpatient Services at Maumee Valley Guidance Center

Maumee Valley Guidance Center offers many services on an outpatient basis. The Center has psychiatrists and nurses on staff to provide medication management. The Guidance Center only employs Masters level clinicians to provide outpatient therapy. Our Community Support Program staff all has college degrees as well and assists clients in their communities. The Guidance Center also pro-

vides Anger Management groups, Dual Diagnosis groups, Club House program for those with persistent mental health issues, and CSP groups on various topics for our case management clients. For further information on our services please call 1-800-569-3980.

I think a hero is an ordinary individual who finds strength to persevere and endure in spite of overwhelming obstacles.

-Christopher Reeve

Maumee Valley Guidance Center

211 Biede Avenue
Defiance, OH 43512

800-569-3980
Email: mvgc@defnet.com



www.maumeevalleyguidancecenter.org

Enhancing the Quality of Life for
Those We Serve

Mission Statement

Our mission is to enhance the quality of life of those we serve across the life span emphasizing treatment, community involvement, and innovative programs and to diminish the prevalence of behavioral health disorders. Our mission also supports preservation of the attributes, traits, and qualities of small community life unique to Northwest Ohio.



Maumee Valley Guidance Center
211 Biede Avenue
Defiance, OH 43512
800-569-3980
Email: mvgc@defnet.com
www.maumeevalleyguidancecenter.org