



**MENTAL  
HEALTH &  
RECOVERY  
SERVICES BOARD**

*of Allen, Auglaize and Hardin Counties*



*The We Care Monthly*

[www.wecarepeople.org](http://www.wecarepeople.org)

**February 2008**

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*"To reach out and  
provide vital prevention  
and treatment services  
to every resident."*

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**Feel the Freedom of Boundarylessness**

**W**ho would have guessed that one of my most significant experiences of caring would happen to me shopping for curtains at Penny's? Recently, my wife and I decided that we needed to do a living room makeover – nothing extreme but something nice. Part of the makeover involved curtains.

Now, it is important for you to understand that I have absolutely no taste in decorating. I have the color sense of a bat with sunglasses, so I'm not the guy to match subtle shades of mauve.

I'm not even sure I know what mauve is. So in Penny's my suggestions for curtain colors and design were all – **WRONG!**

One after another my suggestions were rejected. Too long! Too short! Too bright! Too whatever! When from a chair off to one side, a woman addressed my wife with – "Those curtains look like you!"

The curtains in question

were bright and flowery and very attractive – in fact they did look like my wife!

And in the space of a few seconds, this woman transformed our bickering into a wonderful conversation about her husband who had died a few years ago, our living room and decorating plans, and just generally pleasant chit chat. Eventually we found the perfect curtains.

This woman had broken some serious boundaries. She broke an age boundary being much older

***"That someone may just be depending on you."***

*– Mike Schoenhofer*

than we. She broke a race boundary being African American. She broke one of the most important boundaries we all learned from our youth – talking to strangers.

She also broke a personal boundary in revealing her loss. And I am not sure I have ever thought a set of curtains ever reminded me of anyone - so that

was serious boundary breaking!

Yet, weeks after the event I can describe this woman I only met for a few brief minutes in the curtain department at Penny's and still feel the warm glow from that conversation.

**W**e spend a lot of time with boundaries, borders, and fences. And I suppose that is important. Maybe we should all explore "boundarylessness" occasionally and learn from a lovely old woman a little lesson about caring.

*(Yes, I know that "boundarylessness probably isn't a real word, but you get the idea!)*

Break a boundary today. Go ahead! Smile at a stranger! Do an act of random kindness. Look someone in the eye. Maybe even forgive and let go. It's probably just a silly boundary anyway.

Feel the freedom of boundarylessness. It feels great to care or make someone's day. That someone may just be depending on you. ♥

## 29 Ways to Care Activities

### ♥ February 1 – 14

**Family Resource Centers – Teamsters Local 908** will be collecting supplies to send to soldiers in Iraq. Supplies can be dropped off at Family Resource Centers, 799 South Main St., Lima.

Donations of money are also needed to defray costs of shipping and for purchasing items not donated. Contact Shirley (419) 222-1168 ext. 1147 for more information.

- Shampoo (small trial sizes)
- Soaps
- Personal hygiene items
- Baggies
- Silly string (*This is used to detect trip wires. Saves lives!*)
- Peanuts, crackers, snacks
- Beef jerky (a favorite!)
- Trail mix
- Toothpaste and toothbrushes
- Baby wipes (small packages)
- Gum and mints

♥ Remember our veterans with a special Valentine note. It's a great way to say "thank you" for their service and to talk with your kids about patriotism.

Send cards to:

Valentines for Vets  
Dayton VA Medical Center  
4100 W. Third St.  
Dayton, OH 45428

### ♥ February 15

Judy Shaffer, Early Childhood Mental Health Specialist, will present a **free** one hour presentation:

Using Stories to Build Family Bonds  
Mental Health & Recovery Services Board Office  
1541 Allentown Road, Lima  
12 Noon – 1 p.m.

### ♥ February 14 & 15

Community Garage "No Sale" - All items are **free!** Come for free clothing, housewares, decorative items, and all kinds of great stuff. For more information or to volunteer, visit [www.wecarepeople.org](http://www.wecarepeople.org)

St. John's Catholic Church (basement)  
777 S. Main St., Lima, OH  
Thursday 8:00 a.m. – 6:00 p.m.  
Friday 8:00 a.m. – 6:00 p.m.

### ♥ February 16

Join local churches for a Faith Partners Fellowship meeting. Concerned church members gather to get ideas on how to make their churches more inviting, create specialized ministries, and offer healing to people who are hurting.

Forest Park United Methodist Church  
315 Collins Ave.  
Lima, OH  
8:30 a.m. – 10:00 a.m.

### ♥ February 22

Come listen to the Big Band sounds of the Al Best Band! Great prizes, refreshments, and special We Care giveaways will make it a fun event! Call Diane at (419) 228-5135 for more information.

Allen County Council on Aging  
Eagles Lodge  
302 W. North St., Lima, OH  
2:00 p.m. – 4:00 p.m.

### ♥ February 23

Join local musicians **Jim Woten** and **Bill Boutin** of Creative Sanity will present a great jam session of original music at the Meeting Place on Market.

Meeting Place on Market, Lima, OH  
1 p.m. – 3 p.m.

### ♥ Other Great Stuff

ASTOP will be donating copies of the book *No More Letting Go: The Spirituality of Taking Action Against Alcoholism and Drug Addiction*, by Debra Jay to each of the libraries in Allen, Auglaize, and Hardin Counties.



- Hallmark has over 1330 different cards specifically for Valentine's Day.
- 15% of U.S. women send themselves flowers on Valentine's Day.
- 3% of pet owners get Valentine's for the pooches.
- More than 35 million heart-shaped boxes will be sold as Valentines.

**T**he month of February is a special time for us in the *We Care* system. We do a little extra to promote our services, share some goodwill with the community, and have some fun.

Why February? There is a connection - the heart! We thought that the heart in the *We Care* logo was a great tie in with February and Valentine's Day. It also lets the community know what a heart you all have for our consumers. **29 Ways to Care** is a way of giving back.

The agencies and partners in the *We Care* system receive wonderful support from our communities. This support helps us meet the needs of people in Allen, Auglaize and Hardin Counties who have mental health or substance abuse concerns. We want to show a little appreciation in return.

Each day in February, the agencies and partners in the *We Care* system offer an activity, thought, or idea that expresses our support back to the community. Check out the events and plan to join us. Thanks to all of you who have pitched in to make this month come together. There are some great things happening!

## Congratulations on 40 Years of Community Service



*MHRS Board members Julia Nunez (L) and Mary Eyink (R) pose with Executive Director Mike Schoenhofer as the Board is honored by the Governor on our 40th anniversary.*

The Mental Health & Recovery Services Board, along with other county alcohol, drug addiction and mental health services board marked their 40th anniversary in Columbus on January 30, 2008. The celebration was hosted by the Ohio Association of County Behavioral Health Authorities (OACBHA).

In the 1950's and 1960's, mental health services in the United States needed serious change. In response that that need, Congress passed the Community Mental Health Centers Act of 1963. This act accelerated the movement towards deinstitutionalization through the development of community mental health centers.

Here is a brief history of other major changes and laws that created our current mental health and substance abuse system.

**1967** House Bill 648 established 53 Community Mental Health and Mental Retardation Boards. The passage of this bill marked major progress for Ohioans receiving publicly supported mental health and/or alcohol and other drug addiction services by creating a community based system of care.

**1980** Senate Bill 160 transferred responsibilities for mentally retarded clients to separate boards, leaving 53 Community Mental Health Boards.

**1988** Senate Bill 156 (also known as Ohio's Mental Health Act of 1988) took another step to develop an integrated system of care. This bill identified local Mental Health Boards as the entity responsible for the care of mentally ill individuals. That allowed Boards to create service systems that kept people with serious mental illness in their own communities, enabling families to be more involved in their care.

**1989** House Bill 317, also known as the Alcohol and Drug Addiction Services Act, created the Ohio Department of Alcohol and Drug Addiction Services and added substance abuse prevention, treatment, and support services to the operations of the local Boards.

## Recipe of the Month

*Enjoy a delicious fat-free, low sugar Valentine treat!*

### Guilt-Free Strawberry Dessert

1 cups fat-free sour cream  
 3 cups fat-free Cool Whip  
 1 package sugar-free vanilla instant pudding mix  
 Fresh Strawberries



Combine sour cream, 2 cups Cool Whip, and pudding mix. 2 or 3 tablespoons of skim milk may be added if the mixture seems too thick. Layer into serving dish or 8" square pan. Cover with slices of fresh strawberries, and top with additional cup of Cool Whip. Garnish with strawberries for an elegant, low sugar, fat-free dessert.

## Top 10 List of Ways to Let People Know You Care

10. Make snow angels with your kids - or with your grown ups! (Make sure it's snowing.)
9. Say "please" and "thank you" even for little things.
8. Mark family game night on your calendar and then stick to it!
7. Take a mini-vacation to a foreign country. Go to the library and check out books about your "destination". Get a cookbook and make dinner from the country. You could even wear simple costumes - try a beret for France or sombrero for Mexico.
6. Download some old favorites from *iTunes*. Make a funky disco in your living rook with the Bee Gees, or do the electric slide down the hallway with Billy Ray Cyrus.
5. Make a list of things you like about each person in your family (including yourself!) and hang it on the refrigerator.
4. Go to a museum. Allen County has a great museum. It's open every day (except Mondays and holidays) from 1:00 p.m. - 5:00 p.m. No charge - just a donation!
3. Got kids? For some great free activities, log on to [www.crayola.com](http://www.crayola.com)
2. Write 10 secret messages that say "I'm thinking of you" and tuck them into briefcases, bookbags, or pockets.
1. Get out a stack of old family photo albums and look at them together. Tell stories about the people in the pictures and make fun of the goofy polyester clothes.

### Our Mission

*"To reach out and provide vital prevention and treatment services to every resident."*

### Our Values

#### Hope

*Every person has a chance for recovery.*

#### Help

*Give each person immediate attention.*

#### Care

*We give of ourselves.*