



Third Annual "SJ Hot Chefs & Cool Music on the River" a Sizzling Success!



Our Talented Chefs from Anthony's Creative Italian Cuisine, La Esperanza, and Kuzina by Sofia

creations by Chef Anthony Iannone from *Anthony's Creative Italian Cuisine*, Marianne Andreotti & Richard Marsh from *Andreotti's Viennese Café*, La Familia Cordova from *La Esperanza*, Chef Sofia Karakasidou from *Kuzina by Sofia*, Chef Marcus Severs from *The Little Tuna*, and The Villari Family from *Villari's Bistro, Bar & Grill*. Seasonal beers and wines were provided by Joe Canal's of Bellmawr and Sergio from MS Espresso Catering provided tasty and alluring coffee delights with the presentation of espressos &

On Friday, October 14, 2011, The Mental Health Association in Southwestern New Jersey (MHASWNJ) hosted its Third Annual "SJ Hot Chefs & Cool Music on the River" fundraiser. More than 130 guests enjoyed a night full of fantastic flavors and marvelous music. The night also featured Chinese Auction baskets, a silent auction, 50/50 raffle, and door prizes!

Guests were treated to the delicious culinary



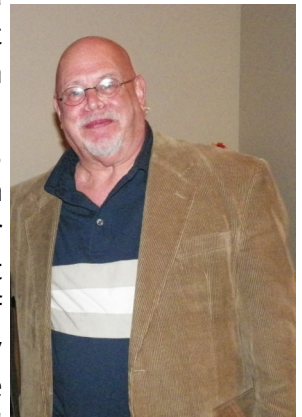
The Way Downstairs

cappuccinos. The Way Downstairs provided the soundtrack for the evening with music selections from The Big Band Era to Modern Rock.



Robin Middleton, Fredi O'Hara, and MHASWNJ Executive Director Mary Lynne Reynolds

Robin Middleton & Fredi O'Hara, auction co-chairs, prepared 33 Chinese Auction baskets that included spa treatments, theater tickets, a restaurant tour of some of the most popular restaurants in South Jersey, baskets of cheer, unique jewelry, and overnight stay packages at Harrahs and Wingate. The seventeen silent auction items included signed



MHASWNJ Board President, Art Penn

sports memorabilia from The Phillies, The Eagles, The New York Giants, The Sixers, and The Flyers, terrific golf packages, fabulous getaways to Williamsburg, VA, Sea Isle City, and Atlantic City, Disney World Hopper Passes, hand-crafted wreaths, and a tower of chocolates.

(Con't on page 3)



From the Desk of Mary Lynne Reynolds, MHASWNJ Executive Director

The Mental Health Association in Southwestern New Jersey is committed to the philosophy that employment, education, and family and friends are essential ingredients for recovering from serious mental illnesses. An ailing economy coupled with an overwhelmed public mental health system has increased the barriers to wellness and recovery. Now more than ever, people recovering from serious mental illnesses are in need of a variety of collateral supports to sustain their physical and mental well being. Identifying and coordinating community resources in order to offer assistance and supports that allow those with serious and persistent mental illnesses to pursue their personal goals is the essence of The MHASWNJ. A few of the many ways the MHASWNJ has worked behind the scenes during 2011 include:

A LEARN (Supported Education) student (also a mother of three) did not have a personal computer and was spending lengthy periods of time using the computers in the local library. Because of the library's time restrictions for individual computer use, she was having difficulty completing her assignments. The MHASWNJ put out the word to its friends that we were in need of a computer for this student. Within a day, we received a call from a United Way of Camden County staff member saying that she had located a computer from a local business...a private individual then scrubbed the hard drive and downloaded new software. This significant barrier to this student's academic efforts had been removed and consequently she was able to successfully complete the semester's coursework.

A very distraught Works Rite (Supported Employment) client called his MHASWNJ employment specialist – his bike, which was his sole means of transportation, had been stolen and he had no way to get to work. The MHASWNJ put out the word to its friends asking if anyone had a bike to donate. Within four hours, we received an offer of a bicycle in excellent condition!! The client was thrilled when The MHASWNJ volunteer came to his home and presented him with his “dream” bike, allowing him to get to work on time!

Fifty individuals belonging to The Gathering (Boarding Home Outreach program) and The Wellness Self-Help Center were recently taken on a shopping trip to buy new winter coats. MHASWNJ staff member, Janice Campbell, was able to identify and obtain Camden County wrap around funding to make this much needed purchase.

The work and efforts of The MHASWNJ are frequently invisible while the outcomes are significant for those we serve... thank you for your ongoing support.

Wishing you and yours a healthy, happy, and joyous Holiday Season &
Prosperous 2012!

Mary Lynne Reynolds, MPA

Hot Chefs Cont. . .

A very special “thank you” to our Epicurean Sponsors Thomas Jefferson University Hospitals and Zucker Steinberg Sonstein & Wixed Attorneys at Law for their generous support and assistance in making the



Drs. Ange & Jan Puig

evening a success. Additionally, a huge round of applause to the event’s planning committee: Matt Montenero & Robin Middleton (Co-chairs of the event), Rose Chin, J. Philip Kirchner, Amelia Kressler, Fredi O’Hara, Mary Lynne Reynolds, and Lonniece Senior. Whether it was soliciting donations, selling tickets, decorating, or obtaining ads, each committee member brought his/her time and talents to the table to insure that the evening was a success.



Lonniece Senior,
Evette Davis, &
Patricia Mincey



Bob & Sandi Bernardi



Annual Holiday Drive



John Paul II Regional School’s Principal, Helen Persing and Members of the School’s Student Council

The MHAWNJ will host its Annual Holiday Drive during the month of December. The MHASWNJ provides support groups, social activities, peer support, and educational programs for residents in boarding and nursing homes, agency clients, and homeless members of our Wellness & Self-Help Center. The drive is for these individuals.

For the past five years, students from John Paul II Regional School in Somerdale, NJ have donated personal care items to The MHASWNJ’s Annual Holiday Drive. Each year, the school’s principal, Helen Persing, has made our agency a priority for her students’ community projects by impressing upon them the importance of helping those in need. Ms. Persing and her students have donated hundreds of items over the past five years, which has allowed us to provide stockings of joy to over 700 people!

In 2010, we provided over 150 stockings filled with personal care items and \$40 gift cards to Wal-Mart to our drive recipients. We would very much like to repeat our success from last year and ask for your support by giving a monetary donation so that staff members can purchase the toiletry items and gift cards. If you would like to donate personal care items, please give full-size, new & unused products - shampoo, conditioner, body wash, powder, deodorant, shaving gel, razors, body lotion, lip balm, and hand lotion are all items needed to fill the stockings.

Last year, we also included Wawa gift cards, AMC Movie Theater cards, packages of new & unused unisex socks (men’s & women’s sizes), and pre-paid phone cards and these were all a huge hit. If you would like to support our holiday drive, **we ask that donations be received or dropped off by**

Friday, December 16th. Donations may be sent to MHASWNJ Holiday Drive, 217 Black Horse Pike, Haddon Heights, NJ 08035. If you have additional questions about the drive, you may contact **Janice Campbell at 856.522.0640 x 104 or by email at jcampbell@mhaswnj.org. Thank You for Your Help!**



MHASWNJ Programs

CIT Center of Excellence



The CIT Center of Excellence continues to thrive under the direction of Jamie Weaver. In September, Jamie and several CIT-trained officers, mental health professionals, and MHASWNJ staff attended the 2011 CIT International Convention in Virginia Beach, Va. The NJ contingency had the opportunity to network and meet other CIT professionals from around the world and attended classes to further the development and implementation of the CIT program in NJ.

In November, the 21st Class of the CIT Center of Excellence graduated with “students” from law enforcement, the Camden County Prosecutor’s Office, Camden County Probation, and mental health providers. In December, Mercer County will host its first official CIT 40-hour training and will graduate class 22.

Jamie continues to work furiously on the CIT NJ website (www.citnj.org) and hopes to have the site completely finished and ready to roll out at the beginning of the new year. Please visit the CIT NJ Facebook Page and “like us!”



CIT NJ CLASS 21

The Wellness Self-Help Center of Camden City & The Gathering



Fifteen members of The Gathering & The Wellness Self-Help Center participated in the American Heart Association 5K Heart Walk on a beautiful Saturday morning this past October and raised more than \$600 in pledges. This was the first 5K walk for many of the team members, who started training



for the event during the summer.

Heart disease is the leading cause of death for women AND depression develops in one in five people who have had heart attacks. When depression and heart disease present together, the risk of death is two to

three times greater than it is for people with heart disease who are not depressed.

Hats off to the walkers!!!! Thank you for helping to help others and kudos for making your fitness goals.





HOLIDAY STRESS, DEPRESSION, & SEASONAL AFFECTIVE DISORDER



What Causes Holiday Blues?

Many factors can cause the “holiday blues”: stress, fatigue, unrealistic expectations, over-commercialization, financial constraints, and the inability to be with one’s family and friends. The demands of shopping, parties, family reunions, and house guests also contribute to feelings of tension. People may also develop other stress responses such as headaches, excessive drinking, over-eating, and difficulty sleeping. Even more people experience post-holiday let down after January 1. This can result from disappointments during the preceding months compounded by the excess fatigue and stress.

Coping with Stress & Depression During the Holidays

- **Keep expectations for the holiday season manageable. Try to set realistic goals for yourself. Pace yourself. Organize important activities.**
- **Be realistic about what you can and cannot do. Don’t put the entire focus on just one day. Remember that it’s a season of holiday sentiment and activities can be spread out to lessen stress and increase enjoyment.**
- **Remember the holiday season does not banish reasons for feeling sad or lonely; there is room for those feelings to be present, even if the person chooses not to express them.**
- **Leave “yesteryear” in the past and look toward the future. Life brings changes. Each season is different and can be enjoyed in its own way. Don’t set yourself up in comparing today with the “good ol’ days.”**
- **Do something for someone else. Try volunteering some of your time to help others.**
- **Enjoy activities that are free, such as taking a drive to look at holiday decorations, going window shopping, or making a snowperson with children.**
- **Be aware that excessive drinking will only increase your feelings of depression.**
- **Try something new. Celebrate the holidays in a new way.**
- **Spend time with supportive and caring people. Reach out and make new friends or contact someone you haven’t heard from in a while.**
- **Save time for yourself. Recharge your batteries! Let others share in the responsibility of planning activities.**

Can Environment Be a Factor?

- As sunlight affects the seasonal activities of animals (i.e. reproductive cycles & hibernation), Seasonal Affective Disorder (SAD) may be an effect of this seasonal light variation in humans. As seasons change, there is a shift in our “biological internal clocks” due partly to these changes in sunlight patterns. This can cause our biological clocks to be out of step with our daily schedules.
- Melatonin, a sleep-related hormone secreted by the pineal gland in the brain, has been linked to SAD. This hormone, which may cause symptoms of depression, is produced at increased levels in the dark. Therefore, when the days are shorter and darker the production of this hormone increases.
- VISIT Society for Light Treatment and Biological Rhythm www.websciences.org/sltbr to learn more about SAD.

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News to Use

Annual Holiday Drive Donations Need to be Received by Friday, December 16th

Contact Janice Campbell for further details at
856.522.0640 x104

2012 CIT Trainings

March 5th - 9th ~ Burlington County

March 19th - 23rd ~ Passaic County

March 26th - 30th ~ Union County

April 16th - 20th ~ Camden County

June 11th - 15th ~ Union County

October 1st - 5th ~ Camden County

October 15th - 19th ~ Union County

For further details and information regarding the training dates, kindly contact Jamie Weaver at 856.522.0639 x105 or jweaver@mhaswnj.org

The Mental Health Association in Southwestern New Jersey

217 Black Horse Pike

Haddon Heights, New Jersey 08035

856.522.0639 ★ www.mhaswnj.org

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