
FROM THE EXECUTIVE DIRECTOR:

2005 has truly been a year of change for the Mental Health Association, including a new Executive Director, new programs, and new events. This year the board and staff decided to transform the Annual Dinner into a more family-oriented, community-wide event. Families are instrumental in mental health advocacy to ensure that the needs of their troubled loved ones are met. Family advocacy is crucial to ensure that these individuals are respected and integrated into the community. The *First Annual Community Clambake and Awards Presentation* took place on September 25 at the Arrowhead Lodge at Brewerton's Oneida Shores Park. Despite a forecast of rain, the sun appeared and nearly 200 people of all ages celebrated the accomplishments of the agency, the community, and our awardees.

Our 2005 award recipients were recognized for helping promote the mental health of Central New Yorkers in a wide range of ways - including providing educational

funding, promoting awareness, putting into motion innovative ideas, nurturing children's well-being, and developing programs to address the needs of families.

Attendees enjoyed a delicious meal prepared and served by **Cathy's Corner Cafe**. Great live music was provided by **Todd Hobin**, who also served as the afternoon's Master of Ceremonies. Magician **Bob Burr** entertained with his special brand of magic. A group of energetic teenage volunteers led the kids in a variety of outdoor games, and there were raffles, a hand-dyed scarf sale, and an information display as well.

Thanks to the generosity of our business sponsors, and all those who purchased tickets or made a donation, **over \$5,000 in net proceeds was raised for MHA's direct local services for individuals and families.**

(ED Letter Continued on Page 2)

There are more opportunities to support the Mental Health Association this holiday season!

Don't miss our special fundraising event on **Friday, December 2**, from **6 PM to 9 PM** at **People's Pottery in Carousel Center**. We'll be featuring a relaxed, sociable evening of shopping, where you can mingle and chat while you enjoy wine and cheese, coffee, and holiday cookies. People's Pottery has been part of our community for a long time, and they're known for their lovely jewelry, glass, pottery, and wood items. This is the place to purchase those very special gifts for the important people in your life, and donate to a very worthwhile cause at the same time, as **20% of your purchase during this event will be donated to your Mental Health Association.**



Be sure to see page 5 for more information about our **Annual Membership Meeting**, taking place immediately before our special fundraising event on **December 2**.

Also, look for the enclosed postage-paid **membership** envelope in this issue and consider using your credit card to **make a tax-deductible gift to your Mental Health Association** before the 2005 calendar year is over!

I N S I D E I N S I G H T S

- 2 – MHA 1st Annual Community Clambake Wrapup
2005 Eating Disorders Conferences a Success
- 3 – Suicide Awareness is Not Enough
- 4 – 12 Pre-Emptive Strategies for Holiday Stress

- 5 & 6 – MHA Programming Information
and Updates
- 7 – Membership Activity
- 8 – Shop! Eat! Do a Good Deed!

(ED Letter from page 1)

Many thanks to all who contributed to this event's success, including those listed below. We also want to thank everyone who took time from their weekend to join us at beautiful Arrowhead Lodge. If you missed the clambake this year, we plan to do it all again next year on **Friday, September 15, 2006**, so watch for more details in upcoming newsletters!

2005 Award Recipients

Corporate Angel Award:

Excellus BlueCross BlueShield

Mental Health Professional of the Year:

Ellen Barnes, PhD

Jerome Wayne Advocate of the Year:

Judge Robert J. Rossi

President's Award:

Ron Heilmann, LCSW, BCD and Jean V. Erickson, Esq.

Volunteer of the Year Award:

Kathryn Martini

Special Thanks:

Fred Fusco and Sara Wall-Bollinger

We would also like to thank our major event sponsors

Cathy's Corner Cafe

Citizen's Bank

Summerwood Pediatrics

Atlas Healthcare Linen Services

Laboratory Alliance of Central New York, LLC

Additionally we greatly appreciate the support of

The ACME Mystery Co.

Alan Andrews & Associates Behavioral Health Solutions

Alliance Bank

Central New York Services

Crouse Hospital and HelpPeople EAP

Geddes Federal Savings & Loan Association

GREAT Kreations

Hummel's Office Plus

Julie's Place

Robison & Smith, Inc.

St. Joseph's Hospital Health Center

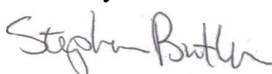
SEIU Local 200 United

The Spaghetti Warehouse

Wegmans

To all of our readers, members, and supporters, in this time of Thanksgiving, please accept our gratitude for your generosity and involvement during the past year. We want to wish each of you a joyous and healthy holiday season.

Sincerely,



Stephen Butler, MAPA
Executive Director

2005 EATING DISORDERS CONFERENCES

This fall, **Anorexia Bulimia Support**, a program of the **Mental Health Association**, was part of a two-day educational program designed to inform the community about eating disorders. The program was sponsored by **Excellus BlueCross BlueShield, Syracuse University and Drumlins**.

The **Central New York Psychological Association** conducted a one-day workshop for health care professionals on Friday, October 7th. **G. Terence Wilson, PhD**, presented on cognitive behavior therapy for bulimia nervosa and binge eating disorder.

The **Anorexia Bulimia Support** Program then presented "**It's Not About Weight**" on Saturday, October 8th. The purpose of the Saturday program was to educate people with eating disorders, their families and friends, and those who frequently are the first to notice the problem – such as coaches, gym teachers, or guidance counselors.

The Saturday program featured **Hannah Davis**, who spoke on "The Light at the End of the Tunnel", **Dr. Timothy Hayes** and **Kathleen Deters-Hayes** who presented "Strategies for Coping with the Eating Disorder of a Loved One", and a panel of local experts who discussed setting up a treatment team. Panelists also fielded questions submitted by the audience. Those who participated on the panel were **Dr. Sonia Kragh, Julia Salomon, RD MS, Kathryn Martini, BFA, Hannah Davis, Timothy Hayes, PhD**, and **Kathleen Deters-Hayes, LCSW**. The panel discussion was moderated by **Dr. John Wohlers**.

We are delighted with the way this conference turned out, and the evaluations were fabulous. Special thanks go to **Martha Conway** and her daughter, **Alison**, who continue to organize registration for our conferences year after year. We are appreciative of the efforts of **Kate Moore**, a member of the Anorexia Bulimia Support committee, who goes out of her way to help us. **Anne Miller** sold the gorgeous scarves that were hand-dyed by artist **Kathryn Martini**. We had other help too, and we extend our thanks to all of you.

We are also grateful to our sponsors providing financial support, and for their continued commitment to provide community education about eating disorders.

We would like to remind those of you who attended the conference, and who didn't have the opportunity to have your questions answered, that we are available to help you. Just call the office at **315.445.5606**. We are able to provide referrals to therapists, treatment centers, nutritionists, and physicians. Let us know if you'd like to be on the mailing list to receive information about future programs. We also have a support group held weekly at the **Mental Health Association** for those struggling with eating disorders.

SUICIDE AWARENESS IS NOT ENOUGH

Editor's note: this year, our focus will be on the topic of suicide. This is a painful issue, as this article so powerfully explains. We welcome your feedback and reactions to this theme.

In the field of suicide prevention, a great deal of time and energy is spent engaged in the business of "heightening awareness". We offer suicide awareness presentations, establish suicide awareness weeks, and disseminate a great deal of information through brochures, posters, and educational materials, all in the hopes of raising people's awareness about important issues in suicide prevention.

Raising awareness *is* an important and necessary component of suicide prevention and should not be discouraged; however, simply raising people's awareness about the myths and facts of suicide, teaching people the risk factors and warning signs of suicide, and highlighting the resources that are available in the community *is not enough*. We must also expect and strive to create conditions whereby people will, in fact, be changed by the information they receive.

The challenge for those of us who work in the area of suicide prevention is to present people with information about suicide in such a way that not only do they become more aware of the issues, but they also behave differently as a result. Some positive outcomes following a suicide prevention presentation might include individuals reaching out to someone they are concerned about, enrolling in a training workshop on crisis intervention, volunteering for the Distress Line in their community, or participating as a member of a community group devoted to enhancing services to youth and families.

Each of these examples implies action and while each activity may vary in its intensity and focus, each encompasses important aspects of suicide prevention. No longer can we allow people to simply be passive recipients of our information dissemination efforts. We must challenge people to consider the unique and creative ways they can help.

Our children represent all of our futures, whether we have families of our own or not. We all have an investment in the well-being of our young people and *we all have a responsibility to play a part* in promoting their wellness, and reducing the number of threats to their well-being.

We will each tackle the problem of youth suicide from different vantage points and with different levels of energy and focus. For example, those of us who work directly with youth, or directly in the field of suicide prevention, will have a larger role to play with more focused planning and specific intent. However, there is a full continuum of activities that can be incorporated under the rubric of suicide prevention, and it is important for us to broaden our understanding of what is helpful.

Too often we narrowly assume that suicide prevention is synonymous with crisis intervention, where the only legitimate task involved in doing suicide prevention is dissuading someone who is at imminent risk to die from killing him or herself. In fact, "the stuff of suicide prevention" encompasses a great deal more than just crisis intervention. Promoting the health and well-being of children and families in the community, creating volunteer opportunities for youth, encouraging youth to have a voice in community-level decision-making, developing work experience opportunities for young people, exploring ways to attract youth to join leisure activities in the community, improving access to resources, developing linkages among community agencies, and fostering a climate of wellness are all action-based aspects of youth suicide prevention. Learning the signs and symptoms of youth depression and suicidal behaviors and identifying youngsters who are at high risk are merely a component of a comprehensive youth suicide prevention strategy.



Clearly, there is a place on the continuum of suicide prevention activities where we can each play a part. The beauty of a continuum is that there is always room to do more! The bottom line is that we must make a commitment to change - and we must start now.

The only way to make a difference then, is by doing things differently today. We must also understand that in making a commitment to change, we must constantly challenge ourselves to discover new ways to address the problem. Our task is never finished. It is only after each of us has made the commitment to *do something* that the tragedy of youth suicide can begin to be effectively addressed.

The environmental campaign has as its credo the "Four R's": Reduce, Re-use, Recycle, and Recover. In tackling the problem of youth suicide the following "Three R's" can serve as our guide: Reaching out, Responsibility, and Resourcefulness.

Article adapted from an editorial originally published in the SIEC Current Awareness Bulletin, v.5, no.4.,
by Jennifer White, Ed.D.

<http://www.suicideinfo.ca/csp/assets/feature10.pdf>

12 PRE-EMPTIVE STRATEGIES FOR HOLIDAY STRESS

Now that the holidays are upon us, we want to help keep these days joyous by sharing these tips from the Mayo Foundation for Medical Education and Research.

When stress is at its peak, it's hard to stop and regroup. Take steps to help prevent normal holiday depression from progressing into chronic depression.

Try these tips:

- *Acknowledge your feelings.* If a loved one has recently died or you aren't near loved ones, realize it's normal to feel sadness and grief. It's okay to take time just to cry or express your feelings. You don't have to force yourself to be happy just because it's the holiday season.

- *Seek support.* If you feel isolated or down, seek out family members and friends, or community, religious or social services. They can offer support and companionship. Consider volunteering. Getting involved and helping others can lift your spirits and broaden your social circle. Also, enlist support for organizing holiday gatherings, as well as meal preparation and cleanup. You don't have to go it alone. Don't be a martyr.

- *Be realistic.* As families change and grow, traditions often change as well. Hold on to those you can, if you want to. But understand that in some cases that may no longer be possible. Perhaps your entire extended family can't gather together at your house. Instead, find new ways to celebrate together from afar, such as sharing pictures, e-mails or videotapes.

- *Set differences aside.* Try to accept family members and friends as they are, even if they don't live up to your expectations. Set aside grievances until a more appropriate time for discussion. With stress and activity levels high, the holidays might not be conducive to making quality time for relationships. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress too.

- *Stick to a budget.* Before you go shopping decide how much you can afford to spend on gifts and other items. Then be sure to stick to your budget. Otherwise, you could feel anxious and tense for months afterward as you struggle to pay the bills. Don't try to buy happiness with an avalanche of gifts. Donate to a charity in someone's name, give homemade gifts or start a family gift exchange.

- *Plan ahead.* Set aside specific days for shopping, baking, visiting and other activities. Plan menus and then make one big food-shopping trip. That'll help prevent a last-minute scramble to buy forgotten ingredients. Allow extra time for travel so that delays won't worsen your stress.

- *Learn to say no.* Believe it or not, people will understand if you can't do certain projects or activities. If you say yes only to what you really want to do, you'll avoid feeling resentful and overwhelmed. If it's really not possible to say no to something - your boss asks you to work overtime - try to remove something else from your agenda to relieve the pressure.

- *Don't abandon healthy habits.* Don't let the holidays become a dietary free-for-all. Some indulgence is OK, but overindulgence may add to your stress and guilt. Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Continue to get plenty of sleep and schedule time for physical activity.

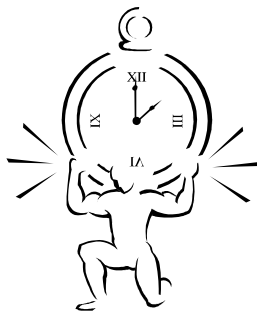
- *Take a breather.* While you may not have time every day for a silent night, make some time for yourself. Steal away to a quiet place, even if it's the bathroom, for a few moments of solitude. Take a walk at night and stargaze. Listen to soothing music. Find something that clears your mind, slows your breathing and restores your calm.

- *Rethink resolutions.* Resolutions can set you up for failure if they're unrealistic. Don't resolve to change your whole life to make up for past excesses. Instead, try to return to basic, healthy lifestyle routines. Set smaller, more specific goals with a reasonable time frame. Choose resolutions that help you feel valuable and provide more than only fleeting moments of happiness.

- *Forget about perfection.* Holiday tv specials are filled with happy endings. But in real life, people don't usually resolve problems within an hour or two. Something always comes up. You may get stuck late at the office and miss your daughter's school play, your sister may dredge up an old argument, you may forget to put nuts in the cake, and your mother may criticize how you and your partner are raising the kids. All in the same day. Expect and accept imperfections, and keep your sense of humor.

- *Seek professional help if you need it.* Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for several weeks, talk to your doctor or a mental health professional. You may have depression.

Remember, one key to minimizing holiday stress and depression is knowing that the holidays can trigger these feelings. Accept that things aren't always going to go as planned. Then take active steps to manage your stress during the holidays. You may actually enjoy the holidays this year more than you thought you could.



ANNUAL MEETING

In accordance with our Bylaws, the Mental Health Association will be holding an Annual Membership Meeting in order to give all members a vote and a voice in who is running their Board of Directors.

This year, our Annual Meeting will take place Friday, December 2 starting at 5:30 PM in the Carousel Center Skydeck. Take the elevator in front of the Finish Line to the 6th floor, and follow the signs from there. Stop by and vote on your board, and then go down to People's Pottery to shop, eat, and do a good deed by supporting us in our fundraiser (see page 1 or 8 for more details)! We'll also be in the mall that day sharing some tips on how to get through the stress of the holidays.

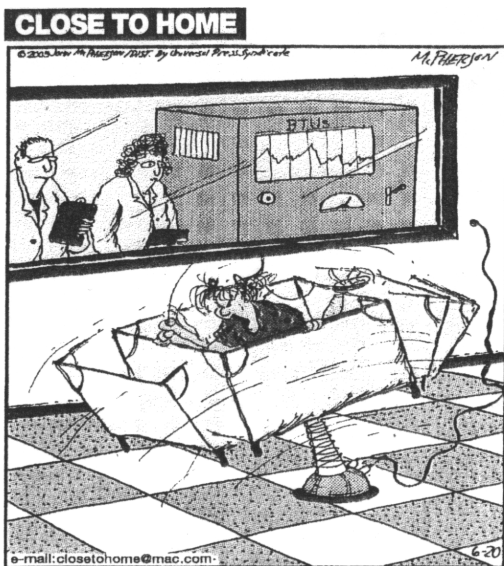
To verify or renew your membership, call the office at 315.445.5606 and speak with Rosalie.

SHADES OF BLUE

Our fabulous scarf sale is nearly over - we have only fifteen left! These beautiful silk scarves, hand-dyed by local artist and MHA Volunteer of the Year Kathryn Martini, are still available to help make your holidays bright. They make a beautiful and useful gift and they're only ten dollars each. The proceeds go to fund the Anorexia Bulimia Support Program, so your gift gives twice: once to your recipient and once to help those struggling to overcome their eating disorder. We encourage you to contact us at 315.445.5606 to purchase yours soon before our supply runs out.

STRIVE

We're looking for donations of age-appropriate materials for the STRIVE child care room. Materials can include games, books, or puzzles in good condition and suitable for toddlers and older children. Please call us at 315.445.5606 to arrange a time to drop items off. Monetary donations will be gratefully accepted as well!



Striving to reduce our dependence on fossil fuels, scientists attempt to harness the energy of a toddler's tantrum.

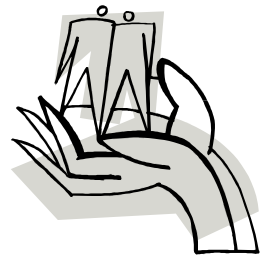
ACCESSIBLE COUNSELING PROJECT

According to Vera House, *domestic violence is a pattern of assaultive and coercive behaviors, including physical, sexual, and psychological attacks, as well as economic coercion, that adults or adolescents use against their intimate partners.*

A lifetime of abuse leaves a different kind of scar than brief trauma. Brief counseling is usually not enough. It is crucial that long-term counseling be available to move past the trauma of violence.

The Mental Health Association offers the Accessible Counseling Project to assist people affected by domestic violence. It started in collaboration with the Domestic Violence Coalition, and the intent is to provide victims of domestic violence, the children who witness it, and, in some cases, the perpetrators, access to long-term, affordable counseling.

More therapists with expertise in this area are needed. If you are a therapist who is interested in participating in the Accessible Counseling Project, please contact us at 315.445.5606.



CHE SENIOR PSYCHOLOGICAL SERVICES

Finding the residential facility that fits the needs of your loved one is a difficult task. A lot of emphasis is placed on how the facility provides for the physical needs of its residents. However, another very important question is how does it care for mental or behavioral needs? Studies say that 18-25 percent of older adults in the community have mental health needs. In nursing care and personal care facilities the number increases. Some studies show that 50 percent of older adults in nursing homes suffer with depression. According to a Penn State University study, only 19 percent of nursing home residents have had even a single session with a mental health worker.

Would you like to help? CHE Senior Psychological Services trains and places psychologists in local facilities. Reimbursement is competitive and part-time or full-time work is available. Fax CV to Rose at 888-307-0894 or e-mail CHESeniorPsych@aol.com

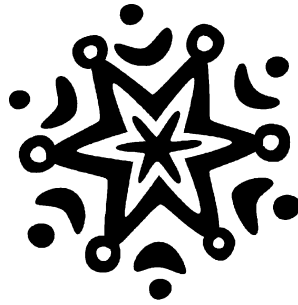
CORRECTION

Due to typesetting error in the previous issue of Insights, Jeannie Straussman was listed as signing a letter to Commissioner Carpinello. Ms. Straussman, Director of the CNYFO of the NYSOMH should have been noted as receiving a copy of the letter.

HOLIDAY SUICIDE MYTH

The idea that more people kill themselves around the winter holidays is a myth that the media have little interest in correcting, according to a study from the Annenberg Public Policy Center at the University of Pennsylvania. In an analysis of newspaper articles about suicide between Thanksgiving and Christmas in 1999, researchers found nearly half of them associated suicide with the winter holidays, despite receiving press releases warning journalists that such associations don't seem to be warranted. Suicides drop during the winter months, according to the National Center for Health Statistics, and they usually peak during the spring months. Researchers caution that the flurry of articles on holiday suicides could actually inspire "copycat" suicides. Exposure to suicide methods may encourage vulnerable individuals to imitate them, the study warns.

- Willow Lawson,
Psychology Today Magazine,
Nov/Dec 2003



OCD SUPPORT GROUP

This mutual help group meets the 2nd and 4th Monday of each month from 7:30 PM to 9:00 PM at the Dewitt Town Hall (5400 Butternut Drive; East Syracuse, New York; 13057). The group is open to all individuals who struggle with a diagnosis of Obsessive Compulsive Disorder (adults, adolescents, and children), as well as their immediate family members. The group will include time for fellowship, open discussion and sharing, focused discussion on topics relevant to the needs of the members, and goal setting. Additionally, there will be an educational component with area professionals coming in to speak on particular issues such as Exposure and Response Prevention (ERP), psychopharmacology, how family members can be a support, etc. There are no fees for the group. For questions and/or more information contact Jen at 315.445.5606

WEATHER AND MHA PROGRAMS

In the event of inclement weather or other emergencies, it may be necessary for the Mental Health Association to cancel classes, programs, or events. We aim to give ample notice, but sometimes that is not possible. We plan on utilizing local media to get the word out, but, when in doubt, play it safe and call our offices to make sure your event, program, or class is still being held.

UPDATE

In our Fall 2005 newsletter, we printed excerpts from a letter sent to Sharon Carpinello, Commissioner of the New York State Office of Mental Health, in response to the situation regarding inpatient beds for Syracuse area children. The letter in its entirety, plus Dr. Carpinello's response, can be viewed at our website - <http://www.mha-oc.org>

THANK YOU!

In this time of thanksgiving, we would be remiss if we did not acknowledge and thank our wonderful and talented office support and student interns. They give countless hours to answer our busy phones, update our mailing lists, and help MHA staff help you.

Sue Race
Karen Lyskawa
Martha Ehlert
Marcia Castillo Mendoza
Heather Taddeo
Kristin Smith



*How beautiful the turning of the year!
A moment artificial yet profound:
Point upon an arbitrary chart
Passing like a breath upon the heart,
Yearning with anticipation wound,
New hope new harbored in old-fashioned cheer.
Even when the boundary line is clear,
We recognize the oneness of the ground.
Years, like circles, do not end or start
Except we lay across their truth our art,
Adjusting dates as they go round and round
Revolving to a tune long sung and dear.*

- Nicholas Gordon

Thank you for all you do!

MEMBERSHIP

Thank you to those who have joined or renewed as MHA members in the Third Quarter* of 2005:

Advocate

Andrea Latchem
Dr. Robert Seidenberg

Benefactor

Roland Anderson
Sally Attridge
Kokkie Buur
Timothy Hayes, Ph.D.
Joseph Gazzini
Pamela J. Percival, Ph.D.
Betsy Shake
G. Donald Wehmann

Leader

Richard O'Neill, Ph.D.
Pamela Pradham
David Silverman

**July - September 2005. If your name has been omitted, misspelled, or incorrectly listed, please accept our apologies and bring it to our attention so we can correct the error.*



Family

Edmund and Judy Cousins
Mary R. Kurec
Mary Jane O'Connor
Morris and Judy Torres
Suzanne C. Rosselot
Bruce G. Soden
Pirkko and Erkki Turkki
James and Barbara Yonai

Partner

Christine Allen, Ph.D.
Tim Bobo
Joanne Bogdan-Fyles
Barbara Cokus
John Cook
George T. Cunningham
Rebecca Domroe
Ronald W. Heilmann
Chery Piper

Supporter

Patricia Bollino
Mary Lou Brown
Caroline A. Brust
Mary Beth Frey
Keith Hayman

Supporter (cont)

Susan Horn
Sheila LeGacy
Merry Leonard
Tracy A. Lunney
James L. Megna, MD
George Miller, III
Lois and Mike Schaffer
Kimberly Staab
Anne Marie Stonecypher
Faith VanVoolen
Karen Vedder
Eileen L. Wayne
Eleanor Young, Ph.D.

Friend

Barbara S. Duttweiler
Gloria Head
Dode and Gerry Lipton
Larry Mayo
Rosemary L. Palermo
Suzanne Powers
John R. Wallace, Sr.
Stephanie C. Wallace

BECOME A MEMBER OF THE MENTAL HEALTH ASSOCIATION!

Please consider becoming a member and/or making a year-end donation to the Mental Health Association! Your support will help literally hundreds of Central New Yorkers in the coming year.

You will be reaching out to people who have few social connections to give them support and encouragement. Our *Community Companions Program* matches caring volunteers with adults who find themselves isolated by mental health issues.

You'll help parents who want to improve their parenting abilities. The *STRIVE Parent Support Program* provides a no-fee, confidential, weekly group that provides peer support, and parent education. It even has free childcare during meetings.

You will help to provide a safe place and resources for those suffering from eating disorders - often in agonized secrecy. The *Anorexia Bulimia Support Program* sponsors weekly support groups as well as high-quality community education for families and professionals.

You'll give a hand to parents and kids who are in the midst of a painful family separation. The 6 hour state-certified *Children 1st! Program*, recommended and mandated by many local Family Court judges, helps parents learn how they can still work together to support their children despite their conflict.

You will help individuals learn how to channel feelings of anger into constructive and healthy behavior. Our *Anger Management Program* has helped dozens of people acknowledge, accept, and alleviate their anger, benefiting not only themselves, but their families as well.

You'll assist us in improving and expanding our *Information & Referral Services*, which thousands of people access annually to receive confidential referrals to services to help our community live life to the fullest.

Now more than ever, we are counting on our members to assist us in providing the services we've prided ourselves on offering for over 40 years. You can support these valuable programs and help them thrive. New this year – pay by credit card! Donations are tax deductible, and many different levels are available. **A postage-paid membership envelope is enclosed in this newsletter.**

This is YOUR Mental Health Association, won't you help?

MHA Insights is a quarterly publication of the
**Mental Health Association
of Onondaga County, Inc.**
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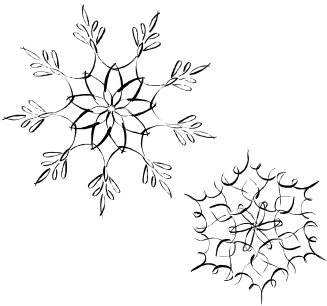
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Child & Family Specialist:
Carol H. Rothschild, MS
**Volunteer Coordinator/
Insights Editor:**
Jennifer Marsh
Office Manager:
Rosalie J. Schotanus



**The mission of the Mental Health Association of Onondaga County
is to promote individual mind/body health
and to advocate for its integration into all aspects of our community.**

Shop! Eat! Do a Good Deed!

**Come do your holiday shopping!
Have some refreshments!
And do a good deed!**



**Join us at our fundraiser
Friday, December 2, 2005
from 6PM to 9PM**

**People's Pottery
Carousel Center, Upper Level
Syracuse, NY**



**Bring the enclosed card or this page with you to ensure that
20% of your purchase during the event at People's Pottery
will be donated to the Mental Health Association of Onondaga County**