



...serving Maryland's Eastern Shore

Jazz Concert Benefits Veterans' Initiative

Bob Johnson's Boston Jazz Trio performed an intriguing concert in May for the MHATC Veterans' Initiative. The jazz concert was held at the Academy Art Museum in Easton, followed by dessert and coffee at *Out of the Fire*. The Trio consisted of the gifted guitarist Bob Johnson, pianist Phill Argyris, bassist Jerry Wilfong, and drummer Bob Kammann. To the delight of the audience, the Trio played interpretations of songs from the 30's and 40's, music from the Great American Songbook, Cole Porter, plus a few jazz standards. The Veterans' Initiative consists of outreach programs for veterans seeking behavioral health assistance. With the partnership of Mike



Bob Johnson's Boston Jazz Trio delighted the audience.

Bargiband, Veterans' Coordinator for the Eastern Shore, the program is now underway.

Distinguished Speakers Series



Dr. Peter V. Rabins, M.D., M.P.H.

Dr. Peter Rabins, neurologist and expert in the field of aging, will be a part of the Mental Health Association's Distinguished Speakers series on October 27, 7:00 PM, at the Avalon Theatre. His current research focuses on the effectiveness of therapies for Alzheimer's and the development of measures of quality of life in the elderly and those with late-stage dementia. Dr. Rabins is co-author of the book "*The 36 Hour Day*", now in its fourth edition. Partnering with MHATC are the Lifelong Learning associations of the Chesapeake Bay Maritime Museum, Chesapeake College, and Washington College (WCALL). For more information, visit mhamdes.org.

Mental Health First Aid Training Is Ongoing



MHFA Instructors: Frances Weems, Susan Sherman, Jayne Fitzgerald, Christina Mills, Sandra Morgenthaler and Kirstie Kingston. Not present is Lynn Sanchez.

Mental Health First Aid began on college campuses and has spread to social service agencies, faith communities, and health departments. We now have seven trained facilitators who can provide this invaluable training for your organization. To schedule MHFA training, call 410 822-0444 or visit mhamdes.org.

Kudos

The Mental Health Association in Talbot County is once again deeply grateful to the United Fund of Talbot County for choosing it as one of 21 agencies to receive funding from the 2009-10 campaign. This funding allows us to continue our efforts of education, advocacy and support in the mental health arena for all of Talbot County.



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Sleep Has Major Impact on Mental Wellness

While it has long been known that sleep improves one's mood, new studies in neuroimaging indicate that sleep and mental health are inextricably connected. A good night's sleep helps foster mental and emotional resilience and is an important ingredient for sound mental health. On the contrary, sleep problems can increase the risk of developing a mental illness, as well as become a result of a mental disorder, according to Harvard studies.

The new studies report that 10% to 18% of the general population of adults exhibit chronic sleep problems, while 50% to 80% of patients seeking psychiatric services suffer from them.

Individuals with both depression and sleep disorders exhibit more complications. Depressed patients experiencing insomnia are less likely to respond to treatment than those without. They are more likely to die by suicide than depressed patients who sleep normally. Medical treatments for insomnia may exacerbate depression, and some antidepressants may cause insomnia.

While chronic sleep disruptions set the stage for negative thinking and emotional vulnerability, alleviating a sleep disorder may help reduce the symptoms of a mental health

problem, the studies indicate.

The various stages of sleep have many positive benefits. Body temperature drops, muscles relax, and heart rate and breathing slow. REM sleep enhances learning and memory and contributes to emotional health. During the stage of REM (Rapid Eye Movement) people dream, while body temperature, blood pressure, heart rate, and breathing increase to levels of wakefulness. Deep sleep produces physiological changes that boost the immune system and improve mental health. On the other hand, sleep disruption can wreak havoc in the brain, impairing reasoning and emotional stability.

Treatments for sleep disorders show positive results. Aerobic activity helps people fall asleep faster and obtain a deeper sleep. Sleep hygiene strategies include keeping a regular sleep schedule and keeping the bedroom dark and free of distractions. Relaxation techniques may include meditation, guided imagery, and progressive muscle relaxation to reduce sleep disorders. Cognitive Behavioral Therapy helps people change negative expectations to more positive expectations of having successful sleep patterns.

- *Harvard Mental Health Letter, July 2009*

Antiques Show Plans Underway

The March date for last spring's Antiques Show and Appraisal Day proved beneficial, according to co-chairs Marguerite Beebe and Sharon Ritter. The twenty antiques dealers and appraisers were pleased with the warm reception from the community and funds were raised for mental health advocacy and prevention programs.

The weekend began with a festive Dealer Dinner at the home of Ian and Jill Ferrier and ended with a High Tea provided by Sandy Bemis and the Tea Committee.

The Board and Antiques Committee are grateful for the support of the Show Sponsor, PNC Bank; and Preview Party Sponsors, the Hill Group, Shore Health System, Easton Bank &

Trust, Shore Bancshares, Inc., Wye Financial, Wishing Well, Fred and Lesley Israel, and Mary Ann Schoeb. Honorary Chairs for the Preview Party were Bruce Wiltsie, Julie Susman and Owen Wormser. Program Book sponsors were Jack and Susan Stoltz. Garden Treasurers provided a variety of plants for the event.

Plans are now underway for the 17th Annual Antiques Show, scheduled for March 19-21, 2010 at the Waterfowl Building. The goal is to improve the show every year for the community and for raising funds for mental health advocacy. For more information on sponsorships for the show and interest in volunteering, call 822-0444.



Antiques Committee members Marguerite Beebe and Hope Leuchter with Dealer Dinner host Ian Ferrier.



Antiques Committee members Kathy Canzoniero, Pat Price and Susan Sherman.

tion in Talbot County

New Board Members Introduced



New Board Members of the Mental Health Association in Talbot County were introduced at the Annual Meeting held at St. Mark's Church in June. New Board members standing with MHATC Board President Jeffrey Messing are, from the left, Suzanne Gralnick, Meg Moran, Delphine Peck, Hope Leuchter, and Christina Mills, Executive Director.



Book Review

Blue Genes by Christopher Lukas

Kit Lukas recalls his life with his only brother, Tony, growing up in a family with a history of suicide and Bi-polar Disorder. Rather than turn his anger inwardly, Kit Lukas traces the family suicides that created feelings of longing and loss. While the Lukas brothers' lives began with a relatively happy childhood on Long Island, their security began to unravel with their mother's erratic behavior and final death. With the help of positive school environments and extended family members, the Lukas brothers strived to overcome the legacy of depression, but gradually had to fight some of the same demons. Throughout Kit's life, guilt and grief followed the deaths of other family members--his grandmother, aunt, uncle, best friend, and, finally, his brother. Written with candor, this book captures the devastation of unrecognized and untreated depression.



In an effort to become more environmentally friendly, we would like to offer future editions of our *Advocate* newsletter as an e-mail attachment. If you would prefer the newsletter be e-mailed, please call 410-822-0444 or e-mail jdavis@mhamdes.org

In Memoriam

We would like to extend our sincere condolences to the family of Anne Love Smith, who died unexpectedly in April. Anne was a former MHATC Board member and a dedicated psychologist and social worker. She was devoted to her husband, Peter, and a loving mother to their three children. In Anne's honor, her family requested that memorial donations be given to MHATC. To date, over forty memorial donations have been received. The MHATC Board appreciates the caring work that Anne did in our community and the thoughtfulness of the Smith family during this difficult period.

Mental Health Association Is Putting The "FUN" In Fundraiser

August 2009 will be remembered as the month long campaign to put "fun" in fundraising at the Mental Health Association. First on the calendar is our August 13th, Thursday night at the Green Turtle Restaurant to watch the Redskins take on the Ravens in this exciting pre-season football game. The Green Turtle has just been recognized as one of the top franchise restaurants in the country and 10% of the night's proceeds will be donated to MHATC. Next on our list is the Friday, August 21st Bar-B-Que in front of Blockbusters on Marlboro Road in Easton. We are taking preorders until August 14th and delivery by one of our volunteers or board members is an option. You can download a preorder form at our website, www.mhamdes.org. Finally, our last fundraiser will take place at Chili's restaurant on Thursday, August 27th. Please join us as we toast a successful month of fun, food and friendship. A flyer for this event is needed in order for MHA to receive a portion of the evening's proceeds. Again, you may download the flyer from our website. Please call the office at 410-822-0444 with any questions or for more information.

Bountiful Holiday Event

Come and enjoy a meaningful approach to the holidays with friends and family members, at Bountiful in Talbottown, Thursday, November 5. The Mental Health Association in Talbot County will benefit from a festive evening of jazz, delicious hors d'oeuvres, and gift shopping. Jamie Merida, Bountiful owner and manager, annually chooses a non-profit to benefit from an evening of early gift buying, and donates a generous percentage of his sales to the organization. Thanks to Jamie for valuing mental health.

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Eldercare Project Guided by Deborah Cox

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Visit our website at
www.mhamdes.org
for a provider list.

The Mental Health Association in Talbot County is pleased to introduce Deborah R. Cox, Nurse Practitioner, as the new Coordinator of its Eldercare Program. Deborah brings a wealth of experience in nursing to the project. For over thirty years, she has been in various nursing fields, from geriatrics, psycho-geriatrics, family therapy, oversight of occupational and physical therapy, and nursing instruction and writing. Presently, she provides clinical



*Deborah R. Cox,
Nurse Practitioner*

management for long-term care residents at the Caroline Nursing and Rehabilitation Center.

The Eldercare Program, funded by the Grayce B. Kerr Fund, was initially developed by Lynn Sanchez to improve the communication of caregivers and the elderly. Deborah is expanding the outreach and including the topic of increased caregiver sensitivity for those suffering from dementia or Alzheimer's. For more information on the training, call MHATC at 410 822-0444 or visit mhamdes.org.

Membership & Gift Form

MENTAL HEALTH ASSOCIATION
611B Dutchman's Lane, Easton, MD 21601

**\$1000 Gold Benefactor \$500 Silver Benefactor \$100 Professional*/Business*/Sponsor
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*Mental Health Professional/Business Membership grants a special listing in the Provider section on our Website: www.mhamdes.org

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I am interested in a Bequest. I am interested in Endowment to ensure mental health advocacy. I am interested in Volunteer Activities.
 I am interested in a Charitable Gift Annuity. I would like to make a Gift of Stock. I would like to receive Legislative Alerts via _____ email _____ phone

**Support mental health on the Eastern Shore by becoming a member of MHATC.
Call 410-822-0444 or visit our website: www.mhamdes.org**



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