

Hudson Valley Interest Group

HVIG NYMHCA

November 27th 2006 Newsletter



From the members of the New York Mental Health Counselors Association (NYMHCA) Hudson Valley Interest Group (HVIG). Our mission is to come together for education, connection, support, and networking. Specific goals include the advancement of

master's level therapy in the field, providing professional education and connection, helping with mentoring for internships, supporting new counselors in the field, and aiding career building and networking. We meet every six weeks on the campus of Marist College, Poughkeepsie, New York in the beautiful Hudson Valley. The NYMHCA is an advocacy organization representing the clinical counselors of New York State. Our goal for this newsletter is to keep our members current with information relating to mental health counseling, keep our members united, bring information to our members about local training and seminar opportunities, and to expand our group through email information. For a complete listing of meeting dates and agendas, visit the [HVIG website](#). This newsletter is sent out to any current members together with anyone interested in the profession of mental health counseling. In this newsletter:



HVIG Leadership
Improving Your Serve
What's Happening Now
Interest Group Info
Cartoon
Holiday Quotes
Holiday Quiz
Quick Links
Feedback/Comments

HVIG LEADERSHIP

Group Coordinator
Director of Training
Membership Chair
Treasurer
Webmaster
Secretary
Outreach Director
Public Relations
Newsletter

Yvonne Poley
Suse Volk
Craig Debinski
Rick Scott
Craig Debinski
Tammy MacBrien
Kristen Fortuna
Jon Petersen
Cynthia A Canaday

IMPROVING YOUR SERVE

Grief And The Holidays:

Advice From Hospice Foundation of America

Kenneth J. Doka, HFA Senior Consultant

A question commonly asked by bereaved people at this time of year is, "How can I get through the holidays?" There is no single answer. One important guiding principle is: do what is comfortable. This advice comes from [Hospice Foundation of America](#), a non-profit organization educating the public about loss and end-of-life care.

Kenneth Doka, PhD, HFA Senior Consultant, recounts a session with a group of widows. "One woman whose husband recently died asked, 'Who should sit at the head of the table?', taking her husband's place. I asked the group how they had handled it. One woman placed her youngest grandchild there to remind the family of its continuity. Another said her eldest son sat there. Another woman said that she sat there since she was now the family leader."

Which response was right? "They all were. Each response met the needs of the person, and each was a comfortable choice," explained Doka. This is the key to coping with the holidays: find the way that is right for you.

"When we are already experiencing the great stress of bereavement, the additional strains of the holidays can create unbearable pressure," commented Jack Gordon, HFA President. [Note: Mr. Gordon served as Chairman and CEO of HFA until his death in 2005.]

Some people find it helpful to be with family and friends, emphasizing the familiar. Others may wish to avoid old sights and sounds, perhaps even taking a trip. Others will find new ways to acknowledge the season.

Whatever your response, remember these points:

Plan for the approaching holidays. Be aware that this might be a difficult time for you. It's not uncommon to feel out of sorts with the celebratory tone of the season. The additional stress may affect you emotionally, cognitively, and physically; this is a normal reaction. It is important to be prepared for these feelings.

Recognize that holidays won't be the same. If you try to keep everything as it was, you'll be disappointed. Doing things a bit differently can acknowledge the change while preserving continuity with the past. Different menus, changing decorations, attending a different service, or even celebrating in a different location may provide that slight but significant shift. However, be aware that your feelings will still be there. If you decide on a change, be careful not to isolate yourself.

The holidays may affect other family members. Talk over your plans. Respect their choices and needs, and compromise if necessary. Everyone (including yourself) should participate in ways that are comfortable.

Avoid additional stress. Decide what you really want to do, and what can be avoided. Perhaps cards don't need to be sent, or shopping can be done by phone or catalog.

Do the right thing: not what others think is right, but what you need and want to do.

Tips From HFA:

- Plan for the holidays
- Recognize holidays will be different
- Communicate with family members
- Avoid additional stress
- Do what's right for you!

(All information expressed herein is from the training and opinion of its writer(s). All counselors utilizing this information, esp. students, should seek out clinical supervision and not rely on the information in the "Improving Your Serve" column as a sole directive of how to proceed in therapy.)

WHAT'S HAPPENING NOW

MENTAL HEALTH ASSOCIATIONS

The Mental Health Association in Dutchess, Orange, and Ulster Counties can provide valuable support services for you and your clients. For information on services, programs, and additional resources available, contact the Mental Health Association in your county. Please see the "quick link" section of this newsletter for easy online access to the Mental Health Association website



THE NYMHCA HUDSON VALLEY INTEREST GROUP

MEETING LOCATION: Our meetings are held in Room 113 in the Dyson building at Marist College.

DIRECTIONS: Come in the Main entrance (not the north or south entrance) and make the first right. Turn right again into the parking lot of the second building on the right. This is Dyson Building. Enter through the main entrance and follow the hall to the left. Room 113 is on the right hand side. **Get Directions**

The HVIG members offer refreshments, but participants will need to bring or buy beverages in the Dyson coffee

Upcoming Training:



December 1, 2006 -Home for the Holidays: A Holiday Survival Guide. Presenters are Yvonne Poley, LMHC and Suse Volk, LMHC

January 12, 2007 A Different Weigh of Life- Bariatric Weight Loss Surgery- Judy Lynch Presenting

February 23, 2007-The Integration of Faith into the Counseling Process-Presented by Lou Nielsen, LMHC

HELPING ULSTER RESIDENTS WITH CAREER DECISIONS



The Ulster County Workforce Development OneStop Job Center brings employment, training, education, economic development and related services to Ulster County residents and businesses in a convenient and accessible manner. Their services are coordinated and consolidated

in one central location, accessible by phone, Internet or personal visit.

Their Full-Service OneStop Job Center is located at 601 Development Court in the Business Resource Center on Ulster Avenue in Kingston ([Map & directions](#)). Telephone (845) 338-4696. They are open Monday through Friday between 8:30 a.m. and 5 p.m., except holidays. You may also access some services at their [OneStop satellite sites](#).

COUNCIL ON ADDICTION PREVENTION AND EDUCATION (CAPE) OF DUTCHESS COUNTY www.CAPEDC.ORG

Professional Winter Training Calendar

Three Hour Workshops (3 CACAS Credit Hours Each)
Tuesdays 2-5PM

Contact above website for registration, information, cost, presenters

MENTAL HEALTH ASSOCIATION In DUTCHESS COUNTY

Saturday, December 9 2006

HUDSON VALLEY SUPPORT FOR FAMILIES WITH BIPOLAR CHILDREN

This is a support group for families with bipolar children ages 4-18. It is designed to offer ongoing support and information about available services for parents/caregivers of children with Bipolar Disorder.

Information is available about medication, coping skills, benefits, school services, etc.

Those attending for observation purposes only will not be admitted. Confidentiality is maintained.

DATE: Second Saturday of the Month

TIME: 10:00am-12:00 Noon

LOCATION: St. Francis Hospital,
The Atrium
241 North Road
Poughkeepsie, NY

For information, please call Marjorie Tortorella, Adult Advocate, Family Support & Advocacy Services, at (845)473-2500, ext. 316. There is no fee; registration is not required; walk-ins are welcome, as well as new members.

INTEREST GROUP INFO

NYMCA Hudson Valley Interest Group chapter dues of \$20.00 for 2006-2007 are now due. You may send your check to:
Rick Scott-Treasurer
68 Commonwealth Avenue
Middletown, NY 10940

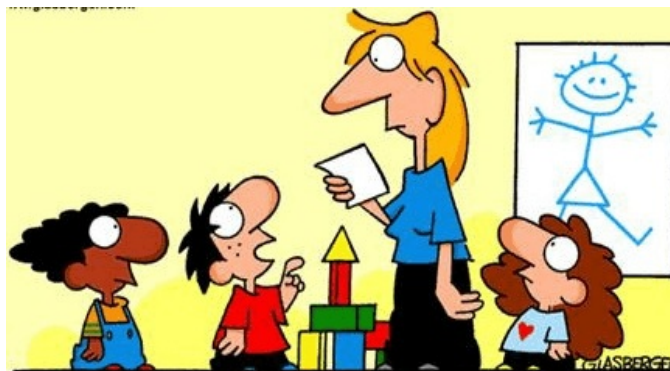
or, if you prefer,

You may pay at the next meeting. Any questions, call Rick at (845) 343-7060.

Don't forget to maintain your membership in the parent organization. In order for us to move from interest group status to full chapter status we need to be able to show that we have at least 25 members that are also members of NYMCA



CARTOON



"My name was David, but that sounded old fashioned. So I shortened it to DVD!"

HOLIDAY QUOTES

Many banks have a new kind of Christmas club in operation. The new club helps you save money to pay for last year's gifts.
- *Unknown*

Probably the reason we all go so haywire at Christmas time with the endless unrestrained and often silly buying of gifts is that we don't quite know how to put our love into words. -
Harlan Miller

The best Christmas of all is the presence of a happy family all wrapped up with one another.-- *Author Unknown*

My idea of Christmas, whether old-fashioned or modern, is very simple: loving others. Come to think of it, why do we have to wait for Christmas to do that?-- *Bob Hope*

Aren't we forgetting the true meaning of Christmas? You know... the birth of Santa-- *Bart Simpson*

Do give books - religious or otherwise - for Christmas. They're never fattening, seldom sinful, and permanently personal. - - -
Lenore Hershey

HOLIDAY QUIZ

Have fun and take this holiday quiz, but cover the page as you go, as the answers are below each question.....

1. What American state was the first to make Christmas an official holiday?

- a. Connecticut
- b. Alabama
- c. Alaska
- d. North Carolina

(1.) b

2. What is the shape of the candy cane modeled after?

- a. A fish hook
- b. A constellation of stars
- c. The cane St. Nicholas used
- d. A shepherds crook

(2.) d

3. What was the name of the dog that belonged to the Grinch in Dr. Seuss' book "How the Grinch Stole Christmas"?

- a. Rudolph
- b. Toto
- c. Max
- d. Cerberus

(3.) c

4. Which star led the Three Kings to Jesus?

- a. Star of David
- b. North Star
- c. Star of Bethlehem
- d. Angel Star

(4.) c

5. What was the name of Scrooges' dead business partner in "A Christmas Carol"?

- a. Jacob Marley
- b. Bob Cratchit
- c. Tiny Tim
- d. Bill Sykes

(5.) a

6. Where did the real St. Nicholas live?

- a. In Holland
- b. At the North Pole
- c. In Turkey
- d. In Germany

(6.) c

7. What brought Frosty the Snowman to life?

- a. Pixie Dust
- b. An old silk hat
- c. A kiss
- d. A fresh snowfall

(7.) b

8. When you go Wassailing, what is it that you are doing?

- a. Giving out gifts to your friends & neighbors
- b. Going out in the woods to cut down your Christmas tree
- c. Challenging as many of your neighbors as you can

to a snowball fight

d. Going to visit neighbors and receiving goodies!

(8.) d

9. In the movie "It's A Wonderful Life" how do you know that an angel has received his wings?

- a. A light flashes
- b. It starts raining
- c. A trumpet sounds
- d. A bell rings

(9.) d

10. Who was the author of "A Christmas Carol"?

- a. Hans Christian Anderson
- b. Charles Dickens
- c. Thomas M. Sawyer
- d. Mark Twain

(10.) b

11. What was pictured on the first stamp printed for the Christmas season?

- a. Santa Claus
- b. An Angel
- c. A Star
- d. A Rose

(11.) d

12. The poem commonly known as "The Night Before Christmas" was originally titled:

- a. The Night Before Christmas
- b. Santa Claus is Coming to Town
- c. A Visit From Saint Nicholas
- d. The Night Visitor

(12.) c

13. Electric Christmas tree lights were first used in what year?

- a. 1925
- b. 1700
- c. 1895
- d. 1750

(13.) c

14. At Christmas, it is customary to exchange kisses beneath a sprig of which plant?

- a. Holly
- b. Mistletoe
- c. Ivy
- d. Pine

(14.) b

15. Which of these events did NOT occur on Christmas Day?

- a. Hong Kong fell to the Japanese in WWII.
- b. Ebenezer Scrooge was visited by four ghosts.
- c. King Arthur pulled Excalibur from the stone.
- d. Charlemagne was crowned Holy Roman Emperor.

(15.) b

QUICK LINKS

[NYMHCA](#)

[NYMHCA Hudson Valley Interest Group](#)
[New York State Education Department](#)
[DC Mental Health Association](#)
[UC Mental Health Association](#)
[OC Mental Health Association](#)
[DC Departments Online](#)
[UC Departments Online](#)
[OC Departments Online](#)

FEEDBACK/COMMENTS

- The NYMHCA Hudson Valley Interest Group continues to grow in membership. If you have not joined, or have any questions regarding membership, contact: cdebinski@aol.com
 - For general information about the HVIG of the NYMHCA, contact the Group Coordinator: Yvonne Poley: Yvonne.poley@marist.edu
 - If you are a member of the HVIG and would be interested in presenting at one of our meetings, contact our Director of Training: Suse Volk: Suse@mindspring.com
 - Questions for our Treasurer? Contact: Rick Scott: Scottfam@citlink.net
 - Questions or suggestions for our Webmaster? Contact: Craig Debinski: cdebinski@aol.com
 - Questions for our Outreach Director? Contact: Kristen Fortuna: ki2816@aol.com
 - Questions or requests for our Secretary? Contact: Tammy MacBrien: macbrien@sunydutchess.edu
 - Questions regarding Public Relations? Contact: Jon Peterson: jonpeterson@rehabprograms.org
- If you have comments, suggestions, or requests regarding this newsletter, or if you are a member of the HVIG NYMHCA and would be interested in submitting an article for this newsletter, or have information for any of the columns, or would like to have your profile highlighted in our "Focus on a Member" column, we welcome it!! All submissions need to be received two weeks prior to publication. The next publication date: December 29th, 2006. Please contact: cacanaday@optonline.net
 - If you would like to be added to the mailing for this newsletter or would prefer not to receive this newsletter, please let us know: cacanaday@optonline.net
 - Please feel free to forward this newsletter to anyone who might be interested in its content or interested in the Hudson Valley Interest Group of the New York State Mental Health Counselors Association
 - NEXT NYMHCA newsletter will be published December 29th, 2006,
 - NEXT MEETING after this December 1st meeting, the next meeting will be: Friday, January 12th, 2007, 9:30am

**Hope to see you at the
December 1st Meeting!**

Again.....



*From the Hudson Valley Interest
Group of the New York Mental
Health Counselors Association*