

Imagine all the people...

Let Your Heart Be Light by Kirk Lunnen, PhD, Clinical Director

As the holiday season approaches, our minds naturally turn to thoughts of Thanksgiving and Christmas. We savor the memories of holidays past and contemplate with excitement the joys that the season may bring this year.

However, these pleasures are often coupled with an inordinate amount of stress. Pulling out and arranging decorations, preparations for holiday gatherings, and shopping for presents are just a few of the many pressures that assail us during this time of year. For some, the holidays can be overwhelming, turning this season of joy to one of

anxiety, frustration, and in some; depression.

We have all heard of the holiday blues. Dr. Hinda Dubin, a professor of psychiatry at the Maryland School of Medicine, gave the following tips to beat the holiday blues.

Delegate. Don't try to do it all by yourself. People often want to help and to be involved. By breaking down tasks and doling them out to friends and family, everything becomes more manageable.

Find Some Time Alone. Some people love the energy and exuberance of big holiday parties and activities. For others, all of it is very taxing. If you

find yourself getting a little anxious, take a breather. Find a quiet spot to relax and recharge your batteries. Other people will be so caught up in what is going on that they probably won't even miss you.

Let Go of the Past. Don't be disappointed if your holidays aren't like they used to be. Life brings changes. Embrace the future, and don't dwell on the fact that the "good old days" are gone.

Don't Drink Too Much. It is easy to overindulge around the holidays, but excessive drinking will only make you feel more depressed.

Give Yourself a Break.

Don't think in absolute terms. You aren't the best cook in the world, or the worst. You aren't super mom, or the most horrible mother in the world.

Don't Fight it Alone. If despite your best efforts to remain upbeat this holiday season, you find yourself feeling down for a sustained period of time, get help. Don't try to "tough it out alone." There are treatment options available to you that could make a significant difference in your outlook. ~

Dr. Dubin's full article can be seen at http://www.edu/features/holidays_blues.htm



Giving Spirit Thrives in Ellwood City



The wonderful Congregation of Trinity Lutheran Church provided a fantastic chicken and biscuit dinner after the Ellwood Halloween Parade. The proceeds were all donated to People In Need!

Baby Showers were the theme at the October meetings of the Rotary Club and the Business and Professional Women of Ellwood City.

Most of the men in attendance admitted that they had never been to a baby shower before however

a good time was had by all!



The Women In Need babies were the recipients of lovely gifts and monetary donations from both organizations. The gifts were accepted by Dr. Sharon Hodge of People In Need, and Ella Jones, a counselor for the Women In Need program of Ellwood City. ~

Imagine a Christmas Morning and a Child Without Gifts....

Our annual Christmas Spirit Project provides gifts to the children of our clients who are in need. We ask parents what their children **need**, and then we have them tell us about one or two gifts their children really **want** to have.

Donors choose a name from our Spirit List, purchase the gifts, and return them to People In Need. We distribute the gifts to the parents. They are very thankful that they can give their children a happy Christmas!

We were able to provide over 200 gifts last year through the generosity of many religious and professional organizations, businesses, Brownie troops and so many caring individuals throughout our community.

Thank you to all who helped us make many wishes come true! ~



The Board of Directors, and all of our Staff, hope that your Holiday Season will be filled with Joy and Happiness.

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August Golf Outing

Our Annual Golf Outing was met with 30 teams, great fun, great weather, and many tremendous contributions for our agency.

The longest drive by the men was made by Jesse Badgett, and for the women, Jody Bradel took the prize. The best dressed team included Ed, Nick, Eric, and Stephanie Gantz!

Thank you to our Platinum Sponsor, Dr. Michael Frantz of Pittsburgh Psychiatry; Silver Sponsors, ESB Bank and Matt and Marie Burdick.

Our major prizes and auction items were donated by: New Castle Country

Golf Course, and Blocher Jewelers. Thank you to all of our generous Hole Sponsors, Prize Donors, Golfers, Volunteers and Staff.

The Winning Team with 14 Under Par!



(left to right)

Justin Palmer,

Zach Gantz

Jesse Badgett,

Steven Birckbicher

Save the date for next year!

Saturday, August 24th, 2013



People In Need

A non-profit 501-C (3) organization, continues to help members of our area communities with the help of your generous donations.

Please consider a gift this year of \$25.00, \$50.00, \$100.00 or other.

\$_____ Checks can be made payable to:

People In Need, or visit our website at www.pinpa.org and use our convenient Pay Pal.