In Memory of Susan Brykovich (1942-2013)
Our Volunteer
(Author Unknown)

You held the hand of many,
Listened to the words of all
You became more than company
And were there at the slightest call
Brought joy, laughter, warmth and song
Leaving with what you knew all along
That shared peace with a willing heart
Was found in you as you did your part.

Susan was a dedicated, compassionate person who spent countless hours as an MHA volunteer, helping in our Resocialization Programs, Budget Buddies, Friendship Room, and the Drop-In Center.

Susan also volunteered her time with the Red Cross, Wounded Warriors, Celestine Prophecies, Billy Graham Ministries, Providence Care Center, Smith’s Personal Care Home, and in various volunteer roles for the City of Beaver Falls.

Family and friends referred to Susan as the Charity Car Driver as she was known to spend much of her free time driving her friends and acquaintances, many of whom were in dire need, to grocery stores, drug stores, and for lunches and dinners. She was known as a person always willing to help out the less fortunate.

Susan was loved and is sadly missed by her husband of fifty years Frank, her son and daughter-in-law, Dave and Ellen Braykovich and her daughter and son-in-law, Beth Ann and Joseph Randazzo, and two grandchildren Jack Francis and Gianna Grace Randazzo.

Her spirit of generosity was apparent to her grandchildren as they received monthly cards and monetary gifts that she intended for their various sports and dance tuitions.

The Mental Health Association will honor the memory of Susan’s life of volunteerism at the MHA Annual Dinner on May 14, 2013, where an award will be presented in her honor. (see box on page 2 for further details)

BOARD OF DIRECTORS
Lana Podolak-President
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Did you know?
The Phoenix Center is Providing free lunches Five days a week!

MAY
is Mental Health Awareness Month
Drum Circle

Every Tuesday at 10:30am-
MHA second floor café

The group is led by:
Mr. Elbie Yaworsky, Director of Special Projects, Lincoln Park.

Please Join Us!!!!

Easter Dinner

Tues, April 15 at 1:00pm
Phoenix Center

MHA Annual Dinner

Wed, May 14
6:00-8:00pm
The Fez
2312 Brodhead Rd.
Aliquippa, PA 15001

Bus transportation will be provided for consumers who wish to attend

Consumer/Family Satisfaction Team

The Consumer/Family Satisfaction Team of Beaver County is the voice of the consumer. Established in 1998, the team’s mission is to gauge consumer/parent/child satisfaction with behavioral health services in Beaver County and to work with Beaver County Behavioral Health Office for the use in planning, implementing and improving services in the county. The team is out in the community at 35+ behavioral provider sites talking to people about their treatment/services. There are some sites the team visits every other month and some every month. Many of the people surveyed have never done a survey with the team. For some, this is their first time using treatment/services.

The team also does phone surveys, especially with parents of children using services. The information collected tells providers what is going right and maybe some areas where there could be improvement. The team also tries to educate the consumer, providing information so each can establish a partnership with their provider(s) to obtain the best treatment/services possible.

Educating people empowers them to advocate for themselves. If one would want to do a survey either face-to-face or via telephone, call 724-775 7650.

New Transportation Service at the Phoenix Center

In November 2013, we began a new service in the Phoenix Center, a transportation service for individuals that would like to come to the Phoenix Center and do their laundry.

To access this service, call 724-775-9507 and set up an appointment.

Hours of Operation for Phoenix Center Laundry
Tuesday*, Wednesday, 10am-2pm, and Thursday, Noon - 4pm

* For Phoenix Center Members- Transportation is provided on Tues. 9:30am-4:00pm

Consumers Have A Voice
Meet Our Board Members

Walter Lukhaup

We would like to introduce the newest member of our board. Welcome Walter. Here are a few things you might like to know about him.

1. How did you become involved with the MHA board? Lana (MHA board president) asked me to join the board.

2. What do you do in your spare time? Garden, sail, play golf, and guitar

3. Do you volunteer other places? At my church and a variety of other places over the years.

4. The best advice that has been given me. I’ve been given a lot of advice through the years and I have made it a point to examine the advice to see if I’ll use it or not.

5. Favorite bedtime snack? Edie’s Frozen Fruitpops

6. I never leave home without… my phone

7. Least favorite vegetable broccoli

Baubles, Bangles and Bags II

Join us for the MHA’s second Designer Handbag Raffle
Antipasto Display: 6:00 pm - 7:00 pm Drawing starts at 7:00 pm
$40. per person includes 10 Designer Raffle Tickets and Antipasto Display
Thursday, March 20th, 2014 at The Club at Shadow Lakes
Limited number of tickets available
To purchase tickets, please contact the MHA at 724-775-4165

What’s a Paddle Party?

January 25th, 2014 was one of the snowiest days this winter. Sixty brave souls came out to support our first “Paddle Party”. A Paddle Party does not involve boats or strenuous physical activity. It is a combination of a silent auction and bingo. Participants buy a paddle for $5 in order to bid on up to 50 different gift baskets by local home party vendors. Participants purchase chips that entitle them to raise their paddle and be drawn from a pool of bidders as the winner of a particular item that is up for bid. A great time was had by all especially those who took home a gift basket.

A special “thanks” goes out to the Faith Community United Methodist Church and all the MHA staff, family and friends who helped make the Paddle Party a success.

Meet the MHA Staff

Joe Cook- Director
Joanne Koehler- Program Director/Community Advocate
Desiree Alicandro- Office Manager
Cindy Straub- Community Support Coordinator
Teresa Popp- Parent/Child Advocate
Linda Wasko- Ombudsman
Rose Smith- Representative Payee
Jennifer Yurkovac- Representative Payee
Kellie Forrester- Representative Payee
Cholly Bovalino- Resocialization Specialist
Jennifer Bentz- Phoenix Center Director
Bob Curtis- Peer Mentor/Speaker’s Bureau Supervisor
Tammy Cervelli- Phoenix Center Assistant
Melissa Feragotti- C/FST Director
Elaine Scheer- Receptionist
Family Support Network

Peer-2-Peer News

Come join us, on Friday, May 2nd, 2014, supporting our youth as they present their recovery ART accomplishments. Family Support Network and the Peer-2-Peer Youth Group are using art therapy to give voice to experiences and feelings not easily expressed in words. It is a way to relax and de-stress. Engaging in creativity can aid recovery as it helps focus. Various types of mediums are being used, such as paint, pencil, chalk, charcoal and clay. Art Therapy uses the creative process of making art a safe way to represent your inner experiences, develop awareness and support personal change. These initiatives promote positive youth development, recovery, and resilience. Developing these qualities enable children to thrive in their communities.

Warm Scarves for All

Once again, our friends at Faith Community United Methodist Church in Rochester provided us with a wonderful meal during the MHA’s Annual Christmas Party on December 11th, 2013.

One hundred eighty people received two warm items in their gift bags, in addition to all the personal care products, thanks to an effort spearheaded by Melissa Feragotti, C/FST Director. Melissa invited members of our local community, including her own mother, to donate hand knitted and crocheted scarves and hats. The ladies really stepped up to the challenge and made many warm, beautiful items. They say it was fun and have already started on scarves and hats for next year. If you would like to donate yarn or your own handmade items you can drop them off at the MHA.

Welcome Elaine!

We would like to introduce the newest member of the MHA staff; Elaine Scheer. We asked Elaine to tell us just what she thought of her new job—this is what she had to say...

First Impression

I remember coming home, from my first day of work, sitting down with a cup of tea, and smiling because I knew I made the right decision.

I was impressed with how friendly and welcoming everyone was. This gave me a sense of belonging and that my job was an important part of their team. Everyone I witnessed was willing to help each other.

I have never felt so positive about a job before. I was glad to accept the position of Receptionist for the Mental Health Association.

Thank you MHA for hiring me, and the sense of belonging.

Elaine Scheer

blessed earth
by Jim Hillman

we only have so long
on this our blessed earth
we plant our fields
we only have so long
on this our blessed earth
we help our children grow
we only have so long
on this our blessed earth
our harvest is abundant
our children
grow strong and true
as we become one
with the soul of man
our blessed earth
Meet Our Consumers

Dan Edwards

1. How long have you been coming to the MHA? About 9 months
2. What service do you like the best? Friday Night Friends
3. What has the MHA done for you? Given me friends and a place to go, a good place to go.
4. What inspires you? My goals, my grandfather and people who have had success with mental health issues.
5. The best advice given to me is…. Easy does it!
6. What is your favorite topping on your hotdog? Ketchup
7. If you had to choose: Chocolate or Potato Chips? Potato Chips
8. What is your favorite thing that gets you going in the morning? Coffee

The Phoenix Center is currently being remolded. Come in and see all the changes!

The 1st Tuesday of every month is Pool Night. Pool starts at 3:30pm until 8pm. Please bring a snack to share. Everyone is welcome.

In April we will begin the MHA’s Healthy Living Series. For 8 weeks the MHA is offering a series of classes that will include a variety of wellness topics and activities. Call 724-775-4165 for more details.

On Monday’s we have “Journaling with Sharon” come in and join this fun group.

Since there was such interest in our current WRAP classes we will be offering another in the fall. Check with Phoenix Center Director, Jennifer Bentz (724-775-9507) for more information.

May 8th is Children’s Mental Health Awareness Day
MENTAL HEALTH ASSOCIATION
IN BEAVER COUNTY

105 Brighton Ave
Rochester, PA 15074

Phone: 724-775-4165
Fax: 724-775-8523
E-mail: bcmha@verizon.net

MISSION STATEMENT
THE MENTAL HEALTH ASSOCIATION IN BEAVER COUNTY PROMOTES THE IMPORTANCE OF MENTAL HEALTH BY PROVIDING ADVOCACY, SUPPORT, AND SOCIALIZATION PROGRAMS, MAKING A POSITIVE IMPACT IN THE LIVES OF THOSE WHO STRIVE FOR IMPROVEMENT IN THEIR RECOVERY AND QUALITY OF LIFE, AND BY WORKING DILIGENTLY TO CHANGE ATTITUDES TOWARD MENTAL ILLNESS THROUGH EDUCATION.

The Mental Health Association is funded by the United Way of Beaver County, contracts for service with Beaver County Mental Health, grants, contributions and donations. The Mental Health Association is a private, non-profit 501 (c) (3).

All donations are tax deductible.

If you have any information that you would like to include in The MHA Today please contact the Editor at 724-775-4165.

Would you consider a gift of $25.00
Your donation will be used towards our advocacy, education, and resocialization programs which support individuals with mental health/ co-occurring disorders in their recovery journey.

Name:___________________________________________________________________
Address:_________________________________________________________________
______________________________________________________________________
City:__________________________     State:________________  Zip Code __________

Please include your email address to receive news and events via email.

Your voluntary donation can be made by:

☐ Cash          ☐ PayPal—Through our Secure Website— www.mhabc.org
☐ Check– Made out to The MHA          ☐ Credit Card— If you wish to donate by credit card, please call Desi at 724-775-4165