

# Good News



## from the Samaritan Counseling Center

Fall 2010

*Illuminating Minds. Impacting Lives.*

### STAFF

Marian Towers M.S., *Executive Director*  
 Rev. Roy Carter, Ph.D., LMFT,  
*Staff Therapist*  
 Margaret Hanson, LCSW-R,  
*Staff Therapist*  
 Lois Koston-Chojnacki, LCSW-R,  
*Staff Therapist*  
 Irene Manfredo, Ph.D., LCSW-R,  
*Staff Therapist*  
 Tricia Park, Ph.D., *Staff Psychologist*  
 Jan Prentice, LCSW-R, *Staff Therapist*  
 Janelle Smith, LCSW-R,  
*Staff Therapist*  
 Lori Little, B.S., *Office Manager*  
 Priscilla Waters, MBA,  
*Billing Receptionist*

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### MISSION STATEMENT

*The mission of the Samaritan Counseling Center is to empower the whole person using a spiritually sensitive approach to counseling, consultation and education.*

## From the Executive Director...

Did you know that psychological therapy has been found to be 32 times more cost effective at increasing a person's happiness than money? It's true. An e-article in ScienceDaily (Nov. 21, 2009) discusses a study published in the *Health Economics, Policy and Law Journal* (Nov 18, 2009) that found psychological therapy can be 32 times more cost effective at increasing happiness than sudden increases in income such as a pay raise or winning the lottery. Thousands of people participated in this study. The research showed that it would take a pay increase of over \$41,542 to achieve the well-being equivalent resulting from a four-month course of therapy valued at \$1,329. This study has a much broader implication when you consider not only the impact on one individual's well-being, but also the exponential impact on the community-at-large.

Chris Boyce, University of Warwick researcher, sums it up by saying, "Often the importance of money for improving our well-being and bringing greater

happiness is vastly over-valued in our societies. The benefits of having good mental health, on the other hand, are often not fully appreciated, and people do not realize the powerful effect that psychological therapy, such as non-directive counseling, can have on improving our well-being."

How does a person benefit from counseling? In general, counseling improves a person's overall mental health, having a better state of mind to more effectively cope with life's problems. Counseling can teach communication skills and provide tools for coping with and reducing stress. Counseling can help a person identify their goals and develop a plan to reach them. Counseling can help a person feel more connected to loved ones.

A Samaritan Counselor can help!

Marian Towers  
*Executive Director*



**Congratulations!** The Samaritan Counseling Center was awarded full national accreditation status by successfully meeting all standards of criteria as set forth by the Samaritan Institute in Denver, Colorado. The Center, now in its 27th year of service, is proud to be serving the communities of Broome, Tioga and Delaware Counties with offices in Endicott, Owego and Windsor.

**Board News:** Welcome Lana DeLos Santos, Dave Hanson, The Rev. Horace King and Matthew Zvolensky. Renewed members are Mary Chen, Louise Donohue and Missy Goetz. Farewell with thanks and appreciation to Junietta Brooks, Deana Hottenstein, Jack Pitkin and Mark Vallone.

*"At any moment I could start being more of the person I dream to be – but which moment should I choose?"*

– Ashley Brilliant

## Samaritan Counselors Do Make a Difference!

Representing the highest of four steadily increasing years, the Center provided nearly 3,700 hours of client counseling in 2009 (an increase of 11%) and served more than 350 new clients (15% more than last year). The Samaritan Counseling Center now has offices in Endicott, Owego and Windsor.



**Tricia Lynn Park, Ph.D.**  
Tricia is a Licensed Clinical Psychologist with a broad background of assessment, psychotherapy, and teaching experience. With a specialization in medical and health psychology, her areas of concern include (but are not limited to) weight, mood, and stress management

(including eating disorders), as well as coping with mental, physical, and emotional pain and illness. She is a strong advocate for the health and well being of the whole person—spirit, soul and body. She believes that by working together we can all greatly enhance the quality of life for individuals living in the Southern Tier.



**Irene T. Manfredo, Ph.D.**  
Irene has been a licensed clinical social worker for the past twenty-three years. Her focus has been in the areas of psychiatry and substance abuse practicing mainly in the Boston area. Irene has worked in a wide variety of treatment settings

with diverse populations. She recently received her Ph.D. in Social Welfare and has been engaged in externally funded research projects for several years. She has been actively committed to the training and professionalization of social workers throughout her career as a graduate student field supervisor and as an Adjunct Instructor in Social Welfare at the University at Albany. A native of Endicott, Irene has returned to the area and will continue her work here in the Southern Tier.

### NEED A SPEAKER?

Members of the Samaritan Counseling Center Staff are available to come and speak with your group. Please call 607-754-2660 or toll-free 1-877-825-0678 for more information.

## 2009 FINANCIAL INFORMATION

### 2009 Revenue

Counseling & Program Income	\$180,376
Grants & Restricted Donations	\$ 48,000
Donations	\$ 19,388
Fundraising Income	\$ 12,188
Investments	\$ 16,213

**Total Revenue** \$276,165

### 2009 Expenses

Program Expenses	\$230,716
General & Administrative	\$ 44,317
Fundraising Expense	\$ 976

**Total Expenses** \$276,009

**Our Ladies' Brunch held on May 8th was such a big success that we will be holding another one in 2011.**

**Check our website this Spring for details:**

**[www.SamaritanEndicott.com](http://www.SamaritanEndicott.com)**



*One of the many beautiful table settings*



*Patricia Clark as Eleanor Roosevelt*



*Tempting tea baskets for purchase*



*Vintage hats on display*



*Emcee Louise Donohue & Hat Model Rebecca Fetrow*



*Ivonne Yagley, Doll Winner*

# Thank You!

The Center Staff would like to Thank the following  
2009 Donors for their generous gifts & support.

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Foundation

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to \$4,999**

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\* Includes 2009 Bavarian Dinner Advertisers

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Tall Pines Golf  
The Bon-Ton  
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Tri-Cities Opera



## Thank You!

We would also like to  
acknowledge & send a  
special "Thank you" to

our volunteers:

- Pat Dutra
- Missy Goetz
- Jeannette Solan



## Creative Ways to Donate

Donate on our website using a secure  
connection to PayPal at  
[www.SamaritanEndicott.com](http://www.SamaritanEndicott.com).

Donate by credit card over the phone.  
Call 754-2660 or  
Toll-free 1-877-825-0678.

Mail or hand deliver your  
donation to:

Samaritan Counseling Center  
202 E. Main Street  
Endicott, NY 13760

**Make a gift in memory of an indi-  
vidual.** Provide the name of the per-  
son the gift is being made in memory  
of as well as a name/address and we'll  
send an acknowledgement.

**Make a gift in honor of an individu-  
al, family, or for a special organiza-  
tion or occasion.** Donate in lieu of a  
gift for someone for a holiday, birth-  
day, or anniversary. Provide the name  
of the person the gift is being made in  
honor of as well as a name/address and  
we'll send an acknowledgement.

**Remember us in your will.** You may  
do so by using the following wording:  
"I hereby give, devise and bequeath to  
The Samaritan Counseling Center of  
the Southern Tier, Inc., a not-for-profit  
corporation, with the present address  
of 202 East Main Street, Endicott, NY  
13760 and its successor, the greater  
of \$\_\_\_\_\_, or \_\_\_\_\_ percentage  
of my gross estate, to be used in such  
manner as determined by its  
trustees."

Declare Samaritan Counseling  
Center as a beneficiary on your Life  
Insurance Policy.



## WISH LIST

Air Conditioner  
Waiting Room Music CDs  
Electric Fan



Samaritan Counseling Center  
202 E. Main Street  
Endicott, NY 13760  
607-754-2660 • 1-877-825-0678  
www.SamaritanEndicott.com

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ADDRESS SERVICE REQUESTED

*Samaritan Counseling Center and Visions Federal Credit Union Present...*

## *Bavarian Dinner Buffet*

**Friday, October 29, 2010**  
**Doors Open at 6:30pm**

### **Roast Pork Dinner Buffet**

*Prepared by Küchemeister Karl Wokan with  
recipes from the Original Schnitzelbank Restaurant*



Held at

### **Our Lady of Good Counsel Church**

701 West Main Street, Endicott

**\$35 per person – Advance Tickets only**

**Call 607-754-2660 or 1-877-825-0678**

*Proceeds benefit The Samaritan Counseling Center • Supported by "Thrivent Financial for Lutherans"*