

# Good News

## from the Samaritan Counseling Center



Summer 2011

*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*

### BOARD OF DIRECTORS

Rev. Kenneth Wood, *President*  
Mary Chen, *Vice President*  
Matthew Zvolensky, *Treasurer*  
Shoba Agneshwar, *Secretary*  
Lana DeLos Santos  
Louise Donohue  
Neil Eldred  
Missy Goetz  
David Hanson  
Erik Jensen  
Rev. Horace King  
Helen Papastrat, M.D.  
Blenda Smith  
Donna Spearman

### 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...

Sometimes it seems that life just keeps getting more stressful with each passing day. The news is so negative. The cost of living keeps increasing. Jobs, for those who still have one, may be more demanding than ever. Stress and anxiety are major reasons why many clients come to Samaritan Counseling Center. Our counselors are trained to help people find ways to minimize or cope with stress.

A slide series entitled “10 Simple Ways to Relieve Stress” from Healthline.com – Connect to Better Health<sup>1</sup>, offers some simple suggestions for managing your stress.

- 1 Listen to Music**, especially relaxing classical music. Playing calm music has a positive effect on the brain and body, can lower blood pressure, and reduce cortisol, a hormone linked to stress.
- 2 Call a Friend**, and talk about your problems. Good relationships with friends and loved-ones are important to any healthy lifestyle. A reassuring voice, even for a minute, can help put everything in perspective.
- 3 Talk Yourself Through It**. If calling a friend is not an option, talking to yourself can be the next best thing. Don't worry about seeming crazy, just tell yourself why you're stressed out, what you have to do to complete the task at hand, and most importantly, that everything will be okay.

#### **4 Eat Right.**

Stress levels and a proper diet are closely related. Unfortunately, it's when



*Marian Towers, Executive Director*

we have the most work that we forget to eat well and, instead, resort to using sugary, fatty snack foods as a pick-me-up. Try to avoid the vending machine and plan ahead. Fruits and vegetables are always good, as is fish with high levels of omega-3 fatty acids, which have been shown to reduce the symptoms of stress. A tuna sandwich really is brain food.

- 5 Breathe Easy.** The advice “take a deep breath” may seem like a cliché, but it holds real truth when it comes to stress. For centuries, Buddhist monks have been conscious of deliberate breathing during meditation. For an easy three- to five-minute exercise, sit up in your chair with your feet flat on the floor and hands on top of your knees. Breathe in and out slowly and deeply, concentrating on your lungs as they expand fully in your chest. While shallow breathing causes stress, deep breathing oxygenates your blood, helps center your body, and clears your mind.

*Continued on page 2*

- 6 Laugh It Off.** Laughter releases endorphins that improve mood and decrease levels of the stress-causing hormones cortisol and adrenaline. Laughing tricks our nervous system into making us happy.
- 7 Try Tea.** While the Healthline staff relies on the stimulating effects of coffee as much as the next guy, it is important to note that caffeine increases blood pressure and causes your hypothalamic-pituitary-adrenal axis to go into overdrive. In other words, caffeine stresses you out. Instead of coffee or energy drinks, try green tea. It has less than half the caffeine of coffee and contains healthy antioxidants, as well as theanine—an amino acid that has a calming and soothing effect on the nervous system.
- 8 Be Mindful.** While most of the tips we've suggested provide immediate relief, there are also many lifestyle changes that can be more effective in the long run. The concept of "mindfulness" is a large part of meditative and somatic approaches to mental health and has become en vogue in psychotherapy. From yoga and tai chi to meditation and Pilates, these systems of mindfulness incorporate physical and mental exercises that prevent stress from becoming a problem in the first place. Try joining a class.
- 9 Exercise (Even For a Minute).** A short walk around the office or simply standing up to stretch during a break at work can offer immediate relief in a stressful situation. Getting your blood moving releases endorphins and can improve your mood almost instantaneously.
- 10 Sleep Better.** Everyone knows stress can cause you to lose sleep. Unfortunately, lack of sleep is also a key cause of stress. This vicious cycle causes the brain and body to get out of whack and only gets worse and worse with time. Make it a point to get the doctor-recommended seven to eight hours of sleep each night.

However, when stress and anxiety persist and you need a new perspective, remember, a Samaritan Counselor can help! Call today to set up an appointment or visit our website <http://www.SamaritanEndicott.com> and click on "Request an Appointment – Intake Form."

Marian Towers  
Executive Director

<sup>1</sup> Read more: <http://www.healthline.com/health-slideshow/10-ways-to-relieve-stress> Healthline.com – Connect to Better Health

## FINANCIAL INFORMATION

### Revenue – 2010

Counseling & Program Income	\$ 218,366
Donations	\$ 19,326
Grants and restricted donations	\$ 10,000
Fundraising Income	\$ 15,839
Investment Income	\$ 3,383
Total Revenue	\$ 266,914

### Expenses – 2010

Program Expenses	\$ 227,681
General & Administrative	\$ 54,787
Fundraising Expense	\$ 1,126
Total Expenses	\$ 283,594

### *A Prayer from the Internet...*

May today there be peace within.

May you trust that you are exactly where you are meant to be.

May you not forget the infinite possibilities that are born of faith in yourself and others.

May you use the gifts that you have received, and pass on the love that has been given to you.

May you be content with yourself just the way you are.

Let this knowledge settle into your bones, and allow your soul the freedom to sing, dance, praise and love. It is there for each and every one of us.



## 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.

# Caring, Comfortable, Confidential: A Samaritan Counselor Can Help!

Samaritan counselors with offices in Endicott, Owego and Windsor has provided over 3,700 hours of counseling sessions in 2010 and served 384 new clients—the highest numbers in the past five years.

Samaritan counselors are clinically trained licensed professionals. Spiritually sensitive, holistic counseling services are provided for individuals of all ages (children to seniors), couples, groups and families on a wide variety of mental health issues including but not limited to: Anger, Anxiety, Career, Depression, Grief & Loss, Marriage & Family, Stress, etc.

The Samaritan Counseling Center is a non-profit organization that has met the rigorous standards for national accreditation by the Samaritan Institute in Denver, Colorado. Our Center is part of a network with 470 Samaritan Center offices in 335 communities throughout the United States and Japan.

Most of our referrals come from clients' friends and families, but also from physicians, clergy, employers and other community agencies. Dr. Carl Clark, in an interview with National Council for Community Behavioral Healthcare states, "...People with mental illness die 25 years younger than people who don't have a mental illness, because of other health problems and lack of access to general healthcare."<sup>2</sup>

The Samaritan Counseling Center is deeply committed to providing affordable mental health counseling services. During the first six months of 2011, with sliding scale and discounts, we have saved our clients over \$26,000. Donations from individuals, churches, and businesses along with foundation support help make it possible for us to do this.

If you or someone you know needs someone to talk to, call us today. A Samaritan Counselor can help.

<sup>2</sup> Leadership on the Couch by Carl Clark, MD, CEO, Mental Health Center of Denver and First Vice Chair, National Council for Community Behavioral Healthcare Board of Directors, Interview by Meena Dayak, Nathan, Sprenger & Scott Truesdale – National Council, 2011, Issue 1.

## Meet Bridget Caletka



The Samaritan Counseling Center will offer no/low cost, time-limited counseling to low-income and uninsured clients of all ages, couples and families, now thru December, in our Windsor and Endicott offices. As a post-graduate student intern from Messiah College, Bridget Caletka will provide counseling services under the supervision of staff therapist Janelle Smith, LCSW-R. Bridget believes in the importance of the whole person and in maximizing the strengths, resources, and resilience clients already have. She is passionate about her work, her clients and her community. To schedule an appointment with Bridget call 607-655-2063, or for more information visit [www.SamaritanEndicott.com](http://www.SamaritanEndicott.com).

## Save the Date!

Our Bavarian Dinner will be held this year on Friday October 21 at Our Lady of Good Counsel Church on Main Street in Endicott. Tickets are \$30 per person, or reserve a Table for 10 for \$300. This includes a Dinner Buffet, Entertainment, and Silent Auction—look for some new and exciting packages this year! We hope you will join us for this really fun evening. Call for tickets today! [607-754-2660](tel:607-754-2660) or [1-877-825-0678](tel:1-877-825-0678). All proceeds benefit the Samaritan Counseling Center.



## Meet Dr. Irene Manfredo

Dr. Irene Manfredo, LCSW-R, with 23 years of counseling experience, has joined the staff of The Samaritan Counseling Center. Having worked in a variety of treatment settings with diverse populations, Dr. Manfredo has practiced mainly in the Boston area. A native of Endicott, she has returned and will continue her work here in the Southern Tier. She is available to assist adults dealing with issues such as depression, anger, anxiety, stress, grief, etc. For an appointment with Dr. Manfredo, call 607-754-2660 or visit [www.SamaritanEndicott.com](http://www.SamaritanEndicott.com). A Samaritan Counselor can help.

# Thank You!

The Center Staff would like to Thank the following  
2010 Donors for their generous gifts & support.

**GUARDIANS \$5,000 or More**  
The Conrad & Virginia Klee  
Foundation

**SAMARITANS  
\$1,000 to \$4,999**  
Ms. Mary Chen\*  
First Presbyterian Endicott  
Victor & Esther Rozen  
Foundation  
Thrivent Financial for  
Lutherans\*  
Rev. Dr. & Mrs. Paul Towers  
Visions Federal Credit Union\*

**BENEFACTORS  
\$500 to \$999**  
BAE Systems Controls  
Rev. Douglas Beattie &  
Linda Eichengreen\*  
Christ Episcopal Church  
First Baptist Endicott\*  
First Presbyterian Binghamton  
Mr. & Mrs. David Hanson  
HSBC Bank  
(Mr. Matthew Zvolensky)\*  
St. James Catholic Church,  
Johnson City  
Vestal United Methodist Church\*

**SPONSORS \$250 to \$499**  
Blessed Trinity Parish  
Mr. & Mrs. Frank Donohue  
First Presbyterian Union, Owego  
Mrs. Marie Foster  
High Street United Methodist  
Northminster Presbyterian  
Dr. Tricia Park  
Mr. & Mrs. Jack Pitkin  
Mr. & Mrs. John Solan  
Time Warner Cable  
Trinity Memorial Episcopal\*  
Mr. & Mrs. David Waters

**FRIENDS \$100 to \$249**  
Anonymous Donor  
Mr. & Mrs. Clyde Baker  
Bon-Ton Community Day  
Broome County Council  
of Churches\*  
Broome Obstetrics &  
Gynecology\*  
Carr Communications\*  
The Cider Mill\*  
Citizens Bank\*  
Coughlin & Gerhart\*  
Evans Mechanical\*  
Family Audiology\*  
Mr. & Mrs. Larry Goetz  
Mr. & Mrs. William Gonz\*

Holy Spirit Byzantine Church  
Mr. & Mrs. James Julian  
Mr. & Mrs. William Lane  
Levene Gouldin & Thompson\*  
Louis N. Picciano & Son  
Assemblywoman  
Donna Lupardo\*  
NBT Bank\*  
Nighthawk Janitorial  
(Mr. Charles Praefke)\*  
Jacob and Rose Olum  
Foundation  
Dr. Helen Papastrat  
St. Paul's Episcopal Church,  
Endicott  
Southern Tier Physical Therapy  
Associates\*  
Mr. Joseph Sullivan  
Mr. & Mrs. Kenneth Summers  
Dr. & Mrs. Duncan Sze-Tu  
Thomas, Collision,  
Meagher & Seiden  
Tioga State Bank\*  
Upstate Office Furniture\*  
Vieira & Associates, LLP\*  
VMR Electronics\*  
Rev. James Walck  
Walls Insurance Agency\*  
Rev. & Mrs. Kenneth Wood

**DONORS Under \$100**  
Mr. & Mrs. George Akel  
Ms. Jean Applegate  
Ms. Helen Card  
Ms. Barbara Checchia  
Mrs. Ruth Comfort  
Dc. & Mrs. Les Distin  
Ms. Rebecca Fetrow  
Mr. & Mrs. Ross Geoghegan  
Ms. Judith A. Giblin  
GoodSearch/GoodShop  
Ms. Sharon Gwin  
Ms. Charlotte Harrington  
Mr. & Mrs. Nicholas Holobosky  
Mr. & Mrs. Jere Hotchkiss  
Immanuel Presbyterian  
Mr. & Mrs. Martin Kelley  
Mr. & Mrs. Lawrence Kiley  
Rev. Dr. & Mrs. Horace B. King  
Mrs. Marie Kolb  
Mr. & Mrs. John LaShier  
Mr. David Mapes  
Mr. Harold Marold  
Mr. & Mrs. Thomas Marsh  
Ms. Marianne Myers  
Nichols United Methodist  
Women  
Nimmonsburg United Methodist  
Women  
North Fenton United Methodist

Women  
Mr. & Mrs. Charles Purdy  
Mr. Gary David Rein  
Ms. Patricia Roberts  
Ms. Monique Rumage  
Mr. Ronald Schiess  
Ms. Irene Siedlarczyk  
Mr. Ronald Siwiec  
Rev. Paul Slavetskas  
Ms. Blenda Smith  
Mrs. Donna Spearman  
Ms. Joan Toner  
Mr. Richard Ward  
Mr. & Mrs. Karl Wokan  
Mrs. Imogene Wright  
Mrs. Sharon Zandt

\* Includes 2010 Bavarian  
Dinner Advertisers, not ticket sales

**DONORS – In-Kind**  
Ms. Patricia Clark - Eleanor  
Roosevelt Presentation  
Rev. & Mrs. Paul Towers -  
Air Conditioner, Cart for  
Toys for Play Therapy, Pens  
Vieira & Associates  
(Mr. John Burtis) - antique  
table, bookcases, lamps,  
microwave cart  
Mr. Richard Ward - Book

**DONORS to 2010 Bavarian  
Dinner Auction, Food &  
Facility**  
The Cider Mill  
J & S Wine & Liquor  
Matthews Import Center  
NutBrothers Nutman  
Our Lady of Good Counsel  
Church  
Judy Parker  
Portobello Row  
Sodexo  
Rev. Kip & Anita Stratton  
Tri-Cities Opera  
Staff & Board Members

We would also like to  
acknowledge & send a  
special "Thank you" to  
our office volunteers:

- Pat Dutra
- Missy Goetz
- Monique Rumage
- Jeannette Solan

## How Can I Help?

Deeply committed to providing  
affordable mental health counseling  
services, The Samaritan Counseling  
Center during the first six months of  
2011, with sliding scale and discounts,  
has saved our clients over \$26,000.  
Your tax-deductible donation will help  
provide counseling for those with little  
or no insurance and allow Samaritan  
Counseling Center to continue its good  
work in our community.

Donate on our website using a secure  
connection to PayPal [www.SamaritanEndicott.com](http://www.SamaritanEndicott.com)  
and click on "Give a Gift / Donate."

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

Use the enclosed envelope to mail or hand  
deliver your donation to:  
Samaritan Counseling Center, 202 E. Main  
Street, Endicott, NY 13760

**Make a gift in memory of someone.**  
Provide the name of the person 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 someone – an  
individual, family, or for a special  
organization or occasion.** Donate  
in lieu of a gift for someone for a holiday,  
birthday, 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 the Samaritan Counseling  
Center 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  
non-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 of  
the Southern Tier, Inc. as a beneficiary  
on your Life Insurance Policy.**



# Meet the Writers Luncheon

Our Meet the Writers Luncheon was a huge success. Special Thanks to The M&T Charitable Foundation for sponsoring the event. Thank you to our speakers Laura Ponticello and Liz Cohen for their wonderful presentations, River Read Book Store, and to all the authors who came to sign books for our guests. Watch our website for news about a Spring Luncheon in 2012 with columnist Amy Dickinson.



*Authors Mary Pat Hyland & Liz Cohen*



*Deana Hottenstein (former Board member) with Author/Speaker Laura Ponticello*

Visit <http://apps.SamaritanEndicott.com/Gallery> for more photos of the event.

# E-News:

Do you prefer to receive this newsletter by mail or email? Do you wish to be removed from our mailing list? Do you have a change of address? Just let us know by calling or emailing and we will update our database.

607-754-2660  
1-877-825-0678  
SamaritanCounsel@stny.rr.com

## SCC on TV!

Have you seen our latest commercial on TV? Watch for us during Good Morning America from 7-9am on WIVT and on Dr. Oz from 7-8PM on WBGH!



## Wish List

- Waiting room music CDs
- Waiting room magazine subscriptions
- Laptops

## help wanted

Are you a Counselor with an LCSW-R? Are you a licensed Psychologist? Would you like to work in a comfortable environment with flexible hours? The Samaritan Counseling Center is seeking part to full time Counselors to work in Endicott, Owego and/or Windsor, NY. Spiritual values are important. Be part of a skilled and caring team. Send or email your resume and three references to: Marian Towers, Executive Director, Samaritan Counseling Center, 202 East Main Street, Endicott, NY 13760, [SamaritanCounsel@stny.rr.com](mailto:SamaritanCounsel@stny.rr.com).

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

*Illuminating Minds. Impacting Lives.*

ADDRESS SERVICE REQUESTED

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

## *Bavarian Dinner Buffet*

**Friday, October 21, 2011**

**Doors Open: 6:00pm – Dinner: 6:30 pm**

### **Roast Pork Dinner Buffet**

Prepared by Küchemeister Karl and Sara Wokan  
With Recipes from the Original Schnitzelbank Restaurant

### **Entertainment**

Charlene Thompson, Strolling Accordion  
Burt Mueller, String Guitar • Silent Auction!

Held at

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

701 West Main Street, Endicott • \$30 pp – Advance Tickets only

Proceeds Benefit

### **The Samaritan Counseling Center**

Call 607-754-2660 or Toll-free 1-877-825-0678

**Supported by "Thrivent Financial for Lutherans."**

