



scc **Compass** points



VOLUME 36, ISSUE 1

FALL 2010

- November is Family Care-giver's Month
- December is 'Season Depression Awareness Month'
- December is 'Drunk Drivers Awareness Month'
- December 1 is world AIDS day
- Hanukkah is from December 1 - 9
- December 25 is Christmas
- December 26 is Kwanzaa
- January 1 is New Years Day
- January 16 is Religious Freedom Day
- January 17 is Martin Luther King Jr. Day

The S.C.C. offices are closed on the following days:

December 24 & December 31 2010

FAMILY FOCUS

Have you ever wondered what you could do to help your neighbor? Did you know that the **Samaritan Counseling Center of Southwestern Michigan** is looking for churches, organizations or clubs to sponsor anonymous families for counseling?

With our new program called **Family Focus**, your church, organization, or club can help support a family in need of counseling for one month (or longer if you like). For a special Family Focus rate of \$300, you can provide an entire family a month of counseling support.

What is Family Focus? Family Focus is just that: Focusing on the family—mind, body, spirit, community.



DRIVERS LICENSE EVALUATIONS

The Samaritan Counseling Center now offers Drivers License Evaluations. To begin reinstatement services, please have call our office and make an appointment with counselor **Melanie Page-Wood**. She is a licensed professional counselor as well as an Internationally Certified Advance Addiction Counselor.

The cost for Drivers License

Evaluations is \$175.00, which includes 2 sessions and all written documentation for the recommendation. The total fee must be paid at the first session, or the client will not be seen. There are also certain documents that will be needed. To get a list of these documents, please contact us.

The Samaritan Counseling Center does not provide any lab

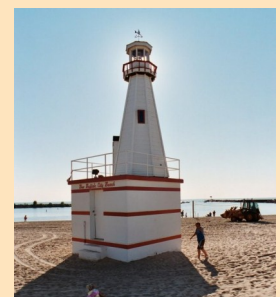
testing that may be required. If necessary, a list of companies that perform urine screening will be made available at the first appointment. If you have any questions regarding this service or other services the SCC has to offer, please feel free to contact our main office at 269.926.6199.

SATELLITE OFFICE IN NEW BUFFALO

We are happy to announce our newest satellite location in **New Buffalo, Michigan**.

Strategically placed to serve those in the New Buffalo and surrounding areas, it is located at 1615 East Buffalo Street in the Journey Lutheran Church of Harbor Country. We

opened in June of 2010 and offer counseling by appointment. There will be different addiction groups starting in the near future as well. **Melanie Page-Wood** will be the attending counselor and looks forward to serving our newest community.



Lighthouse and public beach, New Buffalo, Michigan July 2007

Two Wolves Inside Us: An Indian Legend

Inside each of us are two wolves fighting for control. One of them is scared and mean and has a hunger that can never be filled. It cares only about itself.



The other is brave and kind and shares whatever it has with others. It cares as much about the community as it does for itself. Which wolf will win in your life today?



Whichever one we feed the most.

“Be kind to one another.”

(Ephesians 4:32)

“Clothe yourselves with compassion, kindness, and humility (Colossians 3:12)



Milestone Anniversaries of 2010



Christy Plangger

has been with the Samaritan Counseling Center of Southwestern Michigan for 10 years as of the first week of November. She was hired in as a receptionist in late 2000 and was promoted to *Administrative Manager* in 2009. We want to congratulate and thank Christy for her many years of service and her dedication to professionalism.



Dr. Phil Sutton

has been with the Samaritan Counseling Center for 15 years. He has a Ph.D in Psychology and is the Supervising Psychologist of the S.C.C. Phil enjoys supervising our counselors and finds that each case's uniqueness has pushed the years by quickly. Congratulations Phil on 15 successful years!



Lue Burdick

has also been with the Samaritan Counseling Center for 15 years. She says that she has grown a lot spiritually from her time at the S.C.C. “Working here, I’ve been able to express myself more freely...” She loves writing columns for the local newspapers as well as counseling a “more mature audience.” Thank you Lue for your continued loyalty!

How to Deal with a Job Loss & Search

Most experts agree that the United States is now enduring its toughest economic climate since the Great Depression of 1929. Hand-in-hand with that grim outlook is the current job market. The national unemployment rate in October (2010) was 9.6 percent, down from 9.8 percent one year earlier (2009). “Losing a job is unquestionably a life-changing event, both practically and psychologically,” says Ed Colozzi, director of Career

Sue Pressman, who has a private consulting practice in Virginia and is the president-elect of NECA, says people who lose jobs often go through a cycle similar to the five stages of grief (denial/isolation, anger, bargaining, depression and acceptance) described by psychiatrist Elisabeth Kubler-Ross. According to Pressman, the effects of this grief cycle can include:



- Loss of identity
 - loss of a sense of control
 - loss of security and status
 - loss of a sense of belonging (no longer “belonging” to an organization)
 - self doubt
 - uncertainty about the future
- Job loss is unquestionably difficult, yet it is helpful for coun-

sors and clients alike to remember that times of struggle also tend to yield great internal growth. Many people think that there are “blessings in disguise” in the current financial crisis. For example, we may all find it imperative to develop better priorities and more clearly

define what is important in our lives versus what is unnecessary, while at the same time gaining a deeper appreciation of loving connections. From a financial perspective, more people may get into the habit of sharing, borrowing, reusing and creating rather than buying on first impulse. Also, people will not take things such as family for granted, and they will slow down and reflect on the things they missed before.

-Jenny Christenson in “Counseling Today”

Staff Counselor Jeanne Dunn Remembered



Jeanne W. Dunn, 60, of Stevensville, MI, died at her home August 21, 2010 after a long battle with cancer.

Jeanne was born on December 21, 1949 to James and Edith Wilson in Evansville, IN. On December 13, 1969 she married Ed Dunn in Evansville, IN.

She earned a Masters Degree in

Community Counseling from Andrews University. During her career she touched the lives of many people as a counselor, therapist, and caseworker at Samaritan Counseling Center, Andrews University, and as an associate of Dr. Harold Smith.

She was a volunteer for Breast Cancer Awareness, Planned Parenthood, Hospice at Home, and other community and charitable organizations. She is also the benefactor and sponsor for the Jeanne Dunn Scholarship Program For

Women in Transition through the Berrien Community Foundation.

She is survived by her husband Ed of Stevensville, MI; a son Ben of East Lansing, MI three sisters Linda K. (William) Brown of Evansville, IN, Donna M Murphy of Davis, IL, Deborah E. Klund of Rockford, IL; 6 nieces & nephews; 7 great nieces & nephews.

Memorials may be made to The Samaritan Counseling Center, 1850 Colfax Avenue Benton Harbor, MI. on Jeanne's behalf.



Enjoy the wisdom from the therapists of the Samaritan Counseling Center!

"Ask The Counselor"

A book containing a collection of our favorite newspaper advice columns written by current and former Samaritan Counseling Center therapists on: Anxiety, Depression, Divorce, Family Issues, Grief, Stress and more.



ONLY \$8.00

Only available at the Fairplain Office or call 269.926.6199



GOODSEARCH & GOODSHOP



Goodshop/Goodsearch Here's a new easy way to raise money for the **Samaritan Counseling Center**. Don't open your wallet; just open your search engine to www.GoodSearch.com. It is a new Yahoo-powered search engine that donates about a penny per search to the **Samaritan Counseling Center of Southwestern Michigan (Benton Harbor, MI)**. Once we are the charity you designate, use it just as you would any

search engine to get quality search results from Yahoo and watch the donations add up!

In addition, do all of your shopping through their online shopping mall, www.GoodShop.com, which donates up to 37% of each purchase to the Samaritan Counseling Center. You can shop at more than 900 top online retailers and pay the same price as you normally would, but a

donation goes to us. Just go to GoodSearch.com and GoodShop.com and be sure to enter **Samaritan Counseling Center of Southwestern Michigan (Benton Harbor, MI)** as the charity you want to support. Once you have selected us, we are saved as your charity of choice so there is no need to enter us every time. It is just that easy! And be sure to spread the

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info@samcounseling.org

▼ Satellite Offices

Wesley United Methodist Church
302 Cedar Street
Niles, MI 49120
269.683.7604

First Congregational Church
651 Phoenix
South Haven, MI 49090
269.637.6236

First Congregational Church
2001 Niles Avenue
St. Joseph, MI 49085
269.926.6199

Trinity Lutheran Church
619 Main Street
St. Joseph, MI 49085
269.926.6199

Stevensville United Methodist Church
5506 Ridge Road
Stevensville, MI 49127
269.926.6199

Journey Lutheran Church of Harbor Country
1615 E. Buffalo Street
(Hwy 12)
New Buffalo, MI 49117
269.926.6199

Check us out online!

“Like” us on Facebook, search “Samaritan Counseling Center—SW Michigan”

Phone:
269.926.6199

Email:
info@samcounseling.org

Website:
www.samcounseling.org

New Board Member Katherine Kasischke

Katherine Kasischke is a retired educator who is married with four children and five beautiful grandchildren.

Having lived in the area all of her life she is an alumna of Lake Michigan College, Western Michigan University and also attended Andrews University in their Masters program in education.

Her most recent community involvement starts with her advisory position on the board of North Berrien County Thrivent Financial for Lutherans, where she plans and implements all educational and social events. She is also a Creative Team member at the newly formed Mosaic Resale and Resource Center; where she helps with strategic planning, education and fundraising.

Having joined our board in the late fall, she hopes to bring assistance with fundraising and donations.

Her Interest includes traveling, gardening and her part time business, Designs by Katherine, where she creates florals for weddings.

Welcome Kathy!

Love and Logic Class Continues...

Once again, **Diane Kopp, LPC**, will facilitate this popular class beginning in mid-January. It will be held at the **Samaritan Counseling Center, 1850 Colfax Avenue, Benton Harbor, MI 49022.**

The class will be held weekly for six consecutive weeks.

The goals of this class will include understanding the impact that our primary family has on our parenting style, staying calm instead of being angry in stressful parenting situations, modeling and teaching character and responsibility, among many other topics.

For more information about this

class, please contact the **SCC** at **269.926.6199**



New to the Samaritan Counseling Center



This past September, **Sarah Fernandez** joined the SCC team to as an intern to help provide the best services possible to the residents of Benton Harbor and surrounding areas. She is currently a student at Andrews University seeking her Masters in Social Work degree and will graduate in the

summer of 2011.

As an intern, she wants to develop the skills necessary to someday work as a social worker and/or therapist. Sarah is originally from Boston, Massachusetts. She enjoys singing, cooking and spending time with friends and family. Welcome Sarah!

Jason Perry is the new Billing/Communications Specialist of the S.C.C. He comes to us from Ber-



rien Springs, Michigan where he has lived for 17 years. He is fluent in Spanish and is going to school for X-ray

Tech at Lake Michigan College. Currently he is heading up multiple projects such as creating a Facebook presence, updating the S.C.C. website, as well as chief editor of this newsletter.