

According to PLAN

Winter 2005
Volume 3, Issue 1

Planned Living Assistance Network of Central Texas, (512) 851-0901

Special Interest Articles

OCD Study (NIMH).
Monthly Consumer Socials.
Tuscan Gift Basket.

“Thank You”:
St. David’s
Healthcare
Partnership; &

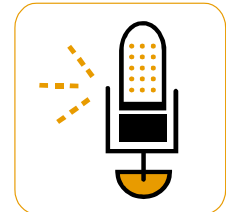
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President’s Message

-St. David’s Healthcare Partnership
-Seawell-Elam Foundation
-Eli Lilly Foundation
-Arnold Foundation
-LCRA Employees’ United Charities

All have helped PLAN of Central Texas to support adults with neurobiological brain disorders (mental illness).

PLAN is among 24 similar grassroots organizations throughout the U.S. whose members join together to address service inadequacies in our health-care system.

Our mission is five-fold:

1. **Encourage** long-term planning for **the care of family members now**, in order to establish a relationship with PLAN’s Care Managers;
2. **Assist** in efforts to apply for and to preserve eligible **governmental disability benefits**;
3. **Fill in for primary caregivers when no longer available**;
4. **Host** enriching **social and educational events** to break down the isolation of those individuals with chemical brain disorders;
5. **Provide referrals** to a network of professionals who can help.

Join PLAN for \$50 per family per year. First-time members receive a **FREE thirty minute case management session** (valued at \$45 per hour).

Consumer Socials; PLAN Consumer Rep

Individual Highlights

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All PLAN consumers are invited to our monthly socials, held each third weekend. Previous social events have included movies, visits to local bookstores, coffeehouses, cooking demonstrations, and lunches at restaurants such as Luby’s and the Waterloo Ice House.

On **Saturday, January 22, 2005**, we will have lunch at Luby’s located at the corner of Steck and MoPac, from 1:30pm to 3:30pm.

February’s Social will be held on **February 19, 2005**, at the Bob Bullock Museum from 2:00pm to 4pm. For more

information or questions about transportation and financial assistance for the Socials, contact **Laura Fine** at 301-4589.

From the desk of Sandy Englert, 2005 Consumer Rep

“PLAN’s 2004 membership meeting was a success. Everyone had a good time. The refreshments and hors d’oeuvres were very good. My father’s art was in the raffle. It was just beautiful. New people came to the meeting and I hope to see them again.

New Board members were elected. The Board members who served who served more than two years were awarded, by **Becky Lilljedahl**, President of PLAN, certificates, roses, and small gifts of appreciation for hard work.

Thank you Doris, for the use of the Club House at your apartment building.

To the new clients, hope to see you at the monthly PLAN social, and call **Laura Fine**.”

PLAN welcomes Sandy as Consumer Representative.





"PLAN supplements the caregiving by families today—and provides it tomorrow."

Out-going Officers 2004

Cecile DeWitt, Secretary
Jan DeWitt, Consumer Rep
Anita Garner, Treasurer

In-coming Officers 2005

Becky Lilljedahl, B.S., Pres.
Yvonne Hansen, Ed.D., VP
Rita Hornack, Treasurer
Doris Goewey, Secretary

In-coming Board Members 2005

Lisa Belli, B.A.
Betty Crawford
Sandy Englert, Consumer Rep
Anita Garner, CRC
Marcia Toprac, Ph.D.

Board Members Emeriti

Cecile DeWitt, Ph.D.
Robert Englert, J.D.

Thanks, Elton
PLAN Care Coordinator

From the desk of Cecile DeWitt: OCD

Having repeatedly been urged by various mental health publications to participate in the OCD study sponsored by the National Institute of Mental Health (NIMH), I felt compelled to sign up for the survey. With the help of PLAN, I received the documentation concerning the study, including the information about applying to become a volunteer.

I turned these documents over to my daughter, Jan, who generously agreed to call NIMH and sign up our family. I later received a package of 60 pages, requiring an

enormous amount of work; instructions to read before answering the questions, many with five multiple unclear choices; some to be answered on Scantron were often hard to read. Others required a narrative; repetitive questionnaires with slightly different twists, etc., etc.

Five members of our family have answered these questionnaires! (more or less completely).

I returned my questionnaires with comments to the Principal Investigator, suggesting to him that the

scientific value of the survey would be much better achieved with user-friendly questionnaires. I also pointed out to him that, to someone who has OCD, the questionnaires are an unbelievable nightmare. I urged him to prepare shorter and better questionnaires.

In spite of the amount of work involved, I encourage participation in this study because it gives to OCD the attention it deserves. There are still "priority populations", which do not include OCD in their list of mental illnesses.

From the desk of Jan DeWitt: OCD study

When my mother asked me to sign up our family for an OCD genetic study, I agreed readily, hoping it would help fight this disease which can be overwhelming, but I had no idea of the amount of work involved.

I called the number listed on the NIMH protocol (866-644-5363) and was referred to Mrs. Diane Kazuka. She was very informative and very patient with all my queries. She warned me that the survey included many questionnaires, a 3-hour telephone call, and a blood test. Partial answers and a

shorter-than-scheduled phone call were acceptable if the participant was unable or unwilling to assume a full participating. So far, so good.

But the reactions of the participating family members when they received their packets went from "totally outrageous," to my mother's "lets you and I do it together for mutual support." My mother and I had an enjoyable time working side-by-side on these questionnaires, poking fun at some of the questions, debating the meaning of others, and comparing our

answers. **Elton Woolsey, PLAN's Care Coordinator**, came to the rescue and spent three-and-a-half hours with me to help me through these questionnaires.

P.S. Participants in the study are paid as follows: \$50 for answering the questionnaire; \$25 for the telephone interview; and \$25 for the blood test (in addition to the fee paid to the laboratory drawing the blood).

Jan DeWitt, 2004 Consumer Rep, will continue to serve in an advisory capacity to the PLAN Board in 2005.

Seawell-Elam Foundation Grant

PLAN gratefully acknowledges the generous \$8,500 grant from Seawell-Elam Foundation, which funds PLAN's **Social Worker, Laura Fine**, and Community Education programs.

With this grant, PLAN hired **Social Worker, Laura Fine**, a vital asset to PLAN consumers. Welcome, Laura! We are so glad that you are now part of PLAN and are very grateful to you for all you do.

Austin Community Foundation Grant

The invaluable \$2,700 grant from ACF will be applied to Monthly Consumer Socials and Quarterly Member Socials, which will afford PLAN Consumers and Members an

opportunity to meet, and have fun in a supportive, caring environment. ACF's support will help to alleviate the social isolation often experienced by many Consumers who are without such resources.

PLAN members and donors in 2004-2005

Rita Anderson
Irmgard Arthur
Lisa Belli
Brown-Karhan Rehabilitation LLP
Ned and Martha Burns
Shirley Buvens
Stephen and Terry Casey
Patricia Cramer
Guy Hermann Campaign
Committee
Jean and Louis Demoll, Jr.
Cecile DeWitt
Jan DeWitt
Andrea E. Eggert, PharmD
Bradley Englert and Corliss
Hudson Englert
Christine and Stephen Englert
Robert Englert
Sandy Englert
Alice and Frank Fagan
Clyde Farrell
Kirby and Billie Dell Franks
Anita Garner
Regina Gilbreath
Doris Goewey
Elizabeth Goforth
Maria Hall

Yvonne Hansen
Maxine Harkenrider
Genevieve Hearon
Dr. Robert Pearl and Jane Hiatt
Bernadine Holland
Rita Hornak
Ollie Jensen
Ted and Marilyn Konigsmark
Becky Lilljedahl
Anthony and Lorraine Losciuto
Lott Construction
Stephen Low and Karen Kisko-
Low
James and Marjorie Maxfield
Dr. John and Suzanne Mc
Farlane
Celia Morgan
Eugene and Norma Mees
Mr and Mrs. E.V. Neimeyer Jr.
Knox Nunnally
Bob Ploger
Bea Reyes
Frank Rilling
John B. Roberts
Joni Sager
Jane and Randall Sarosdy
Bud Shoemaker

Kathryn Sinclair
Bill and Dody Spencer
George Spencer
Ed Summers
Sue Thomas
Richard and Jane Neth Thompson
Marica Toprac PhD
Lore Trawick
Robyn Turner
Renee E. Wardrum
Mike Wardrum
William Wardrum
Betty Wattinger
R. Bain and Linda Williams
Gilbert and Alice Witte
Dennis and Sandy Worley

Thanks to you, PLAN works.

Arnold Foundation - \$800
Austin Community Foundation Grant - \$2,700
Brown-Karhan Rehab - \$100
Randall's Good Neighbor Program - \$53.90 (#9302)
Seawell-Elam Foundation Grant - \$2,700
St. David's Healthcare Partnership - \$1,000

From the desk of Cecile DeWitt: "Our friend Dody"

PLAN has received a magnificent gift from the Spencer Charitable Fund. The etymology of "magnificent gift" is "a gift which enlarges; and indeed this unexpected windfall has already enlarged PLAN. A portion of the gift will be used to cover the services of **Liz Shelby, an experienced grant writer.** As I was going through sketchy notes for writing this note, I called up **Dody Spencer** for information on the **Spencer Charitable Fund**, its connection with the **Smith Barne Charitable Trust, Inc.**, that had sent the check, and the activities it supports. My notes read, "Wimberly Community Center", "Emily Ann Theater (Shakespeare for young people)", "Alzheimer's"....

I could hardly read my own notes, but they clearly suggested that the grantors knew the needs of their community and had the imagination to offer creative answers to the needs. However when I called **Dody**, she said that I did not have to write up a note for PLAN's newsletter. My "thank you" was enough. When **Anita** thanked her for supporting our cause, **Dody** said it was her cause also. Regardless of Dody's unassuming words, I wanted to share with PLAN's friends how much a local, imaginatively run foundation can accomplish - even when it is small compared to many other foundations. Dody has invited me to lunch, she will ask **Shirley Buvens** to join us. I look forward to this visit with our Wimberly friends.

PLAN's "Strategic Alliances" Initiative

PLAN's Board and volunteers have undertaken a strategic alliances initiative to create these mutually beneficial partnerships:

- Shared newsletter resources with **NAMI Austin**. PLAN inserted its informational flyer, "The Need For PLAN, into NAMI's January 2005 Newsletter;
- **Shoal Creek** and **ASH** will distribute PLAN information to hospital patients / families who may need our services;
- Proposal is pending with **Austin Travis County MHMR** as a collaborative partner in a grant application to be sent to the

Hogg Foundation for Mental Health. If the proposal is accepted and the grant is funded, **ATCMHMR** would contract with PLAN to provide services to referred clients;

- Planning is underway with **Texas Mental Health Consumers** to offer educational opportunities to PLAN consumers who will benefit from the excellent programs offered by **TMHC**; and **TMHC** will gain new consumer advocates;
- Jointly sponsored **educational seminars** with other mental health organizations.

-- Marcia Toprac, Ph.D.

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*PLAN supplements the
caregiving of families
today—
and provides it tomorrow.*

PLAN Works--

Individuals:

- o develop a budget
- o design a daily routine
- o monitor meds/ pick up prescriptions
- o shop for clothing or other items
- o arrange a skills assessment or job application
- o help locate sites for learning skills
- o arrange utilities

Families:

- o prepare an effective, individualized Care Plan
- o maintain contact with family, relatives
- o access Austin-Travis County MHMR services



We're on the Web!
Visit us at:
www.planctx.org

YES! Join PLAN of Central Texas today

PLAN is a 501c(3) nonprofit organization. Dues include membership in PLAN with subscriptions to this newsletter. Membership renewals are due at the Annual Meeting held in November.

____ I enclose my annual membership dues, \$50;

____ I enclose my lifetime membership dues, \$1000;

____ I enclose my donation of \$ _____;

____ Contact me: Name: _____

Address: _____

Phone: _____ Email _____

\$250 Tuscan Gift Basket for \$5 per ticket

The drawing to be held on **February 10, 2005**, is for a lovely **Tuscan Gift Basket**, of delectable, fresh **Italian pasta, focaccia, and a FREE Italian cooking session!**

This basket, valued at over **\$250**, could be yours! **Make your check payable to PLAN of Central Texas** for the total number of tickets you wish to purchase for \$5.00 for each ticket. Please write "**Tuscany**" on the memo line of your check. Thank You!

Check out our website for a picture of the **Tuscan basket**, at www.planctx.org! Or, write for more info at info@planctx.org.

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RANDALL'S # 9302

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PLAN cares for your loved one, today; and always.