



WHAT'S NEW?

- Samaritan's 55th Anniversary
- Renovated Space/Chapel
- New Staff & Board Members

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You're Invited to Our 55th Anniversary / Fund Raising Event at the Museum of Flight on Sunday, May 17



Samaritan Center of Puget Sound is celebrating its 55th anniversary with a special fund raising event at the Museum of Flight on May 17th. The event will include *free* admission to the museum anytime that day, a silent auction (viewing of items beginning at 4:00 pm), and a buffet London broil and salmon dinner catered by McCormick and Schmick's at 5:00 p.m., followed by a presentation by our guest speaker Sue Nixon titled:

"Our interconnection. Our choices. Our impact."

Sue Nixon, Founder and Principal at Ardent Sage, and jazz vocalist, *will tell her own story of a brush with death when her heart stopped on the morning of February 14, 2007.* Sue will speak to how the choices of three people that day saved her life and changed her perspective about our profound interconnection – the impact of being present and saying yes.

The money raised from this event will help to replenish the funds that provide counseling and services for those in significant financial need.

Please use the enclosed envelope to RSVP by May 8
Suggested minimum donation \$75.00 per person.
For more information and/or to RSVP, contact Mary Eaves Mitchell at MEavesMitchell@samaritanps.org or 206-527-2266 x117

Renovated Space at Green Lake Office!

Thank you Employees Community Fund of Boeing Puget Sound

As many of you are aware, in 2005 Samaritan Center was deeded the corner property at 564 NE Ravenna Boulevard by the Seattle Presbytery in which we received a 50-year old Christian education building and a 100 year-old Sanctuary. The Christian education building currently houses our administrative staff and 15 counseling offices. In 2010, Employees Community Fund (ECF) of Boeing Puget Sound awarded us a grant to paint the outside of the Sanctuary. In September 2014, ECF of Boeing Puget Sound generously awarded us a grant in the amount of \$34,900 to transform the inside of the sanctuary into a multipurpose building/community hall. The renovation which included flooring, painting, lighting, acoustical fitting, projection and sound systems, was completed in December 2014. The renovated space will allow us to hold training (for staff and community) and expand our services into education focused on stress reduction and nutrition - both critical components to physical and mental health wellness.



Clinical Staff

Kay Abramson, MS
Anna Anderson, MS, MEd
James Aultman, MSW
John Baumann, MDiv
Robert Erickson, MS
Beth Geense, MSW
March Gunderson, MDiv, MEd
Margaret (Peggy) Hansen, MS
Beth Hess, MS, MSW
Mark Houglum, PhD, MDiv
Douglas Johnson, MSW
Colleen Kelley, MC
Ron Kirstein, PhD, MDiv
Natividad Lamug, MA
Roger Lin, Psy.D., Th.M., MDiv
Joanna McGuire, MA
Caren Osborn, MA
Courtney Paine, MA
Pat Pedegana, MA
Matthew Percy, Psy.D.
Anne Perry, MA, EdD
Jim Ramsey, MA
Michael Rogers, MDiv, MA
Beverley Shrumm, MC
Gary Steeves, MEd
Eric Stroo, MA
Tita Subercaseaux, MS
Neal Teng, PhD
Deb Thomas, MS
David Wells, MDiv, MS
Liza Ziliak, MA

David Harrison, PhD, MD
Consulting Psychiatrist

Low Income Clinic Providers

Whitney Dibble, Beth Lenz,
Cora Lombardi, Leira Lugo,
Cheryl Retic

Mediation Team

Marty Hawkins, Michael Rogers,
Gary Steeves

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Rev. Wayne Albrecht, PhD
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Rev. Dr. Neal A. Kuyper 1918-2009
Founding Director 1960-1983

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James Marshall-Ward,
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Stephanie Pietras, CareTeams
Program Director
Michele Fritz, Marketing & Community
Relations Director
Gary Steeves, Coordinator
South King County
Kay Abramson, Low Fee Clinic
Coordinator
Eric Stroo, Professional Training
and Education Coordinator
Louise Witt, Accounting/Admin Supv
Mary Eaves Mitchell, Admin Asst
Gale Kennedy, Reception/Admin
Jesse Dobner, A/R & Billing
Mary Hanson-Spofford, A/R & Billing

Resource Center for Ministry

Anthony Robinson, Mary Denny,
Anne Perry, Mark Houglum,
Ron Kirstein, Beverley Shrumm

CareTeams Ministry

Stephanie Pietras
CareTeams Program Director

Message from CEO,

Beverley Shrumm



Samaritan Center of Puget Sound is one of seventy agencies affiliated with the Samaritan Institute.

The Samaritan Institute's mission is to help affiliated centers

provide counseling, education, and consultation which emphasize the interrelatedness of mind, body, spirit, and community. We are accredited through the Samaritan Institute, which entails our meeting standards about a range of things, including: our Board of Director's composition and function; staff and accountability; client service, and financial practices. I have participated for twelve years in a Leadership Consultation Group comprised of executive directors from other large centers around the country which has been an incredible source of support and resources for us.

I was also elected to the Samaritan Institute's National Board of Directors last spring, and am now the Chair-elect. This important board is engaged in a time of discernment and change and it is my privilege to be in this leadership role. I am grateful for the input, counsel and support of my colleagues and board members.

The main office of Samaritan Center of Puget Sound is located at 564 NE Ravenna Blvd, Seattle, WA 98115. We can be reached by calling 206-527-2266 in Seattle, 425-732-2678 on the Eastside or 253-981-6575 in South King County. More information about therapists, locations and programs can be found on our website at www.samaritanps.org.

New Employees:



Caren Osborn, MA

Caren Osborn, Licensed Marriage and Family Therapist, is a native of the Puget Sound area. She attended the University of Washington for her BA in Psychology and Pacific Lutheran University for her MA in MFT. She has worked with adolescents, families, couples, and individuals at Good Samaritan Behavioral Healthcare and the Child and Family Guidance Center, and is currently practicing in Federal Way out of St. Vincent Parish where she also attends. She has been married for 17 years and has an 11 year-old boy, a 9 year-old boy, and a 7 year-old girl. The family enjoys soccer, basketball, hiking, biking, and playing games. Caren enjoys cooking, reading, and the vibrant social life St. Vincent's parish has provided. She looks forward to the camaraderie that comes from having co-workers and the educational opportunities at Samaritan.

John Baumann comes to Samaritan with a background in parish ministry as a Pastoral Associate at a parish in Covington with responsibilities for a wide range of ministries, including pastoral care. He graduated from Seattle University with a Masters in Divinity in 1998. He returned to Seattle University and completed a Post-Masters Certificate in Pastoral Counseling in 2009. John has been on staff at Our Lady of Guadalupe Parish in West Seattle as a Pastoral Counselor for the past five years. John's clinical focus is primarily working with individuals and couples, though he has worked with teens as well. He holds therapy as a sacred journey and believes it is about discovering what is already within the client that can help with and sustain the healing process. His role, then, is to create a safe and sacred space for this to happen. A long time resident of Renton, he is a past president of the Rotary Club of Renton and active in other community efforts. Married for 32 years, he and his wife Marsha enjoy chasing a little white ball around a golf course. John looks forward to being part of the Samaritan team.



John Baumann, M.Div.

Courtney Paine is thrilled to be joining the Samaritan Center as a staff therapist. She has over ten years of experience working with individuals and families in a variety of settings, both in the United States and abroad. Courtney has her Masters Degree in Clinical Social Work from the University of Chicago and has been providing counseling to individuals and families in the Seattle area for the past three years. Courtney's area of clinical focus is working with adolescents, adults and couples. She is passionate about helping people reach a deeper understanding of who they are and how they engage with others. Outside of work, Courtney finds joy in traveling to new places, cooking delicious food, and reading good books.



Courtney Paine, MS

Sponsors and Auction Items NEEDED!

If you own or work for a company that would be able to act as a "sponsor" for our 2015 Spring Fundraising Event on May 17, please contact Mary Eaves Mitchell at 206-527-2266 ext. 117. Many of you know that if enough companies and/or individuals help sponsor an event, the organization holding the event has lower overhead costs and is able to raise more funds for their charity.

Last year's auction was a great success due to generous donations by many individuals/organizations. If you or your company is able to donate an auction item, please contact Stephanie Pietras at 206-527-2266, ext. 118.

INDIVIDUAL SECTION

What “NOT” to Say to Someone Struggling with Mental Illness

-By Michele Fritz, Director of Marketing & Community Relations

Good News - media has made us aware of many of the mental health issues faced by individuals, such as OCD, bi-polar disorder, ADHD - and the list goes on. But rarely are we made aware of things “NOT” to say to those grappling with mental illness. Often times, as individuals we want to help but are quick to say things that hurt instead of help.

According to clinical psychologist Ryan Howes, Ph.D. “The problems happen when people make statements that imply that mental illness is a sign of emotional weakness, it’s something that can be quickly overcome with some trite homespun advice or they minimize it as a minor issue you can just get over.”

Below are examples of what not to say:

1. **Get busy, and distract yourself.** “With significant mental illness, (distractions) won’t work, not even temporarily,” Howes says.
2. **Do you want to get better?** Saying this implies someone wants to remain sick and/or is too lazy to do what is needed to get better!
3. **Change your attitude.** Changing your attitude doesn’t “cure” conditions such as ADHD, bipolar disorder, PTSD, schizophrenia, etc.
4. **Stop focusing on the bad stuff, and just start living.**
5. **You have everything you need to get better.** This can sound like you’re saying the person isn’t trying hard enough. Besides he/she might not have what he/she needs to improve.
6. **You can snap out of it. Everyone feels this way sometimes.** Being sad isn’t always the same as going through the dark pit of depression that seems hopeless. And feeling anxious isn’t the same as having a panic attack
7. **Just pray about it.** It’s not that prayer isn’t powerful, but this advice can minimize a problem and ignore medical and psychological treatments available and even make someone feel like they are not being healed because they don’t have enough faith!
8. **Why can’t you work?** This just makes someone feel like a failure and question “what’s wrong with me?”
9. **You have the same illness as my _____.** This doesn’t mean you know everything about an illness or have experienced it first hand. Everyone’s feelings and symptoms aren’t the same.

Helpful Responses:

1. **Express sincere concern**
2. **Ask what you can do to help**
3. **Show your support (i.e. be willing or offer to talk, listen)**
4. **Ask if your friend/family member is getting the treatment that she/he wants and needs**
5. **Talk to them and treat them the same way as you did before.** Doing so let’s them know you still feel the same about them, you still have respect for them and your relationship is stable. After all, they’re the same person!
6. **Educate yourself about your friend/family members disorder**

Is it that Time of the Year You Feel SAD?

By Dr. Roger Lin

Some people experience a serious mood change when the seasons change. Officially called “seasonal affective disorder” (SAD), seasonal depression can leave people feeling low on energy, sleeping too much, and unable to function in their daily lives.

In most cases, signs of seasonal affective disorder appear during late fall or winter and go away during the sunnier days of spring and summer. However, some people with the opposite pattern have symptoms that begin in spring or summer. If you experience symptoms of depression around the same time each year, don't ignore it and think that you have to suffer through it on your own.

What causes seasonal affective disorder?

Our biological internal clocks, or *circadian rhythm*, shift when the sunlight patterns change with the seasons. *Serotonin* is a brain chemical (neurotransmitter) that affects mood. *Melatonin* is a sleep and mood-related hormone secreted by the pineal gland in the brain. The change in season can disrupt the balance of the body's level of melatonin and serotonin and can cause our biological clocks to be out of sync with our daily schedules.

What does seasonal affective disorder look like?

Depression: Feeling hopeless, worthless, guilty, or apathetic most of the day or nearly every day.

Anxiety: Tension, feeling agitated, the inability to tolerate stress.

Sleep problems: Oversleeping, difficulty staying awake during the day, disturbed sleep.

Lethargy: Having low energy, feeling of fatigue, and inability to carry out normal routines.

Overeating: Craving for starchy and sweet foods (comfort eating) resulting in weight gain.

Social problems: Irritability, attempts to avoid social contact.

Sexual problems: Loss of libido, decreased interest in physical contact.

What can I do to treat seasonal affective disorder?

Soak up the sun. Spend time outdoors during the day. Arrange your home and workplace to receive more sunlight. Even on cold or cloudy days, outdoor light can help.

Exercise regularly. Physical activity helps relieve stress and anxiety.

Relieve stress. Learn relaxation and coping skills and techniques to manage your stress better. Unmanaged stress can lead to unhealthy thoughts and behaviors.

Socialize. Spend time with people you enjoy being around.

Take a trip. Try to take winter vacations to sunny, warm locations if you have winter SAD, or to cooler locations if you have summer SAD.

Phototherapy or *bright light therapy*, mimics natural outdoor light. Talk with your therapist about the best product that is safe and effective for you.

Talk with a therapist. It is normal to have some days when you feel down. But if you feel down for days at a time and you can't get motivated to do activities you normally enjoy, counseling may help. This is especially important if your sleep patterns, weight, and appetite have changed significantly.



Dr. Roger Lin joined Samaritan last summer and is located in our Green Lake Office (Weds & Fri) and at Bellevue Presbyterian (Tues & Thurs). Prior to joining Samaritan, Roger served as both a pastor and psychologist. He graduated from Trinity Evangelical Divinity School (Deerfield, IL) with a Masters in Divinity and Masters in Theology and graduated from Wheaton College (IL) with a Doctorate in Psychology.

Couples/Family Section

Seizing the Family Moments

by Dave Wells - LMFT

One of the greatest needs I see in my work with couples and families is that of being able to be truly present with one another. There is irony in the fact that with all the devices that help us share information we still more than ever need to simply be 'in person' with those we love! Our families are our primary tutors for relationships, and I humbly offer some suggestions as a hopeful guide.

One of the things that lives in my memory of my father is the value he put on finding time together as a family. We would go for Sunday afternoon drives in the country, Saturday morning picnics in the mountains, or summer evening band concerts at Denver's City Park. Through the week, there were many evenings spent together watching the news, listening to the stereo playing, or an occasional game of checkers. I didn't necessarily feel grateful at the time, but dad was passing on to me something that he had received from his own parents. He told us how his family would gather around the living room radio and listen to President Roosevelt's Fireside Chats, big band music, radio plays, and, of course, updates on the progress of the war. Family time for my kids, over a half-century later, was a bit different but the principles remained in place - the value of being with those closest to you and growing as a family! Through games, read-aloud stories, and videos of fun movies, my wife and I passed on the tradition of family time we had received from our parents. Even family recipes became 'teaching moments' passed on to the next generation.

There is no 'one size fits all' when it comes to having a healthy family time together. Our family was far from the Norman Rockwell ideal. Still, it may be worthwhile to mention a few 'treasures' from our own experiences.

The Book of Virtues and **The Moral Compass**. . . These large volumes of stories and poems were compiled by William Bennett (former Secretary of Education under President Reagan). In the first book, each chapter moves through age-appropriate items, from youth to adult. Both books are storehouses of classic, beloved literature, teaching values and morals and great for reading out loud or personal pleasure and growth.

Family Movies. . . The web has numerous sites that have reviewed or categorized outstanding family movies from old to new. Try www.rottentomatoes.com (Top 100 Kids and Family Movies), or www.timeout.com (The 50 Best Kids Movies to Watch as a Family). These are usually available for a minimal fee online. They may also be found for lending through your nearby library.

Games. . . I often recommend to parents the game of *Memory*. This simple, play-anywhere game uses 25 pairs of palm-size cards with pictures on only one side. Our cards had Disney cartoon characters on them. Our kids, not much past being toddlers, delighted in beating their parents! In later years we were introduced to the board-game *Settlers of Catan*. Called "the board game of our time" (Washington Post), the goal of building settlements and civilization is refreshingly different from the violence and destruction of so many other games. After our girls left for college we loaned ours to friends and now hear it's their kids favorite!

Michael Popkin, in his textbook, *Active Parenting of Teens*, ends every chapter with a homework assignment called "Family Enrichment Activity." Shared time together is the common thread through which all skills go, be it discipline, communication, or values and integrity. This world and our age will continue to grow via amazing, mind-bending inventions and devices which can make our lives richer and more productive. Of course, what is new now may eventually become the equivalent of my dad's old radio. But what is timeless is the need for families to find and seize those opportunities to be together.

Spring Classes/Seminars

(to register or learn more go to www.samaritanps.org)

Pastoral Mentoring Group

This group meets the second Wednesday of the month from 10:00 a.m. to 1:00 p.m. starting this Fall. The group will be led by Pastor Paul E. Hoffman and will meet at our main office near Green Lake.

Paul was the former Lead Pastor of Phinney Ridge Lutheran Church in Seattle (1996-2013) and is a nationally recognized keynoter, workshop leader, preacher and teacher.

Some of the topics for the group will include:

- Planning for a Faithful Parish Lenten Season
- Sermon Seminar
- Making the Most of Time
- What's at the Center?
- A Primer on Parish Outreach and Mission
- Doing More with Less
The Wonder of Liturgical Planning

Mindfulness Based Stress Reduction

MBSR classes will also be offered in the spring when it will again be led by Janice Sack-Ory, MSN. It will meet at the Green Lake office on eight consecutive Wednesday evenings, **from 6:30 p.m. to 9:00 p.m., beginning March 18 through May 6** The all-day Class Retreat for the spring series will be held on Saturday, April 18.



Marriage Preparation "One Day" Seminars

Choose from one of two dates, **April 18 or October 13**. Both classes are held from 9:00 a.m. to 3:00 p.m. and will be led by Deb Thomas at Bellevue Presbyterian Church. To register or learn more, visit our website at www.samaritanps.org.

Divorce Lifeline Group

Anyone going through a divorce, separation or ending a relationship knows that it's a time when people need understanding, support and a way to develop coping skills that will make everyday life more manageable and the future more hopeful. A small group provides a safe place where individuals can work through their feelings of loss, anger and grief and – at the same time – develop skills that will help them move through the painful transitions.

Meetings will take place in our main office near Green Lake in Seattle on Tuesday evenings (for 10 weeks) **from 7:00 p.m. to 8:30 p.m.** For more information and an intake interview please contact Rob Erickson at 206-527-2266, ext. 370.

**Group ongoing throughout the year.*



EFT (Emotionally Focused Therapy) Training: Professional Training for Therapists

Trainers Veronica Kallos-Lilly, PhD, RPsych, and Yolanda von Hockauf, M.Ed, RMFT, will be conducting **EFT First Course (Externship*)**, a four-day class on Fridays and Saturdays, May 1 & 2 and May 29 & 30 from 8:30 a.m. to 5:00 p.m. at the Ravenna Office in Seattle.

Total cost is \$845.00 (for all four days). To learn more and/or register visit our website at www.samaritanps.org. ***This course is a prerequisite for the Advanced Core Skills Class.**

Other Training for Therapists

Class: "Your turn for care: Surviving the aging and death of perpetrators in your family" presented by Laura Brown, Ph.D.

Date: Tuesday, April 7

Time: 10:00 a.m. to 12:15 p.m.

CEUs: 2

Cost: \$30.00 payable at event.

Register by calling 206-527-2266 ext. 117 or emailing registrar@samaritanps.org.

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What are CareTeams?

CareTeams is a Samaritan Center program that is made up of volunteers who provide emotional, practical and spiritual support for individuals and families living with HIV/AIDS. Why is the program needed? The answer is simple. There are isolated individuals in our community who greatly benefit from a helping hand and the caring presence of others.

CareTeams is a volunteer-driven program, with one staff person providing support to 27 CarePartners as well as 94 volunteers. Our volunteers become interwoven into the lives of our CarePartners, who create and nurture true relationships. Fred Rogers a former Methodist Minister and creator of Mister Rogers Neighborhood defines best one of the emotions our volunteers feel when he said, *“Love isn’t a state of perfect caring. It is an active noun like struggle. To love someone is to strive to accept that person exactly in the way he or she is, right here, right now.”* Is it challenging at times, yes. Is it sad at times, yes. But the joy, strength and what we learn from our CarePartners cannot be put into words.
It’s love at its best!

How Can You Become Part of a CareTeam?

Our Spring CareTeams Volunteer Training is being held **Saturday, May 9th** from 8:45 am to 5:00 pm at the Samaritan Center Ravenna office. Volunteers are needed throughout King County, but especially in south King County. As our CarePartners are being forced out of Capitol Hill by rising rents, they are finding housing further from their support services and medical providers. This leads to further isolation and loneliness, and transportation concerns. We have CarePartners in Tukwila, Burien, Renton, West Seattle and as far south as Federal Way who need someone with a kind heart who is able to provide non-judgmental support.

If you are interested in volunteering, or are part of a faith community or civic group wishing to learn more, please contact Stephanie at spietras@samaritanps.org or 206-957-4697. *Help us change lives!*