

Good News



from the Samaritan Counseling Center

Fall 2008

Illuminating Minds. Impacting Lives.

STAFF

Marian Towers M.S., *Executive Director*

Rev. Roy Carter, PhD, *Staff Therapist*

Margaret Hanson, LCSW-R,

Staff Therapist

Lois Koston-Chojnacki, LCSW-R,

Staff Therapist

Jan Prentice, LCSW, *Staff Therapist*

David Preston, LCSW-R, *Staff Therapist*

Matthew Scott, *Intern*

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...

Since joining the staff last year, I have been asked quite a number of times this one question, "What do you do there at the Samaritan Counseling Center?" At first the answer might seem obvious but the real answer is much more complex.

During this past year it was important to build a cohesive team where each member had a role in developing the answer to this question and in carrying it out. "What do we do here?" This was the basis for several staff planning sessions, one of which was to revise our mission statement. Enlisting the support and approval of the Board of Directors, we have adopted this statement as the basic answer to that question.

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

We also developed an inspiring new tag line: ***"Illuminating Minds. Impacting Lives."*** Ultimately, that is our goal, to make an impact on someone's life by helping that person understand what is needed and receive the tools to make the necessary changes in order to live a better life. But, more specifically, how do we go about doing that?

Counseling: We provide counseling for individuals, couples, families and groups on a wide variety of



issues such as: Addictions, Anxiety, Depression, Grief & Loss, Family, Marriage & Parenting and Stress Management. Invariably, we are asked about counseling fees. We do have an established fee for service reimbursable by many health insurance plans. For those who are without insurance we offer a sliding scale based on family income.

Consultation: We find it helpful at times to consult with physicians and/or psychiatrists in order to provide high quality counseling services. We do not prescribe medication but are able to refer clients to someone who can. Because of our unique perspective into the emotional life and health of individuals, we are also qualified to assist teams and organizations. We consult on team building and problem resolution for businesses, churches, and other organizations.

Education: We believe in education. Education is what inspires and teaches us both as human beings and professionals. We provide

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Celebrating 25 Years! 1983-2008

continued from page 1

information as a tool and resource for clients, churches, corporations, and the general public on topics including: Anger Management, Conflict Resolution, Communication, Healthy Lifestyle Choices, Leadership, Marriage Enrichment, Meditation & Prayer, Parenting, and Team Building. We offer relevant educational programs to inspire and motivate those who are interested to learn, to challenge, to grow.

Samaritan counselors use a spiritually sensitive approach to treat the whole person—body, mind, spirit and community. We are not merely physical beings. We do not all think alike. We do not react to things in the same way. Two people may share an event but not experience it the same. Each of us has a different threshold for pain (physical, mental and emotional), different philosophies and opinions, and varying life experiences that are part of who we are as individuals. Being spiritually sensitive allows a counselor to respond to each individual client as a whole person—emotionally, spiritually, and cognitively in relationship to their own community, that is, their family, friends, faith group, and even their counselor. Faith is a powerful resource for helping a person live a better life.

We are truly grateful to have the privilege of carrying out such a mission. We appreciate all of you who support us in what we do here at the Samaritan Counseling Center. Thank you for your support.

Marian Towers
Executive Director



WHAT'S NEW?

New Board Members

We are pleased to introduce our newest members of the Samaritan Counseling Center's Board of Directors:

Deacon Ed Blaine is the Executive Director for CHOW

Rev. Susanna DesMarais is the Rector of St. Paul's Episcopal Church in Endicott

Louise Middleton is Case Manager at the Broome County Urban League

Donna Spearman is Family Care Home Liaison in the Social Work Department at Broome Regional Center

Welcome to each of you. Thank you for your interest in the ministry of Samaritan Counseling Center.

New Staff Member

David Charles Preston - Staff Therapist
LCSW-R (Licensed Clinical Social Worker)
M.S.W., Marywood University

David received a Master of Social Work Degree in 1996 from Marywood College School of Social Work in Scranton Pennsylvania and was first

registered as a Social Worker with New York State in August of 1996.

David brings a wide variety of counseling and psychotherapy experience with children and adults of all ages from several clinical settings. He has had experience with clients needing varying degrees of emotional support in inpatient and outpatient settings. David is a "down to earth therapist" who prides himself on using spiritually based, straightforward therapeutic approaches.



New Intern

Matthew Scott, our newest Intern, has been in the field of counseling for five years.

He received his Bachelor's degree from Liberty University in Lynchburg, VA majoring in Psychology with a concentration in child and adolescent development. He is currently working on a Master's degree in Marriage and Family Therapy from Liberty University which will be completed Spring 2009. Matt enjoys working with a variety of different clients but specializes in working with children.

New Source of Donations

Samaritan Counseling Center is now part of **GoodSearch** where every search you make gives us a penny donation, and shopping through **GoodShop** also contributes funds to SCC. Please use the link from our website www.samaritanendicott.com (home or donation page) or select "**Samaritan Counseling Center - the Southern Tier (Endicott, NY)**" as your designated location. You can also easily add GoodSearch to your Internet Explorer Search Bar by following the instructions at www.goodsearch.com. Thank you! Every little bit helps.

Practicing the Presence of God - Spiritual

Direction for Clergy Thursday, October 23, 2008, 8:30-11:30am

The ever-growing interest in spirituality points to something missing in the lives of many of us who have been called to ordained ministry. This missing part can best be described as a lack of spiritual grounding. Ministry without spiritual grounding can lead to a disconnect between one's faith and life, a tendency to become merely a technician of the Holy, a loss of a sense of

vocation, and even contribute to burnout. A critically important part of retrieving such spiritual grounding is engaging regular silent or contemplative prayer, also called "practicing the presence of God", either by oneself or in the company of colleagues. The aim of this workshop is to strengthen one's spiritual walk by engaging in this ancient Christian practice.



Presenter: The Rev. A. J. (Han) van den Blink, Ph.D., Professor Emeritus of Ascetical and Pastoral Theology, Bexley Hall Episcopal Seminary; Psychologist and Pastoral Counselor; Trained in Spiritual Direction at the Shalem Institute for Spiritual Formation; Diplomate of the American Association of Pastoral Counselors; Clinical Member and Approved Supervisor of the American Association for Marriage and Family Therapy.

This workshop will be held at Our Saviour Lutheran Church located at 731 Hooper Road in Endwell. The cost is \$30 per person and includes workshop materials, buffet breakfast, snacks & beverages. Contact Samaritan Counseling Center to register.

SPECIAL THANKS to CHOPYAK SCHEIDER FUNERAL HOME, INC. (607-797-4612) located at 326 Prospect Street in Binghamton (www.Chopyak-Scheider.com) for partially underwriting this clergy workshop.

Making Peace With Your Money

Thursday, November 6, 2008, 6:30-9:00pm

Do you worry about money? How would you like to make peace with your money? This is NOT your typical financial seminar. This program will present the basics of managing money and creating wealth. The emphasis is on setting reasonable financial goals and the process of attaining them, combining the creative and the spiritual to teach the concepts of financial health and the path to abundance. The seminar will be held at the Union Presbyterian Church (next door to the Samaritan Counseling Center). Refreshments served at 6:30pm and the seminar begins at 7:00pm.

***REFUND POLICY:** Refunds are provided when the center cancels a program or if a refund is requested prior to the first session.*

Cost is \$20.00 per person or \$30 for two people when you register together. Proceeds will benefit Samaritan Counseling Center.

SPECIAL THANKS to ROSE CLAUDIA of EDWARD JONES located at 300 Main Street in Vestal (607-429-0055) for donating her services as our Presenter for this program.

New Owego Office

We are very pleased to make counseling services available in Tioga County. Our Owego office is located on the second floor of Wesley House at the Owego United Methodist Church on Main Street. We have a new toll free number to make it very easy to contact our central office for an appointment or information.

TOLL FREE 1-877-825-0678



Samaritan Counseling Center's First **EASTER EGG HUNT!**



Easter Bunny is honored to appear with our volunteer Girl Scouts who helped us get ready for this big event: Gwyneth Gleason, Maddy Collier, Jessica Duff, and Kristen Garrison



Easter Bunny meets Lois Koston, Samaritan Counselor



Jan Prentice, Samaritan Counselor, placing an Easter bonnet on the Easter Bunny



Easter Greetings!



What are these board members up to now? Jun Brooks, Sara Wokan & Missy Goetz



We Love a Parade!

Blessed with beautiful weather and good attendance, our very first Easter Egg Hunt was held in Mersereau Park. The sun was shining but a visit from the Easter Bunny brightened our day still more; and, although it was a bit chilly, hot chocolate warmed our hands and tummies as the smiles and sounds of laughter warmed our hearts. Many volunteers helped to make this event possible but we want to especially thank Jan Prentice, Counselor, for leading the team effort with greatly appreciated assistance from Michele Fischer of Holy Nativity Lutheran Church and Jan Kelley of Union Presbyterian Church.

Silent Samaritans



Louise Donohue gave a hands-on demonstration about *The Art and History of Tea* at our first **Holiday Tea** to honor our Silent Samaritans. The quiet generosity of Silent Samaritans, individuals who donate \$100 or

more, helps subsidize the cost of mental health services for people who are either uninsured or underinsured.

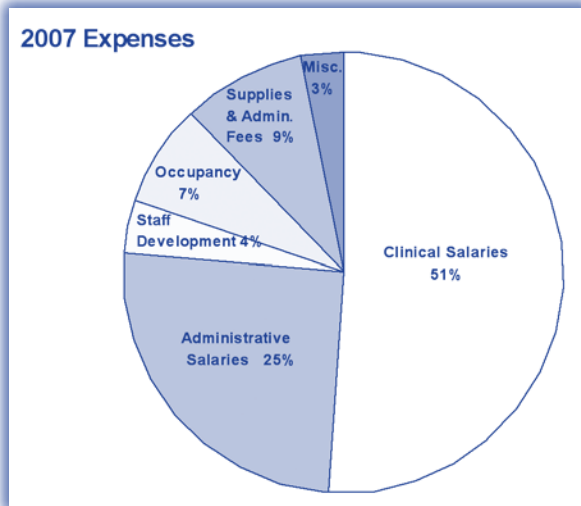
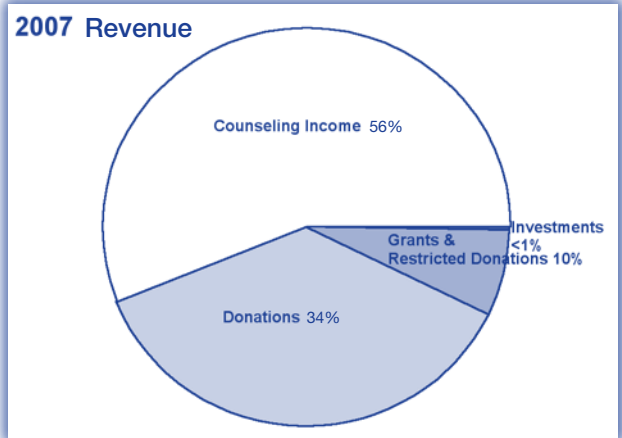


To celebrate **May is Mental Health Month** we found new homes for all of these bears! Each went into a mental health gift basket and was given out as prizes in Broome and Tioga Counties.

2007 FINANCIAL INFORMATION

2007 Revenue

Counseling Fee Income	\$157,257
Grants & Restricted Donations	94,530
Donations	28,402
Interest Income	514
Total Revenue	\$280,703



2007 Expenses

Clinical Salaries, Taxes & Benefits	\$115,669
Administrative Salaries, Taxes & Benefits	57,460
Supplies, Admin. & Professional Fees	20,416
Occupancy	16,901
Staff Development	8,997
Miscellaneous (Depreciation & Bad Debt)	7,165
Total Expenses	\$226,608

United Way Day of Caring September 11, 2008

Each year the United Way of Broome County organizes an event that showcases not only the talent within our community but also the generous spirit of sharing that allows such talent to be focused on helping others. This is **United Way Day of Caring**. This year two teams of employees from United Medical Associates in Endicott spent time scraping off wallpaper in our stairwell and hallway. It was such a unpleasant job, that when we posted the project we wondered, "Who could possibly want to come and work on this?" With a thoughtful smile, one of the team members responded, "It's somehow strangely satisfying." Despite all the talking, the fun and the laughter they managed to get the job done! They were rewarded with pizza and brownies. Of course, they'll have to come back when it's all primed and painted to see the finished results. They did a great job and we are very grateful!



*Thanks to UMA and the United Way
For such a wonderful Day of Caring!*

The Center Staff would like to Thank the following 2007 Donors.

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The Conrad & Virginia Klee Foundation
Presbytery of Susquehanna Valley

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First Baptist Endicott*
First Presbyterian Endicott
First United Methodist - Oneonta
Hoyt Foundation
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*Includes 2007 Capers Support (cash and ads).



Thank You!

Thank you for your kind and generous support over the past 25 years. Your gifts have helped us to provide counseling and education services for many of your neighbors and friends.



2007 Clergy Capers Silent Auction Donors

All State Insurance, Tim Lounsbury
Anthony Brunelli
Aria on the Avenue
Becky Cooper
Best Bagels in Town
Cider Mill Playhouse
Conti Jewelers
Donoli's Restaurant
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Fred Hottenstein, Figure Skating Instructor
Hank's Shoe Service
Jack Pitkin
Lee's Glass & Mirrors - David Browne
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Marian Towers
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PayChex – Karla Chapman
Priscilla Waters
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Sara & Karl Wokan
Samaritan Center Office Personnel
Sharon D. Cressinger Studio
The Cellar Restaurant in Riverow
The Rose Garden Tea Room
Tri-Cities Opera

The Center Staff would like to Thank the following Donors for their generous gifts & support throughout 2008 in support of our 25th Anniversary. This list includes donations up to September 1, 2008.

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The Conrad & Virginia Klee Foundation

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Bernice Gould Foundation
Mr. & Mrs. David Hanson
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Rev. & Mrs. Paul Towers

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Broome Co. Community Charities
Ms. Mary Chen
Chopyak Scheider Funeral Home
Endwell United Methodist Church
Paul & Adele Everett
First Baptist Endicott
First Presbyterian Church - J.C.
First Presbyterian Endicott
Mrs. Marie Foster
Hyde Charitable Trust
Northminster Presbyterian
Our Lady of Sorrows RCC
Victor & Esther Rozen Foundation
St. James Catholic Church.- J.C.*
Mr. Robert Thomas
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Visions Federal Credit Union
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Mr. & Mrs. Michael Schafer
Rev. James Serowik
Ms. Blenda Smith
Ms. Donna Spearman
Ms. Shirley Tiffany
Ms. Joan Toner
Rev. James Walck
Mr. Sherwood Walls
Mr. & Mrs. Karl Wokan

Thanks to all volunteers and everyone who has helped out the Center over the past year.

**Includes 2007 Capers Support (cash and ads).*

IN-KIND DONATIONS - Thank You!

BAE for their kind and generous donation of ten laptop computers and to the United Way of Broome County for providing technical assistance in changing over.

Upstate Office Furniture for donating a lovely upholstered chair.

Paul & Marian Towers for their donation of a leather love seat and two chairs.

2007 GRANTS - Thank You!

The Klee Foundation provided \$12,500 towards the operating budget.

The First Baptist Church of Endicott provided \$2000 for the purchase of new waiting room furniture.

The M&T Foundation provided \$1000 in startup funds to hire a new counselor.

2008 GRANTS - Thank You!

The Klee Foundation provided \$12,500 towards the operating budget.

The Bernice Gould Memorial Fund from St. Paul's Episcopal Church of Endicott provided \$2000 to purchase office equipment including software, projector, printer, scanner, and camera.

The Hyde Charitable Trust provided \$953 to purchase a fireproof filing cabinet and copier for our Owego office.

CAPERS 2008

Please Note: The Board of Directors has taken a break from Capers in 2008 in order to plan something bigger and better for 2009. Details will be posted on our website: www.samaritanendicott.com

If you have been a Capers supporter in the past, please consider using the enclosed envelope to make a donation in lieu of advertising, tickets, etc. Your support is greatly appreciated. Thank you.

Samaritan Counseling Center
202 E. Main Street • Endicott, NY 13760
PHONE: (607) 754-2660 FAX: (607) 754-0769
1-877-825-0678
www.samaritanendicott.com

ADDRESS SERVICE REQUESTED

HELP WANTED

The Samaritan Counseling Center is seeking part to full time therapists to work in Endicott, Owego and (starting in January 2009) Windsor. Qualifications include a NY Licensed Clinical Social Worker (LCSW) with (or soon to have) "R" number. Spiritual values are important. Therapist(s) will be part of a skilled and caring team.

Send your resume and three references to:
Marian Towers, Executive Director
Samaritan Counseling Center
202 East Main Street
Endicott, NY 13760

Phone: 607-754-2660 Toll Free: 1-877-825-0678
Fax: 607-754-0769
E-mail: samaritancounsel@stny.rr.com
Visit: www.samaritanendicott.com

WISH LIST

Dehumidifier
Dust buster (hand vacuum)
Electric Typewriter
Floor lamp – halogen light
Microwave
Multi-disc CD player
Wood Toy Chest (small-medium)



NEED A SPEAKER?

Members of the Samaritan Counseling Center Staff are available to come and speak with your group. Please call 754-2660 for more information.

Would you prefer to receive this newsletter via email? If so, please email samaritancounsel@stny.rr.com and include your name and/or organization and we will update our records. If you need to be removed from our mailing list, please email or call with your name and address, and we will remove you.