



# Helping Hand e-Newsletter

*a quarterly publication of HelpLine of Delaware and Morrow Counties, Inc. || Fall 2012*



## HelpLine Continues to Meet Fundamental Needs in the Community!

On Tuesday, September 25, HelpLine hosted their 2012 Annual Meeting at the Council for Older Adults in Delaware. The successful event had a record turn-out and gave a big picture view of the many things HelpLine impacts in Delaware and Morrow Counties.

To read the full 2012 annual report visit: [www.helplinedelmor.org](http://www.helplinedelmor.org).

[Read More...](#)



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## REGISTER TODAY for Make a Difference Day 2012!

Make a Difference Day Ohio provides Ohioans the opportunity to gather together one day a year and help their community. Every day, good people are experiencing homelessness, hunger, and disease. Local parks and schools need ongoing maintenance and upkeep. Some of our older adult neighbors can't do things like rake or weed anymore, they need assistance. Our community needs all of us to help keep it clean, beautiful, and at its best!

Connections Make a Difference Day Ohio is October 27, 2012 - register online at [www.connectionsvolunteercenter.org](http://www.connectionsvolunteercenter.org).

[Read More...](#)

## 2nd Annual Suicide Prevention Walk

On September 8th, HelpLine hosted the 2nd Annual Suicide Prevention Walk. The one-mile walk through historic downtown Delaware raised awareness on the public health issue of suicide and instilled hope in those who have lost a loved one. After the walk, a healing balloon release took place to celebrate the memories of loved ones who have died from

suicide.

[Click HERE to view the event video.](#)

## The Holiday Season is Almost Upon Us...

The holiday season can be a huge stress - parties, family and cultural expectations can align to form the perfect storm. With that in mind, we want to share three tips on how to stay sane during the holidays from Julie Morgenstern. They are:

1. Dream small
2. Plan ahead
3. Only a little at a time

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## Need Holiday Food or Gift Help?

HelpLine is here to help for Thanksgiving resources, dial 2-1-1.

### AVAILABLE RESOURCE:

Powell Grace Brethren Thanksgiving Dinner Program  
Powell Grace Brethren will deliver a bag of canned goods, uncooked turkey, dinner rolls and a pumpkin pie on Saturday November 17th between 9-11am. Someone will need to be home to accept the dinner. Please call Grace Church at 740-881-6200 to sign up. You can call to sign up until Sunday November 11th.

## HelpLine WORKS: Senior Companions

Marie is a Senior Companion who has been visiting Grace\* for over a year. The two women have grown close and enjoy each other's company. As Marie was leaving a recent visit Grace mentioned, "I don't know what I would do without you. You are my saving grace." Grace lives in a lovely home with her son and his family, but she does not have a strong relationship with the family.

According to Marie, Grace often feels left out. When Marie visits, the two of them talk for a solid three hours. Some of the things they talk about are trips they've been on, eating/cooking, television programs, and current affairs. Marie is "happy for the time" they have together. It helps her just as much because they have so much in common. She states that "It's always comforting talking to Grace." This is an example of how the Senior Companion Program is helping decrease loneliness and isolation in our community.

For more information, visit  
[www.connectionsvolunteercenter.org](http://www.connectionsvolunteercenter.org).

*\*name has been changed*

# Training Opportunity

*Understanding Eating Disorders - A New Paradigm*

Anorexia is the most lethal of mental illnesses. Our culture's obsession with appearance and beauty is fueled by advertising and constantly exposing our children to the pressures to conform to the "thin ideal".

Recent research has confirmed that genetic and biological factors significantly contribute to the development of eating disorders. Early detection and intervention is essential for successful treatment at an outpatient level of care.

Amy Honsberger will present information on the basics of eating disorder treatment and offer insight into how new research on the neuro-biology of eating disorders is impacting the treatment experience.

For more information and to register visit, [www.connectionsvolunteercenter.org](http://www.connectionsvolunteercenter.org).

## HelpLine would like to thank the organizers of Earthdance Delaware 2012!

*On September 22, HelpLine was chosen as the beneficiary of this year's Earthdance event. Earthdance is a global initiative of large and small events throughout the world, and coordinates the annual Global Festival for Peace. Each year thousands of people participate in hundreds of events and gatherings which benefit local charities supporting peace, sustainability and social justice. For more information on Earthdance visit [www.earthdance.org](http://www.earthdance.org).*

## THANK YOU!

### About HelpLine

HelpLine of Delaware and Morrow Counties, Inc. is the local 24-hour support, information and referral line for Delaware and Morrow counties.

A private, nonprofit founded in 1970, the mission of HelpLine is to address the emotional, financial, and information needs of the community.

A contract agency of the Delaware Morrow Mental Health & Recovery Services, HelpLine is a member of the United Ways of Delaware and Morrow counties and partially funded by

### Quick Links

[HelpLine Website](#)

[24/7 Crisis Hotline](#)

[2012 Training Opportunities](#)

### Upcoming Events

[HelpLine Calendar of Events](#)

[NOV. 3 - United Way of Morrow County Fundraiser](#)

### Donate NOW!

[Monetary Donation](#)

[Kroger Rewards](#)

[Delaware Community Market](#)

the Council for Older Adults and  
the Ohio Attorney General's  
Crime Victims Services Section.  
Equal Opportunity  
Employer/Provider.

Visit us online at:

[www.helplinedelmor.org](http://www.helplinedelmor.org)



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