

The Helping Hand e-news

A bi-monthly publication of HelpLine of Delaware and Morrow Counties, Inc.
**DECEMBER - JANUARY
2009**



Of Delaware and Morrow Counties, Inc.



In This Issue

[HelpLine Receives \\$225,000 Grant from the Ohio Department of Development](#)

[NAMI Announces Kickoff Event for Delaware Chapter](#)

[Tips for Surviving Holiday Stress](#)

[HelpLine and Delaware City Police Partner to Offer Self-Defense Classes](#)

[HelpLine Receives \\$3,000 Donation from Emerson Network Power](#)

[HelpLine is on Facebook and YouTube](#)

HelpLine Receives \$225,000 Homeless Assistance Grant from Ohio Department of Development

HelpLine of Delaware and Morrow Counties, Inc. received a \$225,000 homeless assistance prevention grant administered by the Ohio Department of Development's Community Development Division.

Ohio

**Department of
Development**

The two-year grant provides emergency rent, mortgage and utility payments to residents in Delaware and Morrow Counties. The grant will assist applicants with past due rent, mortgage payments or utility shutoffs one-time during the grant. Applicants must fall under the income guidelines of 35 percent of the area median income for utilities and rent, and 50 percent of the area median income for mortgages. Proof of income is required.

According to Sue Hanson, Executive Director of HelpLine, HelpLine received the grant during the previous fiscal year and were able to assist 575 families throughout Delaware and Morrow Counties. "The homeless prevention grant gives us the resources needed to intervene and keep the issues of foreclosure, eviction and utility shutoffs at bay."

HelpLine will accept calls regarding eligibility and scheduling on Tuesday, January 20, 2009. Distribution of the grant is scheduled to begin on Monday, January 26, 2009 at the Delaware and Morrow County office sites. For more information contact the HelpLine 24-hour support and information line at 211 or 1.800.684.2324

For the full story click [here](#)

National Alliance on Mental Illness (NAMI) to

About HelpLine

Founded in 1970, HelpLine of Delaware and Morrow Counties, Inc. is private, nonprofit organization that provides a 24-hour support and information line, prevention education and training, comprehensive mental health advocacy and volunteer network.

Committed to empowering people through knowledge and resources, HelpLine facilitates the recovery and stability of the emotional, financial and information needs of the Delaware and Morrow County communities.

[Learn more about HelpLine](#)

**24-hour Support and
Information line:
211 or 1.800.684.2324**

Consumer Spotlight:



[Meet Curtis Greenwood](#)

Quick Links

[HelpLine Online](#)

[Connections Volunteer Center](#)

Host Kickoff Event for Delaware Chapter



National Alliance on Mental Illness (NAMI) will host a kickoff event for the Delaware NAMI Chapter on January 22, 2009 at from 6:00 p.m. to 9:00 p.m. at the Willow Brook Christian Community, Dining Room, 100 Willow Brook Way South, Delaware, Ohio. Dr. Fred Frese, a well known advocate for the mentally ill and their families will be speaking and Hors D'oeuvres will be served. For more information, contact Aimee McCann, LISW-S, at 740.363.1835 or Becky Becker 614.462.6133.

About NAMI

NAMI is the nation's largest grassroots organization for people with mental illness and their families. NAMI is dedicated to the eradication of mental illnesses and to the improvement of the quality of life for persons of all ages who are affected by mental illnesses.

Tips and Support for Surviving Holiday Stress

For some people, the holidays bring unwelcome guests - stress and depression. In an effort to pull off a perfect Hallmark holiday, you might find yourself facing an overwhelming dish of demands - work-related deadlines, planning the perfect party or shopping for the impossible to please relatives, your holiday stress is real and you are not alone. Plan for stress just like you plan ahead for any calamity you want to avoid. With the following practical tips, you can minimize the stress and depression that often accompany the holidays.



- **Stick to a budget.** Before you go shopping, decide how much money you can afford to spend on gifts and other items. Then be sure to stick to your budget. Don't try to buy happiness with an avalanche of gifts.
- **Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make one big food-shopping trip. Expect travel delays, especially if you're flying.
- **Don't abandon healthy habits.** Don't let the holidays become a dietary free-for-all. Some indulgence is OK, but overindulgence only adds to your stress and guilt. Continue to get plenty of sleep and schedule time for physical activity.
- **Seek support.** If you feel isolated or down, seek out family members and friends, or community, religious or social services. They can offer support and companionship and getting involved and helping others can lift your spirits and broaden your friendships. If you are persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless for several weeks, call to the 24-hour, free and confidential support and information line at 211 or 1.800.684.2324.

For more stress tips, click [here](#).

Holiday Stress Support Group

Every Friday (thru January 9, 2009)
1:00 p.m. to 2:00 p.m.
No Limits Outreach Center
4046 Twp. Road 246 (Vine Street)
Edison, OH

HelpLine and Delaware City Police Partner to Offer Self-Defense Classes



HelpLine has partnered with the Delaware Police Department to offer a 4-week community-wide self defense course using the Rape Aggression Defense System curriculum.

The national standard in self-defense certification, RAD is a

[Help Us, Help Others: Donate Here](#)

[Online Depression Screening](#)

GoodSearch for HelpLine!



Upcoming Events and Training

Connections Volunteer Center Training:

December 9, 2008

Aging Awareness: Debunking Myths Surrounding Older Adults.
Council for Older Adults
800 Cheshire Road
Delaware, Ohio 43015
9:00 a.m. to 12:15 p.m.
Cost: \$40.00

*Three CEU's for counselors and social workers.

January 22, 2009

iSafe: Internet Safety Education for Educators, Counselors and Law Enforcement Personnel
Delaware Hayes Services Bldg., Room G-35
8:00 a.m. to 12:30 p.m.
Cost: \$70.00 includes curriculum book

*Four CEU's for counselors and social workers.

*Each participant will become a certified program leader.

For more information, contact Suzanne Pingry at 740.363.5000 or spingry@helplinedelmor.org

Stewards of Children (SOC)
Community-wide Training:

January 8, 2009

619 W. Marion Rd., Section B
Mt. Gilead, Ohio 43338
Time: 12:30 p.m. to 3:30 pm.

January 12, 2009

Delaware Hayes Services Bldg.
140 N. Sandusky Street,
Delaware, OH 43015
Time: 9:30 am. to 12:30 p.m.

SOC trainings are FREE and open to all Delaware and Morrow County residents.

*Three CEU's provided for counselors and social workers.

program of realistic self-defense tactics and techniques for women. A comprehensive, women-only course, RAD stresses awareness, risk reduction and avoidance progressing on to the basics of hands-on defense training.

The training is from 6:00 p.m. to 9:00 p.m. on the following dates:

January 8, 2009 January 15, 2009
January 29, 2009 February 5, 2009

For location and additional information, contact Julianna Nemeth, HelpLine Prevention Director, at 740.363.1835.

HelpLine Receives \$3,000 Donation from Emerson Network Power

HelpLine of Delaware and Morrow Counties, Inc. (HelpLine) announced today the receipt of a \$3,000 donation from Emerson Network Power to support crisis and prevention programs for children and families.

"We are pleased to receive support from Emerson Network Power," said Sue Hanson, Executive Director of HelpLine of Delaware and Morrow Counties, Inc. "The donation will increase our ability to provide critical programs and services that benefit our community."

In this past year, HelpLine assisted 639 households prevent utility shut-offs, eviction or mortgage foreclosure. Nearly 12,000 callers to the 24-hour support and information line received emergency financial or food assistance, mental health and substance abuse referrals, and victim-centered support and advocacy services.

Bob Walters, Delaware Plant Manager at Emerson Network Power said "Emerson Network Power is strongly committed to supporting and giving back to the communities where its employees work and live." "We are proud to partner with HelpLine in its efforts to develop safe and healthy communities for children and families."

HelpLine Joins Online Social Networks of Facebook and YouTube!



If you are a part of the Facebook and YouTube networks, you can now find HelpLine! Facebook allows users to directly interface with HelpLine by posting comments and suggestions, or learning about and confirming attendance for upcoming agency events.

YouTube is the host site for all multi-media videos, commercials and online advertising campaigns produced by the Outreach Department at HelpLine.



To connect with HelpLine on Facebook visit www.facebook.com to join and search the term HelpLine of Delaware and Morrow Counties, Inc. or visit [here](#). To access up-to-date media information on YouTube, visit www.youtube.com and search the term HelpLine or visit [here](#).

[Join Our Mailing List!](#)

[Forward email](#)

For more information, contact Corina Klies at 740-363-1835 or via e-mail at cklies@helplinedelmor.org

Kroger Gift Cards Available for Holiday Giving

Looking for a gift idea for the holidays? We've got you covered! Visit the HelpLine



office to purchase your \$5 Kroger gift card and beat the holiday rush. The re-usable card is pre-loaded with \$5. Load additional money on the card and use it as the perfect gift for holiday office parties, gift exchanges or even as a family grocery budgeting tool.

For more information contact the HelpLine business office at 740.363.1835 or 419.946.1350.

Have you ever wondered how to find help or a community service for yourself or someone in need?

What if you could remember the number of every social service agency in your community?

Now you can! It's 2-1-1.



Happy Holidays



Wishing you peace on earth and tidings of joy during this holiday season.

From the HelpLine and Connections Volunteer Center Staff, Board of Directors and Volunteers.

✉ **SafeUnsubscribe®**

This email was sent to mainstreet@midohio.net by shanson@helplinedelmor.org.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



HelpLine of Delaware and Morrow Counties, Inc | 11 N. Franklin Street | Delaware | OH | 43015