



### **Holiday Magic!**

For many years the MHAFC has sponsored the Holiday Magic Gift Drive for the patients at Twin Valley Behavioral Healthcare. *Please see the enclosed flyer for details.* (If enough donations are received, we will also provide some gifts to clients who are at local mental health residential programs.)

The success of this program is due to the generosity of individuals, groups and companies that contribute. This year, make it a family project or encourage your friends and co-workers to donate. Organize and collect gift items, and/or, donate money to purchase items needed. 100% of all donations go to the patients. Make checks payable to the Volunteer Service Council and mail to the Mental Health Association address on this newsletter.

The early deadline allows volunteers to personalize the items as much as possible. Donations can be dropped off at the MHAFC office, 538 E. Town St., Suite D, Monday through Friday, 8:30 am - 5 pm; or, join us for the **Holiday Magic Open House** on Monday, December 12 from 5:00 – 6:00 pm. Bring your items and share the joy of the season. Your generosity is greatly appreciated!

### **Are You Ready for the Medicare Prescription Drug Benefit?**

The new prescription benefit takes effect on January 1, 2006. If you are struggling to get enrolled (enrollment began on Nov. 15), there is extra help available for people with limited incomes and resources. The non-profit Access to Benefits Coalition™ can help you learn about and enroll in these new benefits, and even help you lower your prescription costs now. It's free, fast and confidential. Locally, the Access To Benefits Coalition-Ohio Chapter through the Ohio Association of Second Harvest Food Banks offers a toll-free phone line, (800) 648-1176, Monday through Friday, from 9 am to 4 pm, to assist those who are eligible to enroll for this new benefit.

Additional information can be found on the MHAFC website, [www.mhafc.org](http://www.mhafc.org) or by calling 1-800-MEDICARE.

### **Families In Touch Program Note**

Dr. Mark Hurst, assistant Chief Clinical Officer at Twin Valley Behavioral Healthcare, will be the guest speaker at the west side meeting held at the Hilltop Library, 511 S. Hague Ave. on Monday, Jan. 9, 2006 from 1:30 – 3 pm. Dr. Hurst will focus his talk on the use of medications to treat mental disorders and answer questions from the audience. If you have any questions, call the group facilitator, Jim Lindholm, LISW, at 752-0333, ext. 5725.

### **Depression Group**

Please note that the Depression Group will meet on a different schedule for January 2006 ONLY. The meetings will be held on the second and fourth Mondays - Jan. 9 & 23 at the usual time. This is because the first and third Mondays both fall on Holidays.

### **End-of-Year Help Needed**

Please remember to include the MHAFC in your year-end giving. Your contribution helps keep our support groups strong. Use the envelope that came with the mailing you received recently in the mail, or visit us online at [www.mhafc.org](http://www.mhafc.org).

I  
N  
T  
O  
U  
C  
H

**Families In Touch** – support groups for families and friends of persons with mental illness. Meetings are held at:

**Westerville (NE) Meetings** held at Concord Counseling Service, 774 Park Meadow Rd.; 2<sup>nd</sup> and 4<sup>th</sup> Thursdays; 10 am to 12 Noon. For further information, call Linda Jakes, 882-9338 x 210. Next meeting dates: No mtg. on Thanksgiving, Nov. 24; Dec. 8 & 22; Jan. 12 & 26.

**Worthington Meetings**, cosponsored by North Community Counseling Centers, held at the Worthington United Methodist Church, 600 N. High St., Rm 300, Worthington; 2<sup>nd</sup> and 4<sup>th</sup> Mondays; 5:30 – 7 pm. For further information, call Julie Chaffin, 846-2588 ext. 2214. Next meeting dates: Nov. 28; Dec. 12; no mtg. on Dec. 26; Jan. 9 & 23.

**West Side Meetings**, cosponsored by Twin Valley Behavioral Healthcare Community Support Network, held at the Hilltop Library, 511 Hague Ave.; meets once a month; 1:30 – 3 pm. For further information, call Jim Lindholm, 752-0333, ext. 5725. No mtg. in December; Next meeting date: Jan. 9.

**VA Families In Touch**, for family members and significant others of veterans with mental illness, cosponsored by the Dept. of Veteran Affairs Outpatient Clinic, 543 Taylor Ave.; 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays; 1 – 3 pm. For further information, call Georgeann McCrary, 257-5334. Next meeting dates: Dec. 7 & 21; Jan. 4 & 18.

#### **Depression Support Group**

Meetings are held at the Overbrook Presbyterian Church, 4131 N. High St.; 1<sup>st</sup> and 3<sup>rd</sup> Mondays; 7 – 8:30 pm. For further information, call MHAFC, 221-1441. No Next meeting dates: Dec. 5 & 19. In January, due to Holidays (New Year's Day and Martin Luther King Day), the group will meet on the 2<sup>nd</sup> & 4<sup>th</sup> Mondays: Jan. 9 & 23.

#### **Schizophrenics Anonymous**

**North**, held at Worthington Methodist Church, 600 N. High St. Rm. 317, Worthington; Mondays (weekly); 5:30 - 7 pm. For further information, call Mary Beth Sparks at North Community Counseling Centers – The Bridge, 846-2588, ext. 2229.

**East**, held at Pathway Clubhouse, 1203 E. Broad St.; Wednesdays (weekly); 2:30 - 3:30 pm. For further information, call Mike Stalego, 251-7820.

**PLEASE NOTE: Meeting schedules are subject to change. Please call individual groups to confirm.**

*If you no longer wish to receive this newsletter,  
please call 221-1441 and we'll be glad to remove  
your name from this mailing list.*

**RETURN SERVICE REQUESTED**

Mental Health Association  
of Franklin County, Inc.  
538 E. Town Street, Suite D  
Columbus, Ohio 43215-4885  
(614) 221-1441  
www.mhafc.org



Non-Profit Org.  
U.S. Postage  
PAID  
Columbus, Ohio  
Permit No. 975