



*Making Friends,
Changing Lives*



Conversations

A Newsletter for Friends

Winter 2009

From the Program Director

Happy New Year everyone! It is our hope that 2010 be the best year yet for all. As we look ahead into the coming months; some things come to mind as the process of a new year unfolds. We like to take some time, reflect on past events and start to plan future ones. The same is true for the compeer program. Looking back to this past October, the Evansburg Challenge was another BIG success. We had over 240 runners come out and tromp through the muddy trails of Evansburg State Park. We raised nearly \$7,000.00 for Compeer! Thank you to all of you, who volunteered, sponsored and participated in the twelfth annual Evansburg Challenge. Please visit our website www.compeer-subphilly.org to see some great photos from the day.

We have two events that are approaching us quickly; our 2009 advocate of the year award. This will be the sixth advocate award. This award carries with it a \$250.00 cash prize for the honoree. What we feel is important is a sincere desire to be a partner in bringing friendship, encouragement, and empowerment to all in mental health recovery here in Suburban Philadelphia. So, thank you for all the fine nominations and please think of someone you feel is deserving of this fine award! You will find a nomination form enclosed in this newsletter.

We will have our 19th annual friendship recognition luncheon, as plans are underway. This year's luncheon will be at the D'Ignazio's Towne Manor in Media,

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Depression: More Than Just the Blues

In this issue of "Conversations," Compeer would like to publish some interesting information about depression. Over 15 million Americans suffer from depressive illnesses, and there are effective treatments available.

Depression is more than just temporary "blue" moods or periods of grief after loss. Symptoms affect thoughts, feelings, body and behavior. Without treatment, symptoms can last for months, years or a lifetime.

Some depressive episodes occur suddenly for no apparent reason. Some are triggered by a stressful experience, and some people have only one episode while others have recurrent episodes. Sometimes symptoms are so severe people are unable to function as usual, while others have ongoing, chronic symptoms that do not interfere with functioning, but keep them from feeling really well.

Bipolar disorder – also called manic depressive illness – can include cycles of terrible "lows" and inappropriate "highs."

Symptoms of depression can include persistent sad or "empty" mood; sleep disturbances; eating disturbances; chronic aches and pains that don't respond to treatment; decreased energy, fatigue, being "slowed down;" irritability; excessive crying.

Symptoms of mania can include decreased need for sleep; increased talking and mov-

ing; being easily distracted; increased energy and activity; racing thoughts; and grandiose notions.

Most people can be helped quickly. With available treatment, 80% of people with serious depression – even those with the most severe forms – can improve significantly. There are effective medications and psychological treatments that often are used in combination. A number of short-term talking therapies have been developed in recent years. Several types of medications are available, none of them habit-forming. People with severe depression respond more rapidly and more consistently to medication. Those with recurring depression, including bipolar disorder, may need to stay on medication to prevent or lessen further episodes.

Many people need psychotherapy (talk therapy) to deal with the psychological or interpersonal problems. Other biological treatments can be helpful. Electroconvulsive treatment (ECT) may be a very effective treatment for the most severe depression. Research is also being done on the use of light therapy. Early intervention may lessen severity or symptoms and shorten the episode.

Depressed people need to get help! Seriously depressed people need encouragement from family and friends to seek treatment to ease their pain. Seek professional help and your life can improve.

Can you help us?

Compeer depends on the support of individuals and foundations to pay for activities, office space, salaries, the expenses associated with recruiting volunteers, and more. Your support will help us continue to recruit and match volunteers with new friends. Please return the enclosed envelope with a gift.

Celebrating Birthdays and Anniversaries

Congratulations to the following Compeer friends who are celebrating a birthday or anniversary in the next few months. Welcome also to our new Compeer friends!

Birthdays

October

David B.
Favie W.
Rachel L.
Carol H.
Al P.
Nat W.
Helen Z.
Paula R.
Elaine K.
Faith R.

November

Richard Y.
Miles C.
Gladys W.
Jesse R.

William H.
Pasquale R.
Dolores S.
Ida B.
Marian M.
Joan D.
Gina Mc.

December

Peg D.
Mary R.
Patricia W.
Gail L.
John R.
Brian K.
Mary Beth C.

Anniversaries

October

Winifred N. & Jean K. – 17 yrs
Joseph S. & Bob M. – 13 yrs
Marion L. & Dolores K. – 11 yrs
Gail L. & Marion J. – 2 yrs
Linda M. & Ida B. – 1 yr
Steve A. & Joe – 1 yr

November

Cheryl B. & Faith R. – 16 yrs
George F. & Joe T. – 13 yrs
George F. & Louis S. – 11 yrs
Carol H. & Leslie S. – 8 yrs
Whitney L. & Patricia B. – 2 yrs
Helen Z. & GERALYN A. – 1 yr

December

Nat W. & Gregory Z. – 18 yrs
Phil G. & Philip S. – 16 yrs
Karen F. & Joann Mc D. – 13 yrs
Alan S. & John B. – 13 yrs
Dale P. & Jay D. – 11 yrs
Al G. & Carl W. – 9 yrs
Bruce W. & Mark A. – 5 yrs
Frank O. – Kirk A. – 4 yrs
Joe C. & Scott P. – 2 yrs
Susan A. & Elaine K. 1 yr
Paula R. & Lucille S. – 1 yr

People Seeking Friendships

In Delaware County:

In Ardmore, 45 year old male, is very smart and intelligent person and enjoys reading. He is looking for new a friend.

In Upper Darby, 65 year old female, is thoughtful, caring and friendly. She enjoys going to the mall, exercise, and playing Bingo.

In Media, 21 year old male, is kind and calm. He enjoys playing golf, basketball and watching movies.

In Folcroft, 24 year old male, has positive attitude and is active. He enjoys basketball, cooking, and video games.

In Drexel Hill, 65 year old women, is bright, creative and motivated. She enjoys art.

In Upper Darby, 55 year old women, is friendly, kind, outgoing. She enjoys going out to eat, mall and walking.

In Montgomery County:

In Perkiomenville, 46 year old women, is intelligent, thoughtful and compassionate. She enjoys reading and horses.

In Lansdale, 26 year old woman, is bright, friendly, and has a good sense of humor. She enjoys bowling and dining out.

In Willow Grove, 78 year old female, likes to talk and spending time with family. She likes knitting and politics

In Telford, 45 year old female, is very sociable, like to do activities, and good sense of humor. She enjoys arts and crafts, poetry, reading and going to the mall.

In Ambler, 47 year old female, is friendly, smart and loving. She enjoys arts, designs and hairstyles.

In Glenside, 47 year old male, is very friendly. He enjoys building remote controlled planes, cooking and karate.

Do you live near someone who needs a friend?

Compeer & Access Sports

Looking for something to do with your Compeer friend? Compeer of Suburban Philadelphia is a member of Access Sports. We pay an annual membership fee that allows any of our volunteers, client referrals waiting to be matched, providers working with these clients, supporters and anyone reading this newsletter to be eligible to attend these events. Please take special note of this web site: www.access-sports.org you can check this website for information about available tickets to upcoming events. If you would like to be added to our email list for last minute notices of events contact Rochelle Scurry at rscurry@compeer-subphilly.org or call 610-631-1009. Any interest in tickets request must go through the Compeer office at 610-631-1009. Please read the rules that apply below.

ACCESS SPORTS makes dreams come true by providing sports tickets to agencies serving underprivileged children and youth groups and individuals with physical and/or mental health disabilities. Our ultimate goal is to have fun and create memorable experiences for our clients. We ask that these agencies

please follow our program guidelines in order to ensure the continued success of our organization.

THINGS TO REMEMBER AS AN ACCESS SPORTS MEMBER:

1. Our services and tickets are for social service groups and schools only, not for individual use.
2. If all tickets are not used, you must leave a message via e-mail (info@access-sports.org) or telephone (215-951-0330 x 2131) explaining why tickets were not used. (Note: repeated misuse or nonuse of tickets may jeopardize your ability to receive future donations of tickets from ACCESS SPORTS)
3. If you are ordering tickets through ACCESS SPORTS, please do not directly order tickets from the sports teams that donate to ACCESS SPORTS. This is a clear violation of our policy.
4. NEVER re-sell ACCESS SPORTS tickets for any reason (raffles, fundraisers, etc)
5. As tickets are only to be used by member agency clients and staff, never give tickets to anyone outside your agency.
6. Please inform ACCESS SPORTS immediately of any problems while attending the games or when circumstances will prevent a group from attending a game.
7. Show us what a great time you have at the games! Take photographs



(if permissible) of your group at the event and send them, along with any necessary photo releases, to the ACCESS SPORTS office. Photographs may appear in our newsletter and on our website!

8. Send thank you letters following specific guidelines within 1 week of attending the game/event.

Here is a list of supporters and venues that are available. Please call the Compeer office with any questions 610-631-1009. Thanks and get out and have some fun with a friend!

- ADVANTA Corporation
- Arthur Ashe Tennis League
- Camden Riversharks
- Chikara Wrestling
- Devon Horse Show
- Dover International Speedway
- Dressage at Devon
- Drexel University
- LaSalle University
- Liacouras Center
- Julian Krinsky Tennis
- New York Red Bulls
- Philadelphia 76'ers
- Philadelphia Kixx
- Philadelphia Phantoms
- Philadelphia Firebirds

From the Director

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Delaware County. We, the Compeer staff always look forward to this event because it is a special day to "tip our hats" to our Compeer Friendships. The connections and stories that are shared between these friends and through Compeer are truly amazing. The courage, compassion and dedication of these Compeer friendships are the best inspiration to everyone that attends these events every year. We do not have a date set yet but as soon as we do we will post it on our website and will be sending invitations when they are ready.



Montgomery County Office
3125 West Ridge Pike
Suite D
Eagleville, PA 19403
Phone: 610-631-1009
Fax: 610-631-1005

Delaware County Office
225 South Chester Road
Suite 2B
Swarthmore, PA 19081
Phone: 610-541-0790
Fax: 610-541-0792

www.Compeer-SubPhilly.org



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Ambrosia

In Greek mythology, Ambrosia was the food of the gods. This heavenly concoction is great served as a side salad or spooned over angel food cake.

- 3 oranges
- 2 ruby red or pink grapefruit
- 2 cups strawberry halves
- 2 kiwifruit, peeled and cut into wedges
- 1/4 cup sweetened coconut
- 1/4 cup dark rum (optional)
- 3 tablespoons brown sugar

Peel and section oranges and grapefruit over a bowl; squeeze membranes to extract juice. Add sections to bowl, discard membranes. Stir in remaining ingredients. Cover and chill.

Reminder to Volunteers!

Volunteers - please remember to send in your monthly reports. We need your reports to obtain continued funding, as well as to ensure we are supporting your friendship as best we can.

Please send your report by mail to:

Compeer of Suburban Philadelphia
3125 West Ridge Pike, Suite D
Eagleville, PA 19403

or by fax to: 610-631-1005.

Thanks!