

# According to PLAN

Winter 2005  
Volume 3, Issue 1

Planned Living Assistance Network of Central Texas, (512) 851-0901

## Special Interest Articles

OCD Study (NIMH).  
Monthly Consumer Socials.  
Tuscan Gift Basket.

**“Thank You”:**  
St. David’s  
Healthcare  
Partnership; &

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## President’s Message

-St. David’s Healthcare Partnership  
-Seawell-Elam Foundation  
-Eli Lilly Foundation  
-Arnold Foundation  
-LCRA Employees’ United Charities

All have helped PLAN of Central Texas to support adults with neurobiological brain disorders (mental illness).

PLAN is among 24 similar grassroots organizations throughout the U.S. whose members join together to address service inadequacies in our health-care system.

Our mission is five-fold:

1. **Encourage** long-term planning for **the care of family members now**, in order to establish a relationship with PLAN’s Care Managers;
2. **Assist** in efforts to apply for and to preserve eligible **governmental disability benefits**;
3. **Fill in for primary caregivers when no longer available**;
4. **Host** enriching **social and educational events** to break down the isolation of those individuals with chemical brain disorders;
5. **Provide referrals** to a network of professionals who can help.

Join **PLAN** for **\$50** per family per year. First-time members receive a **FREE thirty minute case management session** (valued at \$45 per hour).

## Consumer Socials; PLAN Consumer Rep

### Individual Highlights

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**All PLAN consumers are invited to our monthly socials**, held each third weekend. Previous social events have included movies, visits to local bookstores, coffeehouses, cooking demonstrations, and lunches at restaurants such as Luby’s and the Waterloo Ice House.

On **Saturday, January 22, 2005**, we will have lunch at Luby’s located at the corner of Steck and MoPac, from 1:30pm to 3:30pm.

February’s Social will be held on **February 19, 2005**, at the Bob Bullock Museum from 2:00pm to 4pm. For more

information or questions about transportation and financial assistance for the Socials, contact **Laura Fine** at 301-4589.

### From the desk of Sandy Englert, 2005 Consumer Rep

“PLAN’s 2004 membership meeting was a success. Everyone had a good time. The refreshments and hors d’oeuvres were very good. My father’s art was in the raffle. It was just beautiful. New people came to the meeting and I hope to see them again.

New Board members were elected. The Board members who served who served more than two years were awarded, by **Becky Lilljedahl**, President of PLAN, certificates, roses, and small gifts of appreciation for hard work.

**Thank you Doris**, for the use of the Club House at your apartment building.

To the new clients, hope to see you at the monthly PLAN social, and call **Laura Fine**.”

**PLAN welcomes Sandy as Consumer Representative.**



*"PLAN supplements the caregiving by families today—and provides it tomorrow."*

#### Out-going Officers 2004

Cecile DeWitt, Secretary  
Jan DeWitt, Consumer Rep  
Anita Garner, Treasurer

#### In-coming Officers 2005

Becky Lilljedahl, B.S., Pres.  
Yvonne Hansen, Ed.D., VP  
Rita Hornack, Treasurer  
Doris Goewey, Secretary

#### In-coming Board Members 2005

Lisa Belli, B.A.  
Betty Crawford  
Sandy Englert, Consumer Rep  
Anita Garner, CRC  
Marcia Toprac, Ph.D.

#### Board Members Emeriti

Cecile DeWitt, Ph.D.  
Robert Englert, J.D.

**Thanks, Elton**  
**PLAN Care Coordinator**

## From the desk of Cecile DeWitt: OCD

Having repeatedly been urged by various mental health publications to participate in the OCD study sponsored by the National Institute of Mental Health (NIMH), I felt compelled to sign up for the survey. With the help of PLAN, I received the documentation concerning the study, including the information about applying to become a volunteer.

I turned these documents over to my daughter, Jan, who generously agreed to call NIMH and sign up our family. I later received a package of 60 pages, requiring an

enormous amount of work; instructions to read before answering the questions, many with five multiple unclear choices; some to be answered on Scantron were often hard to read. Others required a narrative; repetitive questionnaires with slightly different twists, etc., etc.

Five members of our family have answered these questionnaires! (more or less completely).

I returned my questionnaires with comments to the Principal Investigator, suggesting to him that the

scientific value of the survey would be much better achieved with user-friendly questionnaires. I also pointed out to him that, to someone who has OCD, the questionnaires are an unbelievable nightmare. I urged him to prepare shorter and better questionnaires.

In spite of the amount of work involved, I encourage participation in this study because it gives to OCD the attention it deserves. There are still "priority populations", which do not include OCD in their list of mental illnesses.

## From the desk of Jan DeWitt: OCD study

When my mother asked me to sign up our family for an OCD genetic study, I agreed readily, hoping it would help fight this disease which can be overwhelming, but I had no idea of the amount of work involved.

I called the number listed on the NIMH protocol (866-644-5363) and was referred to Mrs. Diane Kazuka. She was very informative and very patient with all my queries. She warned me that the survey included many questionnaires, a 3-hour telephone call, and a blood test. Partial answers and a

shorter-than-scheduled phone call were acceptable if the participant was unable or unwilling to assume a full participating. So far, so good.

But the reactions of the participating family members when they received their packets went from "totally outrageous," to my mother's "lets you and I do it together for mutual support." My mother and I had an enjoyable time working side-by-side on these questionnaires, poking fun at some of the questions, debating the meaning of others, and comparing our

answers. **Elton Woolsey, PLAN's Care Coordinator**, came to the rescue and spent three-and-a-half hours with me to help me through these questionnaires.

P.S. Participants in the study are paid as follows: \$50 for answering the questionnaire; \$25 for the telephone interview; and \$25 for the blood test (in addition to the fee paid to the laboratory drawing the blood).

**Jan DeWitt, 2004 Consumer Rep, will continue to serve in an advisory capacity to the PLAN Board in 2005.**

## Seawell-Elam Foundation Grant

PLAN gratefully acknowledges the generous \$8,500 grant from Seawell-Elam Foundation, which funds PLAN's **Social Worker, Laura Fine**, and Community Education programs.

With this grant, PLAN hired **Social Worker, Laura Fine**, a vital asset to PLAN consumers. Welcome, Laura! We are so glad that you are now part of PLAN and are very grateful to you for all you do.

## Austin Community Foundation Grant

The invaluable \$2,700 grant from ACF will be applied to Monthly Consumer Socials and Quarterly Member Socials, which will afford PLAN Consumers and Members an

opportunity to meet, and have fun in a supportive, caring environment. ACF's support will help to alleviate the social isolation often experienced by many Consumers who are without such resources.

## PLAN members and donors in 2004-2005

Rita Anderson  
Irmgard Arthur  
Lisa Belli  
Brown-Karhan Rehabilitation LLP  
Ned and Martha Burns  
Shirley Buvens  
Stephen and Terry Casey  
Patricia Cramer  
Guy Hermann Campaign  
Committee  
Jean and Louis Demoll, Jr.  
Cecile DeWitt  
Jan DeWitt  
Andrea E. Eggert, PharmD  
Bradley Englert and Corliss  
Hudson Englert  
Christine and Stephen Englert  
Robert Englert  
Sandy Englert  
Alice and Frank Fagan  
Clyde Farrell  
Kirby and Billie Dell Franks  
Anita Garner  
Regina Gilbreath  
Doris Goewey  
Elizabeth Goforth  
Maria Hall

Yvonne Hansen  
Maxine Harkenrider  
Genevieve Hearon  
Dr. Robert Pearl and Jane Hiatt  
Bernadine Holland  
Rita Hornak  
Ollie Jensen  
Ted and Marilyn Konigsmark  
Becky Lilljedahl  
Anthony and Lorraine Losciuto  
Lott Construction  
Stephen Low and Karen Kisko-  
Low  
James and Marjorie Maxfield  
Dr. John and Suzanne Mc  
Farlane  
Celia Morgan  
Eugene and Norma Mees  
Mr and Mrs. E.V. Neimeyer Jr.  
Knox Nunnally  
Bob Ploger  
Bea Reyes  
Frank Rilling  
John B. Roberts  
Joni Sager  
Jane and Randall Sarosdy  
Bud Shoemaker

Kathryn Sinclair  
Bill and Dody Spencer  
George Spencer  
Ed Summers  
Sue Thomas  
Richard and Jane Neth Thompson  
Marica Toprac PhD  
Lore Trawick  
Robyn Turner  
Renee E. Wardrum  
Mike Wardrum  
William Wardrum  
Betty Wattinger  
R. Bain and Linda Williams  
Gilbert and Alice Witte  
Dennis and Sandy Worley

### Thanks to you, PLAN works.

Arnold Foundation - \$800  
Austin Community Foundation Grant - \$2,700  
Brown-Karhan Rehab - \$100  
Randall's Good Neighbor Program - \$53.90 (#9302)  
Seawell-Elam Foundation Grant - \$2,700  
St. David's Healthcare Partnership - \$1,000

## From the desk of Cecile DeWitt: "Our friend Dody"

**PLAN has received a magnificent gift from the Spencer Charitable Fund.** The etymology of "magnificent gift" is "a gift which enlarges; and indeed this unexpected windfall has already enlarged PLAN. A portion of the gift will be used to cover the services of **Liz Shelby, an experienced grant writer.** As I was going through sketchy notes for writing this note, I called up **Dody Spencer** for information on the **Spencer Charitable Fund**, its connection with the **Smith Barne Charitable Trust, Inc.**, that had sent the check, and the activities it supports. My notes read, "Wimberly Community Center", "Emily Ann Theater (Shakespeare for young people)", "Alzheimer's"....

I could hardly read my own notes, but they clearly suggested that the grantors knew the needs of their community and had the imagination to offer creative answers to the needs. However when I called **Dody**, she said that I did not have to write up a note for PLAN's newsletter. My "thank you" was enough. When **Anita** thanked her for supporting our cause, **Dody** said it was her cause also. Regardless of Dody's unassuming words, I wanted to share with PLAN's friends how much a local, imaginatively run foundation can accomplish - even when it is small compared to many other foundations. Dody has invited me to lunch, she will ask **Shirley Buvens** to join us. I look forward to this visit with our Wimberly friends.

## PLAN's "Strategic Alliances" Initiative

**PLAN's Board and volunteers have undertaken a strategic alliances initiative to create these mutually beneficial partnerships:**

- Shared newsletter resources with **NAMI Austin**. PLAN inserted its informational flyer, "The Need For PLAN, into NAMI's January 2005 Newsletter;

- **Shoal Creek** and **ASH** will distribute PLAN information to hospital patients / families who may need our services;

- Proposal is pending with **Austin Travis County MHMR** as a collaborative partner in a grant application to be sent to the

**Hogg Foundation for Mental Health.** If the proposal is accepted and the grant is funded, **ATCMHMR** would contract with PLAN to provide services to referred clients;

- Planning is underway with **Texas Mental Health Consumers** to offer educational opportunities to PLAN consumers who will benefit from the excellent programs offered by **TMHC**; and **TMHC** will gain new consumer advocates;

- Jointly sponsored **educational seminars** with other mental health organizations.

-- Marcia Toprac, Ph.D.

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*PLAN supplements the  
caregiving of families  
today—  
and provides it tomorrow.*

### PLAN Works--

**Individuals:**

- o develop a budget
- o design a daily routine
- o monitor meds/ pick up prescriptions
- o shop for clothing or other items
- o arrange a skills assessment or job application
- o help locate sites for learning skills
- o arrange utilities

**Families:**

- o prepare an effective, individualized Care Plan
- o maintain contact with family, relatives
- o access Austin-Travis County MHMR services



**We're on the Web!**  
*Visit us at:*  
www.planctx.org

## YES! Join PLAN of Central Texas today

**PLAN is a 501c(3) nonprofit organization.** Dues include membership in PLAN with subscriptions to this newsletter. Membership renewals are due at the Annual Meeting held in November.

\_\_\_\_ I enclose my annual membership dues, \$50;

\_\_\_\_ I enclose my lifetime membership dues, \$1000;

\_\_\_\_ I enclose my donation of \$ \_\_\_\_\_;

\_\_\_\_ Contact me: Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email \_\_\_\_\_

## \$250 Tuscan Gift Basket for \$5 per ticket

The drawing to be held on **February 10, 2005**, is for a lovely **Tuscan Gift Basket**, of delectable, fresh **Italian pasta, focaccia, and a FREE Italian cooking session!**

This basket, valued at over **\$250**, could be yours! **Make your check payable to PLAN of Central Texas** for the total number of tickets you wish to purchase for \$5.00 for each ticket. Please write **"Tuscany"** on the memo line of your check. Thank You!

**Check out our website** for a picture of the **Tuscan basket**, at [www.planctx.org](http://www.planctx.org)! Or, write for more info at info@planctx.org.

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***PLAN cares for your loved one, today; and always.***